

1. Basic Greetings & Politeness

- **Hello (used during the day)** - Konnichiwa (こんにちは)
- **Good morning** - Ohayou gozaimasu (おはようございます)
- **Good evening** - Konbanwa (こんばんは)
- **Thanks / Thank you** - Arigatou (ありがとうございます) / Arigatou gozaimasu (ありがとうございます)
- **Excuse me / Sorry** (also used to get attention) - Sumimasen (すみません)
- **Please** (used when requesting something politely) - Onegai shimasu (お願いします)
- **Can you speak English?** - Eigo o hanase-masuka? (英語を話せますか？)
- **Please help me!** (Use in urgent situations, like emergencies. Sumimasen would work just fine to get people's attention for help.) - Tasukete kudasai (助けてください！)

2. Essential Travel Phrases

- **Where is ○○?** - ○○ wa doko desu ka? (○○はどこですか？)
 - Example: Where is the restroom? → Toire wa doko desu ka? (トイレはどこですか？)
- **I want to go to ○○.** - ○○ e ikitai desu. (○○へ行きたいです。)
 - Example: I want to go to Disney. → Dizunii e ikitai desu. (ディズニーへ行きたいです。)
- **I am lost.** - Mayoi mashita (迷いました。)

Some phrases you might hear in response:

- **It's over there** - Acchi desu. (あっちです。)
- **It's right here** - Koko desu. (ここです。)
- **Go straight.** - Massugu desu. (まっすぐです。)
- **Turn left / right.** - Hidari / Migi ni magatte kudasai. (左 / 右に曲がってください。)
- **You can walk there.** - Aruite ikemasu. (歩いて行けます。)
- **Take this train/bus.** - Kono densha / basu ni notte kudasai. (この電車 / バスに乗ってください。)

3. Ordering Food & Shopping

- **How much is this?** - Ikura desu ka? (いくらですか？)
- **I'll take this, please.** - Kore o kudasai. (これをください。)
 - Replace kore with anything to request for an item. Example:
 - **Please give me a menu.** → Menyuu o kudasai. (メニューをください。)
- **What do you recommend?** - Osusume wa nan desu ka? (おすすめは何ですか？)
- **The bill, please.** - Okaiki onegai shimasu. (お会計お願いします。)
- **Can I use a credit card?** - Kaado wa tsukaemasu ka? (カードは使えますか？)
- **It's delicious!** - Oishii desu! (おいしいです！)

Some phrases you might hear from staff:

- **Here you go.** - Douzo (どうぞ。)
- **This is our recommendation.** → Osusume wa kore desu. (おすすめはこれです。)
- **Would you like it heated up?** (At a convenience store) → Atatamemasu ka? (温めますか？)
- **Would you like a bag?** - Fukuro wa irimasu ka? (袋はいりますか？)

4. Useful Conversational Phrases

- **I don't understand.** - Wakarimasen (わかりません)
- **Please say that again.** - Mou ichido onegai shimasu. (もう一度お願ひします。)
- **Please speak slowly.** - Yukkuri hanashite kudasai. (ゆっくり話してください。)
- **Yes / No** - Hai (はい) / ie (いいえ)

Cultural Tip: Instead of directly saying “no” (ie), Japanese people often use softer rejections like chotto... (ちょっと...), which means “a little...” but implies “no.”

5. Some Words You Should Know

Even if you can't form full sentences, knowing key words can help in many situations.

Transit

- **Airport** - Kuukou (空港)
- **Train station** - Eki (駅)
- **Bus stop** - Basutei (バス停)
- **Taxi stand** - Takushī sutando (タクシースタンド)
- **Ticket** (for transport like trains and buses) - Kippu (切符)
- **IC cards** - IC kādo (ICカード)
 - used for electronic payments, especially for public transportation. They are unified and can be used on most bus and train lines.
 - **Suica** (スイカ) – Used primarily in the Tokyo area, for trains, buses, and purchases.
 - **Pasmo** (パスモ) – Similar to Suica, but primarily used for transportation in the greater Tokyo area.
 - **ICOCA** (イコカ) – Used in the Kansai area, around Osaka, Kyoto, and Kobe.

Locations

- **Bank** - Ginkou (銀行) (*The ATM is also "ATM" in Japanese.*)
- **Convenience store** - Konbini (コンビニ)
- **Hospital** - Byouin (病院)
- **Hotel** - Hoteru (ホテル)
- **Pharmacy** - Yakkyoku (薬局)
- **Police box** - Kouban (交番)

- **Restaurant** - Resutoran (レストラン)
- **Supermarket** - Suupaa (スーパー)
- **Tourist information center** - Kankou annaijo (観光案内所)
- **Restroom/Toilet** - Toire (トイレ)

Cultural Tip: Japan is one of the safest countries, but if you need help, look for a kouban (small police box) in most neighborhoods.

Items

Essentials

- **Wallet** - Saifu (財布)
- **Passport** - Pasupōto (パスポート)
- **Smartphone** - Sumaho (スマホ)
- **Charger** - Juudenki (充電器)

Health & Hygiene

- **Medicine** - Kusuri (薬)
- **Pain reliever** - Itamidome (痛み止め)
- **Cold medicine** - Kaze gusuri (風邪薬)
- **Sanitary products** - Seiri youhin (生理用品)
- **Band-aid** - Bansōkō (絆創膏)
- **Eye drops** - Megusuri (目薬)
- **Mask** - Masuku (マスク)
- **Hand sanitizer** - Shūdoku ekitai (消毒液体) or Handosanitā (ハンドサンイタ)
- **Tissues** - Tisshu (ティッシュ)

Toiletries

- **Toothbrush** - Haburashi (歯ブラシ)
- **Toothpaste** - Hamigakiko (歯磨き粉)
- **Shampoo** - Shanpū (シャンプー)
- **Conditioner** - Kondishonā (コンディショナー)
- **Soap** - Sekken (石鹼)
- **Body wash** - Bodiišōpu (ボディソープ)
- **Towel** - Taoru (タオル)