

Cycling Italian Style

A Few Italian Phrases – Don't worry, there won't be a quiz!

Courtesies			
Good day (hello)	<i>Buongiorno</i>	bwone jor -no	
Good bye	<i>Arrivederci</i>	ah- ree -vah- dare -chee	
Good evening	<i>Buonasera</i>	bwoh -nah sair -ah	
Hi or bye	<i>Ciao</i>	chow	IMPORTANT: Use <i>ciao</i> only with friends or children. Use <i>buongiorno</i> or <i>buonasera</i> instead
Hello	<i>Salve</i>	sal -vay	IMPORTANT: This is more formal. Save it for people with whom you must be very proper.
Nice to meet you	<i>Piacere</i>	pee-a- chair -ay	
Please	<i>Per favore</i>	pair fah- voh -ray	
Thank you	<i>Grazie</i>	gra -tsi-eh	
Thank you very much.	<i>Grazie mille</i>	gra -tsi-eh mee -lay	
You're welcome	<i>Prego</i>	pray -go	
I'm sorry	<i>Mi dispiace</i>	mee dee -spee- ah -chay	
I don't speak Italian	<i>Non parlo italiano</i>	known par -loh ee- tah -lee- ah -no	
Do you speak English?	<i>Parla inglese?</i>	par -lah een- glay -say?	
Do you speak Spanish?	<i>Parla spagnolo?</i>	par -lah spa- nyoh -loh?	
My name is...	<i>Mi chiamo...</i>	mee key- ah -mo...	lit. I call myself... example: Mi chiamo Casey
Very good	<i>Va bene</i>	vah beh -neh	
Okay	<i>Va bene</i>	vah beh -neh	
I'm fine thanks	<i>Va bene</i>	vah beh -neh	
Gimme 5!	<i>Dammi il cinque</i>	dah -mee il cheen -kway	

Cycling Italian Style

Getting Around			
Where is...	<i>Dov'è...</i>	doe-vay	
... the bathroom?	<i>...il bagno?</i>	...il bah -nyo?	
...the stadium?	<i>...lo stadio?</i>	...loh stah -dee-oh	
...the hotel?	<i>...l'albergo?</i>	...l'all- bear -go?	
...my room?	<i>...la mia stanza?</i>	...la mee -ah stahn -zah	
...the restaurant	<i>...il ristorante</i>	...il ree -sto- rahn -tay	
Would you call me a taxi?	<i>Vuoi chiamarmi un tassì?</i>	vwoy key-ah- mar -me oon tah- see	
How do I get to...?	<i>Come arrivo...?</i>	coh -may ah- ree -voh...	
...to the stadium?	<i>...allo stadio?</i>	...ah-low stah -dee-oh	
...to the hotel?	<i>...in albergo?</i>	...in ahl- bear -go	
...to the museum?	<i>...al museo?</i>	...ahl moo- zay -oh	
...to the restaurant?	<i>...al ristorante?</i>	...ahl ree -stoh- rahn -tay	
...to the hospital?	<i>...in ospedale?</i>	...in ose -peh- dah -lay	
...to the train station	<i>...alla stazione ferroviaria?</i>	...ah-la stah -tsee- owe -nay fah -row- vee -ah-ree-ah	
Turn left	<i>Giri a sinistra</i>	gee -ree ah see- nee -strah	
Turn right	<i>Giri a destra</i>	gee -ree ah deh -strah	
Go straight	<i>Vada dritto</i>	vah -dah dree -toe	
the bus stop	<i>La fermata</i>	la fair- mah -tah	
the bus	<i>L'autobus</i>	l' ow -to-boose	
the subway	<i>La metropolitana</i>	la meh -tro- poe -lee- tah -nah	

Things You Need			
I need...	<i>Ho bisogno di...</i>	oh bee- zo -nyo dee...	
I would like...	<i>Vorrei...</i>	voh- ray ...	
May I have... ?	<i>Posso avere... ?</i>	poh -so ah- veh -ray	
...my keys	<i>...le mie chiave?</i>	lay mee -ay key- ah -vee	
...something to drink.	<i>...qualcosa da bere</i>	kwah- coh -zah dah bear -ay	
...an electrolyte drink.	<i>...una bevanda con elettrolita</i>	oo -nah beh- vahn -dah con eh- leh -tro- lee -tah	

Cycling Italian Style

...something to eat	<i>...qualcosa da mangiare</i>	kwal- coh -zah dah mahn- jar -ay	
...a doctor	<i>...un medico</i>	oon meh -dee-co	
...sun block	<i>...una crema solare</i>	oon -ah cray -mah so- lah -ray	
...a bandage	<i>...un cerotto</i>	...oon chair- oh -to	
...more towels.	<i>...più asciugamani</i>	...pew ah- shu -ga- mah -nee	
...toilet paper	<i>...la carta igienica</i>	...la car -ta ee- gen -ee-cah	
May I have some towels, please?	<i>Posso avere degli asciugamani, per favore?</i>	po -so ah- veh -ray deh -lee ah- shu -ga- mah -nee, pair fah- voh -ray?	
More towels, please.	<i>Più asciugamani, per favore.</i>	pew ah- shu -ga- mah -nee pair fah- voh -ray	
I lost...	<i>Ho perso</i>	oh pair -soh...	
...my passport	<i>...il mio passaporto</i>	...il mee -oh pass -oh- pore -toe	
...my wallet	<i>...il mio portofoglio</i>	...il mee -oh pore -toe- foe -lyoh	
...my camera	<i>...la mia macchina fotografica</i>	...la mee -ah mah -kee-nah fo -toe- graf -ee-cah	
...my cell phone	<i>...il mio telefonino</i>	...il mee -oh teh -leh-foe- nee -noh	
...my mind.	<i>...la mia mente</i>	...la mee -ah mehn -tah	
At The Restaurant			
I would like...	<i>Vorrei</i>	voh- ray ...	
We would like...	<i>Voremmo</i>	voh- reh -mo	
Do you have...	<i>Avete</i>	ah- veh -tay...	
...a table for two	<i>...un tavolo per due</i>	oon tah -vah-loh per doo -ay	
...mineral water	<i>...acqua minerale</i>	... ah -kwah mee-neh- rah -lay	
...sparkling water	<i>...acqua frizzante</i>	... ah -kwah free- zahn -tay	
...the pizza	<i>...la pizza</i>	... lah pee -tsah	
...the fish	<i>...il pesce</i>	...il peh -shay	
...the chicken	<i>...il pollo</i>	...il poh -low	
...some spaghetti	<i>...degli spaghetti</i>	... day -lee spa- geh -tee	

Cycling Italian Style

...a salad	<i>...un insalata</i>	...oon in-sah-lah-tah	
...some bread	<i>...del pane</i>	...del pah-nay	
...some water	<i>...del acqua</i>	...del ah-kwah	
...some white wine	<i>...del vino bianco</i>	...del vee-noh bee-ahn-koh	
...some red wine	<i>...del vino rosso</i>	...del vee-noh row-soh	
...some coffee	<i>...del caffè</i>	...del cah-fay	
...an american coffee	<i>...un caffè americano</i>	...oon cah-fay ah-mehr-ee-cah-no	
...a cappuccino	<i>...un cappuccino</i>	...oon cah-poo-chee-no	IMPORTANT: If you order a latte in Italy, you will get a glass of milk.
I'm a vegetarian	<i>Sono vegetariano</i>	so-no veh-gee-tar-ee-ah-no	If you're female it's vegetariana
The check, please	<i>Il conto, per favore</i>	il cone-to per fa-voh-ray	
Is everything okay?	<i>Tutto bene?</i>	too-toe beh-neh?	
Everything is okay.	<i>Tutto bene.</i>	too-toe beh-neh	

Medical Issues			
I hurt my...	<i>Mi sono fatto male...</i>	mee so-no fah-to mah-lay...	
...my arm	<i>...al braccio</i>	...ahl brah-ch'io	
...my leg	<i>...alla gamba</i>	... ah-lah gahm-bah	
...my knee	<i>...al ginocchio</i>	...al gee- no-kyo	
...my shoulder	<i>...alla spalla</i>	... ah-lah spah-lah	
...my foot	<i>...al piede</i>	...al pee- eh-day	
...my head	<i>...alla testa</i>	... ah-lah tes-tah	
...my hand	<i>...al mano</i>	...ahl mah-no	

Cycling Italian Style

Cycling Terms			
bicycle	<i>bicicletta</i>	bee-chee- kleh -tah	
bike	<i>bici</i>	bee-chee	
arm warmers	<i>manicotti</i>	mah-nee- koh -tee	
leg warmers	<i>gambali</i>	gam- bah -lee	
jersey/jerseys	<i>maglia/maglie</i>	mah -lyuh / mah-lyeh	
shorts	<i>pantoloncini</i>	pan-toe-lon- chee -knee	
helmet	<i>casco</i>	cas -koh	
glove/gloves	<i>guanto / guanti</i>	gwahn-toe/ gwahn-tee	
sunglasses	<i>occhiali da sole</i>	oh-kee- ah -lee da soh-lay	
inner tube	<i>camera d'aria</i>	cah-meh-rah da-ree-uh	
tire	<i>gomma</i>	go -mah	
handlebar	<i>manubrio</i>	mah- noo -bree-oh	
brake/brakes	<i>freno / freni</i>	freh-no / freh-nee	
brake levers	<i>levi freno</i>	leh -vee freh -no	
chain	<i>catena</i>	cah- tehn -ah	
cycling computer	<i>computerino</i>	com-poo-teh- ree -no	
co ² cartridge	<i>bomboletto</i>	bowm-bow-leh-toe	
front derailleur	<i>cambio</i>	cahm -bee-oh	
rear derailleur	<i>deragliatore</i>	day- rah -lyee-ah- toh -ray	
pedal/pedals	<i>pedale / pedali</i>	peh- dah -lay/peh- dah -lee	
pump	<i>pompa</i>	pohm -pah	
saddle/saddles	<i>sella/selle</i>	sell -lah/ sell -lay	
wheel/wheels	<i>ruota/ruote</i>	row -tah/ row -tay	
bottom bracket	<i>movimento centrale</i>	moo-vee- men -toe chen- trah -lay	

Cycling Italian Style

Numbers						
1 – uno	oo -no		11 – undici	oon -dee-chee		30 – trenta trehn -tah
2 – due	doo -ay		12 – dodici	doo -dee-chee		40 – quaranta kwah- rahn -tah
3 – tre	tray		13 – tredici	tray -dee-chee		50 – cinquanta cheen- kwahn -tah
4 – quattro	kwah -troh		14 – quattordici	kwah -tor-dee-che		60 – sessanta seh- sahn -ta
5 – cinque	cheen -kway		15 – quindici	queen -dee-chee		70 – settanta seh- tahn -tah
6 – sei	say		16 – sedici	say -dee-chee		80 – ottanta oh- tahn -tah
7 – sette	seh -tay		17 - diciassette	dee -cha- seh -tay		90 – novanta no- vahn -tah
8 – otto	oh -toe		18 – dicotto	dee- choh -toe		100 – cento chen -to
9 – nove	no -vay		19 – diciannove	dee -cha- no -vay		1000 – mille mee -leh
10 – dieci	d' yay -chee		20 – venti	vehn -tee		
			21 – ventuno	vehn- too -no		