



Mini Language Cheat Sheets (Template)

Build quick phrase lists for any country or region.

Aroundtheworldwithrob.com • Printable template • Last updated: January 2026

HOW TO USE Pick 25-40 phrases you will actually use. Fill them in on your phone, then copy the 'Pocket Card' page for offline access. If you only learn two things: (1) hello/thank you, and (2) 'Please help me' — you'll already travel smoother.

Trip details

Field	Write it here	Pronunciation	Notes
Country / Region			
Main language(s)			
Emergency number(s)			
Your accommodation name			
Accommodation address (local script if possible)			
Name of your destination city/area in local script			

Quick pronunciation notes (optional)

- Write pronunciation the way YOU would say it (your brain > perfect phonetics).
- If a phrase is hard, shorten it. Polite + clear beats perfect.
- Save the phrase as audio in Google Translate (or similar) for backup when needed.

Polite basics

English	Local language	Pronunciation	Notes
Hello			
Goodbye			
Please			
Thank you			
Yes / No			
Excuse me / Sorry			
I don't understand			
Do you speak English?			

Directions & getting around

English	Local language	Pronunciation	Notes
Where is...?			
Left / Right / Straight			
Near / Far			
How much is a ticket to...?			
Stop here, please			
Can you show me on the map?			

Food & ordering

English	Local language	Pronunciation	Notes
I would like this			
No meat / No dairy / No gluten			
Is this spicy?			
Water (still / sparkling)			
The bill, please			
Delicious			

Lodging & basics

English	Local language	Pronunciation	Notes
I have a reservation			
Where is the bathroom?			
Wi-Fi password?			
Check-in / Check-out			
Can you help me call a taxi?			

Health & safety (keep it simple)

English	Local language	Pronunciation	Notes
I need help			
Please call a doctor			
I am allergic to...			
I lost my passport			
Police / Hospital / Pharmacy			

Money & shopping

English	Local language	Pronunciation	Notes
How much does this cost?			
Too expensive			
Can you give me a discount?			
I'm just looking, thanks			
Receipt, please			

Your custom phrases (make this yours)

English	Local language	Pronunciation	Notes

Pocket Card (copy this to your phone notes)

TIP Keep this page short. If you can't read it in 15 seconds, it's too long for real life.

Need	Local language	Pronunciation
Hello / Thank you		
Please / Excuse me		
Where is...?		
How much?		
Bathroom?		
Help / Doctor		
Address (local script)		