

Most Common Italian Phrases

Le Frasi Italiane Più Usate

IdiomAry

What are the most common Italian phrases?

Italian phrases (frasi italiane) are essential building blocks for effective communication in Italian. These commonly used expressions help you navigate daily conversations, express emotions, ask for help, and connect with native speakers. Learning these fundamental phrases is crucial for developing natural fluency and cultural understanding in the Italian language.

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1 Basic Greetings and Politeness

Saluti e Cortesie - Essential everyday expressions

1.1 Essential Greetings

- **Ciao** - CHAH-oh - Hello/Goodbye (informal)
Ciao Marco! Come stai? - Hello Marco! How are you?
Ciao! Ci vediamo domani. - Bye! See you tomorrow.
- **Buongiorno** - bwohn-JOHR-noh - Good morning/Good day
Buongiorno, signora Rossi. - Good morning, Mrs. Rossi.
Buongiorno! Posso aiutarla? - Good morning! Can I help you?
- **Buonasera** - bwoh-nah-SEH-rah - Good evening
Buonasera a tutti! - Good evening everyone!
Buonasera, come va? - Good evening, how's it going?
- **Buonanotte** - bwoh-nah-NOHT-teh - Good night
Buonanotte, sogni d'oro! - Good night, sweet dreams!
Buonanotte bambini. - Good night children.
- **Salve** - SAHL-veh - Hello (formal/neutral)
Salve, sono Marco. - Hello, I'm Marco.
Salve dottore. - Hello doctor.
- **Arrivederci** - ah-ree-veh-DEHR-chee - Goodbye (formal)
Arrivederci e grazie! - Goodbye and thank you!
Arrivederci, buona giornata. - Goodbye, have a good day.

1.2 Polite Expressions

- **Per favore** - pehr fah-VOH-reh - Please
Puoi aiutarmi, per favore? - Can you help me, please?
Un caffè, per favore. - A coffee, please.
- **Grazie** - GRAH-tsee-eh - Thank you
Grazie mille! - Thank you so much!
Grazie per tutto. - Thank you for everything.
- **Prego** - PREH-goh - You're welcome/Please/After you
"Grazie!" "Prego!" - "Thank you!" "You're welcome!"
Prego, si accomodi. - Please, make yourself comfortable.
- **Scusi** - SKOO-zee - Excuse me (formal)
Scusi, dov'è la stazione? - Excuse me, where is the station?
Scusi il ritardo. - Excuse me for being late.

- **Scusa** - *SKOO-zah* - Excuse me/Sorry (informal)
Scusa, non ho capito. - Sorry, I didn't understand.
Scusa per il disturbo. - Sorry for bothering you.
- **Mi dispiace** - *mee dee-SPYAH-cheh* - I'm sorry
Mi dispiace molto. - I'm very sorry.
Mi dispiace per il tuo cane. - I'm sorry about your dog.

2 Essential Questions and Responses

Domande e Risposte Essenziali - Getting information

2.1 Basic Question Words

- **Come?** - *KOH-meh* - How?
Come stai? - How are you?
Come ti chiami? - What's your name?
- **Cosa?** - *KOH-sah* - What?
Cosa fai? - What are you doing?
Cosa vuoi mangiare? - What do you want to eat?
- **Dove?** - *DOH-veh* - Where?
Dove abiti? - Where do you live?
Dove sono le chiavi? - Where are the keys?
- **Quando?** - *KWAN-doh* - When?
Quando arrivi? - When do you arrive?
Quando è aperto? - When is it open?
- **Chi?** - *kee* - Who?
Chi è quella persona? - Who is that person?
Chi viene con noi? - Who's coming with us?
- **Perché?** - *pehr-KEH* - Why?
Perché sei triste? - Why are you sad?
Perché non vieni? - Why aren't you coming?
- **Quanto?** - *KWAN-toh* - How much?
Quanto costa? - How much does it cost?
Quanto tempo? - How much time?

2.2 Common Responses

- **Sì** - *see* - Yes
Sì, certo! - Yes, of course!
Sì, grazie. - Yes, thank you.

- **No** - *noh* - No
No, grazie. - No, thank you.
No, non posso. - No, I can't.
- **Non lo so** - *nohn loh soh* - I don't know
Non lo so dove sia. - I don't know where it is.
Non lo so dire. - I can't say.
- **Forse** - *FOHR-seh* - Maybe
Forse domani. - Maybe tomorrow.
Forse hai ragione. - Maybe you're right.
- **Certamente** - *cher-tah-MEHN-teh* - Certainly
Certamente! - Certainly!
Certamente no! - Certainly not!

3 Expressing Needs and Wants

Esprimere Bisogni e Desideri - Making requests

3.1 Basic Needs

- **Ho bisogno di...** - *oh bee-ZOH-nyoh dee* - I need...
Ho bisogno di aiuto. - I need help.
Ho bisogno di dormire. - I need to sleep.
- **Vorrei...** - *vohr-REH-ee* - I would like...
Vorrei un caffè. - I would like a coffee.
Vorrei parlare con lei. - I would like to speak with you.
- **Voglio...** - *VOH-lyoh* - I want...
Voglio andare a casa. - I want to go home.
Voglio mangiare pizza. - I want to eat pizza.
- **Posso...?** - *POHS-soh* - Can I...?
Posso entrare? - Can I come in?
Posso usare il bagno? - Can I use the bathroom?
- **Puoi...?** - *pwoh-ee* - Can you...?
Puoi aiutarmi? - Can you help me?
Puoi ripetere? - Can you repeat?
- **Devo...** - *DEH-voh* - I have to/must...
Devo andare via. - I have to go.
Devo studiare. - I have to study.

3.2 Shopping and Services

- **Quanto costa?** - KWAN-toh KOH-stah - How much does it cost?
Quanto costa questo libro? - How much does this book cost?
Quanto costa al chilo? - How much does it cost per kilo?
- **Dov'è...?** - doh-VEH - Where is...?
Dov'è il bagno? - Where is the bathroom?
Dov'è la stazione? - Where is the station?
- **C'è...?** - cheh - Is there...?
C'è un ristorante qui vicino? - Is there a restaurant nearby?
C'è posto? - Is there room/space?
- **Il conto, per favore** - eel KOHN-toh pehr fah-VOH-reh - The bill, please
Il conto, per favore. - The bill, please.
Possiamo avere il conto? - Can we have the bill?
- **Prendo questo** - PREHN-doh KWEH-stoh - I'll take this
Prendo questo, grazie. - I'll take this, thank you.
Prendo due di questi. - I'll take two of these.

4 Daily Conversations

Conversazioni Quotidiane - Everyday interactions

4.1 Talking About Yourself

- **Mi chiamo...** - mee kee-AH-moh - My name is...
Mi chiamo Giuseppe. - My name is Giuseppe.
Mi chiamo Maria, piacere. - My name is Maria, nice to meet you.
- **Sono di...** - SOH-noh dee - I'm from...
Sono di Roma. - I'm from Rome.
Sono di Milano, e tu? - I'm from Milan, and you?
- **Ho ... anni** - oh ... AH-nee - I'm ... years old
Ho venticinque anni. - I'm twenty-five years old.
Ho vent'anni. - I'm twenty years old.
- **Lavoro come...** - lah-VOH-roh KOH-meh - I work as...
Lavoro come insegnante. - I work as a teacher.
Lavoro come medico. - I work as a doctor.
- **Studio...** - STOO-dee-oh - I study...
Studio medicina. - I study medicine.
Studio italiano. - I study Italian.

- **Abito a...** - *AH-bee-toh ah* - I live in...
Abito a Firenze. - I live in Florence.
Abito a New York. - I live in New York.

4.2 Time and Scheduling

- **Che ore sono?** - *keh OH-reh SOH-noh* - What time is it?
Che ore sono? Sono le tre. - What time is it? It's three o'clock.
Scusa, che ore sono? - Excuse me, what time is it?
- **A che ora...?** - *ah keh OH-rah* - At what time...?
A che ora arriviamo? - At what time do we arrive?
A che ora apre? - At what time does it open?
- **Oggi** - *OH-jee* - Today
Oggi è lunedì. - Today is Monday.
Oggi non posso. - I can't today.
- **Domani** - *doh-MAH-nee* - Tomorrow
Domani ho un appuntamento. - Tomorrow I have an appointment.
Ci vediamo domani. - See you tomorrow.
- **Ieri** - *ee-EH-ree* - Yesterday
Ieri sono andato al cinema. - Yesterday I went to the cinema.
Ieri è piovuto. - It rained yesterday.

Important Note: Italian has many regional variations in pronunciation and some expressions. These phrases represent standard Italian (italiano standard) used throughout Italy and understood by all Italian speakers.

5 Emotions and Feelings

Emozioni e Sentimenti - Expressing how you feel

5.1 Basic Emotions

- **Sono felice** - *SOH-noh feh-LEE-cheh* - I'm happy
Sono molto felice di vederti. - I'm very happy to see you.
Sono felice per te. - I'm happy for you.
- **Sono triste** - *SOH-noh TREE-steh* - I'm sad
Sono triste oggi. - I'm sad today.
Perché sei triste? - Why are you sad?
- **Sono arrabbiato/a** - *SOH-noh ahr-rahb-bee-AH-toh/tah* - I'm angry
Sono arrabbiato con lui. - I'm angry with him.
Non sono arrabbiata. - I'm not angry.

- **Sono stanco/a** - *SOH-noh STAHN-koh/kah* - I'm tired
Sono molto stanco. - I'm very tired.
Sei stanca? - Are you tired?
- **Sono nervoso/a** - *SOH-noh nehr-VOH-soh/sah* - I'm nervous
Sono nervoso per l'esame. - I'm nervous about the exam.
Non essere nervosa. - Don't be nervous.
- **Mi sento bene** - *mee SEHN-toh BEH-neh* - I feel good
Mi sento molto bene oggi. - I feel very good today.
Come ti senti? - How do you feel?

5.2 Physical States

- **Ho fame** - *oh FAH-meh* - I'm hungry
Ho molta fame. - I'm very hungry.
Hai fame? - Are you hungry?
- **Ho sete** - *oh SEH-teh* - I'm thirsty
Ho sete, vorrei dell'acqua. - I'm thirsty, I'd like some water.
Avete sete? - Are you thirsty?
- **Ho sonno** - *oh SOHN-noh* - I'm sleepy
Ho molto sonno. - I'm very sleepy.
Il bambino ha sonno. - The baby is sleepy.
- **Ho freddo** - *oh FREHD-doh* - I'm cold
Ho freddo, puoi chiudere la finestra? - I'm cold, can you close the window?
Hai freddo? - Are you cold?
- **Ho caldo** - *oh KAHL-doh* - I'm hot
Ho troppo caldo qui. - I'm too hot here.
Avete caldo? - Are you hot?

6 Emergency and Important Phrases

Frase di Emergenza e Importanti - When you need help

6.1 Emergency Situations

- **Aiuto!** - *ah-YOO-toh* - Help!
Aiuto! C'è un incidente! - Help! There's an accident!
Ho bisogno di aiuto. - I need help.
- **Chiamate la polizia!** - *kee-ah-MAH-teh lah poh-lee-TSEE-ah* - Call the police!
Chiamate subito la polizia! - Call the police immediately!
Devo chiamare la polizia. - I need to call the police.

- **Chiamate un'ambulanza!** - *kee-ah-MAH-teh oon ahm-boo-LAHN-tsah* - Call an ambulance!
Chiamate un'ambulanza! - Call an ambulance!
Serve un'ambulanza. - We need an ambulance.
- **Non capisco** - *nohn kah-PEE-skoh* - I don't understand
Non capisco l'italiano molto bene. - I don't understand Italian very well.
Scusa, non capisco. - Sorry, I don't understand.
- **Parla più lentamente** - *PAHR-lah pyoo lehn-tah-MEHN-teh* - Speak more slowly
Puoi parlare più lentamente? - Can you speak more slowly?
Parla più lentamente, per favore. - Speak more slowly, please.
- **Sono perso/a** - *SOH-noh PEHR-soh/sah* - I'm lost
Sono perso, puoi aiutarmi? - I'm lost, can you help me?
Mi sono persa. - I got lost.

7 Common Expressions and Idioms

Espressioni Comuni e Modi di Dire - Sounding more natural

7.1 Everyday Expressions

- **Che bello!** - *keh BEHL-loh* - How beautiful/nice!
Che bella giornata! - What a beautiful day!
Che bello vederti! - How nice to see you!
- **Che cosa?** - *keh KOH-sah* - What?
Che cosa hai detto? - What did you say?
Ma che cosa fai? - What are you doing?
- **Mamma mia!** - *MAHM-mah MEE-ah* - Oh my!/Wow!
Mamma mia, quanto costa! - Oh my, how much it costs!
Mamma mia, che caldo! - Oh my, how hot!
- **Va bene** - *vah BEH-neh* - Okay/Alright
Va bene, ci vediamo domani. - Okay, see you tomorrow.
Come va? Va bene. - How's it going? It's going well.
- **Non importa** - *nohn eem-POHR-tah* - It doesn't matter
Non importa, non è un problema. - It doesn't matter, it's not a problem.
Se non puoi venire, non importa. - If you can't come, it doesn't matter.
- **Figurati!** - *fee-goo-RAH-tee* - Don't mention it!/No problem!
"Grazie mille!" "Figurati!" - "Thank you so much!" "Don't mention it!"
Figurati, è un piacere. - Don't mention it, it's a pleasure.

8 Quick Reference Situations

At the Restaurant:

- **Un tavolo per due, per favore** - A table for two, please
- **Il menu, per favore** - The menu, please
- **Cosa consiglia?** - What do you recommend?
- **Prendo questo** - I'll have this
- **Il conto, per favore** - The bill, please
- **È incluso il servizio?** - Is service included?

Transportation:

- **Dov'è la stazione?** - Where is the station?
- **Un biglietto per Roma** - A ticket to Rome
- **A che ora parte il treno?** - What time does the train leave?
- **Quanto tempo ci vuole?** - How long does it take?
- **Fermi qui, per favore** - Stop here, please

Shopping:

- **Quanto costa questo?** - How much does this cost?
- **È troppo caro** - It's too expensive
- **Avete uno sconto?** - Do you have a discount?
- **Posso pagare con carta?** - Can I pay by card?
- **Lo prendo** - I'll take it

9 Learning Tips and Practice

Common Mistakes to Avoid:

1. **Wrong pronunciation:** Italian pronunciation is consistent - practice the rolled 'r' and clear vowel sounds
2. **Forgetting gender agreement:** Remember that adjectives must agree with nouns (stanco/stanca)
3. **Using informal with strangers:** Use "Lei" and formal expressions with peo-

ple you don't know well

4. **Literal translations:** Italian expressions don't always translate directly from English
5. **Ignoring hand gestures:** Italians use gestures extensively - they're part of communication

Practice Exercise: Fill in the missing phrases

Complete these common dialogues:

1. A: "Buongiorno!" B: "_____! Come sta?"
2. A: "Quanto costa questo?" B: "Costa dieci euro." A: "_____."
3. A: "Scusi, dov'è la stazione?" B: "_____, non lo so."
4. A: "Grazie mille!" B: "_____!"
5. A: "Come ti chiami?" B: "_____ Paolo."

Answers:

1. Buongiorno
2. Lo prendo
3. Mi dispiace
4. Prego
5. Mi chiamo

To master Italian phrases:

1. **Practice daily greetings** with different people and situations
2. **Listen to Italian media** to hear phrases in context
3. **Use gestures** - they're an integral part of Italian communication
4. **Practice intonation** - Italian is very melodic
5. **Learn regional variations** if you're focusing on a specific area
6. **Start conversations** with native speakers using these phrases
7. **Keep a phrase diary** to track new expressions you learn
8. **Practice pronunciation** daily - Italian pronunciation is crucial

Remember: Italian communication is expressive and warm. Don't be afraid to use gestures and show emotion when speaking. These phrases will help you connect with Italian speakers and show respect for their beautiful language and culture!

Buona fortuna con il tuo apprendimento dell'italiano!
Good luck with learning Italian!