



FREE GUIDE • ENGLISH STORY PODCAST

SURVIVAL ENGLISH

100 Phrases You Need for Real Life

Shopping • Health • Work • School • Housing Banking • Restaurants • Directions & More

EnglishStoryPodcastESP

Learn English through stories, real conversations, and simple daily practice.

Welcome!

This guide was created especially for English learners like you. Inside, you will find **100 real phrases** organized by the situations you face every day — shopping, health, work, school, housing, banking, restaurants, directions, and more.

You do not need perfect English to use these phrases. You just need to practice them, one situation at a time.

Start with the section that feels most important to you right now. Read each phrase out loud. Repeat it slowly. Then try using it today.

"You are not behind. You are building."

—EnglishStoryPodcast

How to Use This Guide

1. Choose a section	Pick the situation that is most useful for you right now.
2. Read out loud	Say each phrase slowly and clearly. Your mouth needs practice too.
3. Repeat 3 times	Repetition builds memory. Say it once, twice, three times.
4. Use it today	Find one chance to use a new phrase in real life today.
5. Come back tomorrow	Small daily practice is the secret to real fluency.

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Section 1: Meeting People & Greetings

For introductions, small talk, and starting conversations

Quick Tip:

Always smile when you greet someone. A smile makes your English sound more natural and friendly, even when you are still learning.

1

Nice to meet you.

Use when: meeting someone for the first time

2

How are you doing?

Use when: asking someone how they feel

3

I am doing well, thank you.

Use when: answering how you are

4

What is your name?

Use when: asking someone's name

5

My name is ____.

Use when: introducing yourself

6

Where are you from?

Use when: asking about someone's country

7

I am from ____.

Use when: saying where you are from

8

It is nice to see you again.

Use when: greeting someone you already know

9

How long have you been here?

Use when: asking how long someone has lived somewhere

10

I just moved here recently.

Use when: telling someone you are new

Section 2: Shopping & Errands

For stores, markets, pharmacies, and everyday errands

Quick Tip:

If you do not understand the price, ask the cashier to write it down or show it to you on the screen. This is completely normal and acceptable.

11

How much does this cost?

Use when: asking the price of something

12

Do you have this in a different size?

Use when: looking for another size

13

Where can I find ___?

Use when: looking for a product in a store

14

I am just looking, thank you.

Use when: when a worker asks if you need help

15

Can I pay with a card?

Use when: asking about payment

16

Do you have a receipt?

Use when: asking for proof of purchase

17

I would like to return this.

Use when: returning a product

18

Is this on sale?

Use when: asking about discounts

19

Can I get a bag, please?

Use when: asking for a shopping bag

20

What time do you close?

Use when: asking about store hours

Section 3: Health & Medical

For doctors, pharmacies, hospitals, and emergencies

Quick Tip:

At the doctor, you can always say: 'Can you explain that again in simpler words?' Doctors understand that patients need clear explanations.

21

I do not feel well.

Use when: telling someone you are sick

22

I have a headache.

Use when: describing pain in your head

23

It hurts here.

Use when: pointing to where you feel pain

24

I need to see a doctor.

Use when: asking to get medical help

25

I am allergic to ____.

Use when: telling a doctor about allergies

26

How do I take this medicine?

Use when: asking about medication instructions

27

I need a prescription.

Use when: asking for a doctor's medication note

28

Call an ambulance, please.

Use when: asking for emergency help

29

I have insurance.

Use when: telling a medical office about coverage

30

Can you repeat that more slowly?

Use when: asking someone to speak slower

Section 4: Work & Professional Life

For job interviews, the office, emails, and colleagues

Quick Tip:

When you do not understand something at work, it is always better to ask than to guess. Say: 'I want to make sure I understand correctly. Could you clarify?'

31

I am applying for the position of ____.

Use when: introducing yourself for a job

32

I have experience in ____.

Use when: talking about your work background

33

When do I start?

Use when: asking about your start date

34

Could you clarify that for me?

Use when: asking for a clearer explanation

35

I will take care of it.

Use when: telling someone you will handle a task

36

I need more time to finish this.

Use when: asking for a deadline extension

37

Let me check and get back to you.

Use when: when you need time to find an answer

38

I have a question about ____.

Use when: starting a work-related question

39

Can we schedule a meeting?

Use when: asking to set up a meeting

40

I am working on it right now.

Use when: telling someone you are busy with a task

Section 5: School & Education

For classrooms, teachers, assignments, and learning

Quick Tip:

Teachers want to help you. Do not be afraid to say: 'English is my second language. Can you speak a little slower?' Most teachers will be happy to help.

41**I did not understand the instructions.**

Use when: telling a teacher you need help

42**Can you explain that again?**

Use when: asking for a repeated explanation

43**When is this assignment due?**

Use when: asking about a deadline

44**May I go to the bathroom?**

Use when: asking for permission in class

45**I need help with this homework.**

Use when: asking for academic support

46**What page are we on?**

Use when: catching up during a class

47**Is this going to be on the test?**

Use when: asking what to study

48**I was absent yesterday. What did I miss?**

Use when: catching up after missing class

49**Can I speak with the teacher after class?**

Use when: asking for extra help

50**I would like to enroll in this class.**

Use when: registering for a course

Section 6: Asking for Help & Directions

For getting around, navigating, and asking strangers

Quick Tip:

If you get lost, find a store and ask the staff. Say: 'Excuse me, I am a little lost. Can you help me?' People are usually happy to help.

51

Excuse me, can you help me?

Use when: politely getting someone's attention

52

How do I get to ___?

Use when: asking for directions

53

Is this the right bus for ___?

Use when: confirming your transport route

54

Where is the nearest ___?

Use when: finding a nearby place

55

I am lost.

Use when: telling someone you need directions

56

Can you write that down for me?

Use when: asking someone to write directions

57

How far is it from here?

Use when: asking about distance

58

Turnleft / Turnright.

Use when: understanding basic directions

59

Is it walking distance?

Use when: asking if you can walk there

60

Which exit should I take?

Use when: navigating a subway or freeway

Section 7: Restaurants & Food

For ordering food, making requests, and dining out

Quick Tip:

If you are not sure what something is on the menu, just ask: 'What is in this dish?' or 'Can you describe this for me?' Servers are always happy to explain.

61**I would like to order ____.**

Use when: placing a food order

62**I have a food allergy.**

Use when: telling a server about allergies

63**Can I see the menu, please?**

Use when: asking for the menu

64**What do you recommend?**

Use when: asking for the server's suggestion

65**Can I get this to go?**

Use when: asking for a takeout box

66**The check, please.**

Use when: asking for the bill

67**Is this dish spicy?**

Use when: asking about the flavor

68**Can I substitute ____ for ____?**

Use when: changing something in a dish

69**We are ready to order.**

Use when: telling the server you have decided

70**This is delicious!**

Use when: complimenting the food

Section 8: Housing & Renting

For apartments, landlords, neighbors, and moving

Quick Tip:

Before you sign any rental contract, you can say: 'Can I take a copy home to read first?'
Always read a contract carefully before signing.

71

I am looking for an apartment.

Use when: starting your apartment search

72

How much is the monthly rent?

Use when: asking about cost

73

Are utilities included?

Use when: asking what is covered in the rent

74

Is there a security deposit?

Use when: asking about upfront costs

75

I would like to see the apartment.

Use when: requesting a viewing

76

Something is broken in my apartment.

Use when: reporting a maintenance issue

77

When is the rent due?

Use when: asking about the payment date

78

I am giving my 30-day notice.

Use when: telling a landlord you are moving out

79

Can I have a copy of the lease?

Use when: asking for your rental contract

80

My neighbor is being very loud.

Use when: reporting a noise problem

Section 9: Banking & Money

For banks, ATMs, bills, and financial situations

Quick Tip:

At a bank, always bring your ID. You can say: 'I would like to open an account. What documents do I need?' Bank staff are trained to help new customers.

81

I would like to open an account.

Use when: starting the account process

82

I need to transfer money.

Use when: sending money to someone

83

What is the exchange rate?

Use when: asking about currency conversion

84

My card was declined.

Use when: reporting a payment problem

85

I lost my debit card.

Use when: reporting a missing card

86

Can I speak to a manager?

Use when: escalating an issue

87

What are the fees for this?

Use when: asking about charges

88

I need to pay a bill.

Use when: making a payment

89

Can I get cash back?

Use when: asking for cash at a store checkout

90

What is my account balance?

Use when: checking how much money you have

Section 10: Social Life & Daily Conversations

For friends, neighbors, phone calls, and everyday moments

Quick Tip:

Real English fluency grows in small daily moments. Try to use at least three of these phrases every day. The more you use them, the more natural they will feel.

91

Can we reschedule?

Use when: changing a plan with someone

92

I will be there in ten minutes.

Use when: telling someone your arrival time

93

Sorry, I did not catch that.

Use when: asking someone to repeat themselves

94

Could you say that again, please?

Use when: politely asking for repetition

95

Let me think about it.

Use when: saying you need time to decide

96

That sounds great!

Use when: showing enthusiasm or agreement

97

I appreciate your help.

Use when: thanking someone sincerely

98

I am not sure about that.

Use when: expressing uncertainty politely

99

Have a great day!

Use when: saying goodbye warmly

100

Keep going. You are doing great.

Use when: encouraging yourself and others

You now have 100 real English phrases.

The next step is simple: use one phrase today.

Do not wait until your English is perfect.

Start now. Practice daily. Build your confidence one phrase at a time.

*"I can learn English. I do not have to be perfect.
I just need a simple system, a little practice,
and the courage to keep going."*

Want more free guides and English practice?

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Keep going. You are not behind. You are building.