

LEARNING WITH NICO

FREE
GIFT

Your pocket guide to
**HOLIDAY
ITALIAN**

— WITH NICO —

50 phrases you'll actually use, with easy pronunciation
and insider tips from Nico

BENVENUTI · WELCOME

CIAO, AND WELCOME!

“You don't need perfect Italian. A few words, a big smile, and Italy opens its doors to you.”

This little guide has the 50 phrases I'd want you to know before your trip, from ordering your first espresso to finding your way back to the hotel. Each one comes with an easy “say it like this” guide, written for English speakers.

1 · READ

Find the English, then look across for the Italian.

2 · SAY

Read the blue guide out loud.
Stress the part in CAPITALS.

3 · PRACTISE

Try five a day. Say them while you make a cup of tea!

SIX SOUNDS TO KNOW

C + E / I sounds like **ch** · ciao = **CHOW**

CH sounds like **k** · chiave = **KYAH-veh**

GN sounds like **ny** · bagno = **BAHN-yoh**

GLI sounds like **ly** · biglietto = **beel-YET-toh**

ZZ sounds like **ts** · pizza = **PEET-tsah**

DOUBLE hold the letter a little longer · grazie mille

POLITE OR FRIENDLY? Italian has a polite way of speaking to strangers, shop staff and waiters, and a friendly way for people you know. The phrases in this guide use the polite form, so you'll always sound respectful.



THE BASICS

Le basi

	ENGLISH	ITALIAN	SAY IT LIKE THIS
1	Hello / Hi	Ciao	CHOW
2	Good morning	Buongiorno	bwon-JOR-noh
3	Good evening	Buonasera	bwoh-nah-SEH-rah
4	Please	Per favore	pehr fah-VOH-reh
5	Thank you very much	Grazie mille	GRAHT-see-eh MEEL-leh
6	You're welcome	Prego	PREH-goh
7	Excuse me / Sorry	Scusi	SKOO-zee
8	I don't understand	Non capisco	non kah-PEES-koh
9	Do you speak English?	Parla inglese?	PAR-lah een-GLEH-zeh
10	Goodbye	Arrivederci	ar-ree-veh-DEHR-chee

NICO'S TIP

Save **Ciao** for friends. When you walk into a shop or café, greet everyone with **Buongiorno**. It's polite, and Italians notice.

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AT THE CAFÉ & RESTAURANT

Al bar e al ristorante

	ENGLISH	ITALIAN	SAY IT LIKE THIS
11	A coffee, please	Un caffè, per favore	oon kahf-FEH, pehr fah-VOH-reh
12	A croissant, please	Un cornetto, per favore	oon kor-NET-toh
13	A glass of water	Un bicchiere d'acqua	oon beek-KYEH-reh DAHK-kwah
14	Sparkling or still?	Frizzante o naturale?	freet-SAHN-teh oh nah-too-RAH-leh
15	A table for two, please	Un tavolo per due, per favore	oon TAH-voh-loh pehr DOO-eh
16	I'd like...	Vorrei...	vor-RAY
17	What do you recommend?	Cosa mi consiglia?	KOH-zah mee kon-SEEL-yah
18	I'm allergic to...	Sono allergico / allergica a...	SOH-noh al-LEHR-jee-koh / -kah ah
19	It's delicious!	È buonissimo!	eh bwoh-NEES-see-moh
20	The bill, please	Il conto, per favore	eel KON-toh, pehr fah-VOH-reh

NICO'S TIP

Never order just "a latte". In Italy **latte** means milk, so that's exactly what you'll get! Ask for **un caffè latte** instead.



SHOPPING & MONEY

Shopping e soldi

	ENGLISH	ITALIAN	SAY IT LIKE THIS
21	How much is it?	Quanto costa?	KWAN-toh KOS-tah
22	I'm just looking	Sto solo guardando	stoh SOH-loh gwar-DAH-n-doh
23	Can I try it on?	Posso provarlo?	POS-soh proh-VAR-loh
24	Do you have another size?	Ce l'ha in un'altra taglia?	ch eh LAH een oo-NAHL-trah TAHL-yah
25	It's too expensive	È troppo caro	eh TROP-poh KAH-roh
26	I'll take it	Lo prendo	loh PREN-doh
27	Can I pay by card?	Posso pagare con la carta?	POS-soh pah-GAH-reh kon lah KAR-tah
28	Ten euros	Dieci euro	DYEH-chee EH-oo-roh
29	Is there a cash machine nearby?	C'è un bancomat qui vicino?	ch eh oon BAHN-koh-maht kwee vee-CHEE-noh
30	What time do you close?	A che ora chiudete?	ah keh OH-rah kyoo-DEH-teh

NICO'S TIP

Many small shops close for a long lunch, often from about 1 until 4. Plan your shopping for the morning or the early evening.

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GETTING AROUND & YOUR HOTEL

In giro e in albergo

	ENGLISH	ITALIAN	SAY IT LIKE THIS
31	Where is...?	Dov'è...?	doh-VEH
32	Where is the toilet?	Dov'è il bagno?	doh-VEH eel BAHN-yoh
33	Is it far?	È lontano?	eh lon-TAH-noh
34	Left / right / straight on	A sinistra / a destra / dritto	ah see-NEES-trah / ah DES-trah / DREET-toh
35	A ticket to..., please	Un biglietto per..., per favore	oon beel-YET-toh pehr
36	What time does the train leave?	A che ora parte il treno?	ah keh OH-rah PAR-teh eel TREH-noh
37	I'm lost	Mi sono perso / persa	mee SOH-noh PEHR-soh / -sah
38	I have a reservation	Ho una prenotazione	oh OO-nah preh-noh-taht-SYOH-neh
39	Is breakfast included?	La colazione è inclusa?	lah koh-laht-SYOH-neh eh een-KLOO-zah
40	Two sunbeds and an umbrella	Due lettini e un ombrellone	DOO-eh let-TEE-nee eh oon ombrel-LOH-neh

 NICO'S TIP

Got a paper ticket for a regional train or bus? Stamp it in the little machine before you travel, or you could be fined.



HELP & EMERGENCIES

Aiuto ed emergenze

	ENGLISH	ITALIAN	SAY IT LIKE THIS
41	Help!	Aiuto!	ah-YOO-toh
42	Can you help me?	Mi può aiutare?	mee pwoh ah-yoo-TAH-reh
43	I need a doctor	Ho bisogno di un medico	oh bee-ZOHN-yoh dee oon MEH-dee-koh
44	Where is the pharmacy?	Dov'è la farmacia?	doh-VEH lah far-mah-CHEE-ah
45	It hurts here	Mi fa male qui	mee fah MAH-leh kwee
46	I've lost my passport	Ho perso il passaporto	oh PEHR-soh eel pahs-sah-POR-toh
47	My bag has been stolen	Mi hanno rubato la borsa	mee AHN-noh roo-BAH-toh lah BOR-sah
48	Call an ambulance!	Chiami un'ambulanza!	KYAH-mee oo-nahm-boo-LAHNT-sah
49	Where are the police?	Dov'è la polizia?	doh-VEH lah poh-leet-SEE-ah
50	The emergency number is 112	Il numero di emergenza è 112	eel NOO-meh-roh dee eh-mehr-JEN-tsah eh CHEN-toh-DOH-dee-chee

NICO'S TIP

112 is free to call from any phone, anywhere in Italy and across Europe. Save it in your phone before you go.



Grazie mille!

READY FOR MORE?

Every week I share short, fun Italian lessons from the Amalfi Coast: ordering coffee, shopping, finding your way and more.

Follow along and keep practising:

[@LEARNINGWITHNICO](#)

Look out for my emails too. I'll send you new lessons and let you know first when the full Holiday Italian with Nico phrasebook is out.

A presto! See you soon!

Nico is an AI-created character, and his images are AI-generated. Phrases are checked for accuracy, but language varies by region, so please use this guide as a friendly helper. In an emergency, always call 112.

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