










A1 Portuguese beginner classes April-June 2026 at the Emotion-Center in Albufeira

2. Class — No supermercado (at the supermarket)

Dia 8 de Abril 2026

1. Speaking — Warm-up (revision + expansion)

(try again without reading)

-  Olá (*Hello*)
-  Chamo-me... (*My name is...*)
-  Sou inglês/inglesa. (*I am English.*)
-  Venho da Inglaterra. (*I come from England.*)
-  Tenho 20 anos. (*I am 20 years old.*)
-  Moro / vivo em Albufeira há/por 5 anos. (*I live / have lived in Albufeira for 5 years.*)
-  Sou casado/a. (*I am married.*)
-  Sou solteiro/a. (*I am single.*)
-  Tenho dois filhos / um cão / um gato. (*I have two children / a dog / a cat.*)

2. Main part (grammar)

A) The verb SER — present tense

- Eu sou (*I am*)
- Tu és (*You are — informal*)
- Ele é (*He is*)
- Ela é (*She is*)
- Você é (*You are - formal*)
- Nós somos (*We are*)
- Vocês são (*You are — plural*)
- Eles são (*They are — masculine / mixed*)
- Elas são (*They are — feminine*)



With professions

- Eu sou professor. / Eu sou professora.
(*I am a teacher.*)
- Tu és estudante.
(*You are a student.*)
- Ele é médico.
(*He is a doctor.*)
- Ela é engenheira.
(*She is an engineer.*)

- **Nós somos cozinheiros.**
(We are cooks.)
- **Vocês são atletas.**
(You are athletes.)
- **Eles são motoristas.**
(They are drivers.)
- **Elas são enfermeiras.**
(They are nurses.)



With permanent states / identity

- **Eu sou português / portuguesa.**
(I am Portuguese.)
- **Tu és alto / alta.**
(You are tall.)
- **Ele é jovem.**
(He is young.)
- **Ela é simpática.**
(She is nice.)
- **Nós somos amigos.**
(We are friends.)
- **Vocês são vizinhos.**
(You are neighbours.)
- **Eles são casados.**
(They are married.)
- **Elas são estudantes.**
(They are students.)

B) The article rules (um/uma/o/a/os/as)



Masculine (usually ends in -o)

◆ Definite article (the)

- **o homem** (the man) os homeNS
- **o amigo** (the friend – male) os amigoS
- **o professor** (the teacher – male) os professorES

◆ Indefinite article (a)

- **um homem** (a man)
- **um amigo** (a friend – male)
- **um professor** (a teacher – male)



Feminine (usually ends in -a)

◆ Definite article (the)

- **a mulher** (*the woman*) as mulherES
- **a amiga** (*the friend – female*) as amigaS
- **a professora** (*the teacher – female*) as professoraS

◆ Indefinite article (a)

- **uma mulher** (*a woman*)
- **uma amiga** (*a friend – female*)
- **uma professora** (*a teacher – female*)

⚠ Important

✓ The article **changes with the word**, not the person.

- **o homem simpático** (*the nice man*)
- **a mulher simpática** (*the nice woman*)

✓ Adjectives usually change too:

- **o homem alto** (*the tall man*)
- **a mulher alta** (*the tall woman*)

C) 🇵🇹🌟 Portuguese Names & Surnames (Nomes e apelidos portugueses)

👤 Top Portuguese male names (Principais nomes masculinos portugueses)

1. 👑 **João** (John — “God is gracious”)
2. 🛡️ **Pedro** (Peter — “rock / stone”)
3. 🌟 **Miguel** (Michael — “Who is like God?”)
4. 🔥 **Tiago** (James — “supplanter”)
5. 🌿 **André** (Andrew — “manly / brave”)

➡ Example: **O João é meu amigo.** (João is my friend.)

👩 Top Portuguese female names (Principais nomes femininos portugueses)

1. 🌸 **Maria** (Mary — “beloved / wished-for child”)
2. 👑 **Ana** (Anne — “grace”)
3. 🌹 **Sofia** (Sophia — “wisdom”)
4. ✨ **Inês** (Agnes — “pure”)
5. 🌻 **Beatriz** (Beatrice — “bringer of happiness”)

➡ Example: **A Maria é professora.** (Maria is a teacher.)

👨👩 Top Portuguese family names (Principais apelidos portugueses)

1. 🌳 **Silva** (“forest / woods”)

2. 🕊️ **Santos** (“saints”)
3. 🌊 **Costa** (“coast”)
4. 🍏 **Pereira** (“pear tree”)
5. 🛡️ **Oliveira** (“olive tree”)

➡️ Example: **Ele chama-se Pedro Silva.** (His name is Pedro Silva.)

🇵🇹 Many Portuguese people have:

👉 **one or two first names**

👉 **two family names** (often one from the mother + one from the father)

Example:

Maria Sofia Costa Santos

(Maria Sofia = first names | Costa Santos = family names)

3. Part: 🛒🇵🇹 No supermercado — sections & root words

- 🥬 **Frescos** (fresh products) → **o fresco** (the fresh thing)
- 🍞 **Padaria** (bakery) → **o pão** (the bread)
- 🍰 **Pastelaria** (pastry shop) → **o pastel** (the pastry)
- 🍖 **Charcutaria** (cold meats / deli) → **a carne** (the meat)
- 🧀 **Queijos** (cheeses) → **o queijo** (the cheese)
- ❄️ **Congelados** (frozen foods) → **o gelo** (the ice)
- 🥛 **Laticínios** (dairy products) → **o leite** (the milk)
- 🏠 **Despensa** (pantry / dry food section) → **a despensa** (the pantry)
- 🍷 **Bebidas** (drinks) → **a bebida** (the drink)
- 🍷 **Garrafeira** (wine / alcohol section) → **a garrafa** (the bottle)
- 💄 **Beleza** (beauty products) → **belo / bela** (beautiful)
- 🧼 **Higiene** (hygiene products) → **a higiene** (hygiene)
- 🧹 **Limpeza** (cleaning products) → **limpo / limpa** (clean)
- 🐾 **Animal** (pet section) → **o animal** (the animal)