

GMH SAFER SEX PHRASE BOOK



You've probably flicked through a regular phrase book and found out that it will tell you how to ask for a beer or order a meal but not give you information on how to tell a guy what you're into sexually or what you'd like to do to him. This gay phrase book will help you out in some of the major languages: French, German, Spanish, Italian, Dutch & Portuguese. So as well as being able to book a hotel room, you'll be able to tell him to fuck you harder!

Passport. Tickets. Money. Condoms & Lube?

Just about to head off on holiday? You may be tempted not to take condoms and lube with you. Maybe you think you won't need them or that your baggage allowance is tiny and you can get them while you are away. Well think again....

Gay bars, clubs and saunas abroad aren't as well stocked with condoms and lubricant as they are in Glasgow, Edinburgh and Aberdeen; very often they don't provide any at all. You may be given one condom and expected to pay for any others that you need – that's true even in gay saunas! You could buy them at a shop but there's the language issue, finding which shops sell them and the fact that condoms can

be of a poorer quality in some countries. So make sure you slip some condoms and lube into your suitcase; you won't be able to take large bottles of lube in your hand luggage.

Condoms and Sun Cream – don't mix!

Getting latex condoms in contact with oil-based products, such as sun creams and after sun lotions, isn't a good idea as the condoms become damaged and will burst. So have a shower after you've been to the beach and before you fuck, or get a hold of latex free condoms if you are going to shag in the dunes.

Get a check-up when you come back

Going a bit crazy is part of being on holiday. A lot of guys have more sex on holiday than they do at home, and sometimes take more risks. Just remember that you can still catch sexually transmitted infections (STIs), including HIV. In fact, 1 in 5 gay men reckon they picked up an STI on holiday. If you come back with what you think are the symptoms of an infection, or if you've had sex with a lot of guys, then it may be a good idea to have a sexual health check-up when you get back from holiday.



Travel advice for men living with HIV

Some countries still have bans on foreign nationals living with HIV from visiting or staying long term.

For information go to **www.hivtravel.org**

Here are a few other things you may want to think about:

- Make sure you have enough meds to last your whole trip and a few days extra just in case.
- Keep your meds in their original packaging – customs officials don't take kindly to you trying to hide things. Also pack your medication into your hand luggage, not the bags that you check into the hold. It's less likely to get lost that way.
- You may want to get a doctor's note explaining why you are carrying medication. It doesn't need to mention HIV, just that you have a long-term illness that does not prevent you travelling.

Other things...

- Do an online search before you go to find out if there's a gay scene near where you are staying. If you are going to a city or a popular gay haunt then you can get information and even download maps online.
<http://www.gaycities.com>
<http://www.guidemag.com>
<http://www.gaymap.info>
- Health insurance/Travel insurance – think of this not just as protection from things getting stolen but also if you are seriously ill when abroad. Check to see if it is included for free with your bank account/other insurance policies and what exemptions apply. If you are travelling in Europe then get a European Health Insurance Card (EHIC) as this will give you free or reduced healthcare costs **www.ehic.org.uk**, tel: 0845 606 2030 or get a form at a post office.



- Get your jabs – for most European countries you don't need any travel vaccination, but if you're planning on going further afield then you may need some. Vaccinations usually need to be given 6 weeks before travel for them to work properly. Your GP or local NHS travel clinic can give you advice, although you may have to pay to be vaccinated.

www.fitfortravel.nhs.uk

- Legal situation/Age of consent – attitudes towards LGBT travellers around the world and the legal situation can be very different from those in the UK, particularly if you are travelling outside of Europe and North America. Our advice is to check out the legal situation before you travel.

www.fco.gov.uk **www.ilga.org**

- Check out **www.fco.gov.uk** before you travel so that you get up-to-date travel advice for a country and so you know where to go for help from the local British Embassy when you are away. If you can't find a British Embassy call their 24 hour helpline in the UK +44 020 7008 1500 for assistance.

- If you've been the victim of a crime the local British Embassy can help you.
- Copy your documents – make sure you take copies of your passport, travel insurance, travel plans, prescriptions for medication/notes from your doctor and your EHIC, just in case you lose the originals.
- Watch out for bag snatchers and pickpockets, even when you're down at the beach. The more cash you carry, the more you may lose. Only take your credit cards with you if you really need them. If your room or hotel has a safe then leave passports and valuables there. Remember to take emergency numbers for cancelling stolen cards with you.
- Booze and sun can be a tricky combination. You may end up dehydrated or burned to a crisp if you doze off under the sun. Make sure you have the right SPF level of sun cream and gradually build up the amount of time you spend in the sun. Cover up cropped or shaved heads as they burn extra fast.





FRENCH

Hello! – *Bonjour!*

How are you? – *Ça va?* Good – *Bien*

My name is ... – *Je m'appelle ...*

Do you speak English? – *Parlez-vous Anglais?*

I don't understand – *Je ne comprends pas*

I like.../ I don't like... –

J'aime.../ Je n'aime pas...

older men – *les hommes plus âgés*

younger men – *les hommes plus jeunes*

thin guys – *les mecs minces*

hunky guys – *les mecs bien foutus*

chubby guys – *les mecs enrobés*

tall guys – *les mecs grands*

short guys – *les mecs petits*

kissing – *embrasser*

fucking – *baiser*

being fucked – *être baisé*

sucking – *sucer*

being sucked – *être sucé*

wanking – *qu'on se branle*

fisting – *le fist fucking*

rimming – *brouter*



Where are... ? – Où sont...?

the gay bars – *les bars gay*

the gay saunas – *les saunas gay*

I like to be active/passive –

Je préfère être actif/passif

Have you got any condoms and lube? –

As-tu des capotes et du lubrifiant?

I am only into safer sex –

Je suis seulement dans le "safer sex"

I am HIV positive – *Je suis séropositif ;*

Je suis VIH positif

I am HIV negative – *Je suis VIH négatif*

Can I kiss...? – *Je peux embrasser...?*

Can I suck...? – *Je peux sucer...?*

Can I touch...? – *Je peux toucher...?*

your balls – *tes couilles*

cock – *ta queue*

bum – *ton cul*

nipples – *tes tétons*

Fuck me! – *Baise-moi!*

Suck me! – *Suce-moi!*

Wank me! – *Branle-moi!*

Harder, Harder! – *Plus fort, plus fort!*

Slower, Slower! – *Doucement, doucement!*

That feels good! – *C'est bon!*

I don't like that. Stop! –

Je n'aime pas ça. Arrête!

That hurts! – *Ça fait mal!*

I'm cumming! – *Je viens!*

Don't cum in my mouth/arse! –

Ne jouis pas dans ma bouche/mon cul!

Where is the chemist shop? –

Où est la pharmacie?

I want to speak with a doctor –

Je veux parler à un médecin

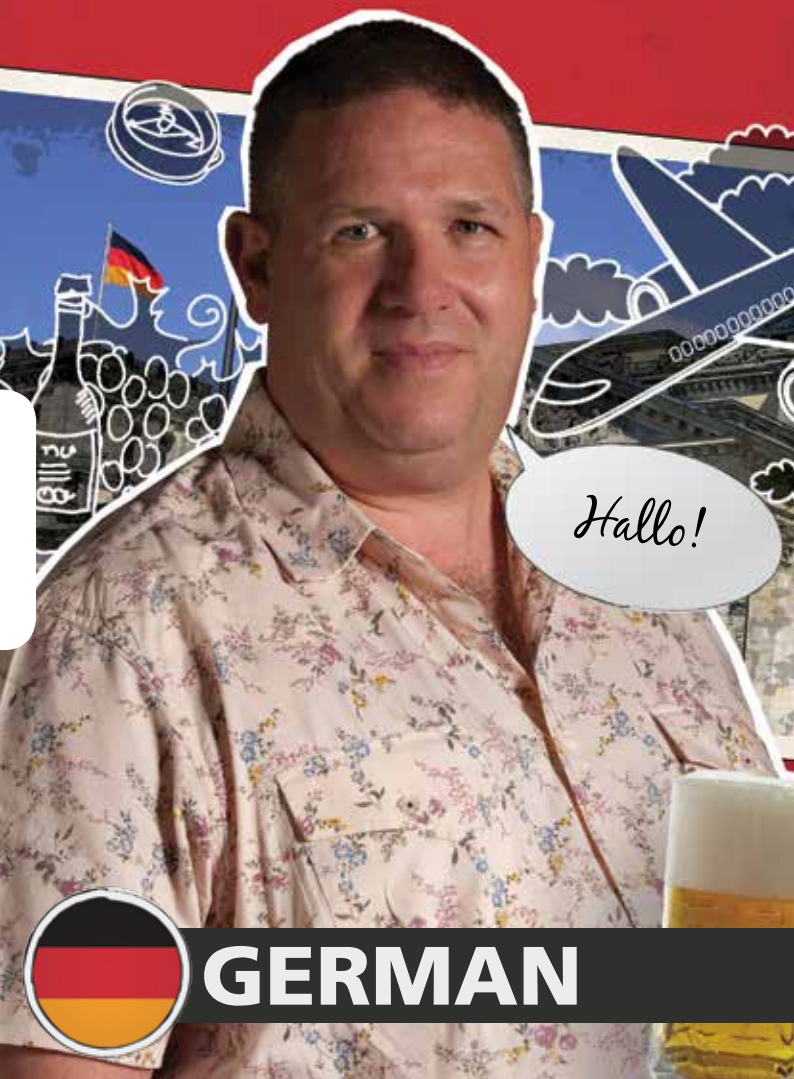
I want to speak with the police –

Je veux parler à la police

Where is the British embassy? –

Où est l'ambassade Britannique?





GERMAN

Hello! – *Hallo!*

How are you? – *Wie geht's?* Good – *Gut*

My name is ... – *Ich heiße ...*

Do you speak English? – *Sprichst du Englisch?*

I don't understand – *Ich verstehe dich nicht*

I like.../ I don't like... –

Ich stehe auf.../ Ich stehe nicht auf ...

older men – *ältere Männer*

younger men – *jüngere Männer*

thin guys – *schlanke Männer*

hunky guys – *gut gebaute Männer*

chubby guys – *mollige Männer*

tall guys – *große Männer*

short guys – *kleine Männer*

kissing – *küssen*

fucking – *ficken*

being fucked – *gefickt zu werden*

sucking – *blasen*

being sucked – *einen geblasen zu bekommen*

wanking – *wichsen*

fisting – *Fistfucking*

rimming – *Rimming*



Where are... ? – *Wo sind...?*

the gay bars – *die Schwulen Kneipes*

the gay saunas – *die Schwulensaunas*

I like to be active/passive –

Ich bin lieber aktiv/passiv

Have you got any condoms and lube? –

Hast Du Kondome und Gleitcreme?

I am only into safer sex –

Ich mache nur Safer Sex

I am HIV positive – *Ich bin HIV positiv*

I am HIV negative – *Ich bin HIV negativ*

Can I kiss...? – *Kann ich... küssen?*

Can I suck...? – *Kann ich... blasen?*

Can I touch...? – *Kann ich... berühren?*

your balls – *Deine Eier*

cock – *Deinen Schwanz*

bum – *Deinen Arsch*

nipples – *Deinen Nippel*

Fuck me! – *Fick mich!*

Suck me! – *Blas mir einen!*

Wank me! – *Hol mir einen runter!*

Harder, Harder! – *Doller, doller!*

Slower, Slower! – *Langsamer, langsamer!*

That feels good! – *Das tut gut!*

I don't like that. Stop! –

Ich mag das nicht. Stop!

That hurts! – *Das tut weh!*

I'm cumming! – *Ich komme!*

Don't cum in my mouth/arse! –

Bitte komme nicht in meinem Mund/Arsch!

Where is the chemist shop? –

Wo ist die Apotheke?

I want to speak with a doctor –

Ich möchte mit einem Arzt sprechen

I want to speak with the police –

Ich möchte mit der Polizei sprechen

Where is the British embassy? –

Wo ist die Britische Botschaft?



Hello! – ¡Hola!

How are you? – ¿Cómo estás? Good – Bien

My name is ... – Me llamo ...

Do you speak English? – ¿Hablas inglés?

I don't understand – No entiendo

I like.../ I don't like... –

Me gusta.../ No me gusta ...

older men – *hombres mayores*

younger men – *chicos jóvenes*

thin guys – *hombres delgados*

hunky guys – *hombres fuertes*

chubby guys – *hombres gorditos*

tall guys – *hombres altos*

short guys – *hombres bajos*

kissing – *besar*

fucking – *follar*

being fucked – *que me follen*

sucking – *chupar*

being sucked – *que me la chupen*

wanking – *la masturbación mútua*

fisting – *el fisting*

rimming – *chupar el culo*

¡Hola!

 **SPANISH**

Where are... ? – *Donde están...*?
the gay bars – *los bares gays*
the gay saunas – *los saunas gays*

I like to be active/passive –
Prefiero ser activo/pasivo

Have you got any condoms and lube? –
¿Tienes preservativos y lubricante?

I am only into safer sex –
Sólo practico el sexo seguro

I am HIV positive – *Soy seropositivo ;*
Soy VIH positivo

I am HIV negative – *Soy VIH negativo*

Can I kiss...? – *¿Puedo besarte...?*

Can I suck...? – *¿Puedo chuparte...?*

Can I touch...? – *¿Puedo tocarte...?*

your balls – *los huevos*

cock – *la polla*

bum – *el culo*

nipples – *los pezones*

Fuck me! – *¡Fóllame!*
Suck me! – *¡Chúpamela!*
Wank me! – *¡Mastúrbame!*

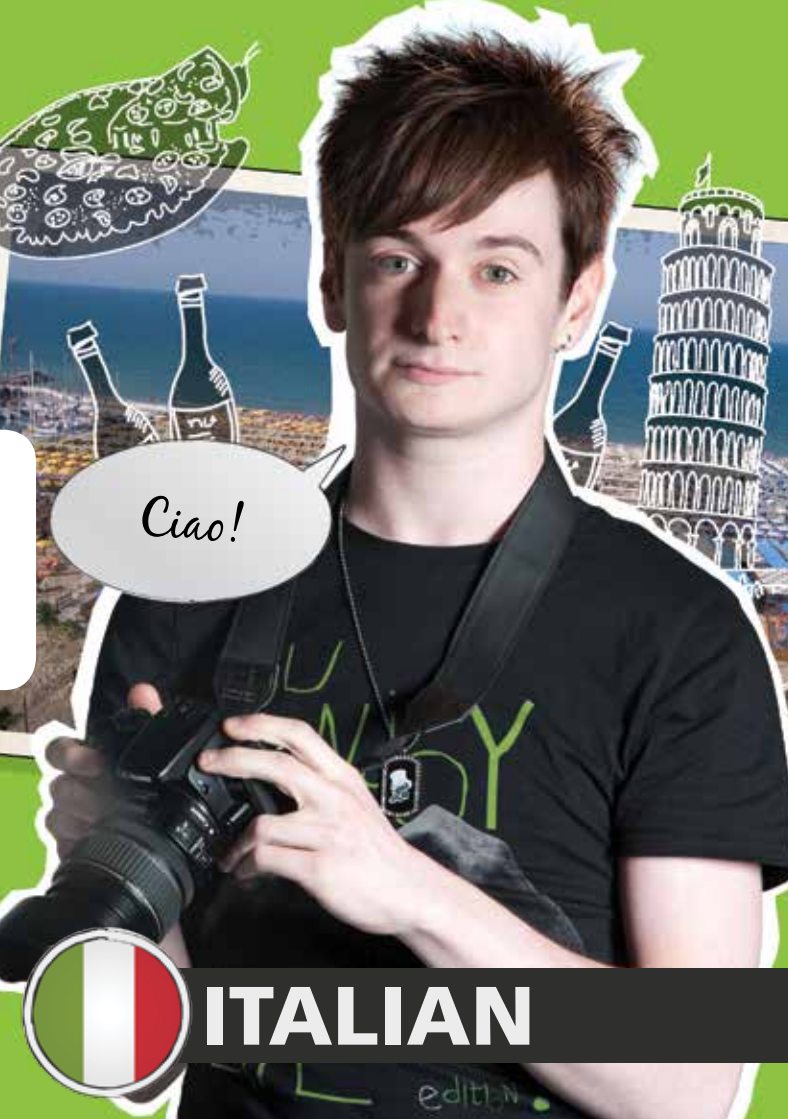
Harder, Harder! – *¡Más duro!*
Slower, Slower! – *¡Mas despacio!*

That feels good! – *¡Me gusta esto!*
I don't like that. Stop! –
No me gusta esto. ¡Para!
That hurts! – *¡Eso duele!*

I'm cumming! – *¡Que me corro!*
Don't cum in my mouth/arse! –
¡No te corras en la boca/el culo!

Where is the chemist shop? –
¿Dónde está la farmacia?
I want to speak with a doctor –
Quiero hablar con un médico
I want to speak with the police –
Quiero hablar con la policía
Where is the British embassy? –
¿Dónde está la Embajada del Reino Unido?





Ciao!

 **ITALIAN**

Hello! – *Ciao!*

How are you? – *Come stai?* Good – *Bene*

My name is ... – *Mi chiamo ...*

Do you speak English? – *Parli l'inglese?*

I don't understand – *Non capisco*

I like.../ I don't like... –

Mi piace.../ Non mi piace ...

older men – *gli uomini maturi*

younger men – *i giovani*

thin guys – *i magri*

hunky guys – *i fusti*

chubby guys – *i robusti*

tall guys – *i uomini alti*

short guys – *i uomini bassi*

kissing – *baciare*

fucking – *scopare*

being fucked – *essere scopato*

sucking – *succhiare*

being sucked – *farmelo succhiare*

wanking – *la masturbazione reciproca*

fisting – *il fist fucking*

rimming – *leccare il culo*



Where are... ? – *Dove sono...?*
the gay bars – *i bar gay*
the gay saunas – *i sauna gay*

I like to be active/passive –
Preferisco essere attivo/passivo

Have you got any condoms and lube? –
Hai dei condom e lubrificante?

I am only into safer sex –
Pratico solo del sesso sicuro

I am HIV positive – *Sono sieropositivo ;*
Sono HIV positivo

I am HIV negative – *Sono HIV negativo*

Can I kiss...? – *Posso baciare...?*
Can I suck...? – *Posso succhiare...?*
Can I touch...? – *Posso toccare...?*
your balls – *i tuoi coglioni*
cock – *il tuo cazzo*
bum – *il tuo culo*
nipples – *i tuoi capezzoli*

Fuck me! – *Scopami!*
Suck me! – *Succhiarmi!*
Wank me! – *Fammi una sega!*

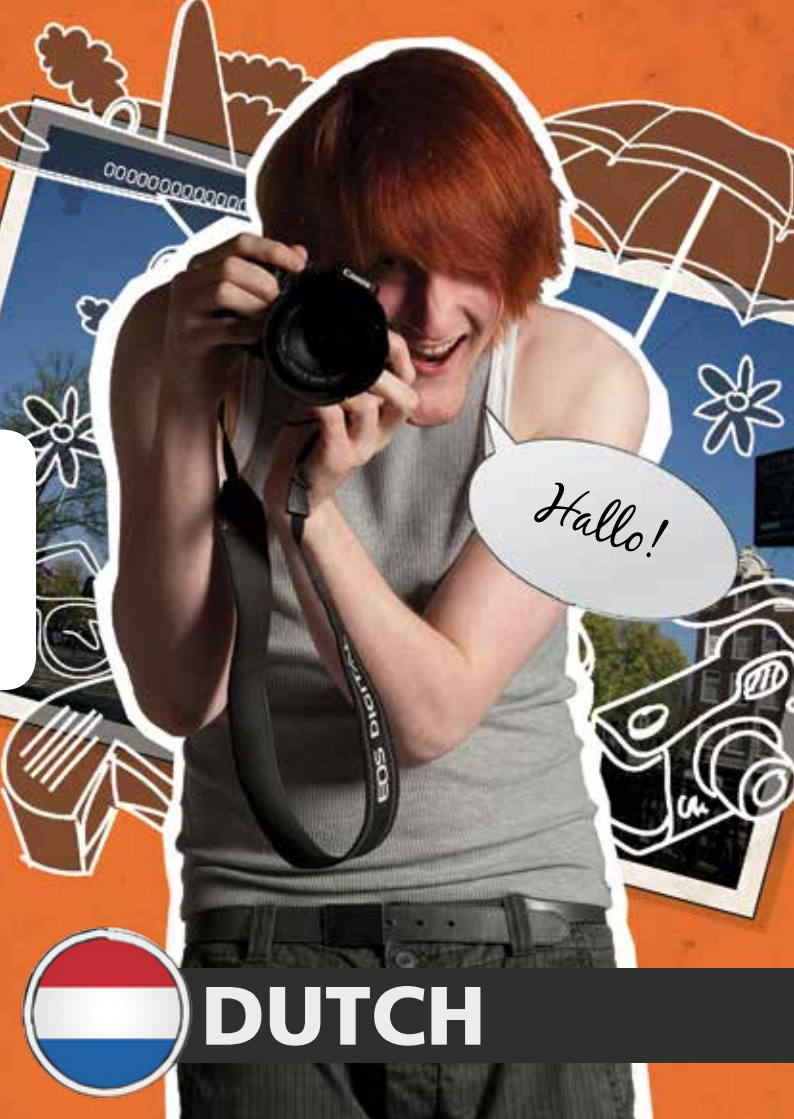
Harder, Harder! – *Più forte, più forte!*
Slower, Slower! – *Lento, lento!*

That feels good! – *Mi piace!*
I don't like that. Stop! – *Non mi piace. Basta!*
That hurts! – *Mi fa male!*

I'm cumming! – *Sto venendo!*
Don't cum in my mouth/arse! –
Non venire nella mia bocca/nel mio culo!

Where is the chemist shop? –
Dov'è la farmacia?
I want to speak with a doctor –
Voglio parlare con un medico
I want to speak with the police –
Voglio parlare con la polizia
Where is the British embassy? –
Dove si trova l'Ambasciata Britannica?





 **DUTCH**

Hello! – *Hallo!*

How are you? – *Hoe gaat het?* Good – *Goed*

My name is ... – *Ik heet ...*

Do you speak English? – *Speek je Engels?*

I don't understand – *Ik begrijp het niet*

I like.../ I don't like... –

Ik hou van.../ Ik hou niet van ...

older men – *oudere mannen*

younger men – *jongens*

thin guys – *slanke kerels*

hunky guys – *stevige kerels*

chubby guys – *mollige kerels*

tall guys – *grote kerels*

short guys – *korte kerels*

kissing – *zoenen*

fucking – *neuken*

being fucked – *geneukt te worden*

sucking – *pijpen*

being sucked – *gepijpt te worden*

wanking – *elkaar aftrekken*

fisting – *fistfucking*

rimming – *kontlikken/rimmen*



Where are... ? – *Waar zijn...?*

the gay bars – *de gay bars*

the gay saunas – *de gay saunas*

I like to be active/passive –

Ik ben liever actief/passief

Have you got any condoms and lube? –

Heb je condooms en glijmiddel?

I am only into safer sex –

Ik doe alleen aan safer sex

I am HIV positive – *Ik ben seropositief ;*

Ik ben HIV positief

I am HIV negative – *Ik ben HIV negatief*

Can I kiss...? – *Mag ik je... zoenen?*

Can I suck...? – *Mag ik je... zuigen?*

Can I touch...? – *Mag ik je... aanraken?*

your balls – *ballen*

cock – *lul*

bum – *billen*

nipples – *tepels*

Fuck me! – *Neuk me!*

Suck me! – *Pijp me!*

Wank me! – *Trek me af!*

Harder, Harder! – *Sneller, sneller!*

Slower, Slower! – *Langzamer, langzamer!*

That feels good! – *Dat is geweldig!*

I don't like that. Stop! –

Dat vind ik niet lekker. Stop!

That hurts! – *Dat doet pijn!*

I'm cumming! – *Ik kom!*

Don't cum in my mouth/arse! –

Kom niet klaar in mijn mond/kont!

Where is the chemist shop? –

Waar is de apotheek?

I want to speak with a doctor –

Ik wil spreken met een dokter

I want to speak with the police –

Ik wil spreken met de politie

Where is the British embassy? –

Waar is de Britse Ambassade?



Hello! – *Olá!*

How are you? – *Como vais?* Good – *Bem*

My name is ... – *Chamo-me ...*

Do you speak English? – *Falas Inglês?*

I don't understand – *Não percebo*

I like.../ I don't like... –

Eu gosto.../ Eu não gosto ...

older men – *de homens maduros*

younger men – *de jovens*

thin guys – *de rapazes magros*

hunky guys – *de tipos fortes*

chubby guys – *de rapazes gorduchos*

tall guys – *de rapazes altos*

short guys – *de baixos*

kissing – *de beijar*

fucking – *de foder*

being fucked – *de ser fodido*

sucking – *de mamar*

being sucked – *de ser mamado*

wanking – *de masturbação mútua*

fisting – *de enfiar a mão no cú*

rimming – *de lambar cú*

Olá!

 **PORTUGUESE**

Where are... ? – *Onde são... ?*

the gay bars – *os bares gay*

the gay saunas – *os saunas gay*

I like to be active/passive –

Eu prefiro ser activo/passivo

Have you got any condoms and lube? –

Tens alguns preservativos e lubrificante?

I am only into safer sex –

Eu só faço sexo seguro

I am HIV positive – *Eu sou seropositivo*

I am HIV negative – *Estou VIH negativos*

Can I kiss...? – *Posso beijar... ?*

Can I suck...? – *Posso mamar... ?*

Can I touch...? – *Posso tocar... ?*

your balls – *os teus colhões*

cock – *o teu pau*

bum – *o teu cú*

nipples – *os teus mamilos*

Fuck me! – *Fode-me!*

Suck me! – *Mama-me!*

Wank me! – *Bate-me uma punheta!*

Harder, Harder! – *Mais força!*

Slower, Slower! – *Devagar, devagar!*

That feels good! – *Ai que bom!*

I don't like that. Stop! –

Eu não gosto disso. Pare!

That hurts! – *Isso faz-me doer!*

I'm cumming! – *Estou-me a vir!*

Don't cum in my mouth/arse! –

Não te venhas na minha boca/no meu cú!

Where is the chemist shop? –

Onde fica a farmácia?

I want to speak with a doctor –

Eu quero falar com um médico

I want to speak with the police –

Eu quero falar com a polícia

Where is the British embassy? –

Onde está a Embaixada Britânica?



GAY MEN'S HEALTH

Gay Men's Health Glasgow
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Gay Men's Health Edinburgh
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Gay Men's Health Aberdeen
246 George Street, ABERDEEN AB25 1HN



www.gmh.org.uk

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