

Untold Italy Episode 257: The one Italian Word you Need to Know

Imagine if you could speak a little Italian. It's such a gorgeous language and having a few words up your sleeves on your trip is the key to immersing yourself in the culture and psyche of Italy. Join me as I take a little Italian lesson and learn a useful word that can be used in many scenarios on episode 257 of the Untold Italy podcast.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy Clarke:

Buongiorno friends. Come stai? How are you doing today? I'm back from our winter adventure in Italy but I'm a little tired - it is a 24-hour journey from my part of Australia to Italy so I'll do a full update on the trip in a week or two, but today I wanted to share an episode I recorded with my friend Monica at the end of last year.

Monica runs Suimisura Italy, an Italian language coaching service, and she suggested we record a little Italian lesson together featuring some key words and fun ways to build sentences in Italian that will be useful for you when you land in Italy.

Learning a language is very personal endeavor. Some people do really well with Duolingo and online courses or listening to podcasts and watching videos. But I really love how Monica customizes learning to her students and their needs and breaks things down into manageable chunks so you can tell you are making progress.

So let's get started and you can hear me have a go at the Italian phrases Monica teaches that can make a big impact when I'm in Italy.

Katy Clarke:

To Monica. Welcome back to the Untold Italy podcast.

Monica Cazzamani Bona:

Oh, hello. Or I should say. Ciao.

Katy Clarke:

So lovely to have you join us again, Monica. How have you been, and what was it like visiting

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your hometown in Piedmont earlier this year?

Monica Cazzamani Bona:

Yeah. I've been very good. Celebrated, my second son, first birthday, just on Sunday. I feel like last time we spoke, was I pregnant or did I already have the second? I don't remember.

Katy Clarke:

Time goes is a bit bendy, isn't it?

Monica Cazzamani Bona:

I don't remember anything about last year, just to say. But, yeah, it's been beautiful and wonderful. And, yes, it's been amazing to go back to Italy this time with 2, spend time with my family. It was 5 full weeks of rain, which is very unusual for Piedmont. I think we got 5 days of beautiful weather. But, yeah, it was raining not all day. It was just raining every now and then. It mostly was a bit gray.

Monica Cazzamani Bona:

Again, unusual because it was, end of April. So I was hoping for a little better weather. Saying that food was, you know, amazing. My grandmother was so happy to stay with the kids and, yeah, it was a was a very I always say that when I go back to Italy, I recharge, and then I can last a couple of months, not more than a year. And then I have to go back.

Katy Clarke:

I understand that completely. And that's beautiful. Now, Monica, can you please remind everyone of your background and what you do for our listeners who haven't got to know you yet?

Monica Cazzamani Bona:

Of course. So my name is Monica, and I'm the founder of Su Misura Italy, which is an Italian language school online. I was born in Piedmont in a little town called Govone, which is, famous for its wine, white truffle, Barolo. I'm pretty sure a few of your listeners know about Piemonte because you run tours as well there. I, came to Australia in 2013 where I met my husband, Damien. And we lived, bit between Perth and Melbourne, and now we are based in Perth. And I have, as I mentioned just before, 2 little kids. And, yeah.

Monica Cazzamani Bona:

I run this school, Su Misura Italy, means 'tailor made' or actually tailored to measure. And, it's really reflecting how I believe language should be taught and learned. So, yeah, our lesson and because I work with a team of teachers are designed to meet individual goals. And we mostly work with adult or young teenagers. And, we help people that, to learn just for travel, for heritage, or maybe for exams. But mostly, we try to make easier the process of learning a language, which, unfortunately, too many people still think is difficult.

Katy Clarke:

Yeah. I think people do think it's difficult, and I think that's because maybe we don't get as exposed to that in English-speaking countries. We don't get as many opportunities to learn languages that you do and you're Europeans and you lucky things. So we did love the earlier chat that we had about breaking down why it is easier to learn Italian than people might think. And you know what? I'm still inspired by that student of yours in their nineties. That's incredible. But today, let's continue the theme and help our listeners build some confidence for speaking Italian. What do you think?

Monica Cazzamani Bona:

Yeah. Absolutely. Confidence is the main thing, and I see many students coming to me after trying to learn the language for so many years. Some people for 5 years, some people to 10 years, some people learn at schools and after, you know, 6 years at primary school and 5 years to secondary school, whatever, they say, oh, I can just still pronounce or I spell the letters of the alphabet or the numbers. Okay? I feel like people just are bit stuck on the idea of learning a language like we learn at school. Okay? So if I want to learn a language, I need to, yeah, go and enroll a class and, do my exercise. And learning by memory, vocabularies, everyone is different and everyone should find their own way. And, yeah, maybe you need just a little support by someone that does it as a job, and this is what we're trying to do.

Katy Clarke:

Yeah. Amazing. I really think people need to lean into experts. It's I think we are always looking for shortcuts these days for some reason. And while that's good, I think looking to, like, a computer to provide the shortcuts probably not the best way. You know? Like, there are people that have spent years and years and years learning how not just languages, but how to teach them. And I think we should really respect that, you know, because it's not an easy thing to do. If it was easy, then, you know, more people will be doing it, I think.

Katy Clarke:

I also think people tend to over complicate things or get it really muddled in their mind that it's gonna be something big, and I'm very guilty of this. I like to think of a big picture and all of that, but the really important thing is in from my experience is to start breaking things down into manageable chunks so that you know that you're making progress, and then you can see that you are making progress.

Monica Cazzamani Bona:

Yes. Absolutely. People, unfortunately, think, yeah, I'm gonna learn a language. And then the next question is, like, when? When I'm gonna be fluent? This has always happened. Or even people, that come to us or to me, and they they might don't say it, but I know exactly that this is the question that they would like to answer. And I, unfortunately, I can't. So my first suggestion is that simple. That simple and, yeah, maybe with a guide of someone or it depends how much you know yourself.

Monica Cazzamani Bona:

I always ask, do you know another language? No? So it is your brain already trained on speaking another language? If yes, okay, then we can work in a way. So, how did you learn the other language? Because there are so many little steps you can do. So, you just have to understand what is the approach. Once you understand that for you works, like, to not complicate things is just to see and have a little notebook and every day refer to, you know, words or maybe sentences or maybe listening, then we can just work about, like, around that. There are people that learn Italian just reading recipes. And, again, I'm not saying learn to be fluent. To learn Italian and the Italian that matters to them because they like to cook.

Monica Cazzamani Bona:

If you can break down and say, what do I really need right now? Am I going for a trip? Do I need just to be very nice with people? Okay. Let me learn to say 5 sentences and repeat them out loud as much as you can. So, you actually feel, oh, so good when you say them. And then start like this. Go to Italy, come back. Did you enjoy that? Okay. Then you can do in the next step. Maybe the next step is like, oh, try to understand on how to present yourself. So, if you can break down in little chunk, it's the process that is very long to learn a language.

Monica Cazzamani Bona:

I was, I was reading an article, just before and was saying that really to learn a language, you have to spend at least 15,000 hours of practice. So that means that if you want to spend 15,000 hours, it's quite a few years. No? And that is to be what they call fluent. Okay? So you don't need 15,000 words to just to start. You can just start with 5 words and then say, oh, I can say 5 words, in Italian. I like my kids, to see my kids, they enjoy now. Like, the older one, he enjoyed to count until 10. I can't say that he can speak Italian.

Monica Cazzamani Bona:

He can understand because I speak with him. He can't speak, but he doesn't beat himself because he can't use more words than what he knows. So let's always think about the kids and how is their approach. So not complicating things in that way will be amazing.

Katy Clarke:

That does make a lot of sense. So in that sense, what are some of the keywords or phrases that you would like to share that are really common that everyone would probably use in any context in Italy?

Monica Cazzamani Bona:

Again, it depends, but I will say, probably, some greetings are very important. Do you want to do, like, a little game? Do you want to learn a few words with me today?

Katy Clarke:

Sure. Let's do it.

Monica Cazzamani Bona:

Okay. Everyone knows how to greet in Italian. Would you mention 1 or 2 words that comes in your mind?

Katy Clarke:

Buongiorno, buona sera, Salve.

Monica Cazzamani Bona:

Well, I like salve. 'Salve' is like an easy word that you can use with anyone because it's not formal. It's not informal. Like, it's a safe greeting. Okay, but we also can say 'ciao', for instance, okay? I'm sure everyone knows that. Now, if I tell you that the translation of 'I am' is 'sono'. Sono. Can you repeat 'sono' after me?

Katy Clarke:

Sono.

Monica Cazzamani Bona:

Okay. 'Sono' means 'I am'. So how would you say I am, Katy?

Katy Clarke:

'Sono Katy'

Monica Cazzamani Bona:

Very well. Okay. So now you want you can say, good morning. I'm Katy

Katy Clarke:

Buongiorno, Sono, Katy.

Monica Cazzamani Bona:

Molto bene. Okay? So we already put three words together. Okay? Your name, you already know. Buongiorno, you already know, and you just learned 'sono'. Okay? Now I tell you another word. It's a negative word. So, it's to make all that sentence negative. The word is 'non'.

Katy Clarke:

Non.

Monica Cazzamani Bona:

How would you say good morning. I'm not Monica, I am Katy. So we have to put the non before sono, okay, to make it negative.

Katy Clarke:

'Buongiorno non sono Monica, sono Katy.'

Monica Cazzamani Bona:

Uh-huh. Fantastic. So, again, we are learning a bit of the grammar as we say, like a word that is very difficult for everyone to approach, but again non. Then, we can learn another word which is, per esempio - 'felice'. Do you know what does it mean 'felice'? Does it remind you something or did you heard this word before?

Katy Clarke:

Felice, felicitations like greetings?

Monica Cazzamani Bona:

It's actually similar to English, so the felicity, like felicitation, yeah, to be 'happy'. Okay? So, now we already know how to say I am. Okay? Which is 'sono'. How would you say now 'I'm happy?'

Katy Clarke:

'Sono felice'.

Monica Cazzamani Bona:

Mhmm. How would you say I am Katy and I'm happy?

Katy Clarke:

'Sono Katy, sono felice'.

Monica Cazzamani Bona:

Very good. Okay. So, now we can say, 'sono Katy, sono felice', and then you can say 'I'm in Italy'. 'In' is exactly the same word, in. So, how would you say I am Katy (and 'and' is 'e') and I'm in Italy?

Katy Clarke:

'Sono Katy e sono in Italia'.

Monica Cazzamani Bona:

Very good. Okay? So to answer your question just before, it's like sometimes we don't need lots of words, but we just need words that are related to put you actually need to construct a sentence and a sentence you want to say. So, we use non to make it negative and sono to say you are or you are not. Okay? You can learn then other words you can learn. Now we learn 'felice', but I can also say, the word 'triste', which is sad or 'stanca' or 'stanco' - because I'm tired. Okay? So, sometimes you just need few little thing and then you you need a translator and you just add words at the end. That's one little exercise you can do with words. Definitely, I will learn 'I am/sono'. Then I will, I will learn 'e' for instance. So, we said before the e, which is a soft sound, means 'and'. So, when you were saying 'Sono, Katy, e, sono Felice'.

Monica Cazzamani Bona:

But 'è', a bit more strong sound, okay? Actually is written with an accent on top. Means 'it is' or just 'is'. Do you know how to say beautiful or nice looking?

Katy Clarke:

Bella.

Monica Cazzamani Bona:

Very well. bellissimo is even better. No? Like, very beautiful. Okay. So, if you want to say it is beautiful, remember that 'è' - it is,

Katy Clarke:

'È bellissimo'.

Monica Cazzamani Bona:

Molto bene. Now I also tell you that, for instance, you want to say here. Here is another very useful word, which is 'qui' - sounds like cheeky. So means here. How would you say 'qui is beautiful'?

Katy Clarke:

'Qui è bellissimo'.

Monica Cazzamani Bona:

Very good, Katy. See? And now I'm going to very test you. Okay? So can you please say here is not beautiful?

Katy Clarke:

'Qui è non bellissimo'.

Monica Cazzamani Bona:

Very good. The only thing - we put the non before

Katy Clarke:

Oh. 'Non qui è bellissimo'.

Monica Cazzamani Bona:

Okay? 'Non qui è bellissimo'. So, again, we learn a bit of, like how is the structure? We learn about this non, we actually learn just e, and cui, but we could we could have said il ristorante è bellissimo. Roma è bellissima. Okay? We could say, è assolutamente which is very similar to the word absolutely. So, again, we don't need too much to express few things. They are few words that we could use but if I had to choose one that I would like everyone know is one word that is maybe a bit difficult to pronounce. Did you ever heard, Katy how to say I would like or do you know?

Katy Clarke:

Si, yes, I do. 'Vorrei'.

Monica Cazzamani Bona:

Very good. My favorite word. My favorite word. I do remember when I learned English. I was studying English at school, and then I went with my father in New York. It was the 31st October, I remember because it's my birthday, and my father was going to run the New York marathon over there. My English was terrible. Well, I somehow heard someone say I would like this one and it still stuck on me.

Monica Cazzamani Bona:

I can still remember where I was because it's probably the first thing that, I, apart hello and thank you and good morning was a word that actually helped me to travel around the city and ask stuff, you know, in a shop, at the restaurant, looking at menu, or anywhere really. So, I always, always like to teach this even if you have one just one word to know on top of the classic word that maybe everyone knows, but yeah, it's 'vorrei'.. And then this or this one is 'questo' Imagine how much things you can actually ask. You go to a restaurant and you use your pointy finger and you don't even have to read the menu, but you just say 'vorrei questo'. The waiter will already know. So you don't need to speak Italian. You're just, nice with the waitress. You try. You have fun because why not? You are in Italy. You have to enjoy the process of using few words.

Monica Cazzamani Bona:

So, 'vorrei questo'. But now I'm testing you again. Katy, sorry. You're being, like, my you're my student today. I want to test you again. So if I said to you, so now how would you say, I don't want this? We know that we put before the verb, so before the word that we just learned.

Katy Clarke:

'Non vorrei questo?'

Monica Cazzamani Bona:

Okay. So for instance, you are in a restaurant and you know you don't want Parmesan on your pasta. Okay? 'Non vorrei parmigiano grazie'.

Katy Clarke:

Who would say that?

Monica Cazzamani Bona:

I don't know. And then again, it's one of these words, you know, before I was saying you learn 'è', and then you can say 'bellissimo' or 'fantastico'. Okay? But then even with vorrei you can say vorrei un cafe, vorrei mangiare, no? I would like to eat. And then you can learn the other word that we learned before, I would like to eat here. 'Vorrei mangiare qui'. 'Vorrei visitare Roma', 'Vorrei parlare Italiano'. Okay? The word itself to me, even if I am Italian sounds so

Italian, that is actually so fun to practice and to use. Don't you think?

Katy Clarke:

I love it. It's it's nice, but I'm a bit intimidated by the r's. The rrrrrrrr.

Monica Cazzamani Bona:

You did. You actually did. You just rolled them quite well. Why do you think are are difficult.

Katy Clarke:

I think it's just not a natural sound for in English, is it? So it's you see it coming and you're like, oh, what's coming? Am I gonna have the wrong accent? Am I gonna sound strange? Am I gonna get the meaning wrong? Maybe. You know? But I do love the sound of it. It sounds beautiful. You know? And so I would love to be able to do it properly.

Monica Cazzamani Bona:

But when you say, is it I'm going to you know, it will change the meaning. It is true. Sometimes if you roll the r like, if you roll just one r, for instance, the word 'caro' means dear or expensive, but the word 'carro' and now I'm rolling the r even more, means, like carriage, like something that has wheels. Okay? So, yeah, it can it can change quite a bit. Actually, it works that with every double, you know. The 'r' yeah. I find it interesting when people ask me this question because for us Italian, it actually so nice to hear you English speaker not rolling the r. It sounds so good.

Monica Cazzamani Bona:

So I don't think people should be overly stressed about that. Saying that there are few people in Milan that actually doesn't roll the r in purpose to sound more snob and posh. So you can say, oh, well, I'm not rolling the r because I'm from Milan. I hope no one from Milan will listen ever this podcast. But, yeah, there are way to practice and to learn on how to roll the r. So do you want to be my student again?

Katy Clarke:

Oh, I love it. Let's go.

Monica Cazzamani Bona:

So how do you say, you know, like, you probably will say better than me, but the word 'butter'.

Katy Clarke:

Butter.

Monica Cazzamani Bona:

Okay. Can you concentrate on the end? No? The 'er' end. Butter. Butter.

Katy Clarke:
But I'm Australian. I think

Monica Cazzamani Bona:
What's the difference between an Australian and American butter or English?

Katy Clarke:
I think it's longer at the end, actually. Like, we kind of chop things off at the end in Australia.

Monica Cazzamani Bona:
Okay. Okay. Let's think about the American r then. Or another one better? Better. The 'r; at the end is an 'er'. Okay? So when we do the r of butter and better, we actually already put our tongue on top of our we're flicking a bit our tongue at the at the top of our palate. Okay? So if we say a lots of time, like, better, better, better, better, better, better, better. Can you try?

Katy Clarke:
Better, better, better, better, better, better.

Monica Cazzamani Bona:
Okay. Now let's try with butter. Butter, butter, butter, butter, butter. So if you do that many time, you actually start to exercise your muscle. When you learn a new language, always, you have to remember that it's not you, it's the muscle in your mouth and your the tongue itself that actually make different sound and different words. And this is why sometimes we feel ridiculous because we actually have to, yeah, move our tongue in a different way. So, this is the first exercise you can do. Then there is another exercise.

Monica Cazzamani Bona:
So, before you said Buona sera, can you try it again? I want to hear how you say. Buona sera. Oh, that is very good. So, the word sera, okay? If in English you try to imagine so the word sera is spelled s e r a. Okay? If you try to don't put the r in it, but you put a d. Okay? So, how would you say s e d a in English?

Katy Clarke:
Seda.

Monica Cazzamani Bona:
Yeah, esattamente. So, if you say this, it's actually almost the same sound. So, another way to try to pronounce word that sounds more like the Italian way to pronounce is to put the d instead of an r. So, even with, other word like Roma we can train our tongue and think about, okay, Sera, Sera, Sera, Sera, Sera, Sera, Sera, Sera, Roma, Roma, Roma, Roma, Roma. Okay? Sometimes it's just to teach the tongue how to move. When is the word Voreei as you before you were saying, it's just a matter of divide the word in 2. So you start with 'Vor' and then you say 'rei'. Can you try to repeat after me? Vor.

Katy Clarke:
Vor.

Monica Cazzamani Bona:
And then rei.

Katy Clarke:
Rei

Monica Cazzamani Bona:
Vor, rei. Vor, rei.

Katy Clarke:
Vor, re.i Vor, rei.

Monica Cazzamani Bona:
You're the best student. So yes. So you just have to do these three exercises. So, again, think about better and butter. Think about word like, Roma, Rosa, or even just, if it's the r is in the middle of the word, just put a d. So you can say, Sera or Seda. Okay? And then if it's a double letter, divide the word exactly in the middle where the double is, and then do a stop. The stop will make you roll better those 2 r's because it is actually just a longer r. Vor rei. Vor rei.

Katy Clarke:
Vorrei. Just on vorrei, though. So I don't wanna confuse anyone, but I have heard in restaurants people say prendo.

Monica Cazzamani Bona:
This is - it's always, like, difficult because when I design something like a program for someone that wants to learn just the basic, then a question like this always come. You know? You have to think when you learn a new language, is that the teacher in front of you or the book in front of you is actually lying all the time. So you already find me lying. Yeah. So, yes, there are always other words. Okay? So, 'prendo' is another one, so again, it's a r, 'prendo' literally means 'I take'. So, it's like when in English you say I would like pizza or I'll have a pizza, I'll have a glass of wine - to the waiter.

Monica Cazzamani Bona:
Yeah. So, they both work very well. You can use 'prendo' in other situation. So, for instance, you can't say, 'prendo mangiare', no? Because it doesn't mean I would like to eat, but just I would like is 'vorrei' but is more like I take - I take this. 'Prendo un piatto di pasta'. 'Prendo una bistecca'.

Katy Clarke:
Well, so is actually a lot more useful then. And so this is why we need to trust you, our teacher.

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Monica Cazzamani Bona:

Trust me, but remember when you learn something, like, this is never the end. No? Like, if I tell you, for instance, before you say hello and then you say 'belissimo', there is so much I can explain you, like, in these two words, you know, ending the 'esimo' at the end of a word that make it bigger, you know, or can be say 'bello' or 'bella', you know. So, sometimes when you learn, you know, going back to over complicating things, sometimes it's just to accept little information without trying to go too deep in it because, again, our brain is, like, is intelligent. So this is why we keep asking ourself, oh, what's the difference between ciao bello and ciao bella? Well, you can know, like, maybe just give yourself time. At the start, if you just say ciao bello, they just say 'ciao bello' to everyone, and then people will just say, oh, he actually doesn't know or she actually doesn't know too much of Italian, but he's actually been very nice with me and he's communicating. So there is always more to learn. But, yeah, it's a beautiful process and yeah.

Katy Clarke:

Yeah. It really is. I mean, I've had fun. But I think, you know, what, what you've gone through today, it's very relaxing, you know, so you can do, and you're giving feedback as well. So I think that's a really useful thing that you can do. I've also tried online courses, which has only taken me so far, and I think the issue with that is you're not getting consistent feedback and adjusting and tips and just like what you've done just now along the way. So it's super interesting, I think. And I, wonder if everyone's learning languages, they need to look at an approach that works for them because there's not one size fits all in any situation.

Monica Cazzamani Bona:

Yeah. For instance, just to give more example, I have a student that she enrolled with us just couple of probably, I will say a couple of months ago now. She used Duolingo straight for more than a 1000 day. She enjoyed it. And, when she came to me, I actually was surprising how much Italian she knew. She couldn't really speak, but her vocabulary was amazing. And you know what? Because her brain works very well this way and this is why now that she practice with the tutor, like, and she speaks, we actually still use very visual material. We use repetition, which is what Duolingo works with and we use sort of the same process and we just make it a little better for her.

Monica Cazzamani Bona:

There are people that loves to go in group classes and they learn so much, but there are other people that don't. And this is why it's good to know and understand what approach you could use because you will save 1,000s of hours, on trying to understand what is your approach by yourself. So, having someone to relate, it's very good. I'm not saying that, you know, apps and these days, there are also AI tutor. So you can actually go and they actually give you feedbacks and and maybe works for you. You know? Like, yeah. It's based on how you are and how you want to have the approach and also how you want your journey to be. You know? It's a very long journey for someone, so you actually have to enjoy it.

Monica Cazzamani Bona:

Because if you don't find enjoyment, then why are you studying just going to something else?

Katy Clarke:

Yeah. It's absolutely true. But what I do love is that with the language, it's a it's a lifelong learning process and but it's something that's very special that you can have with you forever. If you people have been listening for a long time will know that my French is better than my Italian, which I need to work on. But that's because I did a lot of study at at high school, but it never goes away. In fact, it annoyingly comes back when I'm trying to think of an Italian word because, you know, I always think of the French word first for some reason. But anyway, that's a whole other story. So Monica Vorrei is such a useful word and I love it.

Katy Clarke:

I think it's great. And I'm I'm going over to Italy soon, so I'm gonna be using it a lot. Are there any other quick words that you'd like to share with us today?

Monica Cazzamani Bona:

Another one like Vorrei - that you can use to make lots of different question is 'posso'. Spell p o double s o, 'posso'. 'Posso' is one of - it comes from the same sort of category of verbs of words. So if, I would like means, is 'vorrei', 'posso?' is 'can I?' Okay? Or I can. Okay? So they're called model verbs if we go in grammar, but they're actually quite easy to use because once you use 'posso' you can just add other words, other verbs after that to make any question. For instance, in English, a verb in infinitive is something you can put 'to' in front, for instance, to speak, to eat, to dance. So, posso, and then you say 'mangiare'. So, in English is to eat, in Italiano ends by are 'are//ire/iare/'.

Monica Cazzamani Bona:

So, usually our words like 'mangiare, parlare, cantare, volare'. You remember the song? Volare. So, if you want to say, can I fly? Can I eat? Can I sing? Can I sleep? Posso dormire? You don't have to remember the la the second word. If you remember the 'posso', then you have a very quick, look into your Google translator or phrase book or whatever, and you find verbs, actions, that will help you a lot to ask a lot of questions you can do. And the good part is, 'posso' means 'can I', but also 'I can'. Per esempio 'Posso parlare Italiano' - 'I can speak Italian'. Non. No. We learn non today. 'Non posso parlare Italiano, scusi'.

Monica Cazzamani Bona:

'Vorrei' and 'posso' they could be 2 good words to learn. But I don't want to give you many because I prefer you and all the listeners today, really remember what we say at the start. Don't overwhelm. Learn 2 words a day, 2 sentences a day, 2 little thing a day is enough. Don't overcomplicate it. And we can we can learn other words in another episode if you like, but little little bits.

Katy Clarke:

Little snippets, little morsels. I love it. Thank you, Monica. I think this chat will definitely

help our listeners to take those first steps and build confidence for the next steps in their Italian language journey. And if they'd like to stay in touch with you or maybe get some one-to-one tuition with your team, how can they do that?

Monica Cazzamani Bona:

To connect with me, the easiest way is going on my website or, find me on Instagram. My website is sumisuraitaly.com. It's a bit complicated to spell, but you will easily find it on the podcast notes. Same for my Instagram account. If you want to learn Italian, we have different approach. If you're a very, very beginner and you are going to Italy or you just want to learn a little bit with this approach, small little lessons every day for 4 weeks, in fact, it's called 4 weeks to Italy. It's a little course that I've have designed so you can explore the language without being, again, overwhelmed. That is something very nice to use and it's something you can start anytime because it's going to be customized on you on top of the everyday little lessons that are going to be 1 to 1 lessons with 1 of our tutor.

Monica Cazzamani Bona:

And, yeah, that is a way. Otherwise, if you have already learned and you want more customized, lessons for different levels, then again, just do a meet and greet with me. I will help you out finding a good way to approach. In any case, I want to give you and your listeners a very good discount. So if you get in contact with me, I want to give 50% of discount on my 4 weeks to Italy or on, our first lesson 101. We just use the code 'Untold Italy'. This just came in my mind. I hope you, enjoy and people will use it.

Katy Clarke:

Wow. That sounds amazing. Vorrei a lesson. Sorry. I didn't know the list. I need to know my Google translate ready, but Grazie Monica, I'm sure many people be interested in that. And of course, we will put all the details in the show notes. Thank you, Monica, for joining us and let's do this again sometime.

Katy Clarke:

I love learning with you.

Monica Cazzamani Bona:

Thank you. I hope you had fun. And, I wasn't too sometimes I can be quite bossy when I ask, do you remember how to say?

Katy Clarke:

Not at all. Grazie, Monica!

Monica Cazzamani Bona:

Thank you, Katy.

Katy Clarke:

Ciao.

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Monica Cazzamani Bona:
Ciao. Arrivederci.

Katy Clarke:

Well, that was fun. And I can tell you. I am a busy mum and business owner with a lot of lists and thoughts running through my mind most of the time. And even I found that I could easily concentrate on those exercises and make logical assumptions for how to use the word vorrei.

So I am going to keep practicing those phrases and rolling my 'r's. It really doesn't come that naturally to native English speakers but it does sound lovely, doesn't it?

As always, the key to learning languages is practise and consistency and setting yourself achievable goals like being able to order at a restaurant or ask for directions compared with a huge objective like I want to learn to speak Italian.

So if you're interested in getting a lot of practice and some direct Italian language coaching tailored to your needs you can find all Monica's details in on our website show notes at untolditaly.com/257 for episode 257. We've also added in the generous offer she mentioned for our listeners so you have some additional motivation to get going with it.

Grazie. Thanks to all our wonderful listeners for your ongoing support of Untold Italy. I hope you enjoyed today's show. If you did then it would be amazing if you gave us a rating or review in your favorite podcast app. That way we can reach more Italy travel lovers just like you

If you listen on Spotify you can also leave comments on each episode and I really love reading all of those. Unfortunately, they haven't worked out a way for podcasters to reply to questions on that function but we're pushing for it.

Next week on Untold Italy one of your favorite guests is returning to help us unpack what to expect and how to make the most of your time in Italy if you have food allergies But until then it's "ciao for now".