

Your First Month in Romania

**Essential Romanian phrases to start safely
and with confidence.**



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How to use this guide

Romanian looks hard at first — but you don't need perfect grammar to be safe and understood in your first month.

This guide gives you the practical phrases you'll actually use, grouped by the situations you'll meet: your first days, your first day at work, emergencies, shops, transport and daily life.

It follows the established "survival phrasebook" format used worldwide to help newcomers communicate quickly and safely — the same practical approach found in international travel phrasebooks and in humanitarian language tools created for newly arrived migrants and refugees.

What's inside

- Your first 48 hours and the 20 words you'll hear every day
- At work: safety, understanding tasks, asking for help, reporting problems
- Health & emergencies — including how to call 112
- Daily life: money, transport, shopping and polite phrases
- A pocket Quick Card with the 30 most important phrases

How to read a phrase

Every phrase has three lines:

I need help → *what you want to say (in English)*

Am nevoie de ajutor → *the Romanian — this is what you say out loud*

am neh-VOH-yeh deh ah-zhoo-TOR → *how to say it*

Capital letters show the stressed part of the word: in ah-zhoo-TOR, say the last part a little stronger.

Golden Rule

Don't nod or agree if you don't understand.

Ask again — "Nu am înțeles" (I didn't understand) is not a mistake.

It keeps you safe.



Your First 48 Hours

English	Romanian	How to say it
Hello / Good day	Bună ziua	BOO-nuh ZEE-wah
Hi (informal)	Salut	sah-LOOT
My name is...	Mă numesc...	muh noo-MESK
Nice to meet you	Îmi pare bine	eem PAH-reh BEE-neh
I don't speak Romanian well	Nu vorbesc bine românește	noo vor-BESK BEE-neh roh-muh-NESH-teh
Do you speak English?	Vorbiți engleză?	vor-BEETS en-GLEH-zuh
Can you repeat, please?	Puteți repeta, vă rog?	poo-TETS reh-peh-TAH, vuh ROG
Slower, please	Mai rar, vă rog	my RAR, vuh ROG
I didn't understand	Nu am înțeles	noo am uhn-tseh-LES
I understand	Am înțeles	am uhn-tseh-LES

Tip:

Keep your documents (passport, contract, permit) in one safe place. Never give the originals to anyone without asking your contact person first.



20 Words You'll Hear Every Day

English	Romanian	How to say it
Yes	Da	DAH
No	Nu	NOO
Please	Vă rog	vuh ROG
Thank you	Mulțumesc	mool-tsoo-MESK
You're welcome	Cu plăcere	koo pluh-CHEH-reh
Sorry / Excuse me	Scuze	SKOO-zeh
Okay / Good	Bine	BEE-neh
Help	Ajutor	ah-zhoo-TOR
Stop	Stop	STOP
Careful / Attention	Atenție	ah-TEN-tsee-eh
Now	Acum	ah-KOOM
Later	Mai târziu	my tuhr-ZYOO
Today	Astăzi	AH-stuhz
Tomorrow	Mâine	MUHY-neh
Here	Aici	ah-EECH
There	Acolo	ah-KOH-loh
I don't know	Nu știu	noo SHTEE-oo
Done / Finished	Gata	GAH-tah
Quickly	Repede	REH-peh-deh
Slowly	Încet	uhn-CHET



First Day at Work

Safety & warnings

English	Romanian	How to say it
Careful! / Watch out!	Atenție!	ah-TEN-tsee-eh
Danger	Pericol	peh-REE-kol
Is it dangerous?	Este periculos?	YES-teh peh-ree-koo-LOHS
Where is the exit?	Unde este ieșirea?	OON-deh YES-teh yeh-SHEE-reh-ah

Understanding the task

English	Romanian	How to say it
What should I do?	Ce trebuie să fac?	ch eh TREH-boo-yeh suh FAHK
Where do I put this?	Unde pun asta?	OON-deh poon AH-stah
Show me, please	Arătați-mi, vă rog	ah-ruh-TAHTS-mee, vuh ROG
Like this?	Așa?	ah-SHAH
I have finished	Am terminat	am ter-mee-NAHT

Asking for help & Reporting a problem

English	Romanian	How to say it
I need help	Am nevoie de ajutor	am neh-VOH-yeh deh ah-zhoo-TOR
Can you help me?	Mă puteți ajuta?	muh poo-TETS ah-zhoo-TAH
I have a problem	Am o problemă	am oh proh-BLEH-muh
It's broken	S-a stricat	sah stree-KAHT
It doesn't work	Nu funcționează	noo foonk-tsee-oh-NYAH-zuh
I got hurt	M-am lovit	mam loh-VEET



When Something Goes Wrong

On your first days it feels easier to nod and say "da" than to admit you didn't understand. But on a worksite, a misunderstood instruction can hurt you or someone else. Good workers ask. Asking is not weakness — it is safety.

If you don't understand

English	Romanian	How to say it
I didn't understand	Nu am înțeles	noo am uhn-tseh-LES
Show me, please	Arătați-mi, vă rog	ah-ruh-TAHTS-mee, vuh ROG
Slower, please	Mai rar, vă rog	my RAR, vuh ROG

Health & Emergencies

English	Romanian	How to say it
Call 112	Sunați la 112	soo-NAHTS lah OON-OON-DOY
It's an emergency	Este o urgență	YES-teh oh oor-JEN-tseh
Help!	Ajutor!	ah-zhoo-TOR
It hurts here	Mă doare aici	muh DWAH-reh ah-EECH
I am sick	Sunt bolnav/ă	soont bol-NAHV / bol-NAH-vuh
I need a doctor	Am nevoie de un doctor	am neh-VOH-yeh deh oon DOK-tor
Call an ambulance	Chemați o ambulanță	keh-MAHTS oh am-boo-LAHN-tseh
I'm allergic (m / f)	Sunt alergic / alergică	soont ah-LER-jeek / ah-LER-jee-kuh
Where is the pharmacy?	Unde este farmacia?	OON-deh YES-teh far-mah-CHEE-ah



Everyday Life

Money & Phone

English	Romanian	How to say it
How much is it?	Cât costă?	kuht KOS-tuh
It's too expensive	E prea scump	eh PRYAH SKOOMP
Where can I pay?	Unde pot plăti?	OON-deh pot pluh-TEE
By card	Cu cardul	koo KAR-dool
I want a SIM card	Vreau o cartelă SIM	VRYAH-oo oh kar-TEH-luh SIM
Salary	Salariu	sah-LAH-ryoo
I send money home	Trimit bani acasă	tree-MEET BAHN ah-KAH-suh

Food & Shopping

English	Romanian	How to say it
I would like...	Aș vrea...	ush VRYAH
Water	Apă	AH-puh
Bread	Pâine	PUHY-neh
How much is this?	Cât costă acesta?	kuht KOS-tuh ah-CHES-tah
A bag, please	O pungă, vă rog	oh POON-guh, vuh ROG
Without meat	Fără carne	FUH-ruh KAR-neh
Without pork	Fără porc	FUH-ruh PORK



Getting Around & Polite Phrases

Getting around

English	Romanian	How to say it
How do I get to...?	Cum ajung la...?	koom ah-ZHOONG lah
Where is the stop?	Unde este stația?	OON-deh YES-teh STAH-tsee-ah
One ticket, please	Un bilet, vă rog	oon bee-LET, vuh ROG
Left	La stânga	lah STUHN-gah
Right	La dreapta	lah DRYAP-tah
Straight ahead	Drept înainte	drept uh-nah-EEN-teh
I'm lost	M-am rătăcit	mam ruh-tuh-CHEET

Politeness That Opens Doors

English	Romanian	How to say it
Good morning	Bună dimineața	BOO-nuh dee-mee-NYAH-tsah
Good evening	Bună seara	BOO-nuh SYAH-rah
Goodbye	La revedere	lah reh-veh-DEH-reh
Please (kindly)	Vă rog frumos	vuh ROG froo-MOHS
Thank you very much	Mulțumesc mult	mool-tsoo-MESK MOOLT
Excuse me	Scuzați-mă	skoo-ZAHTS-muh
Have a good day!	O zi bună!	oh zee BOO-nuh



You've taken the first step.

This guide gets you through the basics. But real confidence — understanding your team, your tasks, daily life — comes with practice.

INDORA teaches practical Romanian for foreign workers: real workplace situations, not classroom grammar. Learn the language you actually use, at work and in daily life.

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