



Portuguese Language Kit

Expressions - Grammar - Online Resources - Culture



Introduction

Whether you plan to embark on a new journey towards learning Portuguese or you just need a basic reference booklet for a trip abroad, the Cactus team has compiled some of the most helpful Portuguese expressions, grammar rules, culture tips and recommendations. Portuguese is one of the most significant languages in the world, and Portugal and Brazil are popular destinations for holidays and business trips. As such, Portuguese is appealing to an ever-growing number of Cactus language learners. Learning Portuguese will be a great way to discover the fascinating cultures and gastronomy of the lusophone world, and to improve your career prospects. Learning Portuguese is the beginning of an exciting adventure that is waiting for you!



The Cactus Team

3. Essential Expressions
4. Grammar and Numbers
5. Useful Verbs
8. Online Resources
10. Take a Language Holiday
11. Cultural Differences
12. Portugal & Brazil Culture Recommendations
15. Start Learning Portuguese

Contact us

Telephone (local rate)

0845 130 4775

Telephone (int'l)

+44 1273 830 960

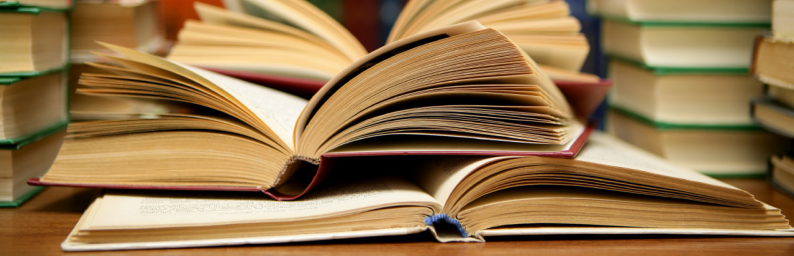
Monday-Thursday: 9am-7pm

Friday: 9am-5pm



Essential Expressions

Hello	Olá (<i>olah</i>)
Goodbye	Tchau (<i>chaoh</i>)
Please	Por favor
Thank you	Obrigado (<i>obrigahdu</i>)
Yes	Sim (<i>simng</i>)
No	Não (<i>nowng</i>)
Excuse me/sorry	Desculpe / perdão (<i>des-cool-peh</i>)
My name is...	O meu nome é... (<i>oh meoh nomay ay</i>)
What is your name?	Qual é o seu nome? (<i>kwah-oooh eh seh-oooh noh-mee</i>)
Nice to meet you	Muito prazer (<i>mweeng tu prazair</i>)
Where do you come from?	De onde você vem? (<i>jee ohn-jee voh-seh vem</i>)
I come from Great Britain/America	Eu sou da Grã Bretanha / América
How are you?	Como vai? / Com vai você? (<i>comu vay</i>)
Where is...?	Onde está...?
I would like (2 bottles of water)	Eu gostaria de duas garrafas de água
How much is that?	Quanto é isso?
How do I get to...?	Como eu chego à...?
I don't understand	Eu não entendo (<i>naw en-tehn-doo</i>)
I'm sorry, I don't speak Portuguese	Eu sinto muito, eu não falo português
Do you speak English?	Você fala inglês? (<i>vossay fah-la een-glâysh</i>)



Grammar and Numbers

Definite articles

	Singular	Plural
Masculine	o livro	os amigos
Feminine	a casa	as amigas

Indefinite articles

	Singular	Plural
Masculine	um dia	uns amigos
Feminine	uma noite	umas amigas

Numbers

0	zero	10	dez	20	vinte	200	duzentos (as)
1	um / uma	11	onze	21	vinte e um (uma)	300	trezentos (as)
2	dois / duas	12	doze	30	trinta	400	quatrocentos (as)
3	três	13	treze	40	quarenta	500	quinhentos (as)
4	quatro	14	catorze	50	cinquenta	600	seiscentos (as)
5	cinco	15	quinze	60	sessenta	700	setecentos (as)
6	seis	16	dezesseis	70	setenta	800	oitocentos (as)
7	sete	17	dezesete	80	oitenta	900	novecentos (as)
8	oito	18	dezoito	90	noventa	1000	mil
9	nove	19	dezenove	100	cem		

Possessives

Person	Possessive
eu	meu, minha, meus, minhas
ocê	seu, sua, seus, suas
ele	dele, seu, sua, seus, suas
ela	dela, seu, sua, seus, suas
nós	nosso, nossa, nossos, nossas
vocês	seu, sua, seus, suas
eles	deles, seu, sua, seus, suas
elas	delas, seu, sua, seus, suas



Useful Verbs

Estar (to be)

Present

eu **estou**
tu **estás**
ele **está**
nós **estamos**
eles **estão**

Present perfect

eu tenho **estado**
tu tens **estado**
ele tem **estado**
nós temos **estado**
eles têm **estado**

Preterite

eu **estive**
tu **estiveste**
ele **esteve**
nós **estivemos**
eles **estiveram**

Future

eu **estarei**
tu **estarás**
ele **estará**
nós **estaremos**
eles **estarão**

Conditional

eu **estaria**
tu **estarias**
ele **estaria**
nós **estaríamos**
eles **estariam**

Imperative

tu **está**
ele **esteja**
nós **estejamos**
eles **estejam**

Gerund
estando

Participle
estado

Ser (to be)

Present

eu **sou**
tu **és**
ele **é**
nós **somos**
eles **são**

Present perfect

eu tenho **sido**
tu tens **sido**
ele tem **sido**
nós temos **sido**
eles têm **sido**

Preterite

eu **fui**
tu **foste**
ele **foi**
nós **fomos**
eles **foram**

Future

eu **serei**
tu **serás**
ele **será**
nós **seremos**
eles **serão**

Conditional

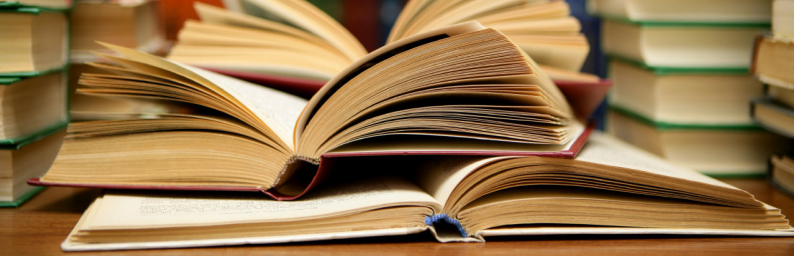
eu **seria**
tu **serias**
ele **seria**
nós **seríamos**
eles **seriam**

Imperative

tu **sê**
ele **seja**
nós **sejamos**
eles **sejam**

Gerund
sendo

Participle
sido



Useful Verbs

Fazer (to do)

Present

eu **faço**
tu **fazes**
ele **faz**
nós **fazemos**
eles **fazem**

Present perfect

eu tenho **feito**
tu tens **feito**
ele tem **feito**
nós temos **feito**
eles têm **feito**

Preterite

eu **fiz**
tu **fizeste**
ele **fez**
nós **fizemos**
eles **fizeram**

Future

eu **farei**
tu **farás**
ele **fará**
nós **faremos**
eles **farão**

Conditional

eu **faria**
tu **farias**
ele **faria**
nós **faríamos**
eles **fariam**

Imperative

tu **faz / faze**
ele **faça**
nós **façamos**
eles **façam**

Gerund
fazendo

Participle
feito

Falar (to talk)

Present

eu **falo**
tu **falas**
ele **fala**
nós **falamos**
eles **falam**

Present perfect

eu tenho **falado**
tu tens **falado**
ele tem **falado**
nós temos **falado**
eles têm **falado**

Preterite

eu **falei**
tu **falaste**
ele **falou**
nós **falámos**
eles **falaram**

Future

eu **falarei**
tu **falarás**
ele **falará**
nós **falaremos**
eles **falarão**

Conditional

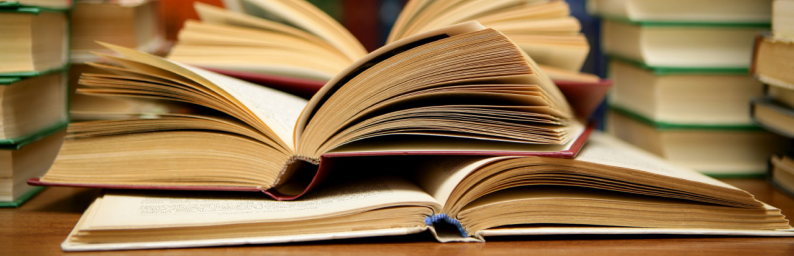
eu **falaria**
tu **falarias**
ele **falaria**
nós **falaríamos**
eles **falariam**

Imperative

tu **fala**
ele **fale**
nós **falemos**
eles **falem**

Gerund
falando

Participle
falado



Useful Verbs

Comer (to eat)

Present

eu como
tu comes
ele come
nós comemos
eles comem

Preterite

eu comi
tu comeste
ele comeu
nós comemos
eles comeram

Conditional

eu comeria
tu comerias
ele comeria
nós comeríamos
eles comeriam

Gerund
comendo

Present perfect

eu tenho comido
tu tens comido
ele tem comido
nós temos comido
eles têm comido

Future

eu comerei
tu comerás
ele comerá
nós comeremos
eles comerão

Imperative

tu come
ele coma
nós comamos
eles comam

Participle
comido

Partir (to go)

Present

eu parto
tu partes
ele parte
nós partimos
eles partem

Preterite

eu parti
tu partiste
ele partiu
nós partimos
eles partiram

Conditional

eu partiria
tu partirias
ele partiria
nós partiríamos
eles partiriam

Gerund
partindo

Present perfect

eu tenho partido
tu tens partido
ele tem partido
nós temos partido
eles têm partido

Future

eu partirei
tu partirás
ele partirá
nós partiremos
eles partirão

Imperative

tu parte
ele parta
nós partamos
eles partam

Participle
partido



Online Resources

There are so many free online resources that it is sometimes difficult to know which ones to use, and to identify which ones are good. Cactus has carefully assessed the wide range of free language learning resources available online to provide you with a selection of our most recommended, useful and reliable sources of information for learning Portuguese. These can be used as a helpful support to language learning whilst taking one of our face-to-face Portuguese courses.

Dictionaries

WordReference is a popular bilingual dictionary, and combines its own dictionary with the long-established Collins dictionary. WordReference also includes a handy Portuguese verb conjugator and a forum where users can get help with Portuguese language related questions.

Reverso is a well-established online bilingual dictionary. It includes an English-Portuguese dictionary, along with other handy tools such as a translator and spellchecker.

Grammar

Conjuga-me is a free Portuguese verbs conjugator. In Portuguese only.

Vocabulary

Memrise is a popular website and mobile app which enables you to memorise Portuguese vocabulary. It is a great and fun way to learn new vocabulary in addition to your language course.

Language Guide is a project helping Portuguese learners to build their vocabulary using an image and sound dictionary.

Quizlet is a fun and simple website and mobile app which will help you develop your Portuguese vocabulary using flash cards.



Online Resources

Cram has a large list of flash cards to help you learn new Portuguese words. It also has a mobile app, so you can memorise Portuguese vocabulary anywhere anytime.

Pronunciation

Forvo is a free and comprehensive pronunciation guide maintained by native speakers around the world. It includes the pronunciation of more than 3 million words in 325 languages.

Mobile app

Duolingo is a fun mobile app which offers a comprehensive series of vocabulary, pronunciation and translation exercises. It is a great way to practice what you learn during your Portuguese evening course while on the go.



Take a Language Holiday

Taking an immersion course abroad is a very efficient way to quickly improve your Portuguese language skills. Not only it will increase your confidence in speaking Portuguese, but it will also be a unique opportunity to discover and experience the culture of a Portuguese-speaking country and practice Portuguese with native speakers on a daily basis. Cactus has teamed up with the best language schools across the world to offer you a first-rate language learning experience.

Brazil

Known for its carnival with flamboyant costumes and samba, Brazil is popular for its *joie de vivre*. As the fifth largest country in the world, there is much to explore in Brazil, from white-sand beaches to wild rainforests featuring unique species such as toucans, scarlet macaws and howler monkeys. Cactus offers immersion courses in the colonial city of Olinda, near Recife, and in bustling Rio de Janeiro.

Portugal

As the only Portuguese-speaking country in Europe, Portugal is a popular destination for Portuguese language learners. Despite sharing the Iberian Peninsula with Spain, Portugal is strikingly different from its Hispanic neighbour. Cactus offers language holidays across Portugal, including in the colorful cities of Lisbon and Porto, and in the Algarve's coastal towns of Faro and Lagos.



Cultural Differences

Every culture has its specificities, and as fascinating as they can be, not knowing them can prove surprising and challenging when travelling. To help you blend into the local culture and make the most of your time in Portugal, we have listed some of the most striking cultural differences you should be aware of, along with some helpful tips.

Queuing

Portuguese queues tend to be disorganised and messy. Despite this, knowing your place in the queue is as important in Portugal as it is in the UK, if not more. Every person knows his/her place in the queue and trying to bypass someone will be frowned upon.

Eating times

Like in many Southern European countries, Portuguese people have longer lunches and eat later in the evening, usually around 8pm, compared to the UK. While this may prove challenging to your stomach when you arrive, you will soon get used to this more relaxed way of life.

Restaurants

As soon as you take a seat in a Portuguese restaurant, waiters will usually bring unordered bread, olives and other small cold dishes. Unless these are included in the menu, you will have to pay for them. Should you not want them or be worried about the final bill, it is absolutely possible to send them away politely. You can also enquire about the price by asking 'quanto e isso?'

It is also worth noting that service is generally not added to the bill, and Portuguese people usually leave around 5% or a few coins.



Portugal & Brazil Culture Recommendations

Books

Relatively unknown, Portuguese literature is ancient and captivating, and there is a variety of genres you can choose from to practice Portuguese. It is almost impossible to make an exhaustive list of books to read when it comes to Portuguese and Brazilian literature, but we would certainly recommend these for those who are learning the language:

- *O Melhor das Comedias da Vida Privada*, by Luís Fernando Veríssimo: these chronicles on the everyday life are excellent short stories to develop your vocabulary.
- *Gabriela, cravo e canela*, by Jorge Amado: a romantic novel set in 1920s Brazil, telling the story of two lovers who are facing strict traditions, and depicting how cacao plantation owners had to adapt to modernity.
- *Bichos*, by Miguel Torga : written in European Portuguese, these tales are about half-animal half-human creatures and the existential questions they are facing. These philosophical stories question the purpose of life and its tribulations.

Music and Films

Portuguese and Brazilian cinema both have produced some unique and captivating films. There are many films in Portuguese you should watch, but as a new learner we would recommend popular and easy-to-understand films such as:

- *Cidade de Deus* (2002): set between the 1960s and the 1980s in Rio, this film follows the lives of residents of favelas trapped in drug gang wars and their aspiration to a better life.



Portugal & Brazil Culture Recommendations

- ***Capitães de Abril*** (2000): based on the events of the Carnation Revolution, this film tells the story of the military coup which overthrew dictatorship on 25 April 1974 in Portugal. It follows young conscripts and coup plotters as they are facing difficult choices, and their common eagerness for freedom.

Music-wise, there are many songs with Portuguese and Brazilian lyrics you could listen to in order to practice your listening skills. Portugal is probably best known for its traditional folk music - fado. Brazil has developed many unique styles, such as bossa nova, MPB (Música Popular Brasileira), sertanejo, tropicalia, choro, maracatu, mangue beat, funk carioca and of course the world renowned samba. Listening to easy-to-understand songs will prove more efficient for beginners and elementary Portuguese learners. Here are a few we picked up for you:

- ***Deixa a vida me levar***, by Zeca Pagodinho: an upbeat and popular samba song.
- ***Se***, by Djavan: a slow yet catchy MPB song.
- ***Ai se eu te pego***, by Michel Teló: you may have already heard this popular Brazilian pop song. Its lyrics are simple and clearly sung, making it ideal for Portuguese learners.
- ***A Banda***, by Chico Buarque: another MPB song with easy-to-understand lyrics.

Food

Despite being underrated, Portugal and Brazil have a unique cuisine featuring yummy dishes and desserts. As a result, it can be hard to decide which dish to choose from, but we thought you should taste these:

- ***Pastéis de bacalhau (Codfish Cake)***: codfish is a staple of Portuguese cuisine and so are these fishcakes. They should be crispy on the outside but creamy on the inside.



Portugal & Brazil Culture Recommendations

- **Bacalhau à brás:** another codfish dish, this tasty recipe is made of salted cod, onions and fried potatoes with scrambled eggs, olives and parsley.
- **Alheira de Mirandela:** these pork free sausages were originally made by the Jews of Portugal to trick the Inquisition into thinking they were Christians.
- **Francesinha:** originally from Porto, this sandwich made of ham, sausages or roast meat, melted cheese and a thick tomato sauce shares similarities with the French 'Croque Monsieur', hence its name, translated as 'little French lady'.
- **Caldeirada:** this Portuguese fish stew is cooked with a abundance of seafood, tomatoes and herbs.
- **Feijoada:** this stew cooked with beans, beef and sausages is a classic of Brazilian cuisine.
- **Moqueca de Camarão:** cooked in coconut milk, this shrimp stew is a delightful Brazilian fish dish.
- **Salpicão:** this Brazilian salad made of chicken, ham, carrots, raisins, apples, olives, and fries is easy to prepare.
- **Pastel de nata:** probably the most popular Portuguese dessert, this egg tart is also known as 'Pastel de Belém'.
- **Queijadas de Sintra:** made with fresh cheese, 'queijadas' are traditionally prepared in the small town of Sintra, near Lisbon.
- **Ovos Moles de Aveiro:** these delicacies are simply made of egg yolks and sugar, and wrapped in the shape of seashells.
- **Romeu e Julieta:** a Brazilian dessert consisting of guava paste and white cheese.



Start Learning Portuguese

With so many language learning options available ranging from evening classes to online courses, it is often difficult to know where to start your Portuguese language learning journey. It's important to assess which type of language course or combination of courses is the most appropriate for you. To help you make the right choice, the experts at Cactus have compared the benefits of each alternative and provided a comprehensive list of language learning options to get you started.

Language Holidays: Immersion courses are an excellent way to learn and practice Portuguese on a daily basis while discovering the local culture. For more information about our language holidays destinations, please see page 10.

Group Evening Courses: Evening classes in the UK are ideal if you want to learn Portuguese after work or your studies. They will help you learn Portuguese quickly in a sociable environment and they offer excellent preparation for a language holiday abroad, as they will enable you to understand the basics of Portuguese prior to your trip.

Private Tuition: If you can't fit a group language course in your schedule or you prefer to study in your own time, one-to-one Portuguese classes are the perfect solution. Cactus offers both face-to-face and Skype Portuguese language lessons.

TEFL (Teaching English as a Foreign Language): Living abroad is a dream that many long for, and it is often said to be the best way to achieve fluency in a foreign language. For fluent English speakers, one of the easiest ways to live abroad is by teaching English as a Foreign Language. You can become an English teacher abroad by taking a TEFL course with Cactus. We offer CELTA and Trinity Cert TESOL preparation courses across the world, including in Brazil and Portugal. For more information about TEFL courses and advice on how to become a TEFL teacher, please visit our dedicated [website](#), or email us at info@cactustefl.com.

Visit our websites

Language Holidays

cactuslanguage.com

UK Group Evening Courses

languagecoursesuk.co.uk

Private Tuition

cactuslanguagegetraining.com

TEFL

cactustefl.com

Contact us

Telephone (local rate)

0845 130 4775

Telephone (int'l)

+44 1273 830 960

Monday-Thursday: 9am-7pm

Friday: 9am-5pm

Our Address

103 Lorna Road
Hove
East Sussex
BN3 3EL
United Kingdom