

100 words + 20 phrases

The core vocabulary of spoken Palestinian Arabic in six groups, plus the 20 expressions you hear every day. Say every word out loud. Tick a box only when you can produce the word from the English alone.

NAME _____

DATE _____

THE 7-DAY PLAN

ABOUT 20 MINUTES A DAY

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Words 1 to 20	Words 21 to 40	Words 41 to 60	Words 61 to 85	Words 86 to 100 + review	Expressions 101 to 120	All 120 + the sentence page
☐ done	☐ done	Words 41 to 60 + review Day 1 ☐ done	☐ done	Day 3 ☐ done	☐ done	☐ done

Each word has three boxes: **D1** for the day you learn it, **D3** and **D7** for the two reviews. Cover the Say-it and English columns, look at the Arabic or the English, say the word, then tick. A word with three ticks is yours. Tick the plan box when the day is done.

GROUP 1. PRONOUNS & LITTLE WORDS

WORDS 1 TO 20

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7	#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
1	أنا	ana	I	☐ ☐ ☐	11	هذول	hadol	these	☐ ☐ ☐
2	إنت	inta	you (m)	☐ ☐ ☐	12	هون	hon	here	☐ ☐ ☐
3	إنتِ	inti	you (f)	☐ ☐ ☐	13	هناك	hunak	there	☐ ☐ ☐
4	هو	huwwe	he, it	☐ ☐ ☐	14	آه	ah	yes	☐ ☐ ☐
5	هي	hiyye	she, it	☐ ☐ ☐	15	لا	la	no	☐ ☐ ☐
6	إحنا	ihna	we	☐ ☐ ☐	16	مش	mish	not	☐ ☐ ☐
7	إنتو	intu	you (pl.)	☐ ☐ ☐	17	و	w	and	☐ ☐ ☐
8	هم	humme	they	☐ ☐ ☐	18	بس	bass	only, but	☐ ☐ ☐
9	هاد	hada	this (m)	☐ ☐ ☐	19	كمان	kaman	also, more	☐ ☐ ☐
10	هادي	hadi	this (f)	☐ ☐ ☐	20	عشان	'ashan	because	☐ ☐ ☐

Say it like Jerusalem

- **ق** is a **glottal stop**, the catch in "uh-oh": 'ahwe (coffee), su' (market), 'abl (before). In villages you will hear k (kahwe), in the south and among Bedouin g (gahwe); villagers often say ch for k too (kif → chif).
- **j** is the English j of "jam": jdid, ju'an, jum'a. In Beirut and Damascus it sounds like the s in "pleasure".
- Many words end in **-e** where Cairo says -a: 'ahwe, madrase, 'ele. And th/dh from Standard Arabic become t/d: ktir (a lot), hada (this).

GROUP 2. QUESTIONS & TIME

WORDS 21 TO 40

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
21	شو	shu	what	□□□
22	وين	wein	where	□□□
23	إمتى	emta	when	□□□
24	ليش	lesh	why	□□□
25	مين	min	who	□□□
26	كيف	kif	how	□□□
27	كم	kam	how many	□□□
28	قديش	'addesh	how much? (price)	□□□
29	اليوم	el-yom	today	□□□
30	بكرة	bukra	tomorrow	□□□

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
31	مبارح	imbarih	yesterday	□□□
32	هلق	halla'	now	□□□
33	بعدين	ba'dein	later	□□□
34	قبل	'abl	before	□□□
35	بعد	ba'd	after	□□□
36	دائماً	dayman	always	□□□
37	الصبح	es-subh	in the morning	□□□
38	بالليل	bil-leil	at night	□□□
39	يوم	yom	day	□□□
40	جمعة	jum'a	week; Friday	□□□

GROUP 3. PEOPLE & PLACES

WORDS 41 TO 60

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
41	زلمة	zalame	man	□□□
42	مرة	mara	woman; wife	□□□
43	ولد	walad	boy, child	□□□
44	بنت	bint	girl, daughter	□□□
45	أبوي	abuy	my father	□□□
46	إمي	immi	my mother	□□□
47	أخوي	akhuy	my brother	□□□
48	أختي	ukhti	my sister	□□□
49	صاحبي	sahbi	my friend (m)	□□□
50	صاحبتي	sahibti	my friend (f)	□□□

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
51	ناس	nas	people	□□□
52	عيلة	'ele	family	□□□
53	بيت	beit	house, home	□□□
54	شغل	shughl	work, job	□□□
55	مدرسة	madrased	school	□□□
56	سوق	su'	market	□□□
57	شارع	shari'	street	□□□
58	دكان	dukkan	small shop	□□□
59	سيارة	sayyara	car	□□□
60	سرفيس	servees	shared taxi	□□□

GROUP 4. FOOD & DRINK

WORDS 61 TO 70

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
61	أكل	akl	food	□□□
62	مي	mayy	water	□□□
63	قهوة	'ahwe	coffee	□□□
64	شاي	shai	tea	□□□
65	خبز	khubz	bread	□□□

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
66	زيت	zeit	olive oil	□□□
67	زعتار	za'tar	za'tar	□□□
68	حمص	hummus	hummus	□□□
69	حليب	halib	milk	□□□
70	سكر	sukkar	sugar	□□□

GROUP 5. VERBS & VERB-LIKE WORDS

WORDS 71 TO 85

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7	#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
71	بَدِّي	biddi	I want	□□□	79	بجي	baji	I come	□□□
72	لازم	lazim	must, have to	□□□	80	بعمل	ba'mal	I do, make	□□□
73	ممکن	mumkin	can, maybe	□□□	81	بحكي	bahki	I speak	□□□
74	في	fi	there is; in	□□□	82	بفهم	bafham	I understand	□□□
75	ما في	ma fi	there isn't	□□□	83	بعرف	ba'rif	I know	□□□
76	عندي	'indi	I have	□□□	84	بشرب	bashrab	I drink	□□□
77	كان	kan	was	□□□	85	بحب	bahibb	I like, love	□□□
78	بروح	baruh	I go	□□□					

Endings on 71 to 76: *biddi*, *'indi* and the verbs are in the "I" form. Change the ending for other people: *biddak* you (m) want, *biddik* you (f), *biddo* he, *bidha* she; *'indak* you have. For verbs swap the prefix: *baruh* I go, *btiruh* you go, *biruh* he goes. Worksheet 4 drills this. *fi* (74) means both "there is" (fi mayy? is there water?) and "in" (fil-beit, at home).

GROUP 6. DESCRIBING WORDS

WORDS 86 TO 100

#	ARABIC	SAY IT	ENGLISH	D1 D3 D7	#	ARABIC	SAY IT	ENGLISH	D1 D3 D7
86	مريح	mnih	good, fine	□□□	94	رخيص	rkhis	cheap	□□□
87	عاطل	'atel	bad	□□□	95	كتير	ktir	a lot; very	□□□
88	كبير	kbir	big	□□□	96	شوي	shwayy	a little	□□□
89	زغير	zghir	small	□□□	97	تعبان	ta'ban	tired	□□□
90	جديد	jdidd	new	□□□	98	مبسوط	mabsut	happy	□□□
91	قديم	'adim	old (thing)	□□□	99	جوعان	ju'an	hungry	□□□
92	حلو	hilu	nice, sweet	□□□	100	شوب	shob	hot (weather)	□□□
93	غالي	ghali	expensive	□□□					

PART 2. 20 EVERYDAY EXPRESSIONS

101 TO 120 · DAY 6

These are the phrases that make you sound like you live there. Most have a fixed reply; learn the pair, not just the phrase.

#	ARABIC	SAY IT	MEANING	WHEN YOU USE IT	D1 D3 D7
101	يلا	yalla	let's go, come on	leaving, hurrying someone, starting anything	□□□
102	يعني	ya'ni	I mean; so-so	a filler while you think; as an answer: "so-so"	□□□
103	خلص	khalas	done, enough, okay	closing a deal or an argument: <i>khalas, ana badfa'</i>	□□□
104	طيب	tayyib	okay, alright	agreeing; as a question <i>tayyib?</i> = so? and then?	□□□
105	ماشي	mashi	fine, deal	accepting a plan, a time or a price	□□□

106	معلش ma'lesh	never mind; sorry	small mistakes, when someone bumps into you	□□□
107	تفضل tfaddal	please, here you are	offering food or a seat, letting someone go first (f: tfaddali)	□□□
108	يسلمو إيديك yislamu idek	thank you (bless your hands)	when someone hands you something or cooked for you (f: ideki)	□□□
109	أهلاً وسهلاً ahlan w sahan	welcome	greeting a guest; reply: ahlan fik (f: fiki)	□□□
110	إن شاء الله inshallah	God willing, hopefully	any plan, even "see you tomorrow": <i>bukra inshallah</i>	□□□
111	الحمد لله el-hamdilla	thank God; I'm fine	the usual reply to <i>kifak?</i> (how are you?)	□□□
112	صحتين sahtein	enjoy your meal	said to someone eating; reply: 'ala 'albak (f: 'albik)	□□□
113	يعطيك العافية ya'tik el-'afye	(God) give you strength	to someone at work, or as you walk into a shop; reply: <i>allah y'afik</i>	□□□
114	والله wallah	really, I swear	to stress (<i>wallah mnih!</i>) or to doubt (<i>wallah?</i>)	□□□
115	عن جد 'an jad?	seriously? really?	surprise at news	□□□
116	يا زلمة ya zalame	man!, come on!	between friends, to a man: surprise or friendly protest	□□□
117	حبيبي habibi	my dear, mate	friends, family, shopkeepers to customers (to a woman: <i>habibti</i>)	□□□
118	على راسي 'ala rasi	with pleasure	saying yes to a request (lit. on my head)	□□□
119	يا حرام ya haram	what a pity, poor thing	bad news, sympathy	□□□
120	بتجنن bitjannin	amazing, gorgeous	food, a view, a dress (lit. it drives you crazy): <i>el-akl bitjannin</i>	□□□

Ex. 1 15 sentences built only from the list

— / 8

Every word below is in your list (plus the usual endings: 'indak = 'indi with "you", biddo = bidli with "he"). Read all 15 out loud, then translate sentences 1 to 8 into English on the line. This is the Day-7 page.

1 أنا بدي قهوة.
ana bidli 'ahwe.

2 عندك مي؟
'indak mayy?

3 الأكل حلو كثير.
el-akl hilu ktir.

4 هو مش هون هلق.
huwwe mish hon halla'.

5 وين السوق؟ هناك.
wein es-su' hunak.

6 إنت جوعان؟ آه، كثير.
inta ju'an? ah, ktir.

7 إمي وأبوي في البيت.
immi w abuy fil-beit.

8 ما في خبز اليوم.
ma fi khubz el-yom.

9 بكرا عندي شغل.
bukra 'indi shughl.

10 السيارة هادي غالية كثير.
es-sayyara hadi ghalye ktir.

11 ليش إنت تعب؟
lesh inta ta'ban?

12 أنا بفهم، بس مش كثير.
ana bafham, bass mish ktir.

13 صاحبي بدّ شاي وسكر.
sahbi biddo shai w sukkar.

14 تفضل، هاد خبز وزعتر. صحتين!
tfaddal, hada khubz w za'tar. sahtein!

15 خلص، معلش، بكرا إن شاء الله.
khalas, ma'lesh, bukra inshallah.

Ex. 2 Odd one out

— / 6

Circle the word that does not belong, then say why in one word (food, family, time ...).

1	shai	'ahwe	halib	sayyara
2	abuy	immi	ukhti	shari'
3	kbir	bukra	imbarih	el-yom
4	bashrab	ba'mal	beit	bahki
5	shu	wein	lesh	hilu
6	ju'an	ta'ban	mabsut	dukkan

Ex. 3 **Opposites**

— / 10

Write the opposite from the box next to each word.

shwayy	rkhis	ba'd	zghir	ma fi	'atel	hunak	bil-leil	'adim
imbarih								

1 kbir _____

2 jdid _____

3 ghali _____

4 mnih _____

5 ktir _____

6 hon _____

7 'abl _____

8 bukra _____

9 es-subh _____

10 fi _____

Ex. 4 **What do you say?**

— / 8

Write the right expression from Part 2 next to each situation. **With a partner:** one reads a situation out loud, the other answers with the expression (and the reply, if it has one). Then switch.

yalla	sahtein	'an jad?	tfaddali	ya'tik el-'afye	'ala rasi	ma'lesh
yislamu ideki						

1 You walk into a small shop and the owner is busy working. _____

2 Your friend's mother cooked lunch for you. _____

3 A guest comes in and you offer her a chair. _____

4 Your friend's food arrives and he starts eating. _____

5 Your friend tells you he is getting married next week. _____

6 Someone says sorry for stepping on your foot. _____

7 Everyone has their coat on. Time to leave. _____

8 Your neighbour asks you to help carry a heavy bag. _____

Ex. 5 Build your own

— / 5

Write five sentences about your day. Each one uses at least three words from the list, and one of them uses an expression from Part 2. Then say them out loud without reading.

1

2

3

4

5

Day-7 self-test

Cover the Say-it column. Let someone (or your finger) pick 40 random English words and expressions. Say each one in Palestinian Arabic. Count your hits. 32 or more: you are done with the starter pack. Fewer: repeat Day 3 and Day 5.

____ / 40

Done? Speaking check

- ☐ I said every word out loud on the day I learned it, not just read it.
- ☐ I read all 15 sentences out loud at normal speed.
- ☐ I used three expressions from Part 2 with a real person (or my partner) and got the reply right.

Three habits that make the words stay

- **Say it, don't read it.** Your mouth has to do the work. Three times out loud beats ten times in your head.
- **Put it in a sentence you could say this week.** *ana biddi 'ahwe sticks; biddi = I want does not.*
- **Learn expressions with their reply.** *sahtein comes with 'ala 'albak, ya'tik el-'afye with allah y'afik.*

Answer key

For teachers and self-learners. Remove this page before handing the sheet out in class.

Ex. 1 1 I want coffee. · 2 Do you have water? · 3 The food is very good. · 4 He isn't here now. · 5 Where is the market? Over there. · 6 Are you hungry? Yes, very. · 7 My mum and dad are at home. · 8 There's no bread today. (9 to 15, for reference: Tomorrow I have work. · This car is very expensive. · Why are you tired? · I understand, but not much. · My friend wants tea and sugar. · Here you are, this is bread and za'tar. Enjoy! · Okay, never mind, tomorrow hopefully.)

Ex. 2 1 sayyara (the others are drinks) · 2 shari' (family) · 3 kbir (time words) · 4 beit (verbs) · 5 hilu (question words) · 6 dukkan (how you feel)

Ex. 3 1 kbir / zghir · 2 jdid / 'adim · 3 ghali / rkhis · 4 mnih / 'atel · 5 ktir / shwayy · 6 hon / hunak · 7 'abl / ba'd · 8 bukra / imbarih · 9 es-subh / bil-leil · 10 fi / ma fi

Ex. 4 1 ya'tik el-'afye (reply: allah y'afik) · 2 yislamu ideki · 3 tfaddali · 4 sahtein (reply: 'ala 'albak) · 5 'an jad? · 6 ma'lesh · 7 yalla · 8 'ala rasi

Ex. 5 Open answer. A model: ana bashrab 'ahwe es-subh. · abuy w immi fil-beit el-yom. · el-akl fil-beit bitjannin. · bukra 'indi shughl ktir. · yalla, baruh 'as-su' halla'.

TEACHER'S NOTES

- Use the sheet as a running vocabulary programme over seven lessons: one group (10 to 25 words) as a 10-minute warm-up, choral repetition from the Arabic, then pairs quiz each other from the English column.
- Teach the expressions in Part 2 as pairs with their replies and act them out: shop, kitchen, guest at the door. Ex. 4 is built for this and works as a quick role-play round.
- The Day 1 / Day 3 / Day 7 boxes are spaced repetition. Insist that students tick only when they can produce the word, not when they recognise it. Do not test Arabic-script spelling at A1.
- Expect variation from Palestinian speakers in class: village speakers may say kahwe or chif, Jordanian-influenced speakers bidd- with a, and some say hay instead of hadi for "this (f)". Accept them; the sheet uses the urban Jerusalem and Ramallah forms.
- The list is curated for usefulness in conversation, not a strict frequency count. It includes the food and expressions learners need on day one, which a pure frequency list would miss.

WHAT NEXT

This is the last sheet of the Palestinian Arabic Starter Pack. Go back to Worksheet 1 (greetings) and see how much more you can say now, or find all five sheets at yallahspeak.com/worksheets/palestinian-arabic.

To hear every one of these words and expressions in a Palestinian voice and use them in conversation with an AI partner who corrects your pronunciation, try the Yallah Speak app (free to start, iOS and Android).