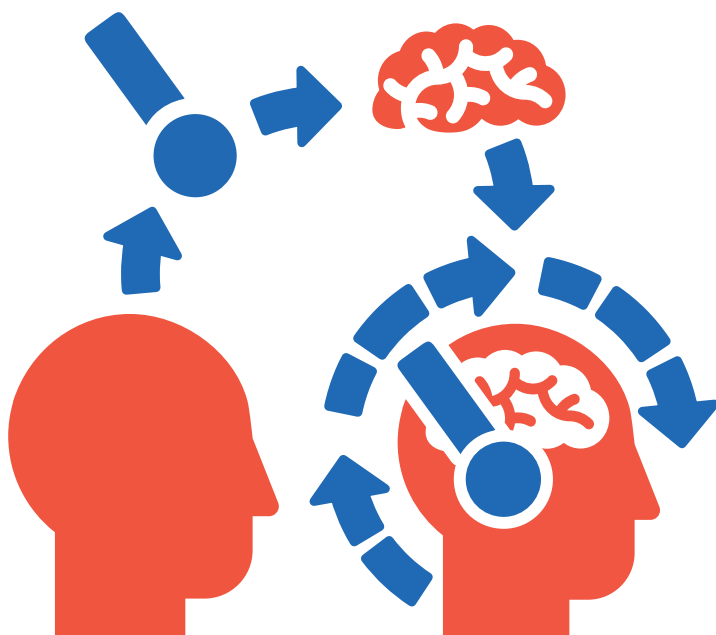




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OLIENA {2018~1}

Language recovery after stroke



FLYING PUBLISHER

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OLIENA

Language recovery after stroke

2018 English Edition

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Executive Summary

Every year, almost 20 million people suffer a first-time stroke and about a third of them have aphasia. Although aphasia often resolves spontaneously, many patients have persistent language disturbances. A conservative estimate of the number of people who require acute post-stroke speech therapy is one to two million each year (China: 200,000, Europe: 100,000, US: 50,000).

Unfortunately, in developing countries, there are few resources for post-stroke speech therapy. There, language recovery often depends on random interactions within families and communities. In developed nations, though most patients do receive treatment, the intensity – a few hours per week over a few months – is categorically considered to be insufficient.

It has recently been suggested that intense daily listening to audio files on smartphone and tablets allows for efficient language learning even in subjects 60 years and older (please visit Ear2Memory.com). Here we present an Android application for aphasic patients (OLIENA 1.0, Google Play™: bsk1.com/oliena) that displays videos of a person pronouncing words or short sentences. Each video is played in a loop until the patient proceeds to the next word. We recommend daily use of at least 30 minutes (better: 60 to 90 minutes!) and, according to personal need and time availability, continuous training for months or years.

OLIENA has interfaces for patients and administrators (caregivers, speech therapists, physicians, etc.).

OLIENA is an open platform for the creation of individualized content (videos, words, pictures) in any language.

OLIENA is free and has no advertising!

OLIENA Summary

OLIENA (Open Language Interface for Enhanced Network Activity) is a repeat player for short videos and audios, designed and developed for patients with post-stroke aphasia (Google Play™: bsk1.com/oliena; free app, no ads!).



Figure 0.1 – OLIENA administrator mode. First open the menu (yellow circle top left) and download content. The four main buttons are indicated by the yellow frame.

Download OLIENA!
First swipe from left to right and click ‘Download’.

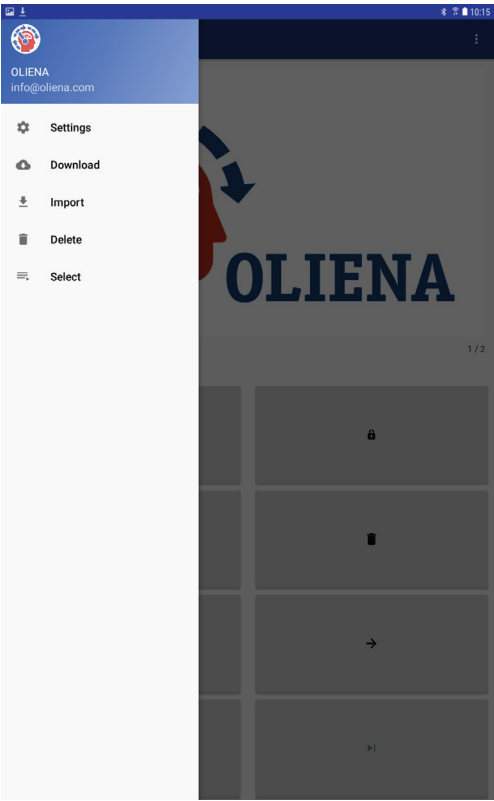


Figure 0.2 – Swipe from left to right to open the OLIENA menu and click ‘Download’.

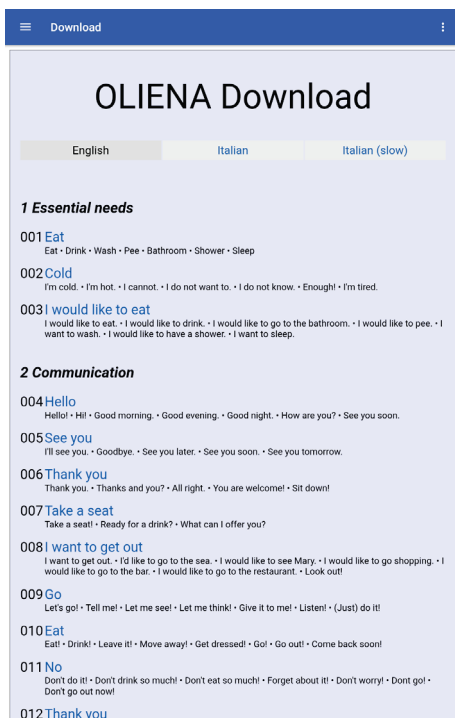


Figure 0.3 –OLIENA content. Click a link and start the download. OLIENA compilations are usually 3 to 10MB in size.

Select a compilation (a bundle of videos and pictures). Depending on the size of the compilation (usually 3 to 10MB) and your internet connection, download may take a few seconds. The basic functions:

1. Button (6), “Show next item”, the most frequently used button (see Table 0.1, next page).
2. After download of two or more compilations, use (7) and (8) to navigate between them.

3. Press (2) to enter the listener mode. Modify the default code 0000 if needed. In case you forget your administrator code, remember the **salvage code 1789**.
4. Return to the administrator mode via the three vertical dots in the right upper corner.

Table 0.1 – The 8 OLIENA administrator buttons. The most used buttons are 6, 8, 7 and 5.

1. Rarely used: defines the maximum number of items displayed for each compilation. LongClick: Display all.	2. Enter the listener mode.
3. Reactivate all hidden items.	4. Hide or reactivate the current item in the listener mode.
5. Stop/Play LongClick: Set delay between repeats (0.5 to 10 seconds).	6. Show next item. LongClick: Show last item.
7. Select previous compilation. LongClick: Activate (black) or deactivate (grey) buttons 7 and 8 in the listener mode.	8. Select next compilation. LongClick: Activate (black) or deactivate (grey) buttons 7 and 8 in the listener mode.

For a detailed description of all OLIENA functions, see page 15.

OLIENA items (video + text; video + picture + text) are mostly grouped in compilations of seven. In the current version 1.0, to be completed by April 2018, you will find about 150 word compilations and 30 compilations of short sentences, both in English and Italian. Future OLIENA editions will offer more words, more sentences and more languages.

OLIENA is an open platform where you can **create and import your own content**. For more information, see page 28.

P.S. Other OLIENA applications include learning words and sentences of foreign languages; improving reading and writing skills in young children and adults with no reading skills; and assisting vocabulary-building strategies in memory-intensive areas of study. We also anticipate OLIENA to become a powerful tool for creating and exchanging content in these settings.

Welcome to OLIENA!

OLIENA is an *Ear²Memory* spin-off. In November 2016, during the launch days of our language learning app, we had dinner with [Thomas Kamradt](#). While discussing learning Greek, Russian, Turkish, Japanese and Chinese with *Ear²Memory*, Thomas suddenly asked, ‘And would it work with aphasic patients too?’ A few weeks later, I met [Maurizio Melis](#) at the Cagliari Stroke Unit on the 6th floor of Brotzu Hospital, Cagliari, Sardinia, Italy. He was fairly skeptical about my proposal but still introduced me to Monica Limoncino, a speech therapist at the Neurorehabilitation Center a floor above. After a one-hour discussion about language learning and aphasia treatment, Monica and I decided to give Thomas’s idea a trial and create a smartphone app for people with aphasia willing to restudy their language every day. As with *Ear²Memory*, we committed ourselves to deliver the best conceivable service and, as always, offer it for free.

In a revival of last year’s *Ear²Memory* exploit, OLIENA was coded by my brother Stephan who made his assembler/machine language computer debut 34 years ago. Without Stephan, there would be no OLIENA.

Bernd Sebastian Kamps

1 February 2018

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1. After a Stroke

The OLIENA app repeats videos of words and short sentences until you click for the next word. If you have recovered from a stroke but still have aphasia, watch a few dozen videos 50, 100 or 200 times and see if this method helps. If it does, download more video compilations and continue studying with OLIENA.

We are aware that some brain lesions exclude recovering past fluency and eloquence; however, even here, studying with OLIENA may be helpful as small increases in speed of speech and more readily accessible words can have a monumental impact on your quality of life.

Recovering from aphasia bears some similarities with learning entirely new languages, in particular with respect to study time and study intensity. For example, learning a new language requires heavy exposure to sound and writing. Adolescents and adults need to read and listen to words and sentences some 100 to 200 times before achieving unconscious and word-by-word understanding of oral speech and being fluent in speaking.¹ In-depth

¹ In an ongoing experiment, we are comparing the study time to full comprehension of three hours of Chinese audio files in two subjects 13 and 63 years old. The subjects use [Ear²Memory](#) and [Assimil Chinese](#). The daily updated worksheets are available at [BSK1.com/ChineseFelix](#) and [BSK1.com/ChineseBSK](#). Thirteen-year-old Félix will certainly do better than BSK, but the magnitude of ‘youth advantage’ (“How long will Félix need to achieve the same result as BSK? Fifty percent of BSK’s time? Or 60%? Or 70%?”) is not known. The final result will help convince adolescents to cash in on their youth in order to accumulate as much

learning of new languages requires years of study, not months, and is one of the most time-consuming tasks in life – like improving aphasia.

If OLIENA improves your expressiveness, however slightly, continue watching and listening to the videos 30, 60 or 90 minutes per day. Divide your study time into sessions of 10 to 15 minutes. Time is the key to success because language is the most complex skill we acquire in our lifetime. All of us, with or without aphasia, continue developing this skill all life long.

More

- Full OLIENA description: page 19.
- Producing your own OLIENA content: page 28.
- Words and sentences included in the OLIENA compilations:
 - English: page 49
 - Italian: page 63

knowledge as possible; and remind adults that old age is no obstacle to acquiring new skills.

2. The Patient and OLIENA

In the early days after a stroke, patients may not be able to manage the OLIENA app without help. In these cases, caregivers, speech therapists and physicians will prepare the app and monitor its use.

From our experience with second-language acquisition (please see www.Ear2Memory.com) we hypothesize that patients with post-stroke aphasia will benefit from intense language exposure. ‘Intense exposure’ means hundreds of exposures to single words and sentences. Daily exercises would be not less than 30 minutes, ideally longer (60 to 90 minutes if the patient agrees). We expect the best results with continuous training for periods of 6 months to years.

Preparing OLIENA for a patient consists of selecting the content and of downloading the videos (see the Summary, page 3). Before selecting the content, see the complete list of words and sentences included in the OLIENA compilations (English: page 49; Italian: page 63). A possible study scheme is available for download (page 17).

For a detailed description of all OLIENA functions, see page 19.

2.1 Patient Acceptance

Caregivers, speech therapists and physicians will first need to understand if patients can handle OLIENA and if they accept listening to the words. (If needed, modify the delay between repeats: longclick the Stop/Play button and select delays of up to 10 seconds.) Then find out

1. How long patients listen to each word of a compilation;
2. If they accept to listen to more than one round (starting a compilation of 7 videos all over again once, twice or three times);
3. How long they can listen in a row;
4. How many times per day they accept to study with OLIENA.

2.2 Content Selection

If a patient qualifies for OLIENA, prepare an individualized study plan. Select from the available OLIENA content (see the English content on page 49 and the Italian content on page 63) those compilations that best fit the patient's abilities and interests. As of February 1, 2018, the OLIENA Download page included compilations in

- English (10)
- Italian (179)
- Italian slow (179)

Within the next months, the total number of word and sentence videos will increase to 1,280. By the end of 2018, we'll have published more words and languages.

The OLIENA compilations (English: page 49; Italian: page 63) are grouped in chapters structured 'inside out', from the patient's inside to the world's outside: first, immediate needs, communication, food, body and clothes; then, home, objects, transport and city; and finally, animals,

flowers, nature, education, professions, science and the world. We intentionally propose more words than most patients can cope with. Caregivers, speech therapists and physicians can thus individualize the OLIENA content to every single patient by

1. Downloading the most appropriate compilations;
2. Hiding videos or pictures that are deemed difficult or inappropriate.

2.3 Study Scheme

Finally, whenever possible, design study schemes which present at least one new compilation every day and repeat previous compilations at ever increasing time intervals (see Figure 2.1).

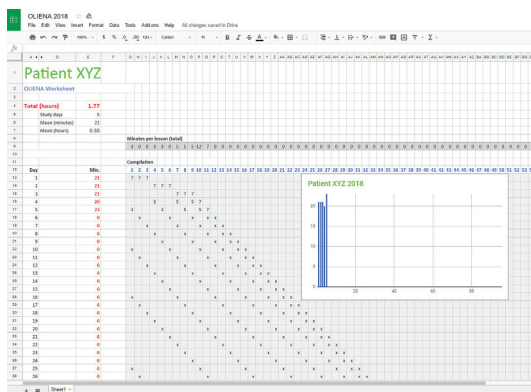


Figure 2.1 – Typical OLIENA worksheet. Presents one new compilation per day and repeats at increasing time intervals. See a typical OLIENA worksheet at www.bsk1.com/worksheet.

2.4 Clinical Studies

We explicitly encourage physicians to test the efficacy of daily study OLIENA sessions in clinical trials. Please contact the authors for any questions.

2.5 MyOLIENA

The OLIENA platform has been designed to let you import videos and pictures tailored to the particular needs of your patients and institution. The OLIENA import process is simple and requires just basic computer skills (detailed discussion on page 28).

3. OLIENA Step-by-Step

3.1 Administrator Mode

After downloading the OLIENA player from the Google Play™ Store, there is nothing to play – first, you need to download the original OLIENA video compilations. Open the menu (Figure 3.1), click ‘Download’ and select a compilation (Figure 3.2). OLIENA compilations have generally 7 items of either ‘video + text’ or ‘video + picture + text’.

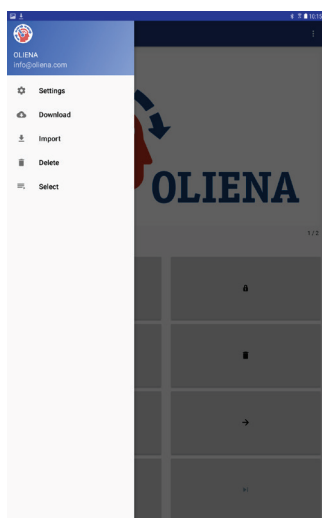


Figure 3.1 – OLIENA menu. Click ‘Download’ and select a file. (www.bsk1.com/oliena).



Figure 3.2 – OLIENA Download page. Click a title and start the download.

When the download is completed, the first item of the compilation is played back in a loop (Figure 3.3).

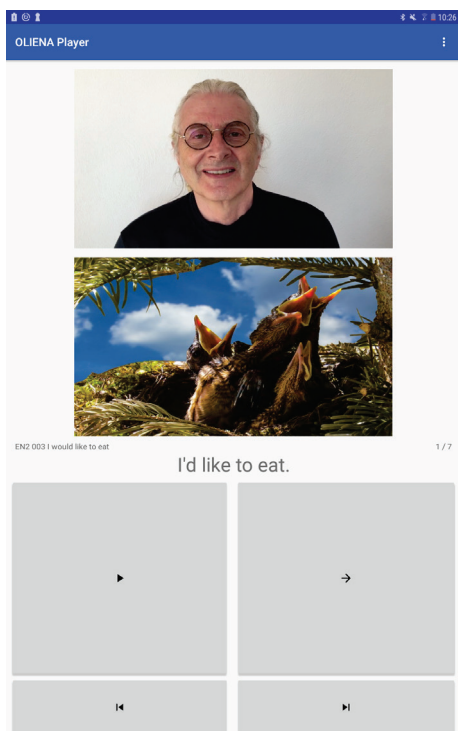


Figure 3.3 – After downloading a compilation, the first item is immediately played back in a loop.

You need to download a compilation only once. To select compilations downloaded previously, **longclick the video** (or the picture when available).

More functions:

1. Click button 6 (see Table 3.1) and go to the next item; longclick button 6 to return to the previous item.
2. After download of more than one compilation, click button 8 and 7 to play the next or last compilation, respectively.
3. Click button 5 to stop and resume the loop.
4. LongClick button 5 to modify the delay between the repeats of single items (from 0.5 to 10 seconds).
5. Click button 4 to hide an item from a patient (the trash icon turns orange). This function is useful if words, sentences or pictures are difficult or inappropriate for a particular patient. To reactivate a hidden item, click button 4 again. To reactivate all hidden items, click button 3 and confirm.
6. Button 1 is rarely used. It limits the number of items that are visible to the patient. For example, you can define that only the first five items of EVERY compilation are shown. This function may be useful when several compilations contain huge numbers of items.
LongClick button 1 to reset the number of displayed items to 'All'.

Now click button 2 and enter the listener mode. Change the predefined admin code 0000 as needed. If you forget your admin code, remember the **OLIENA rescue code 1789**.

Table 3.1 – Function of the 8 OLIENA administrator buttons. The most used buttons 6, 8, 7 and 5 are highlighted.

1. Rarely used: defines the maximum number of items displayed for each compilation. LongClick: Display all.	2. Enter the listener mode.
3. Reactivate all hidden items.	4. Hide or reactivate the current item in the listener mode.
5. Stop/Play LongClick: Set delay between repeats (0.5 to 10 seconds).	6. Show next item. LongClick: Show last item.
7. Select previous compilation. LongClick: Activate (black) or deactivate (grey) buttons 7 and 8 in the listener mode.	8. Select next compilation. LongClick: Activate (black) or deactivate (grey) buttons 7 and 8 in the listener mode.

3.2 Listener mode

The OLIENA *standard* listener mode (Figure 3.4) has just two buttons: on the right a button to move between items (click: next; longclick: last) and on the left the Stop/Play button. When both a video and a picture appear on the screen, the patient may click to enlarge it and click again to return to the twin view.

To **select another compilation**, the patient must **longclick the video or picture**.

To return to the Administrator mode, open the menu (right upper corner), select *Administrator* and enter your admin code (Figure 3.5).



Figure 3.4 – OLIENA standard listener mode.



Figure 3.5 – Returning to the administrator mode.

3.3 Activate Extended Listener mode

As soon as patients are familiar with OLIENA, activate the *extended* listener mode. In addition to the Next/Last and the Stop/Play buttons, patients will see two buttons below to navigate between compilations.

To activate the extended listener mode, longclick button 7 or 8 (see Table 3.1). The icon color changes from grey to

black. Now return to the listener mode (button 2) and find the *extended* 4-button listener mode (Figure 3.6).



Figure 3.6 – OLIENA extended listener mode.

3.4 Settings

Each compilation is about 4 MB in size. To spare your mobile bandwidth, the default settings of OLIENA allow download only when connected to a WI-FI network. To activate the download via mobile networks, open Settings (via the menu) and click “WI-FI and Mobile data”. If needed, allow roaming.

If your smartphone or tablet has an external SD card, you can choose where to save the OLIENA compilations. Open Settings (in the menu), click ‘Storage Location’ and select.

4. MyOLIENA

OLIENA (Open Language Interface for Enhanced Network Activity) is an **open** platform – so create your own videos, bind them together, import them, and OLIENA will play them all. Individualized compilations typically contain videos of the patient’s life, present and past, and their family and friends.

In addition, the OLIENA import function is useful for languages which are not covered by OLIENA. Anyone willing to translate the OLIENA data set into another language and produce the corresponding videos will have access to our word and sentence database. Contact Bernd Sebastian Kamps for this purpose.

Finally, creating individualized videos may prove invaluable for patients who have lost languages acquired later in life but retain memories from minority languages learned during infancy. The following example shows an Italian dialect called Tabarchin used by less than 10,000 people on a 10 x 10 km island off the Sardinian south-west coast (see Figure 5.1). Download the compilations to your mobile device, then open the OLIENA menu and click ‘Import’:

www.bsk1.com/MP4/8001Carloforte.zip

www.bsk1.com/MP4/8002Carloforte.zip

www.bsk1.com/MP4/8003Carloforte.zip



Figure 4.1 – Producing videos for minority languages and dialects. The picture shows Gerolamo, an Italian from Sardinia, speaking a dialect of the Ligurian language. The dialect called *tabarchin* is today used by less than 10,000 people on a tiny 10 x 10 km island off the Sardinian south-west coast. (Screenshot from 8003Carloforte.zip)

Importing your own videos into OLIENA is straightforward:

1. Shoot your videos;
2. Bundle them together in an archive zip file;
3. Transfer the zip file to an Android device (tablet or smartphone) where OLIENA is installed.

To get familiar with this process, let's start with the last step, #3, and transfer a ready-to-use video compilation to your tablet or smartphone. Later, create a compilation from scratch, using either videos from an OLIENA website (page 32) or your own videos (page 34). Finally, consider realizing a vaster video shooting program, either for use at your institution or for distribution at a national or international level (page 38).

4.1 Download Ready-to-Use Compilation

Transferring a ‘compilation’ (a bundle of videos) to an Android device and import it into OLIENA (step #3 of the last paragraph) will take just minutes. Open www.oliena.com/MyOliena01 and download the zip file www.bsk1.com/MP4/MyOliena01.zip to your Android device. (Downloads are usually saved in the “Download” directory on your smartphone or tablet.) Then open the OLIENA menu, click “Import” and select “MyOliena01.zip”. If you never listened to this language, these will now be your first 7 German words. (You’ll notice the improvisational quality of the audio recording.)

In the same way, you would import OLIENA compilations downloaded from other websites or sent to you by email by friends or colleagues.

4.1.1 OLIENA Inside

What is inside an OLIENA compilation? MyOliena01.zip is a so-called ZIP file (an archive file). If you open it, you’ll discover 7 image files (*.jpg), 7 audio files (*.mp3) and the file **import.json** (Figure 4.2).

















 [..]		<DIR>
 1130577546	jpg	81.966
 1243933696	jpg	120.805
 1444509899	jpg	181.348
 1527680460	jpg	113.541
 2021545308	jpg	19.718
 781725199	jpg	32.616
 795570471	jpg	82.788
 import	json	808
 1371063328	mp3	35.525
 1550093813	mp3	29.256
 1710706627	mp3	27.648
 1816583873	mp3	30.928
 1840679132	mp3	32.182
 737746810	mp3	30.720
 754698825	mp3	38.034

Figure 4.2 – Content of MyOliena01.zip: 7 image files (*.jpg), 7 audio files (*.mp3) and the file **import.json**. Import.json tells OLIENA which image file belongs to which audio files and gives them a name.

The file **import.json** is crucial. It tells OLIENA which image files belong to which audio files and gives them a name (here: Sonne, Maus, Ei, Giraffe, Libelle, Ente, Sand). The following code shows how import.json codes the information for the first two words, ‘Sonne’ and ‘Maus’:

```
{
  "timestamp": 1511692979,
  "createdby": 1,
  "media": "1",
  "title": "MyOliena01",
  "language": "de",
  "collection": [
```

```

{
  "id": "1",
  "word": "Sonne",
  "image": "2021545308.jpg",
  "sound": "1816583873.mp3"
},
{
  "id": "2",
  "word": "Maus",
  "image": "1444509899.jpg",
  "sound": "1840679132.mp3"
}
]
}

```

Such code isn't attractive to most of us. Find on the next page a tiny piece of software that will do the coding for you.

4.2 Create Your First OLIENA Compilations

Now, in the second step (#2), build your first OLIENA compilation from scratch using either

- Videos downloaded from OLIENA.com,
- Videos from your Android device, or
- Videos specifically produced for a given patient or situation.

The production process can be divided into three subtasks:

- A) Downloading a zip file and copy **MP4 video files** into it;
- B) Preparing 'import.json' (telling OLIENA which video belongs to which word); and, finally,
- C) Transferring the zip file to your Android device.

We recommend using a computer for these operations.

The procedure is simple:

Task A: Zip file + videos

1. Open www.OLIENA.com/MyOliena02 and download the file **MyOliena02.zip**;
2. Download from the same page three to 7 video files;
3. Copy the downloaded video files into **MyOliena02.zip**;

Task B: Import.json

4. Open <http://create.oliena.com/createJson.php>, give your compilation a title and click 'Next'. Now fill in the words and the names of the video files as shown in Figure 4.3. (Note that we don't upload the files, just the file names. Note further that you don't need to fill out all rows before clicking 'Finish'.)

	Word	Video (.mp4)
01	<input type="text" value="Yes"/>	<input type="button" value="Search"/> Yes.mp4
02	<input type="text" value="No"/>	<input type="button" value="Search"/> No.mp4
03	<input type="text" value="Indeed"/>	<input type="button" value="Search"/> Indeed.mp4

Figure 4.3 – Creating the file import.json, grouping words and videos (and/or images) for the OLIENA Player.

- Once you click ‘Finish’, a link appears. Download import.json and copy the file, too, into MyOliena02.zip.

Task C: Transfer and import

- Finally transfer MyOliena02.zip via email to the ‘Download’ directory of your Android device (alternatives: Bluetooth or USB).
- Open the OLIENA menu, click ‘Import’ and select your personal OLIENA file.

4.3 Use Your Own Videos

Building OLIENA compilations from **your own videos** follows the same pattern: copy videos into a zip file; create and add import.json to the zip file; and transfer the zip file to the Download directory of your Android device.

The quality of smartphone videos is usually sufficient for producing OLIENA content.

Please note that OLIENA requires videos to be in the **MP4 format**. Many Android apps save videos using the MP4

format; if yours don't, try the free app *Open Camera* (www.bsk1.com/opencamera).

4.3.1 About shooting individualized videos

The number of words that are important to a patient but not included in the OLIENA compilations is huge – just the names of family members run into the dozen. The very first individualized compilations will therefore include videos of the people of the patient's life.

Typical first names in an extended Italian family surrounding a hypothetical aphasic person named *Giampiero* could be, for example:

Iride, Agnese, Ivan, Ferruccio, Carlo, Irene,
 Francesco, Elisa, Virginia, Vittoria, Alessandro,
 Antonio, Franco, Giuseppe, Massimo, Aldo, Tea,
 Pardo, Antonella, Serena, Gabriele, Pino, Sandra,
 Giovanna, Andrea, Francesca, Monica, Annarita,
 Gigliola, Beatrice, Daniela, Gianni, Lorella, Erika,
 Giorgia

The ideal film set for producing the corresponding videos? Getting every single person in front of your smartphone and have them pronounce their first name: “Iride”. Next actor: “Agnese”. Next: “Ivan”. In most cases, this procedure is not practical. Alternatively, have just a few people pronounce the names of everyone, family and friends.

A second type of video compilation could comprise place names (streets, villages, cities, hills, rivers, lakes, beaches)

or names of neighborhood commercial activities and the names of the people working there. Finally, a third type of video would include the patient's favorite interests and activities.

4.3.2 About naming your OLIENA compilations

When producing your OLIENA compilation, please consider that OLIENA displays downloaded or imported compilations in **alphabetical order by title**. This means that the title you define in

<http://create.oliena.com/createJson.php> determines where a compilation appears when a patient selects a new OLIENA compilation.

By adding a prefix (for example 9001, 9002, 9003, as shown in Table 4.1), you'll make sure that in the list of existing compilations, yours will be presented together and in the order you determine.

Table 4.1 – Words and short sentences of three OLIENA compilations. For each compilation, define a title and include a prefix (here 9001 to 9003).

Title: 9001 Eat	Title: 9002 Cold	Title: 9003 I would like to eat.
Eat	I'm cold.	I'd like to eat.
Drink	I'm hot.	I'd like to drink.
Wash	I cannot.	I'd like to go to the bathroom.
Pee	I don't want to.	I'd like to pee.
Bathroom	I don't know.	I want to wash.
Shower	Enough!	I'd like to have a shower.
Sleep	I'm tired.	I want to sleep.

‘Alphabetical order by title’ is the reason why you find titles such as “IT2 015 Buon appetito”.

The title indicates that it is compilation #15 of OLIENA’s Italian edition (IT). It also shows that the video definition is 1280x720px (the ‘2’ in IT2).

In the future, we will also offer low-definition videos of 640x360px for display on smartphones (and quicker download). The corresponding file name would be

“IT3 015 Buon appetito”, 3 indicating the lower definition.

As you see, the purely technical aspects of shooting a few videos and integrating them into OLIENA are, all in all, straightforward. Things change dramatically when you consider shooting *hundreds* of videos for the rehabilitation programs at your institution. Now a bit of upstream conceptual work is needed as well as organizing the production process.

5. MyOLIENA Professional

Before producing hundreds or even thousands of videos to be used at your institution or to be shared with the world, decide on the following questions:

1. Content: Which words shall we include? Shall we use only videos or videos + images?
2. Technical issues: Who will manage the post-production?
3. Film set: Where, how and with whom shall we shoot the videos?

5.1 Content

5.1.1 Selecting and grouping words

First, decide which words or short sentences (hitherto referred to as ‘words’) to include in your video compilations. Selecting and grouping hundreds or thousands of words will normally require a week to month long collaboration of several people elaborating multiple revisions. Early in the process decide

- How many words to include in a compilation,
- How to group the words, and
- The title of the compilations (remember: OLIENA displayed the title when you open the list of available compilations).

5.1.2 Three OLIENA formats

Second, decide the OLIENA format. OLIENA allows you to import three different types of compilations. Compilations may contain:

1. Videos + words
2. Videos + pictures + words
3. Sound + pictures + words (as ‘Sonne, Maus, Ei, Giraffe, Libelle, Ente, Sand’ in the example above)

Options 2 and 3 require the selection of suitable images and sometimes clearing copyright restrictions. Option 3 – without videos – doesn’t show lip movements and may not be the ideal choice for many patients.

Remember that OLIENA supports **landscape format** of videos and pictures.

5.1.3 Video format

Third, decide which camera to use for the shooting. The quality of high-end smartphone videos is usually adequate for presentation within OLIENA on smartphones, even on tablets. A video resolution of 1280x720 dpi is sufficient.

Keep in mind that **OLIENA supports the MP4 video format**. Many Android apps produce MP4 files, but some don’t. In these cases, try the free ‘Open Camera’ app (www.bsk1.com/opencamera).

IOS devices (iPhone, iPad) produce videos in MOV format. To convert them into the MP4 format, use free software

such as FFmpeg (www.ffmpeg.org; see below ‘Technical Issues’).

5.1.4 Picture format

OLIENA supports the **JPG** image format. To resize pictures, we use the batch function of IrfanView (www.irfanview.com/main_download_engl.htm).

5.2 Technical Issues

5.2.1 Trimming out single words from a video

After filming a person who pronounces dozens of words, you will obtain a single large video file of several hundred MB. Cutting this file into short one-word videos is usually more than a minor annoyance. So before going ahead with your planning – and before even thinking about the details of the video shooting! – establish a clear procedure for the production of one-word videos.

Start shooting a video of a person pronouncing 10 words. Now cut the video – and, if needed, convert it – into 10 single MP4 video files. If this procedure is daily bread and butter for you, you have removed the major roadblock of OLIENA mass video production. If not, get assistance from a video specialist and make him check the following paragraph.

5.2.2 From camera to OLIENA MP4 videos

For technical guidance, please open www.OLIENA.com/video-production that shows the way

from a smartphone bulk video to single OLIENA MP4 videos. The procedure includes the following steps:

1. Introducing key frames into the original video.
2. Trimming out single words or sentences.
3. In some cases resizing or recoding the videos.

In our own experience, it takes about one hour to produce 100 single-word MP4 videos.

5.3 Film set

Before starting to shoot the videos, decide

1. Who will be the actors?
2. How to create the film set?

Ideally, actors should agree to do more shootings in the future if needed, and the film set should be easily reproducible: same camera, same background, same lighting, and same echo avoidance measures.

The following details deserve particular attention:

1. Lighting. Smartphones make better videos in bright conditions (although avoiding direct sunlight). To illuminate the face from below, a white sheet on the floor may be sufficient.
2. Echo avoidance. Try and put woolen blankets at some distance on both sides of the head. Also don't speak in front of a wall; instead position the speaker somewhat obliquely to one side.
3. Recording words and sentences. Recording simple words or short sentences on video is supposedly

easy, but recording for the purposes of OLIENA is not. Remember: you'll need to trim a video with, for example, 30 words into 30 single videos. To do precise trimming, you need a pause of silence of 0.5 to 1 second **before** and **after** saying each word. During the pauses the speaker should fix the lens.

We recommend the following procedure:

- a. Read the next word from a sheet of paper.
- b. Raise the head, fix the lens and wait 0.5 to 1 second.
- c. Say the word.
- d. Continue fixing the lens for 0.5 to 1 second.

Find a recording of four words at

www.oliena.com/wp-content/uploads/2018/01/michael.mp4.

4. Lip movements should be exaggerated so that patients can read and interpret them. To make lip movements clearly visible, the head of the speaker should fill out 80-90% of the height of the screen. Remember that OLIENA supports landscape format for videos and pictures.
5. Engaging facial expression and a sober smile is *de rigueur* – keep in mind that some patients will watch the videos for hundreds of hours!

5.4 Importing Your OLIENA Compilations

Finally, bundle your videos into compilations (see the instructions on page 32 and page 34) and transfer the zip files into the Download directory of your Android device. Open the OLIENA menu and select Import (Figure 5.1).

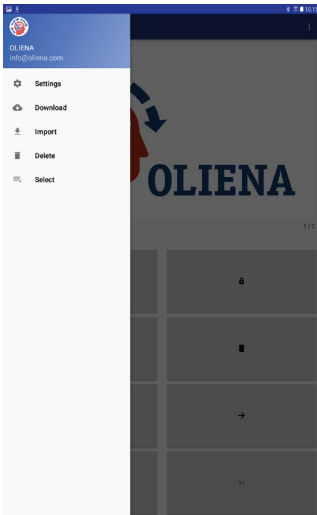


Figure 5.1 – OLIENA menu. Click ‘Import’ and select a file.

5.5 Share your OLIENA Compilations

Do you appreciate the free nature of OLIENA and all its content? Then please consider sharing your own OLIENA compilations with the world. Prepare a web page and offer your content for free download. After downloading your content, people from everywhere can immediately import it into their OLIENA app (Figure 5.1).

6. Future Developments

Future OLIENA editions will offer more words, more sentences and more languages.

For updates, please check www.OLIENA.com.

Annex

7. English Words

1 | Essential needs

001 *Eat*

Eat • Drink • Wash • Pee • Toilet • Shower • Sleep

002 *Cold*

I'm cold. • I'm hot. • I cannot. • I don't want to. • I don't know. • Enough! • I'm tired.

003 *I would like to eat*

I'd like to eat. • I'd like to drink. • I'd like to go to the bathroom. • I'd like to pee. • I'd like to wash. • I'd like to have a shower. • I want to sleep.

2 | Communication

004 *Hello*

Hello! • Hi! • Good morning. • Good evening. • Good night. • How are you? • See you soon.

005 *See you*

How are you? • I'll see you. • Goodbye. • See you later. • See you soon. • See you tomorrow.

006 *Thank you*

Thank you. • Thanks and you? • Thank you, and you? • All right. • You are welcome! • Sit down!

007 Take a seat

Take a seat! • Ready for a drink? • What can I offer you?

008 I want to get out

I want to get out. • I want to go to the sea. • I'd like to see Mary. • I'd like to go shopping. • I want to go to the bar. • I'd like to go to the restaurant. • Look out!

009 Go

Let's go! • Tell me! • Let me see! • Let me think! • Give it to me! • Listen! • Just do it!

010 Eat

Eat! • Drink! • Leave it! • Move away! • Get dressed! • Go! • Go out! • Come back soon!

8. English Words (2)

1 | Essential needs

001 Eat

Eat

Drink

Wash

Pee

Toilet

Shower

Sleep

002 Cold

I'm cold.

I'm hot.

I cannot.

I don't want to.

I don't know.

Enough!

I'm tired.

003 I would like to eat

I'd like to eat.

I'd like to drink.

I'd like to go to the
bathroom.

I'd like to pee.

I'd like to wash.

I'd like to have a shower.

I want to sleep.

2 | Communication

004 Hello

Hello!

Hi!

Good morning.

Good evening.

Good night.

How are you?

See you soon.

005 See you

How are you?

I'll see you.

Goodbye.

See you later.

See you soon.

See you tomorrow.

006 Thank you

Thank you.

Thanks and you?

Thank you, and you?

All right.

You're welcome!

Sit down!

007 Take a seat

Take a seat!

Ready for a drink?

What can I offer you?

008 I want to get out

I want to get out.

I want to go to the sea.

I'd like to see Mary.

I'd like to go shopping.

I want to go to the bar.

I'd like to go to the
restaurant.

Look out!

009 Go

Let's go!

Tell me!

Let me see!

Let me think!

Give it to me!

Listen!

Just do it!

010 Eat

Eat!

Drink!

Leave it!

Move away!

Get dressed!

Go!

Go out!

Come back soon!

9. Parole Italiane

1 | Bisogni elementari

001 *Mangiare*

Mangiare • Bere • Lavare • Fare la pipì • Bagno • Doccia • Dormire

002 *Ho freddo*

Ho freddo. • Ho caldo. • Non posso. • Non voglio. • Non lo so. • Basta! • Sono stanca.

003 *Vorrei mangiare*

Vorrei mangiare. • Vorrei bere. • Vorrei andare in bagno. • Vorrei fare la pipì. • Vorrei lavarmi. • Vorrei fare una doccia. • Vorrei dormire.

2 | Comunicazione

004 *Ciao*

Ciao! • Salute! • Buongiorno. • Buonasera. • Buonanotte. • Come stai? • A presto.

005 *Come sta*

Come sta? • Tanti saluti! • Ci vediamo • Arrivederci. • A dopo. • A presto. • A domani.

006 *Grazie*

Grazie. • Grazie, e tu? • Grazie, e Lei? • Va bene. • Prego! • Siediti!

007 Accomodati

Accomodati! • Sedetevi! • Accomodatevi! • Gradite qualcosa? • Gradisci qualcosa? • Che cosa ti servo?

008 Vorrei uscire

Vorrei uscire. • Vorrei andare al mare. • Vorrei vedere Maria. • Vorrei fare la spesa. • Vorrei andare al bar. • Vorrei andare al ristorante. • Attento!

009 Vieni

Vieni! • Dimmi! • Fa vedere! • Fammi pensare! • Dammelo! • Ascolta! • Fallo!

010 Mangia

Mangia! • Bevi! • Lascialo! • Spostati! • Vestiti! • Vai! • Esci! • Torna presto!

011 Non farlo

Non farlo! • Non bere tanto! • Non mangiare tanto! • Non pensarci! • Non preoccuparti! • Non andare! • Non uscire adesso!

012 Grazie

Grazie. • Prego. • Che cos'è? • Ti piace? • Ti piacciono? • Perché? • Quando?

013 Permesso

Permesso! • Avanti! • Ben arrivati! • Accomodatevi! • Per favore! • Per piacere! • Per cortesia!

014 Scusa

Scusa. • Aiuto! • Mi dispiace. • Grazie mille. • Non fa niente. • Sono dispiaciuto. • Mi scusi. • Prego, favorisca, non faccia complimenti!

015 *Buon appetito*

Buon appetito! • Buon fine settimana! • Buon viaggio! • Buon compleanno!
• Buona Pasqua! • Buon Natale! • Felice anno nuovo!

016 *Davvero*

Davvero? • Dai! • Sul serio? • Incredibile! • Pazzesco! • Ah sì? • Fantastico!
• Non ci credo! • Dimmi tutto!

017 *Caspita*

Caspita! • Che figata! • Ammazza! • Forte! • Come no! • Chissà? • Magari!

018 *Ah*

Ah! • Oh! • Ehi! • Mah! • Toh! • Beh? • Ahi! • Aiò! • Eia!

019 *Idea*

Idea • Problema • Soluzione • Possibilità • Ragione • Difficoltà • Facilità

020 *Sapere*

Sapere • Pensare • Credere • Volere • Ragionare • Progettare • Decidere

021 *Facile*

Facile • Difficile • Possibile • Impossibile • Semplice • Complicato • Probabile

022 *Domanda*

Domanda • Risposta • Messaggio • Chiacchiere • Proposta • Racconto • Commento

023 *Parlare*

Parlare • Chiedere • Rispondere • Raccontare • Chiacchierare • Interrompere • Gridare

024 *Auguri*

Auguri! • Un successo! • Complimenti! • Congratulazioni! • Che peccato! • Che dispiacere! • Che disperazione!

025 *Sì*

Sì • No • Infatti • Esatto • Forse • Mai • Niente

026 *Bene*

Bene • Male • Buono • Cattivo • Contento • Scontento • Imbecille

027 *Meraviglioso*

Meraviglioso • Splendido • Eccezionale • Affascinante • Eccellente • Straordinario • Impressionante

028 *Meglio*

Meglio • Peggio • Ottimo • Pessimo • Assurdo • Strano • Incredibile

029 *Caotico*

Caotico • Scorretto • Spaventoso • Sgradevole • Insopportabile • Penoso • Che schifo!

030 *In bocca al lupo*

In bocca al lupo! • Tocchiamo ferro! • È andata storta. • Non vedo l'ora di vederti. • Molto fumo e poco arrosto. • Lascia perdere! • Acqua in bocca!

031 *Che cosa stai combinando*

Che cosa stai combinando? • Giù le mani! • Dai, muoviti! • Ci mancherebbe altro! • Gliel'ho detto chiaro e tondo. • L'ho mandato al quel paese. • È rimasto a bocca aperta.

3 | Comunicazione esterna

032 Cellulare

Cellulare • Tablet • Messaggino • Caricatore • Telefono • Numero • Ricarica

033 Accendere

Accendere • Chiamare • Squillare • Spegnerne • Ricaricare • Chattare • Giocare

034 Computer

Computer • Laptop • Mouse • Chiave USB • Stampante • Joystick • Mail

035 Internet

Internet • Browser • Account • Nome utente • Password • Sito • Homepage

036 Scrivere

Scrivere • Lettera • Cartolina • Francobollo • Sportello • Posta • Inviare

037 TV

TV • Guardare • Telecomando • Telegiornale • Canale • Programma • Pubblicità

038 Giornale

Giornale • Quotidiano • Leggere • Articolo • Commentare • Situazione • Attuale

4 | **Cibo**

039 *Acqua*

Acqua • Caffè • Tè • Latte • Cioccolata • Succo di frutta

040 *Champagne*

Champagne • Vino rosso • Vino bianco • Birra • Spumante • Liquore • Cincin!

041 *Pane*

Pane • Panino • Farina • Pasta • Cornetto • Torta • Biscotto

042 *Patata*

Patata • Purè • Patate fritte • Frittelle • Riso • Risotto • Arancino

043 *Latte*

Latte • Panna • Burro • Formaggio • Mozzarella • Ricotta • Yogurt

044 *Pesce*

Pesce • Tonno • Orata • Spigola • Sogliola • Sardina • Astice

045 *Aragosta*

Aragosta • Scampi • Gambero • Granchio • Calamaro • Seppia • Carne

046 *Vitello*

Vitello • Manzo • Maiale • Maialeto • Agnello • Capretto • Filetto

047 *Cotoletta*

Cotoletta • Bistecca • Scaloppina • Fegato • Rene • Cuore • Salsiccia

048 Prosciutto

Prosciutto • Bresaola • Salame • Mortadella • Pancetta • Guanciale

049 Verdura

Verdura • Insalata • Pomodoro • Carota • Cetriolo • Peperone • Melanzana

050 Zucchina

Zucchina • Sedano • Finocchio • Cavolo • Cavolfiore • Broccoli • Zucca

051 Lattuga

Lattuga • Scarola • Bietola • Cicoria • Belga • Radicchio • Spinaci

052 Rucola

Rucola • Fagioli • Lenticchie • Fave • Piselli • Ceci • Soia

053 Aglio

Aglio • Cipolla • Scalogno • Peperoncino • Basilico • Prezzemolo

054 Frutta

Frutta • Macedonia • Arancia • Limone • Clementina • Mandarino • Pompelmo

055 Fragola

Fragola • Ciliegia • Albicocca • Melone • Pesca • Pescanoce • Anguria

056 Fico

Fico • Uva • Prugna • Castagna • Mela • Pera • Cachi

057 Melograno

Melograno • Banana • Dattero • Cocco • Kiwi • Litchi • Ananas

058 Noce

Noce • Nocciola • Noccioline • Mandorla • Pinolo • Pistacchio • Noce del Brasile

059 Oliva

Oliva • Olio d'oliva • Olio di semi • Olio di palma

060 Gelato

Gelato • Cioccolatini • Zucchero • Miele • Marmellata • Dolce • Dessert

061 Prima colazione

Prima colazione • Spremuta • Fetta • Tazza • Bicchiere • Bottiglia • Vassoio

062 Pranzo

Pranzo • Cena • Piatto • Cucchiaino • Forchetta • Coltello • Candela

063 Tovaglia

Tovaglia • Tovagliolo • Sale • Pepe • Olio • Aceto • Senape

064 Droga

Droga • Tabacco • Sigaretta • Alcol • Spinello • Eroina • Cocaina

5 | Corpo

065 Testa

Testa • Orecchio • Occhio • Dente • Gola • Schiena • Seno

066 Stomaco

Stomaco • Pancia • Spalla • Braccio • Mano • Gamba • Piede

067 Testa

Testa • Capelli • Cervello • Faccia • Orecchio • Occhio • Palpebra

068 Naso

Naso • Bocca • Labbro • Dente • Lingua • Gola • Collo

069 Braccio

Braccio • Gomito • Mano • Pugno • Gamba • Ginocchio • Piede

070 Cervello

Cervello • Cuore • Polmone • Stomaco • Fegato • Rene • Prostata

071 Andare

Andare • Venire • Correre • Saltare • Salire • Scendere • Cadere

072 Bello

Bello • Carino • Alto • Basso • Robusto • Snello • Normale

073 Biondo

Biondo • Bruno • Nero • Castano • Grigio • Calvo • Treccia

074 Acqua

Acqua • Sapone • Shampoo • Asciugamano • Fon • Spazzola • Pettine

075 Doccia

Doccia • Dentifricio • Spazzolino • Rasoio • Crema • Rossetto • Profumo

6 | Persone

076 Nome

Nome • Cognome • Documento • Passaporto • Carta d'identità • Patente •
Carta di credito

077 Come ti chiami

Come ti chiami? • Mi chiamo Mario. • Di dove sei? • Quanti anni hai? •
Abito in Via Roma. • Hai fratelli e sorelle? • Dove lavori?

078 La mia casa

La mia casa • Il tuo cane • La sua gatta • Il nostro appartamento • La vostra
macchina • Il loro lavoro • La mia vita

079 Uomo

Uomo • Donna • Marito • Moglie • Coppia • Figlio • Figlia

080 Babbo

Babbo • Mamma • Fratello • Sorella • Nonno • Nonna • Nipote

081 Famiglia

Famiglia • Genitori • Nonni • Suoceri • Cugini • Zio • Zia

082 Amico

Amico • Amica • Vicino • Vicina • Collega • Gruppo • Gente

083 Amicizia

Amicizia • Appuntamento • Salutare • Baciare • Abbracciare • Toccare •
Invitare

084 Natale

Natale • San Silvestro • Capodanno • Pasqua • Pasquetta • Carnevale • Befana

085 Compleanno

Compleanno • Annuncio • Matrimonio • Gravidanza • Nascita • Separazione • Divorzio

7 | Abbigliamento

086 Pigiama

Pigiama • Camicia da notte • Mutanda • Reggiseno • Maglia • Biancheria • Costume da bagno

087 Camicia

Camicia • Camicetta • Jeans • Pantaloni • Gonna • Maglione • Giacca

088 Scarpe

Scarpe • Stivali • Sandali • Cuoio • Cappotto • Impermeabile • Cappello

089 Macchia

Macchia • Sporco • Lavare • Sapone • Detersivo • Lavatrice • Ferro da stiro

090 Foulard

Foulard • Cintura • Borsa • Guanti • Occhiali da sole • Ombrello • Cravatta

091 Gioiello

Gioiello • Catena • Braccialetto • Orecchino • Perla • Anello • Oro

8 | Sentimenti e carattere

092 Amore

Amore • Felicità • Gioia • Simpatia • Stima • Comprensione • Nostalgia

093 Buono

Buono • Gentile • Romantico • Generoso • Coraggioso • Bravo • Forte

094 Scherzare

Scherzare • Sorridere • Sorprendere • Esitare • Sbagliare • Tremare •
Piangere

9 | Concetti astratti

095 Tempo

Tempo • Passato • Presente • Futuro • Inizio • Pausa • Fine

096 Aspettare

Aspettare • Cominciare • Finire • Breve • Lungo • Primo • Ultimo

097 Prima

Prima • Adesso • Subito • Dopo • Presto • Tardi • Ancora

098 Sono le dieci

Sono le dieci. • È mezzogiorno. • È l'una. • Sono le due. • Sono le tre meno
un quarto. • Sono le quattro e un quarto. • Sono le cinque e mezzo.

099 Sono le sei e venti

Sono le sei e venti.

100 Lunedì

Lunedì • Martedì • Mercoledì • Giovedì • Venerdì • Sabato

101 Domenica

Domenica • Giornata • Settimana • L'altro ieri • Ieri • Oggi • Domani • Dopodomani

102 Gennaio

Gennaio • Febbraio • Marzo • Aprile • Maggio • Giugno • Luglio • Agosto • Settembre • Ottobre • Novembre • Dicembre

103 Anno

Anno • Mese • Stagione • Primavera • Estate • Autunno • Inverno

104 Dove

Dove? • Qui • Lì • Su • Giù • Dentro • Fuori

105 Sotto

Sotto • Sopra • A destra • A sinistra • Davanti • Dietro • Ecco!

106 Colore

Colore • Chiaro • Scuro • Bianco • Nero • Blu • Azzurro

107 Rosso

Rosso • Giallo • Verde • Arancione • Viola • Rosa • Grigio

108 Zero

Zero • Uno • Due • Tre • Quattro • Cinque • Sei • Sette • Otto • Nove • Dieci

109 Undici

Undici • Dodici • Tredici • Quattordici • Quindici • Diciassette • Diciotto • Diciannove • Venti

110 Ventuno

Ventuno • Ventidue • Ventitré • Ventiquattro • Venticinque • Ventisei • Ventisette • Ventotto • Ventinove

111 Trenta

Trenta • Quaranta • Cinquanta • Sessanta • Settanta • Ottanta • Novanta

112 Cento

Cento • Duecento • Trecento • Quattrocento • Cinquecento • Seicento • Settecento • Ottocento • Novecento

113 Mille

Mille • Millecento • Duemila • Duemiladiciotto • Diecimila • Milione • Miliardo

114 Grande

Grande • Piccolo • Pieno • Vuoto • Molto • Poco • Semplice

115 Chilometro

Chilometro • Metro • Centimetro • Millimetro • Altezza • Lunghezza • Larghezza

10 | Casa

116 Porta

Porta • Serratura • Chiave • Maniglia • Ingresso • Corridoio • Stanza

117 Soggiorno

Soggiorno • Cucina • Bagno • Scala • Camera da letto • Camera degli ospiti
• Studio

118 Pavimento

Pavimento • Parete • Soffitto • Finestra • Persiana • Terrazza • Ringhiera

119 Rubinetto

Rubinetto • Acqua • Bagno • Bidè • Vasca da bagno • Gabinetto • Toilette

120 Lampadina

Lampadina • Corrente • Presa • Spina • Interruttore • Elettricità • Impianto

11 | Stanze

121 Frigorifero

Frigorifero • Fornello • Forno • Lavastoviglie • Pattumiera • Macchina del caffè • Radio

122 Pentola

Pentola • Coperchio • Scolapasta • Grattugia • Tegame • Padella • Teglia

123 Tavola

Tavola • Sedia • Tovaglia • Caraffa • Tovagliolo • Cassettone • Tenda

124 Divano

Divano • Poltrona • Tappeto • Televisore • Tavolino • Cassetto • Vaso

125 Letto

Letto • Materasso • Lenzuolo • Guanciale • Coperta • Armadio

126 Water

Water • Carta igienica • Doccia • Vasca • Asciugamano • Lavandino • Specchio

12 | Negozi e commerci

127 Capitale

Capitale • Città • Quartiere • Porto • Centro • Periferia • Villaggio

128 Via

Via • Strada • Marciapiede • Piazza • Ponte • Parco • Stadio

129 Macchina

Macchina • Motore • Ruota • Targa • Faro • Portiera • Finestrino

130 Autostrada

Autostrada • Traffico • Semaforo • Stop • Vigile • Incidente • Ambulanza

131 Aereo

Aereo • Aeroporto • Volo • Pilota • Hostess • Decollo • Atterraggio

132 Treno

Treno • Locomotiva • Vagone • Finestrino • Stazione • Marciapiede • Dogana

133 Imbarcare

Imbarcare • Nave • Traghetto • Passeggero • Biglietto • Cabina • Sbarcare

134 Frutta e verdura

Frutta e verdura • Panificio • Macelleria • Mercato • Supermercato • Edicola • Posta • Banca

13 | Animali

135 Animali

Animali • Gregge • Femmina • Maschio • Coda • Muso • Zampa

136 Maiale

Maiale • Vitello • Mucca • Cane • Gatto • Capra • Pecora

137 Cavallo

Cavallo • Asino • Bue • Toro • Gallo • Coniglio • Cammello

138 Scimpanzé

Scimpanzé • Gorilla • Orangutan • Scimmia • Lupo • Orso • Topo

139 Tigre

Tigre • Leone • Leopardo • Volpe • Elefante • Riccio • Ratto

140 Tartaruga

Tartaruga • Coccodrillo • Iguana • Rana • Serpente • Cobra • Vipera

141 Orata

Orata • Spigola • Squalo • Foca • Balena • Tonno • Delfino

142 Farfalla

Farfalla • Ape • Vespa • Mosca • Formica • Zanzara • Ragno

143 Conchiglia

Conchiglia • Cozza • Vongola • Polpo • Seppia • Calamaro • Lumaca

14 | Piante

144 Fiore

Fiore • Rosa • Tulipano • Garofano • Giglio • Margherita • Viola

145 Albero

Albero • Quercia • Pino • Cipresso • Platano • Tiglio • Palma

15 | Natura e ambiente

146 Mare

Mare • Oceano • Arcipelago • Isola • Baia • Spiaggia • Onda

147 Montagna

Montagna • Ghiacciaio • Torrente • Traforo • Cima • Passo • Vulcano

148 Cielo

Cielo • Sole • Luna • Arcobaleno • Nuvola • Lampo • Tuono

16 | **Giocare**

149 Gioco

Gioco • Videogioco • Palla • Bambola • Bocce • Scacchi • Carte

17 | **Mestieri**

150 Contadino

Contadino • Pescatore • Marinaio • Pescivendolo • Fornaio • Macellaio • Giardiniere

151 Cuoco

Cuoco • Carpentiere • Calzolaio • Sarto • Parrucchiere • Gioielliere

152 Medico

Medico • Infermiera • Farmacista • Avvocato • Notaio • Giornalista • Professore

18 | **Strumenti di lavoro**

153 Carta

Carta • Foglio • Busta • Colla • Cartella • Fotocopia • Clip

154 Matita

Matita • Biro • Penna • Pennarello • Evidenziatore • Gomma • Temperino

19 | Universo

155 *Universo*

Universo • Galassia • Via Lattea • Stella • Sole • Pianeta • Luna

156 *Terra*

Terra • Mercurio • Venere • Marte • Giove • Saturno • Nettuno • Urano

20 | Chimica e materia

157 *Idrogeno*

Idrogeno • Litio • Carbonio • Nitrogeno • Ossigeno • Fosforo • Zolfo

158 *Minerale*

Minerale • Cristallo • Marmo • Quarzo • Sabbia • Sasso • Pietra

159 *Metallo*

Metallo • Ferro • Ruggine • Acciaio • Alluminio • Rame • Piombo

21 | Stato e politica

160 *Mondo*

Mondo • Paese • Confine • Democrazia • Repubblica • Parlamento •
Presidente

161 *Regione*

Regione • Provincia • Municipio • Comune • Sindaco • Consigliere •
Ufficio

162 Costituzione

Costituzione • Giustizia • Legge • Tribunale • Giudice • Processo • Carcere

163 Truffa

Truffa • Inganno • Furto • Rapina • Narcotraffico • Omicidio • Prigione

164 Mondo

Mondo • Nazione • Indipendenza • Unione Europea • Diplomazia • Trattato
• Globalizzazione

165 Europa

Europa • Asia • America • Africa • Australia • Oceania • Antarctica

22 | Pace, guerra e militari

166 Guerra

Guerra • Esercito • Militare • Aviazione • Marina • Soldato • Pace

23 | Economia

167 Fattoria

Fattoria • Contadino • Prato • Erba • Falce • Fieno • Fienile

168 Campo

Campo • Grano • Paglia • Mulino • Vigna • Vite • Vendemmia

169 Trattore

Trattore • Terreno • Aratro • Orto • Raccolto • Allevamento • Stalla

170 Barca da pesca

Barca da pesca • Gommone • Pescatore • Rete • Lenza • Canna da pesca • Amo

171 Cantiere

Cantiere • Pianta • Materiale • Cemento • Mattone • Vetro • Legno

172 Soldi

Soldi • Biglietto • Moneta • Banca • Euro • Dollaro • Renminbi

173 Bancomat

Bancomat • Carta di credito • Codice PIN • Credito • Prelievo • Somma • Ricevuta

174 Assicurazione

Assicurazione • Garanzia • Rischio • Contratto • Firma • Danno • Risarcimento

24 | Storia

175 Storia

Storia • Antichità • Rinascimento • Povertà • Resistenza • Ribellione • Rivoluzione

25 | Filosofia e letteratura

176 Filosofia

Filosofia • Morale • Bene • Male • Pensiero • Ipotesi • Teoria

177 Libro

Libro • Romanzo • Copertina • Capitolo • Lettore • Lettrice • Libreria

26 | Musica

178 Pianoforte

Pianoforte • Violino • Violoncello • Chitarra • Batteria • Flauto • Tromba

27 | Arte figurativa

179 Arte

Arte • Statua • Affresco • Quadro • Disegno • Ritratto • Modello

10. Parole Italiane (2)

1 | Bisogni elementari

001 Mangiare

Mangiare

Bere

Lavare

Fare la pipì

Bagno

Doccia

Dormire

002 Ho freddo

Ho freddo.

Ho caldo.

Non posso.

Non voglio.

Non lo so.

Basta!

Sono stanca.

003 Vorrei mangiare

Vorrei mangiare.

Vorrei bere.

Vorrei andare in bagno.

Vorrei fare la pipì.

Vorrei lavarmi.

Vorrei fare una doccia.

Vorrei dormire.

2 | Comunicazione

004 Ciao

Ciao!

Salute!

Buongiorno.

Buonasera.

Buonanotte.

Come stai?

A presto.

005 Come sta

Come sta?

Tanti saluti!

Ci vediamo

Arrivederci.

A dopo.

A presto.

A domani.

006 Grazie

Grazie.

Grazie, e tu?

Grazie, e Lei?

Va bene.

Prego!

Siediti!

007 Accomodati

Accomodati!

Sedetevi!

Accomodatevi!

Gradite qualcosa?

Gradisci qualcosa?

Che cosa ti servo?

008 Vorrei uscire

Vorrei uscire.

Vorrei andare al mare.

Vorrei vedere Maria.

Vorrei fare la spesa.

Vorrei andare al bar.

Vorrei andare al ristorante.

Attento!

009 Vieni

Vieni!

Dimmi!

Fa vedere!

Fammi pensare!

Dammelo!

Ascolta!

Fallo!

010 Mangia

Mangia!

Bevi!

Lascialo!

Spostati!

Vestiti!

Vai!

Esci!

Torna presto!

011 Non farlo

Non farlo!

Non bere tanto!

Non mangiare tanto!

Non pensarci!

Non preoccuparti!

Non andare!

Non uscire adesso!

012 Grazie

Grazie.

Prego.

Che cos'è?

Ti piace?

Ti piacciono?

Perché?

Quando?

013 Permesso

Permesso!

Avanti!

Ben arrivati!

Accomodatevi!

Per favore!

Per piacere!

Per cortesia!

014 *Scusa*

Scusa.

Aiuto!

Mi dispiace.

Grazie mille.

Non fa niente.

Sono dispiaciuto.

Mi scusi.

Prego, favorisca, non faccia
complimenti!

015 Buon appetito

Buon appetito!

Buon fine settimana!

Buon viaggio!

Buon compleanno!

Buona Pasqua!

Buon Natale!

Felice anno nuovo!

016 Davvero

Davvero?

Dai!

Sul serio?

Incredibile!

Pazzesco!

Ah sì?

Fantastico!

Non ci credo!

Dimmi tutto!

017 Caspita

Caspita!

Che figata!

Ammazza!

Forte!

Come no!

Chissà?

Magari!

018 Ah

Ah!

Oh!

Ehi!

Mah!

Toh!

Beh?

Ahi!

Aiò!

Eia!

019 Idea

Idea

Problema

Soluzione

Possibilità

Ragione

Difficoltà

Facilità

020 Sapere

Sapere

Pensare

Credere

Volere

Ragionare

Progettare

Decidere

021 Facile

Facile

Difficile

Possibile

Impossibile

Semplice

Complicato

Probabile

022 Domanda

Domanda

Risposta

Messaggio

Chiacchiere

Proposta

Racconto

Commento

023 Parlare

Parlare

Chiedere

Rispondere

Raccontare

Chiacchierare

Interrompere

Gridare

024 Auguri

Auguri!

Un successo!

Complimenti!

Congratulazioni!

Che peccato!

Che dispiacere!

Che disperazione!

025 Sì

Sì

No

Infatti

Esatto

Forse

Mai

Niente

026 *Bene*

Bene

Male

Buono

Cattivo

Contento

Scontento

Imbecille

027 Meraviglioso

Meraviglioso

Splendido

Eccezionale

Affascinante

Eccellente

Straordinario

Impressionante

028 Meglio

Meglio

Peggio

Ottimo

Pessimo

Assurdo

Strano

Incredibile

029 Caotico

Caotico

Scorretto

Spaventoso

Sgradevole

Insopportabile

Penoso

Che schifo!

030 In bocca al lupo

In bocca al lupo!

Tocchiamo ferro!

È andata storta.

Non vedo l'ora di vederti.

Molto fumo e poco arrosto.

Lascia perdere!

Acqua in bocca!

031 Che cosa stai combinando

Che cosa stai combinando?

Giù le mani!

Dai, muoviti!

Ci mancherebbe altro!

Gliel'ho detto chiaro e
tondo.

L'ho mandato al quel paese.

È rimasto a bocca aperta.

3 | Comunicazione esterna

032 Cellulare

Cellulare

Tablet

Messaggino

Caricatore

Telefono

Numero

Ricarica

033 Accendere

Accendere

Chiamare

Squillare

Spegnere

Ricaricare

Chattare

Giocare

034 Computer

Computer

Laptop

Mouse

Chiave USB

Stampante

Joystick

Mail

035 Internet

Internet

Browser

Account

Nome utente

Password

Sito

Homepage

036 Scrivere

Scrivere

Lettera

Cartolina

Francobollo

Sportello

Posta

Inviare

037 TV

TV

Guardare

Telecomando

Telegiornale

Canale

Programma

Pubblicità

038 Giornale

Giornale

Quotidiano

Leggere

Articolo

Commentare

Situazione

Attuale

4 | Cibo

039 Acqua

Acqua

Caffè

Tè

Latte

Cioccolata

Succo di frutta

040 Champagne

Champagne

Vino rosso

Vino bianco

Birra

Spumante

Liquore

Cincin!

041 Pane

Pane

Panino

Farina

Pasta

Cornetto

Torta

Biscotto

042 Patata

Patata

Purè

Patate fritte

Frittelle

Riso

Risotto

Arancino

043 Latte

Latte

Panna

Burro

Formaggio

Mozzarella

Ricotta

Yogurt

044 Pesce

Pesce

Tonno

Orata

Spigola

Sogliola

Sardina

Astice

045 Aragosta

Aragosta

Scampi

Gambero

Granchio

Calamaro

Seppia

Carne

046 Vitello

Vitello

Manzo

Maiale

Maialetto

Agnello

Capretto

Filetto

047 Cotoletta

Cotoletta

Bistecca

Scaloppina

Fegato

Rene

Cuore

Salsiccia

048 Prosciutto

Prosciutto

Bresaola

Salame

Mortadella

Pancetta

Guanciale

049 Verdura

Verdura

Insalata

Pomodoro

Carota

Cetriolo

Peperone

Melanzana

050 Zucchina

Zucchina

Sedano

Finocchio

Cavolo

Cavolfiore

Broccoli

Zucca

051 Lattuga

Lattuga

Scarola

Bietola

Cicoria

Belga

Radicchio

Spinaci

052 Rucola

Rucola

Fagioli

Lenticchie

Fave

Piselli

Ceci

Soia

053 Aaglio

Aaglio

Cipolla

Scalogno

Peperoncino

Basilico

Prezzemolo

054 Frutta

Frutta

Macedonia

Arancia

Limone

Clementina

Mandarino

Pompelmo

055 Fragola

Fragola

Ciliegia

Albicocca

Melone

Pesca

Pescanoce

Anguria

056 *Fico*

Fico

Uva

Prugna

Castagna

Mela

Pera

Cachi

057 Melograno

Melograno

Banana

Dattero

Cocco

Kiwi

Litchi

Ananas

058 *Noce*

Noce

Nocciola

Noccioline

Mandorla

Pinolo

Pistacchio

Noce del Brasile

059 Oliva

Oliva

Olio d'oliva

Olio di semi

Olio di palma

060 Gelato

Gelato

Cioccolatini

Zucchero

Miele

Marmellata

Dolce

Dessert

061 Prima colazione

Prima colazione

Spremuta

Fetta

Tazza

Bicchiere

Bottiglia

Vassoio

062 Pranzo

Pranzo

Cena

Piatto

Cucchiaio

Forchetta

Coltello

Candela

063 Tovaglia

Tovaglia

Tovagliolo

Sale

Pepe

Olio

Aceto

Senape

064 Droga

Droga

Tabacco

Sigaretta

Alcol

Spinello

Eroina

Cocaina

5 | Corpo

065 Testa

Testa

Orecchio

Occhio

Dente

Gola

Schiena

Seno

066 Stomaco

Stomaco

Pancia

Spalla

Braccio

Mano

Gamba

Piede

067 Testa

Testa

Capelli

Cervello

Faccia

Orecchio

Occhio

Palpebra

068 *Naso*

Naso

Bocca

Labbro

Dente

Lingua

Gola

Collo

069 Braccio

Braccio

Gomito

Mano

Pugno

Gamba

Ginocchio

Piede

070 Cervello

Cervello

Cuore

Polmone

Stomaco

Fegato

Rene

Prostata

071 Andare

Andare

Venire

Correre

Saltare

Salire

Scendere

Cadere

072 Bello

Bello

Carino

Alto

Basso

Robusto

Snello

Normale

073 Biondo

Biondo

Bruno

Nero

Castano

Grigio

Calvo

Treccia

074 Acqua

Acqua

Sapone

Shampoo

Asciugamano

Fon

Spazzola

Pettine

075 Doccia

Doccia

Dentifricio

Spazzolino

Rasoio

Crema

Rossetto

Profumo

6 | Persone

076 Nome

Nome

Cognome

Documento

Passaporto

Carta d'identità

Patente

Carta di credito

077 Come ti chiami

Come ti chiami?

Mi chiamo Mario.

Di dove sei?

Quanti anni hai?

Abito in Via Roma.

Hai fratelli e sorelle?

Dove lavori?

078 La mia casa

La mia casa

Il tuo cane

La sua gatta

Il nostro appartamento

La vostra macchina

Il loro lavoro

La mia vita

079 Uomo

Uomo

Donna

Marito

Moglie

Coppia

Figlio

Figlia

080 Babbo

Babbo

Mamma

Fratello

Sorella

Nonno

Nonna

Nipote

081 Famiglia

Famiglia

Genitori

Nonni

Suoceri

Cugini

Zio

Zia

082 Amico

Amico

Amica

Vicino

Vicina

Collega

Gruppo

Gente

083 Amicizia

Amicizia

Appuntamento

Salutare

Baciare

Abbracciare

Toccare

Invitare

084 Natale

Natale

San Silvestro

Capodanno

Pasqua

Pasquetta

Carnevale

Befana

085 Compleanno

Compleanno

Annuncio

Matrimonio

Gravidanza

Nascita

Separazione

Divorzio

7 | Abbigliamento

086 Pigiama

Pigiama

Camicia da notte

Mutanda

Reggiseno

Maglia

Biancheria

Costume da bagno

087 Camicia

Camicia

Camicetta

Jeans

Pantaloni

Gonna

Maglione

Giacca

088 Scarpe

Scarpe

Stivali

Sandali

Cuoio

Cappotto

Impermeabile

Cappello

089 Macchia

Macchia

Sporco

Lavare

Sapone

Detersivo

Lavatrice

Ferro da stiro

090 Foulard

Foulard

Cintura

Borsa

Guanti

Occhiali da sole

Ombrello

Cravatta

091 Gioiello

Gioiello

Catena

Braccialetto

Orecchino

Perla

Anello

Oro

8 | Sentimenti e carattere

092 Amore

Amore

Felicità

Gioia

Simpatia

Stima

Comprensione

Nostalgia

093 Buono

Buono

Gentile

Romantico

Generoso

Coraggioso

Bravo

Forte

094 *Scherzare*

Scherzare

Sorridere

Sorprendere

Esitare

Sbagliare

Tremare

Piangere

9 | Concetti astratti

095 Tempo

Tempo

Passato

Presente

Futuro

Inizio

Pausa

Fine

096 Aspettare

Aspettare

Cominciare

Finire

Breve

Lungo

Primo

Ultimo

097 Prima

Prima

Adesso

Subito

Dopo

Presto

Tardi

Ancora

098 Sono le dieci

Sono le dieci.

È mezzogiorno.

È l'una.

Sono le due.

Sono le tre meno un quarto.

Sono le quattro e un quarto.

Sono le cinque e mezzo.

099 Sono le sei e venti

Sono le sei e venti.

100 Lunedì

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

101 Domenica

Domenica

Giorno

Settimana

L'altro ieri

Ieri

Oggi

Domani

Dopodomani

102 Gennaio

Gennaio

Febbraio

Marzo

Aprile

Maggio

Giugno

Luglio

Agosto

Settembre

Ottobre

Novembre

Dicembre

103 Anno

Anno

Mese

Stagione

Primavera

Estate

Autunno

Inverno

104 Dove

Dove?

Qui

Lì

Su

Giù

Dentro

Fuori

105 Sotto

Sotto

Sopra

A destra

A sinistra

Davanti

Dietro

Ecco!

106 Colore

Colore

Chiaro

Scuro

Bianco

Nero

Blu

Azzurro

107 Rosso

Rosso

Giallo

Verde

Arancione

Viola

Rosa

Grigio

108 Zero

Zero

Uno

Due

Tre

Quattro

Cinque

Sei

Sette

Otto

Nove

Dieci

109 Undici

Undici

Dodici

Tredici

Quattordici

Quindici

Diciassette

Diciotto

Diciannove

Venti

110 Ventuno

Ventuno

Ventidue

Ventitré

Ventiquattro

Venticinque

Ventisei

Ventisette

Ventotto

Ventinove

111 Trenta

Trenta

Quaranta

Cinquanta

Sessanta

Settanta

Ottanta

Novanta

112 Cento

Cento

Duecento

Trecento

Quattrocento

Cinquecento

Seicento

Settecento

Ottocento

Novecento

113 Mille

Mille

Millecento

Duemila

Duemiladiciotto

Diecimila

Milione

Miliardo

114 Grande

Grande

Piccolo

Pieno

Vuoto

Molto

Poco

Semplice

115 Chilometro

Chilometro

Metro

Centimetro

Millimetro

Altezza

Lunghezza

Larghezza

10 | Casa

116 Porta

Porta

Serratura

Chiave

Maniglia

Ingresso

Corridoio

Stanza

117 Soggiorno

Soggiorno

Cucina

Bagno

Scala

Camera da letto

Camera degli ospiti

Studio

118 Pavimento

Pavimento

Parete

Soffitto

Finestra

Persiana

Terrazza

Ringhiera

119 Rubinetto

Rubinetto

Acqua

Bagno

Bidè

Vasca da bagno

Gabinetto

Toilette

120 Lampadina

Lampadina

Corrente

Presa

Spina

Interruttore

Elettricità

Impianto

11 | Stanze

121 Frigorifero

Frigorifero

Fornello

Forno

Lavastoviglie

Pattumiera

Macchina del caffè

Radio

122 Pentola

Pentola

Coperchio

Scolapasta

Grattugia

Tegame

Padella

Teglia

123 Tavola

Tavola

Sedia

Tovaglia

Caraffa

Tovagliolo

Cassettone

Tenda

124 Divano

Divano

Poltrona

Tappeto

Televisore

Tavolino

Cassetto

Vaso

125 Letto

Letto

Materasso

Lenzuolo

Guanciale

Coperta

Armadio

126 Water

Water

Carta igienica

Doccia

Vasca

Asciugamano

Lavandino

Specchio

12 | Negozi e commerci

127 Capitale

Capitale

Città

Quartiere

Porto

Centro

Periferia

Villaggio

128 Via

Via

Strada

Marciapiede

Piazza

Ponte

Parco

Stadio

129 Macchina

Macchina

Motore

Ruota

Targa

Faro

Portiera

Finestrino

130 Autostrada

Autostrada

Traffico

Semaforo

Stop

Vigile

Incidente

Ambulanza

131 Aereo

Aereo

Aeroporto

Volo

Pilota

Hostess

Decollo

Atterraggio

132 Treno

Treno

Locomotiva

Vagone

Finestrino

Stazione

Marciapiede

Dogana

133 Imbarcare

Imbarcare

Nave

Traghetto

Passeggero

Biglietto

Cabina

Sbarcare

134 Frutta e verdura

Frutta e verdura

Panificio

Macelleria

Mercato

Supermercato

Edicola

Posta

Banca

13 | **Animali**

135 Animali

Animali

Gregge

Femmina

Maschio

Coda

Muso

Zampa

136 Maiale

Maiale

Vitello

Mucca

Cane

Gatto

Capra

Pecora

137 Cavallo

Cavallo

Asino

Bue

Toro

Gallo

Coniglio

Cammello

138 Scimpanzé

Scimpanzé

Gorilla

Orangutan

Scimmia

Lupo

Orso

Topo

139 Tigre

Tigre

Leone

Leopardo

Volpe

Elefante

Riccio

Ratto

140 Tartaruga

Tartaruga

Coccodrillo

Iguana

Rana

Serpente

Cobra

Vipera

141 Orata

Orata

Spigola

Squalo

Foca

Balena

Tonno

Delfino

142 Farfalla

Farfalla

Ape

Vespa

Mosca

Formica

Zanzara

Ragno

143 Conchiglia

Conchiglia

Cozza

Vongola

Polpo

Seppia

Calamaro

Lumaca

14 | Piante

144 Fiore

Fiore

Rosa

Tulipano

Garofano

Giglio

Margherita

Viola

145 Albero

Albero

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Pino

Cipresso

Platano

Tiglio

Palma

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Mare

Oceano

Arcipelago

Isola

Baia

Spiaggia

Onda

147 Montagna

Montagna

Ghiacciaio

Torrente

Traforo

Cima

Passo

Vulcano

148 Cielo

Cielo

Sole

Luna

Arcobaleno

Nuvola

Lampo

Tuono

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149 Gioco

Gioco

Videogioco

Palla

Bambola

Bocce

Scacchi

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Pescatore

Marinaio

Pescivendolo

Fornaio

Macellaio

Giardiniere

151 Cuoco

Cuoco

Carpentiere

Calzolaio

Sarto

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Avvocato

Notaio

Giornalista

Professore

18 | Strumenti di lavoro

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Carta

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Colla

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154 Matita

Matita

Biro

Penna

Pennarello

Evidenziatore

Gomma

Temperino

19 | Universo

155 Universo

Universo

Galassia

Via Lattea

Stella

Sole

Pianeta

Luna

156 Terra

Terra

Mercurio

Venere

Marte

Giove

Saturno

Nettuno

Urano

20 | Chimica e materia

157 Idrogeno

Idrogeno

Litio

Carbonio

Nitrogeno

Ossigeno

Fosforo

Zolfo

158 Minerale

Minerale

Cristallo

Marmo

Quarzo

Sabbia

Sasso

Pietra

159 Metallo

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OLIENA {2018~1}

Language recovery after stroke

Every year, almost 20 million people suffer a first-time stroke and about a third of them have aphasia. Although aphasia often resolves spontaneously, many patients have persistent language disturbances.

A conservative estimate of the number of people who need acute post-stroke speech therapy is one to two million each year (China: 200,000, Europe: 100,000, US: 50,000).

The free OLIENA app displays videos of a person pronouncing words or short sentences. Each video is played in a loop until the patient proceeds to the next word. We recommend daily use of at least 30 minutes (better: 60 to 90 minutes!) and, according to personal need and time availability, continuous training for months or years.



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