

Numbers

Cardinal Numbers (Grundzahlen)

0	zero / nil		
1	one	11	eleven
2	two	12	twelve
3	three	13	thirteen
4	four	14	fourteen
5	five	15	fifteen
6	six	16	sixteen
7	seven	17	seventeen
8	eight	18	eighteen
9	nine	19	nineteen
10	ten	20	twenty
		21	twenty-one
		22	twenty-two
		30	thirty
		40	forty
		50	fifty
		60	sixty
		70	seventy
		80	eighty
		90	ninety
		100	a / one hundred
		1000	a / one thousand

Ordinal Numbers (Ordnungszahlen)

1st	first	11th	eleventh
2nd	second	12th	twelfth
3rd	third	13th	thirteenth
4th	fourth	...	
5th	fifth	20th	twentieth
6th	sixth	21st	twenty-first
7th	seventh	...	
8th	eighth	33rd	thirty-third
9th	ninth	...	
10th	tenth	100th	one-hundredth

Expressions of Frequency

I go to the cinema	once a month.
I play football	twice a week.
I clean my teeth	three times a day.
I phone my girlfriend	six times a day.