

# Sept-Îles



**SMALL PHRASE BOOK**  
**ENGLISH – INNU-AIMUN – FRENCH**





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The Innu are native inhabitants of Canada, whose origin lies in the eastern portion of the Labrador Peninsula. In addition to Canadian English or Quebecker French, most Innu speak an Algonquian language: **Innu-Aimun** (literally: "language of the people").

All in all there are eleven different Innu tribes (or reserves), eight of which are located on the North Shore, two are situated in Labrador and one in Saguenay-Lac-Saint-Jean. Based on local alterations, four main Innu-Aimun dialects can be distinguished:

**// South Innu-Aimun** (Mashteuiatsh, Pessamit and Essipit);

**// East Innu-Aimun** (Ekuanitshit, Nutashkuan, Unaman-shipu and Pakut-shipu);

**// Central Innu-Aimun** (Uashat, Mani-Utenam and Matimekush);

**// Labrador Innu-Aimun** (Tshishe-shatshiu and Natuashish).

The First Nations in Sept-Iles speak two very similar varieties of Central Innu-Aimun: The dialect spoken in Uashat (literally: "at the bay") and the one spoken in Mani-Utenam (literally: "City of Mary").

**// GO ON! TRY AND SPEAK INNU! / INNU-AIMIK<sup>u</sup> MA! /  
ALLEZ-Y! PARLEZ INNU!**

**Hello! How are you?** / **Kuei! Tan eshpanin** /  
Bonjour! Comment allez-vous?

**I'm great.** / **Nimishta-minupan.** / Je vais très bien.

**Thank you.** / **Tshinashkumitin (I give my thanks to you).** / Merci.

**Yes.** / **Eshe.** / Oui.

**No.** / **Mauat.** / Non.

**What are you doing?** / **Tshekuan etutamin?** / Que faites-vous?

**Nothing.** / **Apu tshekuan.** / Rien.

**What's your name?** / **Tan eshnikashuin?** /  
Comment vous appelez-vous?

**My name is James.** / **James nitishinikashun.** /  
Je m'appelle James.

**How about you? What's your name?** / **Ek<sup>u</sup>tshin, tan eshnikashuin?** /  
Et vous? Comment vous appelez-vous?

**Where do you come from?** / **Tanite uetshin?** / D'où venez-vous?

**I come from United States.** / **Upashtoneu-assit nutshin.** /  
Je viens des États-Unis.

**Who's that?** / **Auen an?** / Qui est-ce?

**That's my wife** / **Nitishkuem ue.** / C'est ma femme.

**That's my husband.** / **Ninapem ue.** / C'est mon mari.

**What time is it?** / **Tan tatutipaikana tekuak?** / Quelle heure est-il?

**It's two o'clock.** / **Nishutipaikana takuan.** / Il est deux heures.

**It's eleven o'clock.** / **Kutunnutipaikana ashu peik<sup>u</sup> takuan** (ten o'clock plus one). / Il est onze heures.

**I don't know.** / **Apu tshissenitaman.** / Je ne sais pas.

**Good bye!** / **Iame!** / Au revoir!

## NUMBERS / **ATSHITASHUNA** / NOMBRES

1. **One** / **Peik<sup>u</sup>** / Un

2. **Two** / **Nish<sup>u</sup>** / Deux

3. **Three** / **Nisht<sup>u</sup>** / Trois

4. **Four** / **Neu** / Quatre

5. **Five** / **Patetat** / Cinq

6. **Six** / **Kutuasht** / Six

7. **Seven** / **Nishuasht** / Sept

8. **Eight** / **Nishuaush** / Huit

9. **Nine** / **Peikushteu** / Neuf

10. **Ten** / **Kutunnu** / Dix

11. **Eleven** / **Kutunnu ashu peik<sup>u</sup>** (ten plus one) / Onze

## MONTHS / **PISHIMUAT** / MOIS

**January** / **Tshishe-pishim<sup>u</sup>** (the very cold month) / Janvier

**February** / **Epishiminishkueu** / Février

**March** / **Uinashku-pishim<sup>u</sup>** (month of the marmot) / Mars

**April** / **Shiship-pishim<sup>u</sup>** (month of the waterfowl) / Avril

**May** / **Nissi-pishim<sup>u</sup>** (month of the goose) / Mai

**June** / **Uapikun-pishim<sup>u</sup>** (month of the flower) / Juin

**July** / **Shetan-pishim<sup>u</sup>** (month of Saint Anne) / Juillet

**August** / **Upau-pishim<sup>u</sup>** (month of the taking flight) / Août

**September** / **Ushkau-pishim<sup>u</sup>** (month of new antlers) / Septembre

**October** / **Uashtessiu-pishim<sup>u</sup>** (month, when the leaves turn yellow) / Octobre

**November** / **Takuatshi-pishim<sup>u</sup>** (fall month) / Novembre

**December** / **Pishimuss** (the little month) / Décembre





## FAUNA / MISHATSHUAT / FAUNE

**Beaver** / Amishk<sup>u</sup> / Castor (le)

**Caribou (Canadian reindeer)** / Atik<sup>u</sup> / Caribou (le)

**Squirrel** / Anikutshash / Écureuil (l' *masc.*)

**Whale** / Mishtamek<sup>u</sup> / Baleine (la)

**Salmon** / Utshashumek<sup>u</sup> / Saumon (le)

**Cod** / Unushu / Morue (la)

**Partridge** / Pineu / Perdrix (la)

**Wolf** / Maikan / Loup (le)

**Bear** / Mashk<sup>u</sup> / Ours (l' *masc.*)

**Moose** / Mush / Orignal (l' *masc.*)



## FLORA / MINASHKUAT / FLORE

**Black spruce** / Ushkatik<sup>u</sup> / Épinette noire (l' *fem.*)

**Larch** / Uatshinakan / Mélèze (le)

**Birch** / Ushkuai / Bouleau (le)

**Crackerberry** / Shashakuminanakashi /  
Cornouiller du Canada (le)

**Blueberry** / Inniminan / Bleuet (le)

**Cloudberry** / Shikuteu /  
Plaquebière, chicoutai, ronce petit-mûrier (la)

## OUTDOORS / UNUITIMIT / EN PLEIN AIR

**Island** / Minishtik<sup>u</sup> / Île (l' *fem.*)

**Archipelago** / Minishtikua (the islands) / Archipel (l' *masc.*)

**Waterfall** / Kassekau / Chute (la)

**Rapid** / Paushtik<sup>u</sup> / Rapide (le)

**River** / Shipu / Rivière (la), fleuve (le)

**Canoe** / Ush / Canot (le)

**Tent** / Innutshuap / Tente (la)

**Teppee** / Tashtuaikanitshuap / Tipi (le)

**Snowshoe** / Asham / Raquette (la)



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