

Beginner Swahili Student Workbook

Practice writing, speaking, listening, and pronunciation. Say each word aloud before completing the exercise.

Pronunciation Practice Table

Swahili	Pronunciation	Meaning	Practice check
Jambo	JAHM-boh	Hello	■ Said aloud ■ Used in sentence
Habari?	hah-BAH-ree	How are you?	■ Said aloud ■ Used in sentence
Habari yako?	hah-BAH-ree YAH-koh	How are you?	■ Said aloud ■ Used in sentence
Nzuri	n-ZOO-ree	Fine/good	■ Said aloud ■ Used in sentence
Asante	ah-SAHN-teh	Thank you	■ Said aloud ■ Used in sentence
Karibu	kah-REE-boo	Welcome	■ Said aloud ■ Used in sentence
Tafadhali	tah-fah-DHAH-lee	Please	■ Said aloud ■ Used in sentence
Samahani	sah-mah-HAH-nee	Excuse me/sorry	■ Said aloud ■ Used in sentence
Kwaheri	kwah-HEH-ree	Goodbye	■ Said aloud ■ Used in sentence
Ndiyo	n-DEE-yoh	Yes	■ Said aloud ■ Used in sentence
Hapana	hah-PAH-nah	No	■ Said aloud ■ Used in sentence
Sielewi	see-eh-LEH-wee	I do not understand	■ Said aloud ■ Used in sentence

More Pronunciation Practice

Swahili	Pronunciation	Meaning	Practice check
Polepole	POH-leh POH-leh	Slowly	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Rafiki	rah-FEE-kee	Friend	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Chakula	chah-KOO-lah	Food	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Maji	MAH-jee	Water	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Safari	sah-FAH-ree	Journey/travel	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Leo	LEH-oh	Today	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Kesho	KEH-shoh	Tomorrow	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Unaitwa nani?	oo-nah-EET-wah NAH-nee	What is your name?	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Jina langu ni...	JEE-nah LAHN-goo nee	My name is...	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence
Ninafurahi kukutana nawe	nee-nah-foo-RAH-hee koo-koo-TAH-nah NAH-weh	Nice to meet you	<input type="checkbox"/> Said aloud <input type="checkbox"/> Used in sentence

Speaking Exercises

- Introduce yourself: Jina langu ni... (JEE-nah LAHN-goo nee...)
- Ask someone how they are: Habari yako? (hah-BAH-ree YAH-koh?)
- Respond politely: Nzuri, asante. (n-ZOO-ree, ah-SAHN-teh.)
- Ask the speaker to slow down: Polepole, tafadhali. (POH-leh POH-leh, tah-fah-DHAH-lee.)

Weekly Reflection

This week I can say: _____

Words I need to practice: _____

My pronunciation confidence: 1 2 3 4 5