

# Seamen's centre



The Seafarer's Centres provide all seafarers, visiting our ports, with a warm welcome



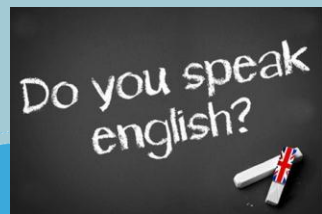
## *Maritime English is a product of life on the ocean itself.*

Ci sono vari tipi di inglese nelle diverse nazioni in cui si parla inglese.

Sebbene il linguaggio sia fondamentalmente lo stesso, ci sono degli aspetti del linguaggio diversi nei vari posti, che è utile sapere.

- La **pronuncia** è differente, per vari motivi: potrebbe essere dovuto all'accento che incide sulla pronuncia o, in qualche caso, la pronuncia può anche essere influenzata da altre lingue parlate in quell'area. L'ortografia e la grammatica sono differenti.
- Ci sono anche differenze nel **vocabolario**: ci sono espressioni in cui oggetti comuni sono detti in modo diverso.
- Le varie nazioni in cui si parla inglese sono molto differenti tra loro. Ad esempio, esistono modi di dire diversi.

L'inglese marittimo, oltre ad una sua terminologia tecnica propria, si adatta a situazioni ed ambiti diversi a seconda delle provenienze, dei livelli culturali. A volte è un inglese imparato sul campo. Quindi è importante ascoltare attentamente.



*all «hands» on deck !*

# your wash hands



With soap and warm running water and dry them on a single-use towel or air dryer especially before eating, before handling food, after handling raw food and eggs, after using the bathroom, after blowing your nose !

Seafarers' Health Information Programme  
Healthier, fitter, safer ...  
International Committee on Seafarers' Welfare  
www.seafarershealth.org

ICSW

©OD SAFETY

# Drink water for life !



... at least 1.5 litres of water a day !

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www.seafarershealth.org

ICSW



# Breakfast, the best way to start the day !

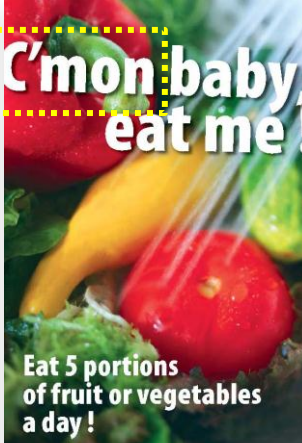


Breakfast delivers 25% of your daily energy !

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ICSW

# C'mon baby, eat me !



Eat 5 portions of fruit or vegetables a day !

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www.seafarershealth.org

ICSW

C'mon ...



# Eat less fat, eat healthy fat!

Eat less meat, fat, oil,  
sugar and salt!  
Eat more fish and fish oil!

Seafarers' Health Information Programme  
Healthier, fitter, safer ...  
International Committee on Seafarers' Welfare  
[www.seafarershealth.org](http://www.seafarershealth.org)

# Do I need that coffee?

Maximum 3 cups of  
coffee or tea per shift!

Seafarers' Health Information Programme  
Healthier, fitter, safer ...  
International Committee on Seafarers' Welfare  
[www.seafarershealth.org](http://www.seafarershealth.org)

per shift



## The SHIP Safe Travel Commandments

1. THOU SHALT CONSULT THY PHYSICIAN  
2. THOU SHALT NOT BEGET TRAVELLERS' DIARRHOEA  
3. THOU SHALT CONSULT THY PHYSICIAN  
4. THOU SHALT NOT BEGET TRAVELLERS' DIARRHOEA  
5. THOU SHALT CONSULT THY PHYSICIAN  
6. THOU SHALT NOT BEGET TRAVELLERS' DIARRHOEA  
7. THOU SHALT CONSULT THY PHYSICIAN  
8. THOU SHALT NOT BEGET TRAVELLERS' DIARRHOEA  
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10. THOU SHALT NOT BEGET TRAVELLERS' DIARRHOEA  
11. THOU SHALT CONSULT THY PHYSICIAN  
12. THOU SHALT NOT BEGET TRAVELLERS' DIARRHOEA

International Committee on Seafarers' Welfare  
Seafarers' Health Information Programme  
[www.seafarershealth.org](http://www.seafarershealth.org)

OK!

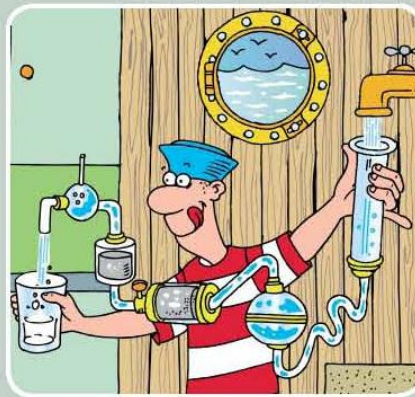
THOU SHALT CONSULT  
THY PHYSICIAN

THOU SHALT NOT BEGET  
TRAVELLERS' DIARRHOEA





THOU SHALT PROTECT  
THYSELF FROM INSECTS



THOU SHALT PURIFY THE  
WATER THAT THOU DRINKEST



THOU SHALT BE WARY  
OF THY CONVEYANCE



THOU SHALT EXERCISE  
TO STAY FIT





## The club



The Seafarers' Center has phones and Internet service available, as well as phone cards. We have Internet computers, and WiFi hotspot, it is free to use, we ask a symbolic offer for dial-up service. We have landline and mobile phones, which you can use with a phone card.



We have BT simcard that can be used with TOCARE phonecard. TOCARE are good value and reliable international phone card. It can be used to make low cost calls worldwide from 40+ different countries. Ask for timetable.



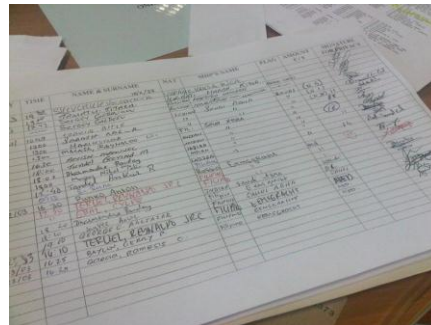
We have a small store with items such as personal hygiene supplies, souvenirs, and snacks.

The Seafarers' Center offers books, magazines and newspapers free for seafarers. Bibles and New Testaments are available in various languages free of charge (donations are welcome).

If you have a problem that you would like to discuss with someone, there are chaplains available who can help you.



Come on, please! - **entra prego**  
Make yourself at home - **fai come se fossi a casa tua**



This is the logbook of the centre:  
mark your visit, please!



We're open from 9am to 5pm, Monday to Friday  
- **siamo aperti dalle 9 del mattino alle 5 di sera, da lunedì a venerdì**

Are you open on ...? - **siete aperti ...?**

Saturday - **il sabato**

Sunday - **la domenica**

On Sunday and on holidays we are closed

What time do you close? - **a che ora chiudete?**

What time do you open tomorrow? - **a che ora aprite domani?**



May I help you? - [posso aiutarti?](#)

What can I do for you?

Anything else? – [niente altro?](#)  
Would you like anything else?



I need to charge up my phone - [devo ricaricare il telefono](#)

Could I borrow your phone, please? - [puoi prestarmi il telefono, per favore?](#)

I'd like a phonecard, please - [vorrei una tessera telefonica per favore](#)



This is the phone

We have the TOCARE phone card

It is dedicated especially to the seafarers.

It costs five €.

If you call the Philippines, you have 37 minutes of conversation. Look at the timetable.

For use it, you must call this number and will respond to the message.

Scratch the ID number and type it on the phone.

When everything is ok, type the full number with the international code of your country.



We have the BT sim card, it costs 10 euros.

So you have 10 euros in conversation: you can call and receive, text messages.

You can recharge the card at any tobacconist.

Be careful to not use all credit, otherwise the card is exhausted.

It is better for you to save the whole credit of the sim – and use only in emergency - because the conversation is expensive ...

The advantage is using the BT sim with the phone card TOCARE. In this way it's really good value for you!



You can buy a sim card with two or three phone cards that you can use throughout Italy without any problem.



I have to register the sim card and I need your passport.





Do you have any ...?  
avete delle ...?

postcards  
cartoline  
hand cream  
crema per le mani

I'm looking for ...  
sto cercando ...

the shampoo  
lo shampoo  
toothpaste  
dentifricio  
shower gel  
bagnoschiuma  
shaving cream  
shaving blades  
aftershave



I'll take it - lo prendo

I'll take this - prendo questo



Can I get you anything to drink? - ti posso dare qualcosa da bere?

Would you like a tea or coffee? - vuoi té o caffè

How do you take it? - come lo prendi?

Do you take sugar? - ci metti lo zucchero?

Do you take milk? - ci metti del latte?

Would you like a ...? - vuoi ...?

soft drink - una bibita

beer - una birra



Help yourself - serviti pure

Go ahead - fai pure

After, let me know! - dopo, fammi sapere!





How are you? - *come stai?*  
 How's it going? - *come va?*

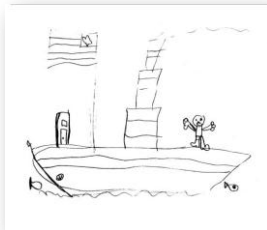
How's life? - *come va la vita?*  
 How are things? - *come vanno le cose?*

I'm fine, thanks - *sto bene, grazie*  
 I'm OK, thanks - *tutto ok, grazie*  
 Not too bad, thanks - *non c'è male, grazie*  
 Alright, thanks - *tutto a posto, grazie*  
 Not so well - *non molto bene*



What about you? - *e tu?*  
 And you? - *e tu?*

*Where are you from?*  
*Is this your first time here?*  
**What's your job on ship?**



Have you got any kids? - *hai dei bambini?*  
 Do you have any children? - *hai dei figli?*

Yes, I've (got) ... - *sì, ho ...*  
 a boy and a girl - *un maschio e una femmina*  
 a young baby - *un figlio piccolo*  
 three kids - *tre figli*

I don't have any children - *non ho figli*

Do you have any grandchildren? - *hai dei nipoti?*



OK  
Of course - **certo**  
Of course not - **certo che no**

That's fine - **va bene**  
That's right - **è vero**

Sure - **sicuro**  
Certainly - **certamente**  
Really - **realmente**  
Absolutely - **assolutamente**

As soon as possible - **prima possibile**

That's enough - **basta**

It doesn't matter - **non importa**  
It's not important – **niente di importante**  
It's not serious - **non è niente di serio**  
It's not worth it - **non ne vale la pena**



### **Do you have internet access here?**

We have several computers: if you want, I can give you the access, but I need your document.  
The passport is very good.  
What is your ship?  
Thanks.



How many hours do you need? One, two or four hours?

The service is free, but we ask for a symbolic contribution for dial-up: can you leave one euro and 50 cents?

This is your ID and password, you can use any computer which is not busy.



**Do you have wireless internet here?**

Certainly.

You can use your laptop or any device

If you need electric power, use this outlet

You can sit where you want!

I'll make an account.

What is the name of your ship?

It is moored nearby: you can try if you get the signal, so you'll be able to use your device on board.



There are News in different languages.

What is your country?

Look there, on the shelf: if you don't find the news, I can print a copy for you.



The magazines are free.  
There are ITF magazines in many languages. You can freely serve

Here there are several books.

The gospel multilingual and sacred images are free, even the rosaries are free.

In the showcase there are souvenirs and religious items, if you want I can open it.



Do you have a map? - *ha una mappa?*  
Can you show me on the map? - *può mostrarmelo sulla mappa?*

Excuse me, do you know where the ... is? -  
*scusa, sai dov'è ...?*

I'm sorry, I don't know - *mi dispiace, non lo so*

I'm looking for ... - *sto cercando ...*

Don't forget, your gate is "Varco Valessini":  
when you come back, ask the taxi to drive you  
to "Varco Valessini", I write for you.

It's better to catch the taxi to the gate Valessini  
and then walk.  
If you pass the gate, then the rate will be  
higher.





*"Will you come again?"*

God bless you

By-by

Thanks for coming - *grazie per essere venuto*  
Good return on board - *buon ritorno a bordo*

