

I am Deaf  
let's  
Talki

25 Signs to Learn for  
the Weekend

[deaf.org.nz](http://deaf.org.nz)



**Deaf**  
AOTEAROA  
TĀNGATA TŪRI



HELLO,  
I'm Karishma

I love my shopping and socialising! I also love to read a good book. I have big dreams for my life, just like hearing people do. One of those dreams is to be an Early Childhood Education Teacher for Deaf children.



# Deaf Aotearoa

**Deaf Aotearoa is the national service provider for Deaf people in New Zealand.**

We work with Deaf communities and provide information, resources and services including:

- Access to employment
- Educational programmes
- Service coordination and needs assessment
- Specialised equipment
- Youth development and transition programmes
- Community development
- New Zealand Sign Language interpreting
- NZSL teaching and support for families of deaf children aged 0-5 years.

Deaf Aotearoa works closely with government agencies, not-for-profit sector organisations, and the corporate sector to increase awareness of the Deaf community, promote New Zealand Sign Language and strengthen the rights of Deaf people.

As well as being a Disabled Person's Organisation, Deaf Aotearoa is also the New Zealand representative member of the World Federation of the Deaf, the international body for Deaf people.

**Deaf Aotearoa also provides education and awareness courses to organisations that want to learn about Deaf culture and NZSL. These courses can be tailored to accommodate organisations' interests and time requirements.**

### **Deaf Awareness courses**

Get an insight into the Deaf world, explore NZSL, Deaf culture and the community through these interactive courses. They're ideal for breaking down communication barriers for businesses, groups and organisations.

### **NZSL Courses**

Learn NZSL vocabulary and grammar specific to your workplace. Courses are individually designed to provide managers and staff with the words and phrases they use regularly. These can then be applied quickly in a practical setting when working with Deaf customers, clients or staff.



**Deaf**  
AOTEAROA  
TĀNGATA TURI

**For more information visit [deaf.org.nz](http://deaf.org.nz)**

# NEW ZEALAND SIGN LANGUAGE WEEK

## TE WIKI O TE REO TURI

**Every May, Deaf Aotearoa organises New Zealand Sign Language Week – a celebration of one of the country's official languages.**

NZSL Week is a chance for the Deaf community to stand proud as Deaf, and to celebrate their language and culture. It also works to break down barriers, fears and misconceptions. NZSL Week lets Deaf New Zealanders put their hands up and be seen!

Our vision for NZSL Week is to increase awareness and understanding of NZSL and the Deaf community, and to empower and strengthen the Deaf community.

For more information visit [nzslweek.org.nz](http://nzslweek.org.nz)



# HOW TO COMMUNICATE WITH A DEAF PERSON

A conversation with a Deaf person is the same as a conversation with a hearing person – Deaf people just use different communication tools. Like hearing people, Deaf people are unique individuals with interesting qualities and skills. They have families, jobs and hobbies.

You can communicate with Deaf people in several ways, including New Zealand Sign Language, spoken English or a mixture of both.

Appropriate use of gesture, body language and facial expressions can also be very effective, as Deaf people communicate visually.

Not all Deaf people can lip read. It's estimated 70% of lip reading is guesswork, even if the speaker articulates clearly. That's why relying solely on lip reading as a way to communicate isn't recommended.

Face the Deaf person and get their attention before speaking. Eye contact is very important so try to maintain it and don't turn away while the Deaf person is signing.

Using a New Zealand Sign Language Interpreter is the best way to ensure full communication occurs. Booking an interpreter is easy and quick and will avoid communication breakdowns.

**To book an interpreter, contact iSign:**

[www.isign.co.nz](http://www.isign.co.nz)

0800 934 683

[bookings@isign.co.nz](mailto:bookings@isign.co.nz)



# A FEW TIPS FOR SIGN LANGUAGE

## **Facial expressions**

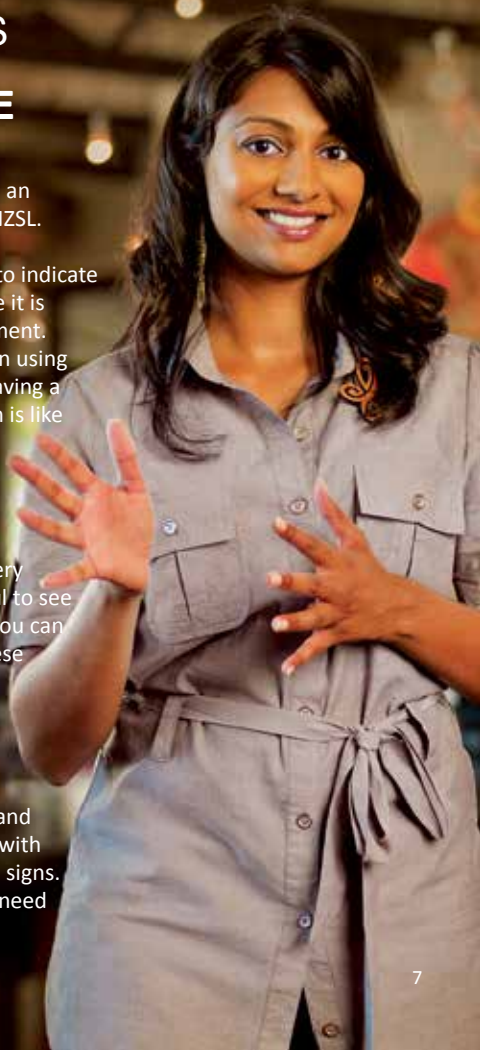
Facial expressions are an important aspect of NZSL. In spoken languages, intonations are used to indicate what kind of sentence it is – a question or statement. NZSL shows intonation using facial expressions. Having a plain facial expression is like speaking with a monotonous voice. It's boring!

## **Hand position**

Hand positioning is very important. It's helpful to see the signs in action – you can look up videos for these signs in the online dictionary at [nzsl.vuw.ac.nz](http://nzsl.vuw.ac.nz).

## **Which hand to use?**

Use your dominant hand – the hand you write with – to execute all of the signs. For some signs you'll need to use both hands.




I am Deaf  
**let's talk**

25 Signs to Learn for  
Medical Situations  
deaf.org.nz



I am Deaf  
**LET'S TALK**

25 Signs to Learn at  
Work  
deaf.org.nz




I am Deaf  
**LET'S TALK**

25 Signs to Learn with  
Your Family  
deaf.org.nz



I am Deaf  
**let's talk**

25 Signs to Learn for  
Māori Concepts  
deaf.org.nz



# 25 SIGNS TO LEARN FOR THE WEEKEND

**This is one of a series of booklets designed to introduce you to NZSL.**

**It gives you a practical opportunity to quickly learn some basic vocabulary relevant to your environment.**

Learn these signs and use them as often as you can. Tell your friends about them and share the wonderful gift of NZSL. Then you'll understand why 25,000 New Zealanders use it every day!

**ALSO AVAILABLE:**

**25 Signs to Learn at Work**

**25 Signs to Learn for Medical Situations**

**25 Signs to Learn for Māori Concepts**

**25 Signs to Learn with Your Family**



# art



## INSTRUCTIONS

Flat left hand is held out palm up/back/right, fingers pointing forward/right. Right fist is held out higher, palm facing signer/left with the first two fingers extended together and pointing up, the other fingers loosely curled. The right hand moves down with an irregular side to side movement at/from the elbow – like brushing paint on a canvas.

- Hold/keep indicated hand in position.



# beer/bar



## INSTRUCTIONS

The right fist is held up near the right side of the jaw, palm left/forward, blade forward/right, with the thumb extended, and is moved towards the mouth, three times.





# bicycle



## INSTRUCTIONS

Both fists are held out, a little way apart, palms down, blades out, and forefingers curled. Hands are moved forward in small forward circles, alternately twice.



# dinner



## INSTRUCTIONS

Both hands are held out in front of the chest, palms facing the signer, blades down/out, loosely closed with the thumbs pressed to the forefingers, and are raised alternately up/in towards the mouth, twice.



# facebook



## INSTRUCTIONS

The palm of the right hand is flat against the right cheek, and the thumb lifts away twice, with the blade maintaining contact on the cheek.



# game console



## INSTRUCTIONS

Both fists are held out together from the bent elbows, palms facing each other, blades down/back, with the forefingers hooked and the thumbs extended. The thumbs flex down against the forefingers, rising a little and pressing down again.

- Hold/keep indicated hand in position.



AAT  
and Travel Guide

contiki  
HOLIDAYS FOR 18-30's

Europe

THE GREAT ESCAPE TO EUROPE  
2012

Western

Legendary  
for a reason

22 cities in 23 days  
12 days to go  
12 cities

infinity

New Hawaii  
&



# holiday



## INSTRUCTIONS

Both flat hands are held up at shoulder height, palms facing away from the signer with the thumbs extended and the fingers apart and pointing up. The hands are moved in small vertical circles, the right clockwise and the left anticlockwise, twice.



**When to go**

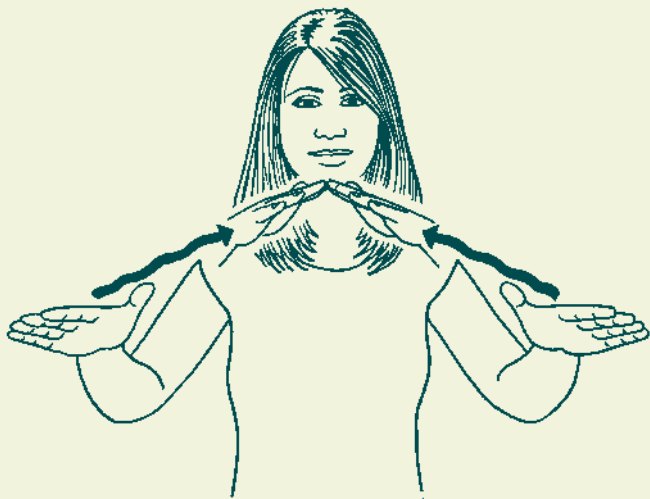
**Best to avoid**

**When to go and how**

Country	Best time to go	Best way to go
USA	Dec-Feb	By plane
Canada	Dec-Feb	By plane
France	Dec-Feb	By plane
Switzerland	Dec-Feb	By plane
Austria	Dec-Feb	By plane
Germany	Dec-Feb	By plane
Italy	Dec-Feb	By plane
Japan	Dec-Feb	By plane
South Korea	Dec-Feb	By plane
China	Dec-Feb	By plane
India	Dec-Feb	By plane
Spain	Dec-Feb	By plane
UK	Dec-Feb	By plane
Sweden	Dec-Feb	By plane
Norway	Dec-Feb	By plane
Finland	Dec-Feb	By plane
Denmark	Dec-Feb	By plane
Netherlands	Dec-Feb	By plane
Belgium	Dec-Feb	By plane
France	Dec-Feb	By plane
Germany	Dec-Feb	By plane
Italy	Dec-Feb	By plane
Spain	Dec-Feb	By plane
UK	Dec-Feb	By plane
USA	Dec-Feb	By plane
Canada	Dec-Feb	By plane
Japan	Dec-Feb	By plane
South Korea	Dec-Feb	By plane
China	Dec-Feb	By plane
India	Dec-Feb	By plane
Sweden	Dec-Feb	By plane
Norway	Dec-Feb	By plane
Finland	Dec-Feb	By plane
Denmark	Dec-Feb	By plane
Netherlands	Dec-Feb	By plane
Belgium	Dec-Feb	By plane

**Best Top Resort in a survey of 70 resorts in 8 countries**

# mountain



## INSTRUCTIONS

Both flat hands are held at chest level, some way apart, palms facing each other with the fingertips pointing up/ towards each other, and are moved up and towards each other so the fingertips meet at face level.



# movie



## INSTRUCTIONS

Flat left hand is held out, palm facing down, fingertips pointing right.

Flat right hand, palm forward, fingers spread and fingertips pointing up, is held with the wrist against the thumb joint of the left hand, and is moved side to side from the wrist.

- Hold/keep indicated hand in position.



# netball



## INSTRUCTIONS

Both hands are held up some way apart at head level, palms facing forward, blades forward/up, with the fingertips under the thumb tips to form O-shape. The hands are moved forward/up, opening to full spread, twice.





# party

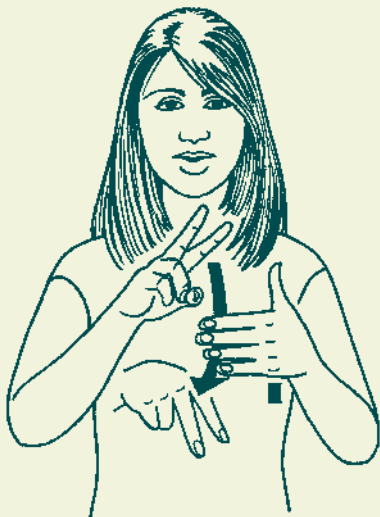


## INSTRUCTIONS

Both hands are held up above the shoulders, palms facing the signer, with the thumbs and little fingers extended and the fingers loosely closed. The hands are twisted to and fro from the wrists in small quick movements.



# read



## INSTRUCTIONS

The flat left hand is held out, palm up/back/right, blade down/back/right, fingers spread. The right fist is held above the left hand, palm down, blade forward/right, with the first two fingers extended and apart, and is moved down.

- Hold/keep indicated hand in position.



# relax



## INSTRUCTIONS

Both flat hands are held out hanging down from the wrists, palms back, blades out, fingers apart.

The hands turn from the wrists to palms facing up with blades back/in.



# rugby



## INSTRUCTIONS

Both flat hands are held apart above the waist at the right, palms facing each other, blades back, and are moved up/right across the body towards the left shoulder.

A teal-colored book with the title 'The Great Sporting Rule Book' printed on its cover. The book is positioned on a polished wooden table. The title is written in a mix of fonts: 'The' is in a small serif font, 'Great Sporting' is in a large, elegant cursive script, and 'RULE BOOK' is in a bold, uppercase sans-serif font. The book's spine is visible on the left side, showing some wear and a small label at the bottom. The background is a warm, brownish floor.

*The*  
*Great Sporting*  
**RULE BOOK**



# rules



## INSTRUCTIONS

Flat left hand is held out, palm up/to the signer, fingers pointing upwards.

Flat right hand, palm down, blade forward/down with fingers flexed is placed on the left palm, and moved down/towards the signer in two steps over the palm to the blade.

- Hold/keep indicated hand in position.



# run



## INSTRUCTIONS

Both fists are held out at the sides from bent elbows, and move down in a circular motion, with movement from the elbows and shoulders



# shopping



## INSTRUCTIONS

Right fist is raised and brought down, the knuckles tapping the flat left palm twice.

- Hold/keep indicated hand in position.



# sports



## INSTRUCTIONS

Both fists are held up a little way apart, the knuckles facing each other, blades down, with thumbs extended. The left thumb moves towards the signer, with the right thumb moving away, with the wrists twisting a little bit.





# swim



## INSTRUCTIONS

Both flat hands are held up in front of the chest, palms down, blades forward/out, and are moved forward and apart in horizontal circles twice.



# takeaway



## INSTRUCTIONS

The flat left hand is held out, palm up, fingers pointing forward. The flat right hand is held above the left hand palm down, fingers pointing forward. Both hands move back, bending at the wrists, to palms facing the signer, blades right and fingertips pointing backwards.



# text



## INSTRUCTIONS

The right fist is held out from the bent elbow, palm left, blade down/back, with the forefinger hooked and the thumb extended. The hand is moved forward/down, the thumb flexing down against the forefinger, rising a little and pressing down again, making small circular movements.




# walk



## INSTRUCTIONS

Left hand is held out palm up, blade right/facing the signer. The right fist is held over the left palm, flexed down from the wrist, palm down/facing the signer, blade right, the first two fingers extended and apart. The right hand moves forward, extended fingers wiggling.

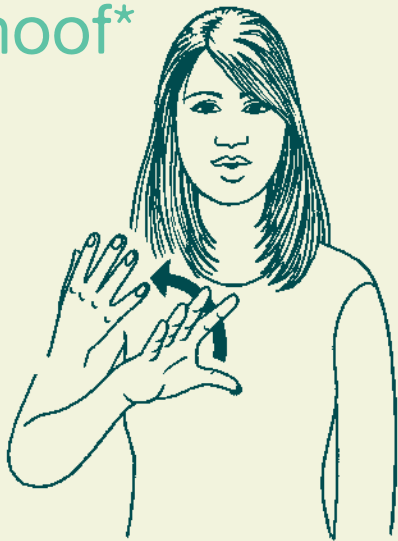
 fingers wiggling as if playing a piano.

■ Hold/keep indicated hand in position.





\*whoof\*



### INSTRUCTIONS

Flat right hand is held in front of the middle chest, palm facing the signer/ down, blade forward/down, the fingers extended and apart, the thumb opposed. The hand moves up in an arc towards the shoulder, with the tip of the thumb sliding across the chest.

\* NZSL slang word equivalent to cool/ awesome/wicked.



# win



## INSTRUCTIONS

Right fist is held up at shoulder height, palm up, blade right, with the fingers clawed apart. The hand is turned from the wrist in a short sharp movement upwards and towards the signer into a fist, to palm towards signer, blade facing left.



# wine



## INSTRUCTIONS

Right hand is raised at shoulder level, palm facing left, blade down, the thumb and forefinger meeting to form an O-shape, the other fingers apart. The hand twists up from the wrist to palm left, blade forward by the mouth.

# THANKS!

Deaf Aotearoa would like to thank  
all those that play a part in promoting  
New Zealand Sign Language Week each year.  
Particular thanks to Karishma.

New Zealand Government

PLEASE SUPPORT DEAF AOTEAROA

DONATE NOW

givealittle  
from the  Spark Foundation

[www.givealittle.co.nz/org/deafaotearoa](http://www.givealittle.co.nz/org/deafaotearoa)

For more information visit [deaf.org.nz](http://deaf.org.nz)

The instructions for the NZ Sign Language illustrations  
were adapted from the Online Dictionary of NZSL,  
Deaf Studies Research Unit, Victoria University of Wellington



# I am Deaf

Karishma STUDENT

**NEW ZEALAND  
SIGN LANGUAGE WEEK**

TE WIKI O TE REO TURI  
ANNUALLY DURING MAY