



# Portuguese Language Kit

Expressions - Grammar - Online Resources - Culture



## Introduction

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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

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## Essential Expressions

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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-glaysh</i> )



## Grammar and Numbers

### Definite articles

	Singular	Plural
Masculine	<b>o</b> livro	<b>os</b> amigos
Feminine	<b>a</b> casa	<b>as</b> amigas

### Indefinite articles

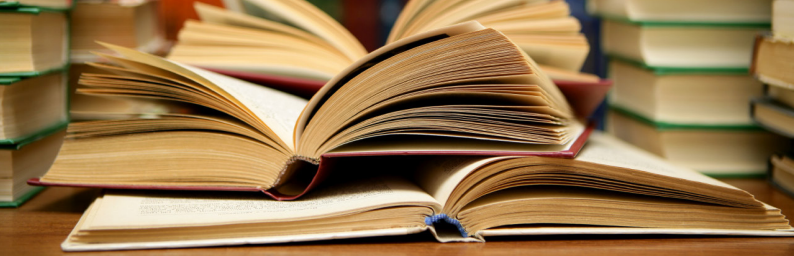
	Singular	Plural
Masculine	<b>um</b> dia	<b>uns</b> amigos
Feminine	<b>uma</b> noite	<b>umas</b> amigas

### Numbers

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

### Possessives

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



## 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

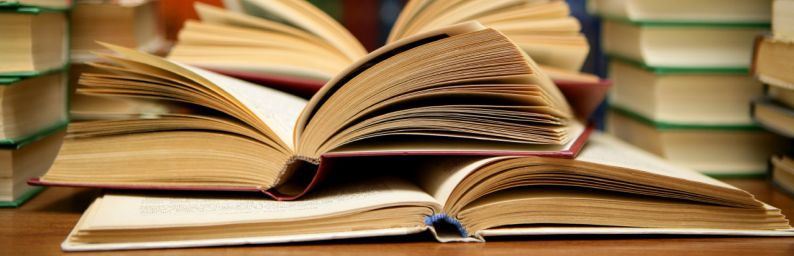
eu **seria**  
tu **serias**  
ele **seria**  
nós **seríamos**  
eles **seriam**

#### Imperative

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

Gerund  
**sendo**

Participle  
**sido**



## Useful Verbs

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### Fazer (to do)

#### Present

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

#### Preterite

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

#### Conditional

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

**Gerund**  
**fazendo**

#### Present perfect

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

#### Future

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

#### Imperative

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

**Participle**  
**feito**

### Falar (to talk)

#### Present

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

#### Preterite

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

#### Conditional

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

**Gerund**  
**falando**

#### Present perfect

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

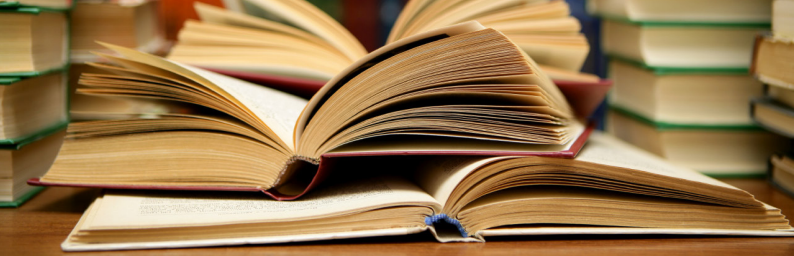
#### Future

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

#### Imperative

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

**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

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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

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**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

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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

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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

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### 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

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- ***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

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- **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

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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](mailto:info@cactustefl.com).

## Visit our websites

### Language Holidays

[cactuslanguage.com](http://cactuslanguage.com)

### UK Group Evening Courses

[languagecoursesuk.co.uk](http://languagecoursesuk.co.uk)

### Private Tuition

[cactuslanguagegetraining.com](http://cactuslanguagegetraining.com)

### TEFL

[cactustefl.com](http://cactustefl.com)

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