



INTREPID ITALIAN

106 ITALIAN PHRASES FOR TRAVELING



Ciao ciao!

Grazie! Thank you for downloading this cheat-sheet. This guide features essential phrases and lots of example sentences. Want more?

Got a trip to Italy coming up? Remember, you don't need to be fluent in Italian to have meaningful interactions with the locals and create memories that will last a lifetime, but you can be **fluent enough for travel**. 🇮🇹 **Learn travel-ready Italian in 2 weeks with my 80/20 method.** Click here for details 👉 <https://bit.ly/IntrepidItalianCourse>.

Learning to use just a few words can do wonders for enhancing your travel experiences. Plus, it's a great way to show respect and make a good first impression. This is why I not only write detailed destination guides and create informative videos, I also created a [free travel phrase guide](#) and [online language courses](#) to help smart and savvy travellers like you get the most out of their travel experiences through the power of language.



Hi! I'm Michele, an Australian travel blogger and language educator and 'guide' behind [The Intrepid Guide](#). I help my readers and students enrich their travels with beautiful and [detailed destinations guides](#), [free travel phrase guides](#), and effective [online language courses](#) that follow my 80/20 method so they can enjoy meaningful interactions with the locals and avoid being

treated like a tourist. Over the past few years, I've travelled the world and learned several foreign languages using my unique building-block method which is the basis of all my language courses. Keep in touch with me via Instagram [@intrepiditalian](#) where I share daily Italian lessons.

106 Italian Phrases for Traveling for EVERY Situation

Sure, you can survive in Italy with just “pizza” and “[ciao](#),” but [parlare un po’ di italiano](#) (speak a little Italian) can turn a good trip into an unforgettable one. Locals truly appreciate the effort, and just a few well-placed [Italian phrases](#) can open doors, spark smiles, and help you handle daily interactions with ease.

As always, we're going to use my 80/20 method and approach to learning Italian. That means, we'll focus on the top 20% of vocabulary you'll need 80% of the time, so you won't waste any time learning what you don't need!

In this guide, I've collected 106 practical Italian phrases for traveling, covering all the most common travel situations, from [ordering food](#) to [handling emergencies](#) and making new friends.

Pronti? Iniziamo! (Ready? Let's get started!)

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The basics: Italian greetings and being polite

First things first: if you want to get the most out of the phrases in this guide, it helps to know how to greet people and be polite in Italian. These basics will help you show respect and create a friendly atmosphere:

Italian greetings and politeness		
Italian	English	How to use it
Ciao (CHOW)	Hello / Bye	A casual, friendly greeting used both to say <i>hi</i> and <i>bye</i> . It's informal, perfect with friends, kids, or people your age or younger. Avoid using it with strangers or in formal situations.
Salve (SAL-veh)	Hi	A polite, neutral greeting you can use at any time of day. It's slightly more formal than <i>ciao</i> , and a safe option when you're unsure how familiar to be. Great for first-time encounters.
Buongiorno (bwohn-JOHR-noh)	Good morning	Literally "good day," this is used in the morning and early afternoon (roughly until 2–3 PM). It's appropriate with people you don't know well and more in general, in shops and restaurants.
Buonasera (bwoh-nah-SEH-rah)	Good evening	Use this from the late afternoon onward to greet someone in a polite, respectful way.
Buonanotte (bwoh-nah-NOHT-teh)	Goodnight	Only say it when someone is actually going to bed. Don't use it when leaving a restaurant or event at night— <i>buonasera</i> or <i>arrivederci</i> is better for that.
Arrivederci (ahr-ree-veh-DEHR-chee)	Goodbye	A standard, polite way to say goodbye. It's great in all formal or respectful settings. With friends and family, though, you'd usually just say <i>ciao</i> .
Buona giornata. (bwoh-nah jor-NAH-tah)	Have a good day	Say this when leaving someone during the daytime—it means "have a nice day." Common in shops, cafés, or offices.
Buona serata (bwoh-nah seh-RAH-tah)	Have a lovely evening	The evening version of <i>buona giornata</i> . Use it to wish someone a pleasant evening when parting ways later in the day.
Scusa / Scusi (sKOO-zah / SKOO-zee)	Excuse me or Sorry	Both mean "excuse me" or "sorry." Use <i>scusa</i> informally with friends or peers. <i>Scusi</i> is the polite form for strangers or formal situations.



Grazie (GRAHT-tsyeH)	Thank you	You'll use this all the time, so get comfortable saying it!
Per favore (pehr fah-VOH-reh)	Please	This is essential for polite requests in any setting.
Prego (PREH-goh)	You're welcome	You'll hear this a lot; it can mean "you're welcome," but also "go ahead," or "after you," depending on the context.

Italian phrases at the airport

Ah, you've landed—welcome to Italy! The airport can be hectic, especially after a long flight, so here are some practical phrases to survive those first few moments.

1. Dove posso ritirare i bagagli?

(DOH-veh POHS-soh ree-tee-RAH-reh ee bah-GAHL-yee?)

Where can I claim my luggage?

2. Ho perso la valigia, cosa devo fare?

(oh PEHR-soh lah vah-LEE-jah, KOH-zah DEH-voh FAH-reh?)

My luggage is lost, what should I do?

3. Dove posso cambiare i soldi?

(DOH-veh POHS-soh kahm-byah-REH ee SOHL-dee?)

Where can I exchange money?

4. Dov'è l'uscita?

(doh-VEH loosh-CHEE-tah?)

Where is the exit?

Italian phrases for using public transports

Now that you've arrived, it's time to figure out how to get around. Whether you're hopping on a bus, catching a train, or riding the metro, these phrases will help you navigate public transport with ease:

5. Dov'è la fermata dell'autobus / della metropolitana?

(doh-VEH lah fehr-MAH-tah dell-OW-too-boos / della meh-troh-poh-lee-TAH-nah?)

Where is the bus/metro stop?



6. Dove posso prendere un taxi?

(DOH-veh POHS-soh PREHN-deh-reh oon TAK-see?)

Where can I get a taxi?

7. Questo va in centro?

(KWEHS-toh vah een CHEN-troh?)

Does this go to the city centre?

Tip: In Italian, the prepositions **in** and **a** are both used to indicate movement toward a place, but they're used in different contexts:

- **In** is used for general locations, like **in centro** (to the city centre) or with specific addresses like **in Piazza Matteotti** (to Piazza Matteotti).
- **A** is used for specific places, often paired with the definite article, such as **al Colosseo** (to the Colosseum) or **ai Musei Vaticani** (to the Vatican Museums)

8. Come posso arrivare a [place]?

(KOH-meh POHS-soh ah-ree-VAH-reh ah... ?)

How do I get to [place]?

Tip: Italians are usually happy to help, but they might speak fast, so listen closely or ask them to repeat: **Può ripetere, per favore?** (Can you repeat that, please?)

9. Dove posso fare il biglietto?

(DOH-veh POHS-soh FAH-reh eel bee-LYET-toh?)

Where can I buy a ticket?

Tickets are often purchased before boarding; look for a kiosk, **tabaccheria** (tobacco shop), or **edicola** (newsstand).

10. Quante fermate sono fino a [place]?

(KWAHN-teh fehr-MAH-teh SOH-no FEE-no ah... ?)

How many stops until [place]?

Note: It's **quante** fermate, feminine plural, not **quanto**!

11. Scusi, è occupato?

(SKOO-zee, eh oh-koo-PAH-toh?)

Excuse me, is this seat taken?

If you spot an empty seat but someone is sitting nearby, it's polite to ask before you sit, just in case they are saving it for someone.



Italian phrases for renting a car

If you're planning to hit the road and explore Italy by car, these are some useful phrases (and a few tips) to help you survive the rental desk at pick up:

12. Cosa è incluso nell'assicurazione?

(KOH-zah eh een-KLOO-soh nell-ahs-see-koo-rah-TSYOH-neh)

What's included in the insurance?

Always double-check what the basic insurance covers; some agencies might only include minimal protection unless you ask.

13. Quanto costa l'assicurazione aggiuntiva?

(KWAHN-toh KOH-stah lahs-see-koo-rah-TSYOH-neh ahd-dee-tsyo-NAH-leh?)

How much does the additional insurance cost?

It's wise to pay a little extra for full insurance, especially in Italy, where roads can get chaotic and driving etiquette can be adventurous sometimes. But always check the price before saying Sì!

14. La macchina è a benzina o diesel?

(lah MAHK-kee-nah eh ah ben-ZEE-nah oh DEE-zehl?)

Is the car gas or diesel?

Very important to know: filling up with the wrong type of fuel is a mistake you don't want to make!

15. Posso avere un navigatore / seggiolino?

(POHS-soh ah-VEH-reh oon nah-vee-gah-TOH-reh / seh-joh-LEE-noh?)

Can I have a GPS / child seat?

16. Dove devo riportare la macchina? Ci sarà qualcuno quando consegno la macchina?

(DOH-veh DEH-voh ree-por-TAH-reh lah MAHK-kee-nah?)

Where do I return the car? Will someone be there when I drop it off?

At the hotel

You've made it to your hotel—time to relax! While many front desk staff in Italy speak English, using a bit of Italian can go a long way in creating a warm impression. And who knows, it might even get you a nicer room or extra help!



17. Salve! Ho una prenotazione a nome...

(SAL-veh! oh OO-nah preh-noh-ta-TSYOH-neh ah NOH-meh...)

Hi! I have a reservation under the name...

18. Salve! Avete una camera disponibile per stasera?

(SAL-veh! ah-VEH-teh OO-nah KAH-meh-rah dee-spoh-nee-BEE-leh pehr stah-SEH-rah?)

Hi! Do you have room available for tonight?

This is perfect if you're more of a spontaneous traveler without a set itinerary. You can ask for:

- **Una camera singola** — a single room
- **Una camera matrimoniale** — a double room
- **Una camera doppia** — a twin room

19. Siamo arrivati presto, possiamo lasciare i bagagli qui fino a quando la camera è pronta?

(SYAH-moh ah-ree-VAH-tee PREH-stoh, poh-SYAH-moh lah-SHAH-reh ee bah-GAHL-yee kwee FEE-noh ah KWAHN-doh lah KAH-meh-rah eh PRON-tah?)

We arrived early. Can we leave our luggage here until the room is ready?

20. A che ora è il check-out?

(ah keh OH-rah eh eel chek-OUT?)

What time is check-out?

21. Posso lasciare qui i bagagli dopo il check-out?

(POHS-soh lah-SHAH-reh kwee ee bah-GAHL-yee DOH-poh eel chek-OUT?)

Can I leave the luggage here after check-out?

22. Qual è la password del WiFi?

(kwahl eh lah PAHSS-wuhrd del wee-FY?)

What is the WiFi password?

23. A che ora viene servita la colazione?

(ah keh OH-rah VYEH-neh sehr-VEE-tah lah koh-lah-TSYOH-neh?)

What time is breakfast served?

24. Potrebbe mandarmi qualcuno per sistemare il bagno / controllare il condizionatore?

(poh-TREB-beh mahn-DAR-mee kwal-KOO-noh pehr see-steh-MAH-reh eel BAH-nyoh / con-troh-LAH-reh eel con-dee-tsyo-nah-TOH-reh?)

Could you send someone to tidy up the bathroom / fix the air conditioner?



25. Potrei avere un altro asciugamano?

(poh-TRAY ah-VEH-reh oon AHL-troh ah-shoo-gah-MAH-noh?)

Could I have another towel?

Just add whatever it is that you need, for example:

- **un'altra coperta** — another blanket
- **altra carta igienica** — other toilet paper

26. Per caso avete un adattatore?

(pehr KAH-zoh ah-VEH-teh oon ah-daht-tah-TOH-reh?)

Do you have a power adapter by any chance?

27. Avete una mappa della città?

(ah-VEH-teh OO-nah MAHP-pah DEL-lah chee-TAH?)

Do you have a city map?

28. Come si arriva in centro da qui?

(KOH-meh see ah-REE-vah een CHEN-troh dah kwee?)

How do I get to the city center from here?

29. Cosa c'è da vedere qui vicino?

(KOH-zah cheh dah veh-DEH-reh kwee vee-CHEE-noh?)

What is there to see in the area?

This is a great question for local recommendations you might not find in guidebooks.

30. Dove mi consiglia di mangiare stasera?

(DOH-veh mee con-SEEL-yah dee mahn-JAH-reh stah-SEH-rah?)

Where would you recommend I eat tonight?

Hotel staff often know fantastic nearby spots, so don't be shy and ask!

Italian phrases for eating out

Dining in Italy is an experience in itself, and using a few Italian phrases can lead to friendlier service (and maybe even some bonus limoncello!). The following phrases will help you whether you're making a reservation, ordering food, or paying the bill:

31. Vorrei prenotare un tavolo.

(vohr-RAY preh-noh-TAH-reh oon TAH-voh-loh)

I would like to book a table.



32. Avete un tavolo per due?

(ah-VEH-teh oon TAH-voh-loh pehr DOO-eh?)

Hi! Do you have a table for two?

If you're a larger group, just change the number, while if you're on your own, just say **Avete un tavolo? Solo per me** (Do you have a table? It's just me).

33. Cosa mi consiglia?

(KOH-zah mee con-SEEL-yah?)

What do you recommend?

Let the staff surprise you, you might end up with your new favorite dish!

34. Per me una pizza margherita e una birra media, per favore.

(pehr MEH OO-nah PEET-tsah mar-geh-REE-tah eh OO-nah BEER-rah MEH-dyah, pehr fah-VOH-reh)

For me, a Margherita pizza and a medium beer, please.

This is a simple, clear way to order; use it with the dish or drink you want.

35. Sono allergico/a alle uova.

(SOH-noh ah-LEHR-jee-koh / ah-LEHR-jee-kah AHL-leh WOH-vah)

I am allergic to eggs.

This is a great phrase to memorize to communicate food allergies clearly. Again, you can use it with whatever you're allergic to, such as:

- **alle noci** —to nuts
- **al glutine** —to gluten
- **al latte** —to milk

36. Posso avere una margherita senza basilico?

(POHS-soh ah-VEH-reh OO-nah mar-geh-REE-tah SEN-tsah bah-ZEE-lee-koh?)

Can I have a margherita without basil?

This is another super useful phrase if you have allergies or dietary preferences.

37. Il conto, per favore.

(eel CON-toh pehr fah-VOH-reh)

The bill, please.

Tip: In Italy, the bill doesn't come automatically, you need to ask for it when you're ready to leave.

38. Complimenti allo chef!

(com-plee-MEN-tee AHL-loh shef)

Compliments to the chef!



This is a lovely, appreciated way to show that you've truly enjoyed the meal.

Want to feel even more confident at the table? Check out my full guide to 20 essential [Italian phrases for ordering food at the restaurant!](#)

Italian phrases at the café

No trip to Italy is complete without visiting a café or two, whether it's for a rich espresso or indulging in the ritual of aperitivo. These phrases will help you enjoy the experience:

39. Un caffè, per favore.

(Oon kahf-FEH, pehr fah-VOH-reh)

A coffee, please.

Tip: Italians typically don't say "espresso," they just ask for **un caffè**, which refers to an espresso.

40. Che brioches avete?

(keh bree-OH-shes ah-VEH-teh?)

What pastries do you have?

41. Può mettere un pò di cacao / cannella sul cappuccino per favore?

(Pwoh MET-teh-reh oon poh dee kah-KAH-oh / kahn-NEH-lah sool kahp-POO-chee-noh, pehr fah-VOH-reh?)

Can you put some cocoa / cinnamon on my cappuccino, please?

42. Prendo un aperitivo analcolico, grazie.

(PREHN-doh oon ah-peh-ree-TEE-voh ah-nahl-KOH-lee-koh, GRAH-tsee-eh)

If you are with other people, you can also say **Per me un aperitivo analcolico** (For me, a non-alcoholic aperitif).

43. Può portarci qualche salatino?

(Pwoh por-TAR-chee KWAHL-keh sah-lah-TEE-noh?)

Could you bring us some crackers / snacks?

Some cafés may not automatically serve snacks with your drink, so this is a handy phrase to use when you're craving a little something extra to nibble on while you sip.



Italian phrases for sightseeing

Italy is brimming with historical sites, beautiful museums, and breathtaking landmarks. These useful phrases will help you navigate your sightseeing adventures with ease and make the most of your experience:

44. Ci sono eventi particolari in questi giorni?

(chee SOH-noh eh-VEHN-tee par-tee-koh-LAH-ree in kweh-stee JOR-nee?)

Are there any special events happening these days?

This is a great question for finding out about any special exhibitions, festivals, or events during your visit.

45. Ci sono visite guidate in inglese?

(chee SOH-noh VEE-see-teh gwee-DAH-teh in een-GLEH-seh?)

Are there any guided visits in English?

46. A che ora inizia la visita guidata?

(ah keh OH-rah een-NEE-tzah lah VEE-see-tah gwee-DAH-tah?)

What time does the guided tour start?

47. Quanto costa il biglietto?

(KWAHN-toh KOH-stah eel bee-YET-toh?)

How much is the ticket?

48. Avete sconti per studenti / anziani?

(ah-VEH-teh SKON-tee pehr stoo-DEN-tee / ahn-TSEE-ah-nee?)

Is there a discount for students / seniors?

49. Posso fare foto?

(POH-soh FAH-reh FOH-toh?)

Am I allowed to take photos?

Italian phrases for shopping

Andare per negozi (to go shopping) is always a fun activity. To make the most of your time, it's helpful to learn essential phrases to interact with the **commessa/o** (shop attendant). Additionally, familiarizing yourself with colours and basic adjectives in Italian will help you better describe what you're looking for.



50. Sto cercando [un cappello].

(Stoh chair-KAN-doh [oon kahp-PEH-loh])

I'm looking for [a hat].

When you first enter a store and the shop assistant asks **Posso aiutarla** (Can I help you?), use this phrase to let them know what you're after. You could also say **Ho bisogno di...** (I need...), which emphasizes a more urgent or specific need.

51. Posso avere [quella bottiglia grande di olio]?

(POH-soh ah-VEH-reh [KWEL-lah boh-TEE-lyah GRAN-dee dee OH-lyoh])

Can I have that [large bottle of oil]?

Use this phrase when you already know exactly what you want and are pointing to it.

52. Sto solo guardando.

(Stoh SOH-loh gwahr-DAHN-doh)

I'm just looking.

Perfect when you want to browse without any immediate assistance.

53. Che taglia è? Avete una [media]?

(keh TAHL-yah eh? ah-VEH-teh OO-nah MEH-dee-ah?)

What size is it? Do you have a [medium]?

54. Avete [questa camicia] in una taglia più piccola / grande?

(ah-VEH-teh KWEHS-tah kah-MEE-chah een oo-nah TAHL-yah pyoo PEEC-koh-lah / GRAN-deh?)

Do you have [this shirt] in a smaller / larger size?

When talking about shoes, replace **taglia** (size) with **numero** (literally "number," but used to refer to shoe size in Italian).

55. Posso provare questo/a?

(POH-soh proh-VAH-ray KWEH-stoh/ah?)

Can I try this on?

56. Dove sono i camerini?

(DOH-veh SOH-noh ee kah-meh-REE-nee?)

Where are the fitting rooms?

57. Avete [questi pantaloni] in altri colori?

(ah-VEH-teh KWEHS-tee pahn-tah-LOH-nee een AH-lee-tree koh-LOH-ree?)

Do you have [these pants] in other colors?



58. Quanto costa / costano?

(KWAHN-toh KOH-stah / KOH-stah-noh?)

How much is it / are they?

59. Avete qualcosa di meno caro?

(ah-VEH-teh kwahl-KOH-sah dee MEH-noh KAH-roh?)

Do you have something cheaper?

60. Vorrei spendere intorno ai 30 euro.

(VOHR-ray SPEN-deh-reh een-TOR-noh ai TREHN-tee EH-woh-roh)

I'd like to spend around 30 euro.

This is a great phrase to use when you have a budget in mind, especially for gifts or souvenirs. Note: "Euro" is always singular in Italian, even when referring to more than one.

61. Tocca a me!

(TOHK-kah ah meh!)

It's my turn!

Use this when it's your turn to purchase something, especially at markets where they ask **A chi tocca?** (Who's next?).

62. Prendo questo/a.

(PREHN-doh KWEHS-toh / KWEHS-tah)

I'll take this.

63. Basta così, grazie.

(BAH-stah koh-ZEE, GRAHT-see-eh)

That's all, thank you.

Use this phrase when they ask **Qualcos'altro?** (Something else?) and you want to let them know you don't need anything else.

Italian phrases at the pharmacy

Hopefully, you won't need it, but in case you find yourself needing a trip to the pharmacy during your stay in Italy, whether it's because you ate too much and have a stomach ache or caught the infamous **colpo d'aria** (a draft) and now can't stop sneezing, being able to express what you need in Italian will make the process much easier.

64. Avete qualcosa per [il mal di stomaco]?

(ah-VEH-teh KWAL-koh-sah pehr eel mal dee STOH-mah-koh?)

Do you have something for [stomach ache]?



65. Avrei bisogno di [un antidolorifico], per favore.

(ah-VRAY bee-ZOH-nyoh dee oon an-tee-doh-loh-REE-fee-koh, pehr fah-VOH-ray)

I need [a painkiller], please.

66. Ho [tosse e raffreddore], cosa posso prendere?

(oh TOH-seh eh rahf-FREH-doh-ray, KOH-zah POH-soh PREHN-deh-ray?)

I have [a cough and a cold], what can I take?

67. Come si prendere questa medicina?

(KOH-meh see PREHN-deh KWEH-stah meh-dee-CHEE-nah?)

How do I take this medicine?

Italian phrases for paying for things

When it's time to pay in Italy, you'll want to know how to inquire about the cost, use your card, request a receipt, and, why not, even ask for a discount when the situation calls for it!

67. Quant'è?

(KWAN-teh?)

How much is it?

68. Posso pagare con carta?

(POH-soh pah-GAH-ray kon KAR-tah?)

Can I pay by card?

Tip: While many places accept cards, especially in cities, some small markets or bars in rural villages may only accept **contanti** (cash), so always have some with you.

69. Non ho moneta, mi spiace.

(Non oh moh-NEH-tah, mee SPYAH-cheh)

I don't have any change, sorry.

When paying in cash, sometimes they may ask you **Ha moneta?** (Do you have coins?) if you're handing a big **banconota** (bill) and they don't have enough change.

70. Posso avere un piccolo sconto?

(POH-soh ah-VEH-ray oon PEE-koh-loh SKON-toh?)

Can I have a small discount?

Tip: You can ask this in markets when buying multiple items, but don't ask in regular stores where prices are fixed, and discounts are typically only available during **i saldi** (the sales).



71. Posso avere lo scontrino / la fattura, per favore?

(POH-soh ah-VEH-ray loh skon-TREE-noh / lah faht-TOO-rah, pehr fah-VOH-ray?)

Could I have the receipt / the invoice, please?

Italian phrases at the gas station

If you're driving around Italy in a rental car, at some point, you'll need to stop at the **benzinaio** (gas station) to fill up on **benzina** (gasoline) or **diesel** (diesel). Here are some key phrases to memorize:

72. Il pieno, per favore.

(Eel PYEH-noh, pehr fah-VOH-ray))

Fill it up, please.

This is what you say when you pull up to the pump with the **servito** (serviced) sign and want a full tank of fuel.

73. [Venti euro], per favore.

(VEHN-tee EH-oo-roh, pehr fah-VOH-ray)

[Twenty euros], please.

Use this when you prefer to specify a certain amount of money to fill your car.

74. Può controllare la pressione delle gomme, per favore?

(Pwoh kon-troh-LAHR-eh lah preh-SYOH-neh deh-leh GOH-meh pehr fah-VOH-ray?)

Can you check the tire pressure, please?

This phrase is super helpful when you need a little check up, not just of tires but also:

- **il livello dell'olio**—the oil level
- **Il liquido dei tergicristalli**—the windshield wiper fluid

75. Dove si paga?

(DOH-veh see PAH-gah?)

Where do I pay?

Sometimes at gas stations, it's unclear if you pay at the pump or if you need to go inside, so you can use this phrase to double check.

Italian phrases for meeting people

Conoscere gente (meeting people) and making new connections is one of the joys of travel. Whether you're meeting locals or fellow travelers, these phrases will help you break the ice and start a conversation in Italian:



76. Ciao, piacere. Io mi chiamo [Lisa], e tu?

(CHOW, pee-ah-CHAIR-eh. EE-oh mee KYAH-moh LEE-sah, eh too?)

Hi, nice to meet you. My name is [Lisa], and yours?

77. Sei di qui?

(SEY dee kwee?)

Are you from here?

78. Io sono un'infermiera, tu cosa fai nella vita?

(EE-oh SOH-noh oon-in-fair-MYER-ah, too KOH-zah FYE nel-lah VEE-tah?)

I'm a nurse, what do you do for a living?

79. Sei troppo forte!

(SEY TROH-poh FOR-teh!)

You're so cool!

This is a fun and friendly way to compliment someone, especially when they do something impressive.

80. Sei su Instagram?

(SEY soo EEN-stah-GRAHM?)

Are you on Instagram?

81. Lasciami il tuo numero, così ti scrivo in WhatsApp.

(LASH-yah-mee eel TOO-oh NOO-meh-roh, koh-ZEE tee SKREE-voh soo WhatsApp)

Leave me your number, so I can text you on WhatsApp.

82. Ti va [un gelato]?

(Tee vah oon jeh-LAH-toh?)

Would you like [a gelato]?

Tip: **Ti va...** is great for making casual proposals and can be followed either by a noun or the preposition **di** (of) + verb, like **Ti va di fare una passeggiata?** (Would you like to go for a walk?).

83. Che ne dici di [cenare] insieme?

(KEH neh DEE-chee dee che-NAH-reh een-SYEH-meh?)

How about [having dinner] together?

Che ne dici di... is another great way to make proposals in Italian.



84. Sono stato/a davvero bene!

(SOH-noh STAH-toh/ah dah-VEH-roh BEH-neh!)

I really had a great time!

For more phrases to break the ice, check out my guides on [how to introduce yourself in Italian](#) and the [best pick-up lines for flirting!](#)

Italian phrases for asking for information

Even with the best itinerary, you'll likely need to ask for help now and then, whether it's [finding a bathroom](#), [checking the time](#), or figuring out the correct [directions](#). These everyday phrases will come in handy:

85. Che ore sono?

(keh OH-reh SOH-noh?)

Excuse me, what time is it?

86. A che ora aprono i negozi?

(ah keh OH-rah AH-proh-noh ee neh-GOH-tsee?)

What time do the shops open?

87. Quando inizia il tour?

(KWAHN-doh ee-NEE-tsyah eel toor?)

What time does the tour start?

88. Dov'è [la biglietteria]?

(doh-VEH lah beel-yeht-teh-REE-ah?)

Where is the [ticket office]?

89. Dove sono i bagni pubblici?

(DOH-veh SOH-noh ee BAH-nyee POOB-blee-chee?)

Where are the public bathrooms?

90. Sa se c'è [una panetteria] aperta?

(sah seh cheh oo-nah pah-neh-teh-REE-ah ah-PEHR-tah?)

Do you know if there's [a bakery] open?



Italian phrases for help and assistance

Whether you're lost, confused, or simply in need of a bit of support, these phrases will help you ask for help, clarify a situation, or get the information you need:

91. Scusi, non capisco.

(SKOO-zee, non kah-PEES-koh)

Sorry, I don't understand.

92. Può parlare più piano, per favore?

(pwoh pahr-LAH-reh pyoo PYA-noh pehr fah-voh-REH?)

Can you speak slower, please?

93. Parla inglese?

(PAR-lah een-GLAY-zeh?)

Do you speak English?

94. Come posso fare per [cambiare la prenotazione] ?

(KOH-meh POS-soh FAH-reh pehr kahm-byah-REH lah preh-noh-tah-TSYOH-neh?)

How do I [change the reservation]?

Italian phrases for emergencies

Emergencies can happen when we least expect them, and knowing how to ask for help in Italian can be your lifesaver, turning a stressful situation into one you can handle with confidence.

95. Ho bisogno di aiuto!

(oh bee-zoh-nah-oh dee ah-yoo-toh)

I need help!

96. Al ladro!

(ahl lah-droh)

Stop, thief!

97. Mi hanno rubato [il portafoglio]!

(mee ahn-noh roo-bah-toh eel por-tah-foh-lyoh)

They stole my [wallet]!



98. Mi sono perso/a, mi può aiutare per favore?

(mee soh-noh per-soh/ah, mee pwoh ah-yoo-tah-ray pehr fah-voh-ray)

I'm lost, can you help me please?

99. Non mi sento bene.

(non mee sen-toh beh-neh)

I don't feel well.

100. Chiamate la polizia / un'ambulanza!

(kee-ah-mah-teh lah poh-lee-tsee-ah / oon am-boo-lahn-tsah)

Call the police / an ambulance!

To stay prepared for any tricky situations, don't miss my guide featuring [10 essential Italian phrases for emergencies](#).

Italian phrases for expressing appreciation

From stunning views to mouthwatering meals, Italy offers plenty to fall in love with, and having the right Italian phrases to express your appreciation will help you connect with locals and fully embrace *la dolce vita*!

101. Che bello!

(keh BEHL-loh!)

How beautiful!

102. È buonissimo!

(eh bwoh-NEE-see-moh!)

It's so good!

103. Si sta davvero bene qui.

(see stah dah-VEH-roh BEH-neh kwee)

It's really nice here.

104. Amo [questo posto]!

(AH-moh KWEHS-toh POH-stoh!)

I love [this place]!

105. Mi piace molto.

(mee PYA-cheh MOHL-toh)

I like it a lot.



Grazie!

I hope you enjoyed this cheat-sheet and learned something new. Remember, don't worry about not being able to remember it all, you're learning more than most other people do so you should be very proud of yourself. I know I am!

Want more language resources? Check out my guide on top-rated [languages tools, courses, and apps here](#). If you enjoyed this compact language guide and you want to discover how I can help you boost your language skills, [check out my popular language courses here](#).

If you have any feedback on this guide or want to share any suggestions for future material you'd love me to create, feel free to get in touch at michele@theintrepidguide.com

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With all the encouragement in the world, I wish you success!

Happy learning!

Michele

