



# Language Barrier CHEAT SHEET



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*A soft survival tool for travel, expat life & solo adventures*

## 5 Lifeline Phrases to Memorize

### Phrase in English

### Write It in Local Language

Hello

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Thank you

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I don't speak \_\_well

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Where is \_\_\_ ?

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Help, please!

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## Custom Phrase Builder

### What You Want to Say

### Your Version

I'm allergic to \_\_\_

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Is this vegetarian / gluten-free?

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Can I take my dog here?

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I'm lost — can you help me?

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## Create Your Own Phrase List

Phrase in English

Write It in Local Language

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## Tech Tips

- Download Google Translate offline
- Save common phrases in Notes
- Screenshot addresses & instructions
- Use emojis, photos, or drawing as backup

## Before You Speak

- Deep breath
- Hand on heart
- Mantra: "It's okay if I mess up. I'm allowed to exist here."

## Non-Verbal Communication

- Smile with your eyes
- Use gestures & tone
- Don't rush
- Humor + kindness > perfection