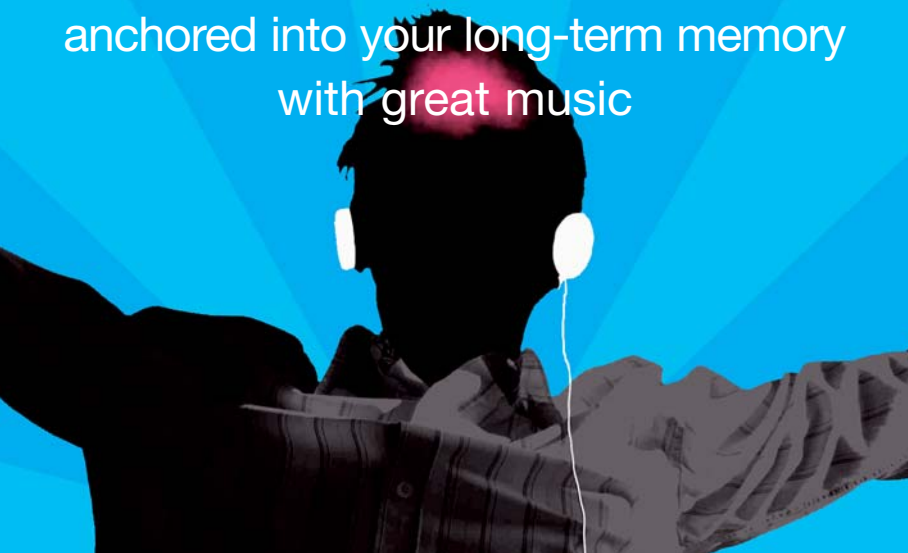




Vol. 2

# Rapid French

200+ essential words and phrases  
anchored into your long-term memory  
with great music



Your personal audio language trainer

Phrase Book



Your personal audio language trainer

earworms mbt© Rapid French puts the words and phrases you need not just on the tip of your tongue, but also transports them deeply into your long-term memory.

Simply by listening to these specially composed melodies with their rhythmic repetitions of French and English a few times, the sound patterns are indelibly burned into your auditory cortex. You will have successfully learned the French phrase and have the correct accent ringing in your ears. Wherever you are, whatever you are doing: While jogging, in the car, in the bath, doing the ironing - you can be learning French at the same time!

earworms mbt© Rapid Languages is the first language course to get your toe tapping.

You know the phenomena of those catchy tunes or earworms that you just can't get out of your head? Voulez-vous coucher avec moi, ce soir? Well, earworms mbt© has put this phenomena to positive use. Gone are the days of learning pressure and frustration at not being able to remember, the experience of many on conventional language courses. In combination with music, the phrases you need are automatically anchored deeply into your memory, ready for instant recall.

## Music is the key

The idea is as simple as it is old. Before the age of writing, ancient historical events were recorded in verse and song form for easy memorisation. In his book 'Songlines' Bruce Chatwin describes how the Australian Aborigines were able to navigate their way across hundreds of miles of desert to their ancestral hunting grounds without maps. And how? The extensive lyrics of their traditional songs were exact descriptions of the routes!

Rhythm and words i.e. song and verse have always been a very powerful memory aid, and this is supported by recent scientific research. The advertising industry knows only too well how powerful music can be in getting the message across with brainwashing-like jingles and soundbites.

### It really works!

Developed and used over years in the classroom, earworms mbt© Rapid Languages has shown phenomenal success. In tests pupils using this technique regularly get average marks of over 90% compared to less than 50% with conventional book based learning. Why hasn't music been used more in education up to now? Imagine kids at school getting a CD of hip hop songs with all the historical dates they have to learn, or all the irregular verbs they have to learn! Wouldn't that make their (and teachers') school lives much easier, much more fun, much more successful?

### What you get

Volume 1 dealt with the essentials for your visit abroad, looking at typical situations: taking a taxi, at the hotel, at the restaurant, requesting, polite phrases, finding your way, numbers, dealing with problems and so on. Volume 2 will have you engaging in dialogue about yourself, the past, the present and future, and provide language to cover further typical situations that you may find yourself in. The themes follow closely the Common European Framework for language learning, a recognised benchmark of language proficiency, and the emphasis is constantly on usefulness to the learner.

## Memory hooks

This booklet contains all the words and phrases spoken on the CD, both English and French, giving you extra visual input. Additionally, on the CD we sometimes slip in memory hooks to spark your imagination and aid your memory. Memory hooks are for example, if you want to memorise the French word for maybe = peut-être, think of: “Maybe potatoes for dinner? - peut-être pot-atoes!” - and you will easily remember. More examples of these can be found on the earworms website, and they serve as a starter pack to inspire you to develop your own ideas.

## How to use earworms: Don't think, just listen!

Sit back, relax and groove along to the melodies without trying to listen too hard. Treat them as songs you hear on the radio. Our recommendation is that you do familiarise yourself with the written words in the booklet - at least the first time you listen.

After listening several times, playfully test yourself - cover up the English side of the phrase book and see how many words and phrases you remember!

## Lastly - a word of thanks

The earworms team would like to thank you for putting your trust in our 'slightly different' learning concept and are sure that you will have the success that many others have already had. It's motivating to know that learners are really benefiting from our research and development. Also, as accelerated learning is a rapidly growing field, we look forward to hearing your experiences and successes - so feel free to visit us on the website:

# 1. On business or for pleasure?

Are you going to Paris on business or for pleasure?	Vous allez <sup>z</sup> à Paris pour les affaires <sup>s</sup> ou pour le plaisir?
Are you going - to Paris - on business... (Literally: for the affairs of business)	Vous allez - à Paris - pour les affaires...
...or - for pleasure?	...ou - pour le plaisir?
I'm there on business and I'm visiting friends.	Je suis là pour les affaires <sup>s</sup> , et je rends <sup>s</sup> visite à des amis.
I am - there.	Je suis - là.
I'm visiting friends. (Lit.: I'm paying a visit - to some friends)	Je rends <sup>s</sup> visite - à des amis.
Excuse me, Sir, excuse me, Madam,...	Excusez <sup>z</sup> -moi, Monsieur, excusez <sup>z</sup> -moi, Madame,...
...switch off - your - cell phone / mobile, please!	...eteignez <sup>z</sup> - votre - portable, SVP.
OK.	D'accord.
Excuse me, could you bring me a cognac, please.	Pourriez <sup>z</sup> -vous m'apporter un cognac, SVP.
Could you...	Pourriez <sup>z</sup> -vous...
...bring me (Lit.: me bring)	...m'apporter
...a beer - a cognac.	...une bière - un cognac.
<b>There are two versions of 'a'. 'Une' is pronounced as a long : 'oon' and 'un' is pronounced with a nasal : 'a'.</b>	
Bring me a cognac, please.	Apportez <sup>z</sup> -moi un cognac, SVP.
Yes, of course, just a moment.	Oui, bien sûr, un moment / instant, SVP.
And - the same - thing - for me, too.	Et - la même chose - pour moi aussi.
Here you are - your cognacs.	Voici - votre cognac(singular), vos cognacs (plural).
Cheers! - To our health!	À la vôtre!

**\*Silence is golden.** Many letters in French words remain silent; particularly consonants at the ends of words. Throughout this booklet these have been marked **in orange**, and there is a list of them towards the end. Having listened to the tracks a few times, go through this list and see if you can imitate the French pronunciation.

## 2. Are you French?

Are you French? (Lit.: You are French?)	Vous <b>êtes</b> français? (to a man)
Are you French?	Vous <b>êtes</b> française? (when addressing a woman)
You are English?	Vous <b>êtes</b> anglais? (man) - anglaise? (woman)
I'm French, but I live in England.	Je suis français, mais j' <b>habite</b> en Angleterre.
I'm - French, - but...	Je suis - français, - mais...
...I live - in England.	...j' <b>habite</b> - en Angleterre.
(Do) you come - from Paris? / from London?	Vous <b>venez</b> de Paris? / de Londres?
No, I don't come from Paris.	<b>Non</b> , je ne viens <b>pas</b> de Paris.
don't come	ne viens <b>pas</b>
From where...?	(De où = ) D'où...?
From where - do you come?	D'où - <b>venez-vous</b> ?
I come from...	Je viens de...
Where is...?	Où <b>est</b> ...?
Is it - in the south - of France.	<b>Est-ce</b> que c' <b>est</b> - dans le sud - de la France.
Is it...?(Lit.: Is it that it is...?)	<b>Est-ce</b> que c' <b>est</b> ...?
It's in the north of France.	C' <b>est</b> dans le nord de la France.
I wish you a pleasant stay in Paris.	Je vous <b>souhaite</b> un bon séjour à Paris.
I you wish...	Je vous <b>souhaite</b> ...
...a pleasant stay.	...un bon séjour.
I you wish - a happy birthday.	Je vous <b>souhaite</b> - un bon anniversaire.
I wish you - a nice weekend.	Je vous <b>souhaite</b> - un bon weekend.



### 3. How was the journey?

Hi, how's it going? Glad to see you*.	Bonjour, comment ça va? Heureuse de te* voir.
I'm glad / pleased - to see you.	Je suis heureuse - de te voir.
I'm glad...	Je suis heureux (man) / heureuse (woman)
...to see <b>you</b> .	...de <b>te</b> voir (informal / to a friend) ...de <b>vous</b> voir (formal).
I'm John Smith, pleased / glad - to meet you.	<b>Hélène Dupont</b> , enchanté.
Delighted - to make - your acquaintance.	Ravi (or Enchanté) - de faire - votre connaissance.
Me too.	Moi aussi.
How are you? (Lit.: How go you?)	Comment <b>vas</b> -tu?
How's - it going?	Comment - ça va?
Very well, thanks, and you?	Très bien merci, et <b>vous</b> ? (formal) Très bien merci, et toi? (informal)
Welcome to - Paris.	Bienvenu à - <b>Paris</b> .
How - was - the flight? / the journey?	Comment - <b>était</b> - le vol / la journée?
It was - pleasant.	C'était - agréable.
At what time did you leave? (Lit.: At what time - are you - left?)	À quelle heure es-tu parti?
Did you leave? (informal / formal)	<b>Es</b> -tu parti? / <b>Êtes</b> -vous partis?
I left from London at 4. (Lit.: I am - left - from London - at 4.)	Je <b>suis</b> - parti - de Londres - à quatre heures.
At what time - do you leave - tomorrow?	À quelle heure - <b>partez</b> -vous - demain?
do you leave?	<b>Partez</b> -vous? / <b>pars</b> -tu? (formal / informal)
I leave - at 4.	Je <b>pars</b> - à quatre heures.

#### \*'You' is not just 'You' in French.

Depending on whether talking to a close friend or in a more formal boss-employee-situation, or whether the 'you' is the main object of the sentence or not, there are different words for 'you'. Don't concern yourself too much with this at this stage, just be aware that there are differences. More on this can be found on the website under: 'Discover earworms > Extras > French Grammar'.



## 4. Future plans

What are we doing now?	Que faisons-nous maintenant?
What - are we doing - now? (Lit.: What - do we - now?)	Que - faisons-nous - maintenant?
What are we going to do now?	Qu'allons-nous faire maintenant?
What - are we going to - do - now? (Lit.: What - go we - to do - now?)	Qu' - allons-nous - faire - maintenant?
I'm going to take you to the hotel.	Je vais vous emmener à l'hôtel.
I'm going to - you - take - to the hotel.	Je vais - vous - emmener - à l'hôtel.
you take	vous emmener (formal), t'emmener (informal)
I'm going to - pick you up - at 7.	Je vais - venir vous chercher - à sept heures.
pick you up	venir vous chercher
We are going to go to my favourite restaurant.	Nous allons aller dans mon restaurant préféré.
We are going to...	Nous allons...
... go	... aller
... to my favourite restaurant.	... dans mon restaurant préféré.
We are going to eat some local specialities.	Nous allons manger des spécialités locales.
to eat	manger
... some local specialities	... des spécialités locales
... some French specialities	... des spécialités françaises
some red wine	du vin rouge
See you at 7. (Lit.: We - us see - at 7.)	Nous - nous voyons - à sept heures.
See you...	Nous nous voyons...
Bye.	Salut.
See you later!	À tout à l'heure!



## 5. I have reserved...

I have - reserved a room - in the name of...	J'ai - réservé une chambre - au nom de...
...in the name of...	...au nom de...
Can I see your passport, please?	Puis-je voir votre passeport?
Can I...	Puis-je...
...see	... voir
...your passport?	... votre passeport?
Here you are.	Le voilà.
How 're you going to pay?	Comment allez-vous payer?
How...	Comment...
...going to	...allez
...pay?	...payer?
By credit card.	Par carte de crédit.
Here is - the key.	Voilà - la clé.
Where is breakfast served? (Lit.: Where is - served - breakfast?)	Où est - servi - le petit déjeuner?
More slowly, please.	Plus lentement, s'il vous plaît.
You need help with the baggage?*	Vous avez besoin d'aide pour les bagages?
(Lit.: You have need of help for the baggage?)	
need of	besoin de
help (aid)	aide

**\*Questions** are often formed by making a statement and expressing it as a question. e.g. "You need help?" or "You are French?" or "You are going to Paris on business?" Sometimes the term 'Est-ce que' (Is it that) will be dropped in front of these, which sort of mildens the question. More examples of this in track 7.

## How often do I have to listen to the earworms CD before I can really remember all the language on it?

With the appeal of the earworms songs we hope that it is not a question of 'having to', it is rather a question of 'wanting to'. But seriously: the memory is like a muscle, it needs to be trained and exercised. Based on scientific studies, the ideal is listening relatively intensively at the beginning (the learning phase), thereafter listening periodically to review what you have learnt and refresh your memory.

In practical terms this means listening to the whole album the first day, in order to 'tune your ear in' to the sounds of the language. Then listen regularly, several times, over a period of one or two weeks, making sure that you listen to every song equally as many times. While listening, actually speak the words out loud, when you can, to get a feeling for their pronunciation. After this, go through the booklet and test your knowledge, picking out any gaps that you may wish to concentrate on.

Lastly, the review phase. As we all know, memories fade, so it is important to refresh your memory by listening to the CD at your leisure, say, once a week for the following few weeks. Thereafter, monthly.

This review phase is crucial as it consolidates your knowledge and transfers it into your long-term memory. Although this demands self-discipline, it is of course without effort, as you are only listening to songs.

The result is that you will be able to recall the words and phrases with the same ease that you remember your telephone number!



## 6. Encore des nombres / More numbers

11	onze	71	soixante-et-onze
12	douze	72	soixante-douze (60...12)
13	treize	80	quatre-vingt (4 x 20)
14	quatorze	83	quatre-vingt-trois (4 x 20...3)
15	quinze	90	quatre-vingt-dix (4 x 20...10)
16	seize	94	quatre-vingt-quatorze (4 x 20 ...14)
17	dix-sept	100	cent
18	dix-huit	102	cent-deux
19	dix-neuf	200	deux cents
20	vingt	300	trois cents
30	trente	400	quatre cents
40	quarante	500	cinq cents
50	cinquante	1,000	mille
60	soixante	1,000,000	un million
61	soixante-et-un	2007	deux mille sept
70	soixante-dix	2008	deux mille huit

### Unleashing the brain's potential

Learning to music is not only relaxing and enjoyable, it is also highly effective. Recent research accounts for this in two main ways. Firstly, music primes the neural networks and puts the learner into the optimum state of consciousness for learning, the so-called **Alpha state**; relaxed but at the same time receptive. Also, music engages and stimulates both the right and left hemispheres of the brain, allowing '**whole brain learning**' processes. Traditional teaching practice has tended to favour the left hemisphere of the brain which is more concerned with logic, mathematical thinking, reading and the rules of grammar - discounting the value of the senses and emotions in the learning process. By tapping-in to the auditory cortex, the area responsible for processing and storing sound waves, and to some extent evoking an emotional response through music and dialogue, earworms engages the right hemisphere, unleashing more learning potential.

## 7. What can I do for you?

Hallo. Good day.	Bonjour!
What is it I can do for you?	Qu'est-ce que - je peux - faire - pour vous?
What is it - I can...	Qu'est-ce que - je peux...
...do - for you?	...faire - pour vous?
Do you have a room free? (Lit.: Is it that you have a room free?)	Est-ce que vous avez une chambre libre?
Is it that - you have...?	Est-ce que - vous avez...? (‘Est-ce que’ can be left out!)
For - how many - persons?	Pour - combien - de personnes?
Only - for one person.	Seulement - pour une personne.
Only - for me.	Seulement - pour moi.
For how many nights?	Pour combien de nuits?
For 2 nights / 1 week.	Pour deux nuits / pour une semaine.
With a shower or bath?	Avec douche ou baignoire?
Smokers or non-smokers?	Fumeur ou non fumeur?
How much does the room cost? (Lit.: How much - costs - the room?)	Combien - coûte - la chambre?
It costs 75 Euros.	Elle coûte soixante-quinze euros.
(Is it that) breakfast is included - in the price?	(Est-ce que) le petit-déjeuner est compris - dans le prix?
No, it is not included.	Non, il n'est pas compris.
is not	n'est pas
OK, I'll take the room.	D'accord, je prends la chambre.
You paying by credit card?	(Est-ce que) vous payez par carte de crédit?
No, in cash.	Non, en liquide.
Where are the elevators?	Où sont les ascenseurs?



## 8. Personal details

Could you complete this form, please.	Pourriez-vous remplir ce formulaire, SVP.
Could you...	Pourriez-vous...
...complete	...remplir
..this - form.	...ce - formulaire.
first name - last name	prénom - nom
nationality	nationalité
passport number	numéro de passeport
profession	profession
address	adresse
marital status: married / single	situation de famille: marié / célibataire
age	âge
place / location of birth (‘in lieu of’ actually means ‘in place of’)	lieu de naissance
date of birth (renaissance means rebirth)	date de naissance
signature	signature

janvier - février - mars - avril - mai - juin - juillet - août  
septembre - octobre - novembre - décembre

My birthday is on - the 18. January.	Mon anniversaire est - le 18 janvier.
And your birthday?	Et ton anniversaire?
When is your birthday?	Quand est ton anniversaire?

## 9. What kind of...?

We have reserved - a table for 8 o'clock.	Nous avons <b>s</b> réservé - une table pour huit heures <b>s</b> .
This way, please.	Par ici, SVP.
Do you want an aperitif?	Vous voulez un apéritif?
No thanks, I'm driving.	Non merci, je conduis.
<b>From this point on the conversation becomes more intimate i.e using the informal 'tu' instead of 'vous'.</b>	
Do you want a starter? Maybe a soup?	Tu veux un hors d'oeuvre? Peut-être une soupe?
I'm not very hungry. (Lit.: I don't have much hunger.)	Je n'ai pas trop fam.
may-be / perhaps	peut-être
for main course (Lit.: principal plate)	comme plat principal
What do you prefer: fish or meat?	Qu'est ce que tu préfères: du poisson ou de la viande?
<b>You can't just say: 'poisson', you must say 'du poisson'. You can't just say: 'meat', you have to say: 'de la viande'</b>	
What sort (kind) of fish have they?	Quelle sorte de poisson ont ils?
What sort of...	Quelle sorte de...
... have they?	...ont ils?
trout - salmon	de la truite - du saumon
How do you want your steak? (the waiter says)	Comment voulez- vous votre steak?
Rare, medium or well done?	Bleu, saignant ou à point?
With baked potatoes or fries?	Avec des pommes de terre au four ou des frites?
We are - ready - to order.	Nous sommes - prêts - à commander.
I am ready.	Je suis prêt.(man) Je suis prête.(woman)
Could we have the wine list, please? (Lit.: Is it that - we could -... - please?)	Est-ce que - nous pourrions - avoir - la carte des vins, SVP?
We are going to - take - a Cote du Rhone Villages.	Nous allons - prendre - un Côte du Rhône Villages.



## 10. What is it you do?

What do you do for a living? (Lit.: What is it - you do - for a living?)	Qu'est ce que - tu fais - dans la vie?
I work - in a bank.	Je travaille - dans une banque.
Since when do you work there? (Lit.: Since when - you - there work?)	Depuis quand - tu - y travailles?
Since 10 years. (In other words: For 10 years.)	Depuis 10 ans.
Really?	Vraiment?
How old are you? (Lit.: Which age have you?)	Quel âge as-tu?
I have 32 years. (I'm 32 years old.)	J'ai trente-deux ans.
I don't believe you. (Lit.: I (ne) you believe not.)	Je ne te crois pas.
You are married?	Tu es mariée?
No, I am single.	Non, je suis célibataire.
a brother, a sister	un frère, une soeur
my mother, my father	ma mère, mon père
my wife, my husband	ma femme, mon mari
my children, children, a son, a daughter	mes enfants, les enfants, un fils, une fille
What are you doing tomorrow?	Que fais-tu demain?
Can we see each other? (Lit.:Can we - us see?)	Pouvons-nous - nous voir?
Yes, with great pleasure.	Oui, avec grand plaisir.
Where and when?	Où et quand?
In front of (opposite) the Louvre?	En face du Louvre?
Bye. Until tomorrow!	Salut. À demain!



## French pronunciation (Silence is golden)

French pronunciation can seem mysterious to the uninitiated. The first rule to remember is that consonants at the end of words are not pronounced. (The exception is when the next word starts with a vowel as in: vous avez? Then it is pronounced). Throughout this booklet the silent letters have been marked **in orange**. Having listened to the tracks a few times, now read these words (out loud) with the correct accent and possibly a measure of French verve!

Allez, Paris, affaires, et, rends visite, des amis, je suis, excusez-moi, éteignez, D'accord, Pourriez-vous, Apportez-moi, un moment / instant, vos cognacs, Vous êtes français?, Vous êtes anglais?, mais, vous venez, Londres, Non, Je ne viens pas, est, dans, le nord, comment, Je suis heureux, Hélène Dupont, vas-tu, était, partis, heures, partez-vous, pars-tu, faisons-nous, maintenant, allons-nous, Je vais vous emmener à l'hôtel, chercher, aller, restaurant, à sept heures, manger, des spécialités locales, françaises, nous voyons, Salut, nom, passeport, payer, le petit déjeuner, plus lentement s'il vous plaît, les bagages, vingt, soixante-et-onze, deux cents, trois, peux, combien de personnes, seulement, nuits, baignoire, euros, compris, prix, je prends, vous payez, carte de crédit, Où sont?, Quand? nous avons, vous voulez, je conduis, tu veux, trop, plat principal, tu préfères? ont ils? saignant, à point, pommes de terre, des frites, nous sommes prêts, je suis prêt, nous pourrions, vins, tu fais, Je travaille, depuis, trente-deux ans, je crois, vraiment, mes enfants, un fils, une fille.



## The science behind earworms mbt©

### 1. How we learn

A large part of learning in general and language learning in particular is to do with the memorisation of words, facts and other significant information. It's a well-known fact that we use only a fraction of our brain power and traditional book learning is now recognised as not suiting every learner.

earworms uses simple techniques which open up and exploit more of the brain's native power, and come under the heading of 'accelerated learning'.

In a recent issue of the journal 'Nature' researchers at Dartmouth College in the US reported that they had pinpointed the region of the brain where 'earworms' or catchy tunes reside, the auditory cortex. They found that the sounds and words that have actually been heard can be readily recalled from the auditory cortex where the brain can listen to them 'virtually' again and again.

### 2. What we learn

earworms mbt© adopts the so-called lexical approach to language. In essence, this means we look at language in terms of whole meaningful chunks, then break these down into their component bite-sized, easily absorbable parts and then reconstruct them. You not only learn complete, immediately useful phrases, you also intuitively learn something about the structure (the grammar) of the language. These 'chunks' which the learner can 'mix and match', gradually build up to cover whole areas of the language.



Also available:

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(coming soon)

(coming soon)

(coming soon)





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Musical Brain Trainer



## The Tracks:

1. On business or for pleasure? 7:46
2. Are you French? 7:09
3. How was the journey? 8:38
4. Future plans 7:10
5. I have reserved... 6:12
6. Encore des nombres / More numbers 5:55
7. What can I do for you? 8:28
8. Personal details 4:47
9. What kind of...? 9:56
10. What is it you do? 7:31

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