



Twi (Akan) Days & Months Cheat Sheet for Diasporans & Foreigners (Asante Focus)

Quick Reference for Beginners

March 2026

Overview

In Akan/Twi culture (especially Asante), days of the week are sacred — each has a "soul name" (kradin) for people born on that day (e.g., boys born Monday = Kwadwo, girls = Adwoa). A week is called nnawɔtwe ("eight days" — cultural counting includes the starting day).

Months have traditional names reflecting seasons/weather/harvests (not direct Gregorian translations, but aligned).

Pronunciation is approximate; tones matter — listen to natives!

Days of the Week (Nnawɔtwe Nna)

English	Twi	Pronunciation (approx.)	Male Soul Name (Kradin)	Female Soul Name (Kradin)
Sunday	Kwasiada	Kwah-see-ah-dah	Kwasi / Kwesi	Akosua / Esi
Monday	Ɛdwoada	Eh-dwoh-ah-dah	Kwadwo / Kojo	Adwoa
Tuesday	Ɛbenada	Eh-beh-nah-dah	Kwabena / Ebo	Abena
Wednesday	Wukuada	Woo-koo-ah-dah	Kwaku / Kweku / Yooku	Akua
Thursday	Yawoada	Yah-woh-ah-dah	Yaw	Yaa
Friday	Efiada	Eh-fee-ah-dah	Kofi	Afua / Efua
Saturday	Memeneda	Meh-meh-neh-dah	Kwame	Ama / Amba

Cultural Note: These names are given at birth and used lifelong. Example: "Me din de Kofi" = "My name is Kofi" (Friday-born). Many Ghanaians have both a Christian/English name and a kradin.

Months of the Year (Abosome / Bosome Edin)

English	Twi	Pronunciation (approx.)
January	Ɔpɛpɔn	Oh-peh-pohn
February	Ɔgyefoɔ	Oh-gyeh-foh
March	Ɔbenem	Oh-beh-nem

English	Twi	Pronunciation (approx.)
April	Oforisuo	Oh-foh-ree-soo
May	Kotonimma	Koh-toh-nee-mah
June	Ayewohomumo	Ah-yeh-woh-hoh-moo-moh
July	Kitawonsa	Kee-tah-won-sah
August	Ɔsanaa	Oh-sah-nah
September	Ɛbo	Eh-boh
October	Ahinime	Ah-hee-nee-meh
November	Obubuo	Oh-boo-boo-oh
December	Ɔpenimma	Oh-peh-nee-mah

Cultural Note: These reflect Akan observations (e.g., Ɔpepon = dry/harmattan season, Ayewohomumo = time of clearing farms). "Bosome" = month, "Ɔsram" = moon.

Useful Phrases

- Ɛnne ye Kwasiada. (Today is Sunday.)
- Wo wo wo din wo nnawɔtwe ben? (What day-name do you have? / What day were you born?)
- Abosome a edi ho no ye Ɔsanaa. (The next month is August.)
- Me bawoɔ wo Ɔbenem mu. (My birthday is in March.)

Quick Tips:

- Days link to personality traits in folklore (e.g., Kofi = peaceful, Kwame = strong).
- Practice saying dates: "Ɛnne ye Memeneda, Ɔpepon 15." (Today is Saturday, January 15.)
- Listen on YouTube (LearnAkan, Twi lessons) for tones and rhythm.

Happy learning — *Wo ho ye pii wo nnawɔtwe ne abosome mu!* (You're doing great with days and months!)