



A very special thank you to the buildOn Guatemala STAFF who have worked hard to make this phrasebook and the **Trek for Knowledge** to Guatemala a possibility!

¡MUCHÍSIMAS GRACIAS!



Spanish Phrase Book



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Spanish Phrase Book

Guatemalan Spanish Tips

Guatemalans are famous for their creative language. This can be explored in more detail in the Chapinismos, or Guatemalan colloquial Spanish, language sheet. As much of the language is specific to the country, be sure to always verify words before using them in another geographic context! Here are a few common phrases and courtesies to help you start communicating in Guatemala!

- When you walk by someone on the street, it is polite to greet them by saying “**Buenos días, Buenas tardes, Buenas noches**” or a simple “**adiós.**”
- When visiting someone’s home or place of business, call out “**Buenas**” to call attention to your presence. Before you enter, say “**Con permiso.**” It’s like knocking on the door and asking for permission to enter.
- When you finish eating, say “**gracias.**” The response you will receive is buen provecho. If someone else says gracias, you respond by saying “**buen provecho.**” Additionally, if someone else says buen provecho, you respond by saying “**gracias.**”
- Use the **formal** version of phrases in this book when talking to anybody older than you- it is polite and respectful. You can use the **informal** with kids or people your own age.

NOTES

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NOTES

NOTES

| Greetings / Farewells | |
|--------------------------------------|--|
| English | Spanish |
| Hi | Hola |
| Good morning How did you wake up? | Buenos días ¿Cómo amaneció? |
| Good afternoon | Buenas tardes |
| Good night Sleep well | Buenas noches Que duerma bien |
| How do you feel? | ¿Cómo se siente? |
| How are you? | ¿Cómo está? (formal) ¿Cómo estás? (informal) ¿Cómo están? (plural) ¿Qué tal? (for anyone) |
| Well, Very well | Bien, Muy bien |
| See you tomorrow | Hasta mañana |
| See you later | Hasta luego |
| I'll be right back | Ya regreso |
| Have a good day | Que tenga un buen día |

1

NOTES

| Greetings/Farewells | |
|--------------------------------------|--|
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| I'll be right back | Ya regreso |
| Have a good day | Que tenga un buen día |

1

| Basic Phrases | |
|----------------------------------|---------------------------------|
| English | Spanish |
| Excuse me | Con permiso / Disculpe |
| I (don't) understand | (No) Entiendo |
| How do you say _____ in Spanish? | ¿Cómo se dice _____ en español? |
| Please | Por favor |
| Thank you (very much) | Gracias (Muchas) |
| Yes/ No | Sí/ No |
| What is this? | ¿Qué es eso? |
| Introductions | |
| English | Spanish |
| My name is... | Me llamo... |
| What is your name? | ¿Cómo se llama? |
| Where are you from? | ¿De dónde es? |
| I am from the United States. | Soy de los Estados Unidos. |
| How old are you? | ¿Cuántos años tiene? |
| I am _____ years old. | Tengo _____ años. |
| Nice to meet you. | Un gusto conocerte. |

NOTES

2

| Basic Phrases | |
|----------------------------------|---------------------------------|
| English | Spanish |
| Excuse me | Con permiso / Disculpe |
| I (don't) understand | (No) Entiendo |
| How do you say _____ in Spanish? | ¿Cómo se dice _____ en español? |
| Please | Por favor |
| Thank you (very much) | Gracias (Muchas) |
| Yes/ No | Sí / No |
| What is this? | ¿Qué es eso? |
| Introductions | |
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| How old are you? | ¿Cuántos años tiene? |
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NOTES

2

| Numbers | | | |
|---------|---------|-----------|--------------|
| English | Spanish | English | Spanish |
| One | Uno | Eleven | Once |
| Two | Dos | Twelve | Doce |
| Three | Tres | Thirteen | Trece |
| Four | Cuatro | Fourteen | Catorce |
| Five | Cinco | Fifteen | Quince |
| Six | Seis | Sixteen | Diez y seis |
| Seven | Siete | Seventeen | Diez y siete |
| Eight | Ocho | Eighteen | Diez y ocho |
| Nine | Nueve | Nineteen | Diez y nueve |
| Ten | Diez | Twenty | Veinte |
| | | Thirty | Treinta |
| | | Forty | Cuarenta |
| | | Fifty | Cincuenta |

18

| Numbers | | | |
|---------|---------|-----------|--------------|
| English | Spanish | English | Spanish |
| One | Uno | Eleven | Once |
| Two | Dos | Twelve | Doce |
| Three | Tres | Thirteen | Trece |
| Four | Cuatro | Fourteen | Catorce |
| Five | Cinco | Fifteen | Quince |
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| Seven | Siete | Seventeen | Diez y siete |
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| Nine | Nueve | Nineteen | Diez y nueve |
| Ten | Diez | Twenty | Veinte |
| | | Thirty | Treinta |
| | | Forty | Cuarenta |
| | | Fifty | Cincuenta |

18

| Phrases to use with infinitive verbs | |
|--------------------------------------|-----------------|
| English | Spanish |
| I have to _____ | Tengo que _____ |
| I'm going to _____ | Voy a _____ |
| I like to _____ | Me gusta _____ |
| I need to _____ | Necesito _____ |
| I want to _____ | Quiero _____ |

| Infinitive Verbs | |
|------------------|----------|
| English | Spanish |
| To eat | Comer |
| To dance | Bailar |
| To walk | Caminar |
| To sleep | Dormir |
| To cook | Cocinar |
| To work | Trabajar |
| To study | Estudiar |
| To play | Jugar |
| To speak/talk | Hablar |
| To run | Correr |
| To learn | Aprender |
| To go | Ir |
| To bathe | Bañarme |

3

| Phrases to use with infinitive verbs | |
|--------------------------------------|-----------------|
| English | Spanish |
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| To run | Correr |
| To learn | Aprender |
| To go | Ir |
| To bathe | Bañarme |

| Pronouns | |
|----------------------|-----------------|
| English | Spanish |
| I | Yo |
| You informal, formal | Tu o Vos, Usted |
| You plural | Ustedes |
| He | Él |
| She | Ella |
| They | Ellos, Ellas |

| Adjectives / Feelings | |
|--|--------------|
| English | Spanish |
| Tired | Cansado(a) |
| Happy | Feliz |
| Sad | Triste |
| Early | Temprano |
| Late | Tarde |
| Sick  | Enfermo(a) |
| Well | Bien |
| Angry | Enojado(a) |
| Frustrated | Frustrado(a) |

| Around the House / Community | |
|------------------------------------|--|
| English | Spanish |
| Where is _____'s house? | ¿Dónde está la casa de _____? |
| I am lost. | Estoy perdido(a). |
| Where is the toilet? | ¿Dónde está la letrina? |
| May I take a shower? | ¿Puedo bañarme? |
| Where is the school? | ¿Dónde está la escuela? |
| I am going to _____. | Voy a ir a _____. |
| I want to help. | Quiero ayudar. |
| May I help you? | ¿Puedo ayudarle? |
| House | Casa |
| Mosquito net | Mosquitero |
| Kids / Youth | Niños |
| White (or light) person | Canche o rubio |
| Can you help me wash my clothes? | Puede ayudarme usted a lavar mi ropa? |
| Sorry / Excuse me | Lo siento / discúlpeme |
| You have a beautiful family / home | Usted tiene una hermosa familia / casa |

4

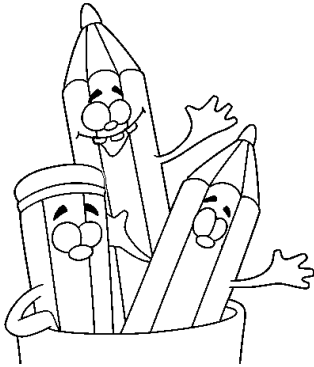
| Pronouns | |
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| You informal, formal | Tu o Vos, Usted |
| You plural | Ustedes |
| He | Él |
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| Adjectives / Feelings | |
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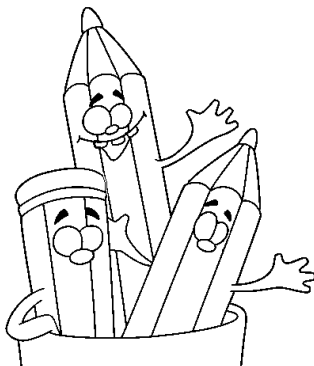
4

| Colors | |
|---------|------------|
| English | Spanish |
| Red | Rojo |
| Blue | Azul |
| Green | Verde |
| Orange | Anaranjado |
| Yellow | Amarillo |
| Brown | Café |
| Black | Negro |
| White | Blanco |



| Worksite | |
|-------------|------------------------|
| English | Spanish |
| Shovel | Pala |
| Wheelbarrow | Carreta |
| Pick Axe | Piocha |
| Sand | Arena |
| Cement | Cemento |
| Gravel | Piedrín |
| Bag | Bolsa |
| Brick | Ladrillo |
| Bucket/Pail | Cubeta |
| Hammer | Martillo |
| Nails | Clavos |
| Tool | Herramienta |
| Rebar | Varillas (de refuerzo) |
| Paint | Pintura |
| Hole | Hoyo |
| Water | Agua |
| Glove | Guante |
| Blister | Ampolla |

| Colors | |
|---------|------------|
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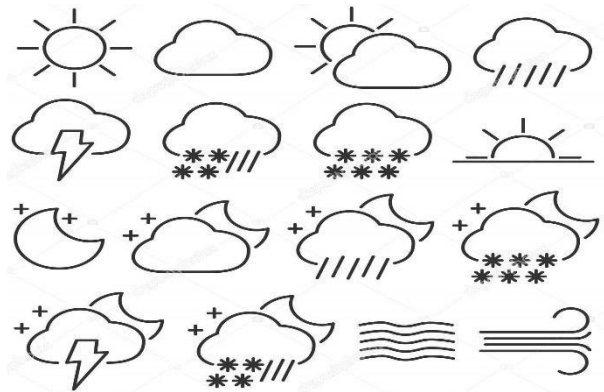


| Worksite | |
|-------------|------------------------|
| English | English |
| Shovel | Pala |
| Wheelbarrow | Carreta |
| Pick Axe | Piocha |
| Sand | Arena |
| Cement | Cemento |
| Gravel | Piedrín |
| Bag | Bolsa |
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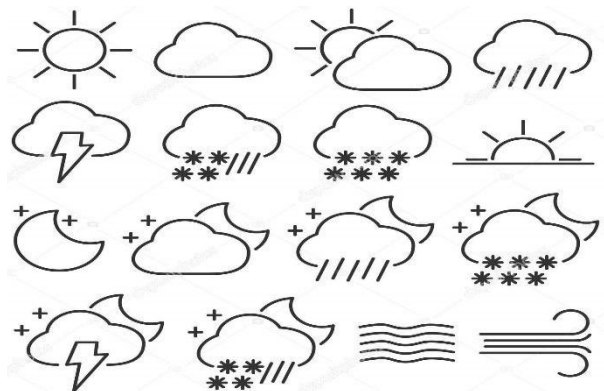
| Worksite cont. | |
|--------------------|----------------------|
| English | English |
| Can I borrow...? | ¿Puede prestarme...? |
| Can I use? | ¿Puedo usar...? |
| Good work! | Buen trabajo! |
| How much more? | ¿Cuánto más? |
| Where do I put it? | ¿Dónde lo pongo? |
| May I help you? | ¿Puedo ayudarle? |
| I want to work. | Quiero trabajar. |

| Worksite cont. | |
|--------------------|----------------------|
| English | English |
| Can I borrow...? | ¿Puede prestarme...? |
| Can I use? | ¿Puedo usar...? |
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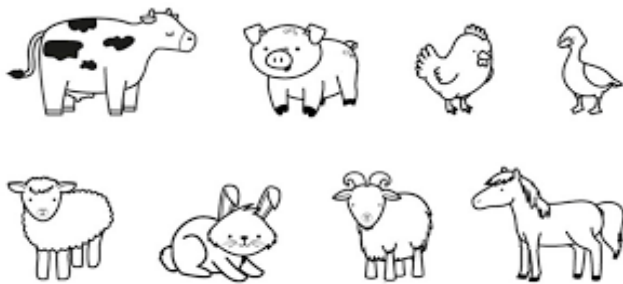
| Temperature / Weather | |
|------------------------|--------------------------|
| English | Spanish |
| It is hot / I am hot | Hace calor / Tengo calor |
| It is cold / I am cold | Hace frío / Tengo frío |
| Rain | Lluvia |
| Sun | Sol |
| Moon | Luna |
| Wind | Viento |
| Clouds | Nubes |
| Sunrise | Amanecer |
| Sunset | Atardecer |



| Temperature/Weather | |
|------------------------|--------------------------|
| English | Spanish |
| It is hot / I am hot | Hace calor / Tengo calor |
| It is cold / I am cold | Hace frío / Tengo frío |
| Rain | Lluvia |
| Sun | Sol |
| Moon | Luna |
| Wind | Viento |
| Clouds | Nubes |
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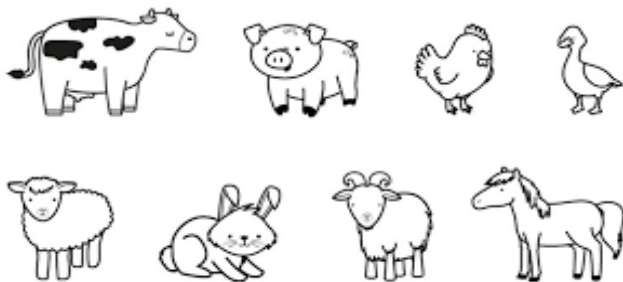


| Animals and Insects | |
|-----------------------|-----------------------|
| English | Spanish |
| Goat | Cabra |
| Chicken, Hen, Rooster | Pollo, Gallina, Gallo |
| Turkey | Chompipe, Chunte |
| Cow | Vaca |
| Pig | Cerdo, Coche |
| Dog | Perro |
| Cat | Gato |
| Spider | Araña |
| Ant | Hormiga |
| Mosquito | Zancudo |
| Snake | Culebra |
| Fish | Pescado |



14

| Animals and Insects | |
|-----------------------|-----------------------|
| English | Spanish |
| Goat | Cabra |
| Chicken, Hen, Rooster | Pollo, Gallina, Gallo |
| Turkey | Chompipe, Chunte |
| Cow | Vaca |
| Pig | Cerdo, Coche |
| Dog | Perro |
| Cat | Gato |
| Spider | Araña |
| Ant | Hormiga |
| Mosquito | Zancudo |
| Snake | Culebra |
| Fish | Pescado |



14

| Family | |
|-------------|-------------|
| English | Spanish |
| Family | Familia |
| Sister | Hermana |
| Brother | Hermano |
| Father | Padre, Papá |
| Mother | Madre, Mamá |
| Aunt | Tía |
| Uncle | Tío |
| Grandmother | Abuela |
| Grandfather | Abuelo |
| Son | Hijo |
| Daughter | Hija |
| Wife | Esposa |
| Husband | Esposo |
| Stepmother | Madrastra |
| Stepfather | Padrastro |



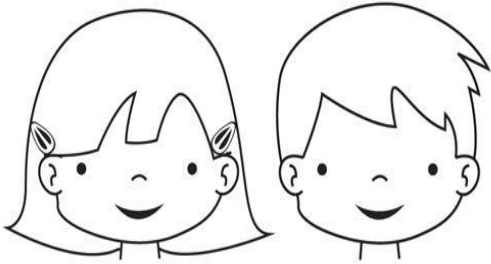
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| Family | |
|-------------|-------------|
| English | English |
| Family | Familia |
| Sister | Hermana |
| Brother | Hermano |
| Father | Padre, Papa |
| Mother | Madre, Mama |
| Aunt | Tía |
| Uncle | Tío |
| Grandmother | Abuela |
| Grandfather | Abuelo |
| Son | Hijo |
| Daughter | Hija |
| Wife | Esposa |
| Husband | Esposo |
| Stepmother | Madrastra |
| Stepfather | Padrastro |



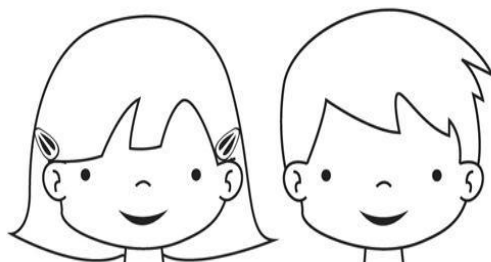
7

| Parts of the Body | |
|-------------------|---------------|
| English | Spanish |
| Head | Cabeza |
| Hair | Pelo, Cabello |
| Eyes | Ojos |
| Ears | Orejas |
| Nose | Nariz |
| Mouth | Boca |
| Lips | Labios |
| Teeth | Dientes |
| Neck | Cuello, Nuca |



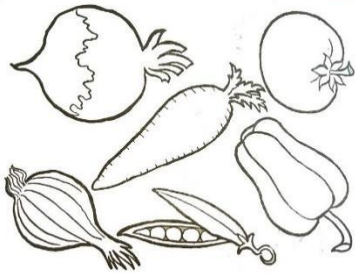
| Food / Eating Cont. | |
|----------------------------|---------------------|
| English | Spanish |
| Coffee | Café |
| Any fruit drink | Fresco |
| Soup | Sopa |
| Cheese | Queso |
| Tamale | Tamal |
| Sugar | Azúcar |
| Salt | Sal |
| How delicious! | Que rico! |
| Too much | Demasiado, Bastante |
| A little bit | Un poquito |
| A little bit more | Un poquito mas |
| I'm (not) hungry. | (No) tengo hambre. |
| Breakfast/To eat breakfast | Desayuno/Desayunar |
| Lunch/To eat lunch | Almuerzo/Almorzar |
| Dinner/To eat dinner | Cena/Cenar |

| Parts of the Body | |
|-------------------|---------------|
| English | Spanish |
| Head | Cabeza |
| Hair | Pelo, Cabello |
| Eyes | Ojos |
| Ears | Orejas |
| Nose | Nariz |
| Mouth | Boca |
| Lips | Labios |
| Teeth | Dientes |
| Neck | Cuello, Nuca |



| Food / Eating Cont. | |
|----------------------------|---------------------|
| English | Spanish |
| Coffee | Café |
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| Food | |
|-------------------|-----------------|
| English | Spanish |
| Food | Comida |
| Rice | Arroz |
| Beans | Frijoles |
| Banana | Banano |
| Plantain | Plátano |
| Avocado | Aguacate |
| Tortilla | Tortilla |
| Onion | Cebolla |
| Tomato | Tomate |
| Potatoes | Papas |
| Mais / Sweet Corn | Maíz / Elote |
| Chilli / Spicy | Chile / Picante |



12

| Parts of the Body Cont. | |
|-------------------------|----------|
| English | Spanish |
| Body | Cuerpo |
| Stomach | Estómago |
| Arms | Brazos |
| Legs | Piernas |
| Hands | Manos |
| Feet | Pies |
| Fingers | Dedos |
| Toes | Dedos |
| Back | Espalda |



9

| Food | |
|------------------|-----------------|
| English | Spanish |
| Food | Comida |
| Rice | Arroz |
| Beans | Frijoles |
| Banana | Banano |
| Plantain | Plátano |
| Avocado | Aguacate |
| Tortilla | Tortilla |
| Onion | Cebolla |
| Tomato | Tomate |
| Potatoes | Papas |
| Mais/ Sweet Corn | Maíz/ Elote |
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12

| Parts of the Body Cont. | |
|-------------------------|----------|
| English | Spanish |
| Body | Cuerpo |
| Stomach | Estómago |
| Arms | Brazos |
| Legs | Piernas |
| Hands | Manos |
| Feet | Pies |
| Fingers | Dedos |
| Toes | Dedos |
| Back | Espalda |

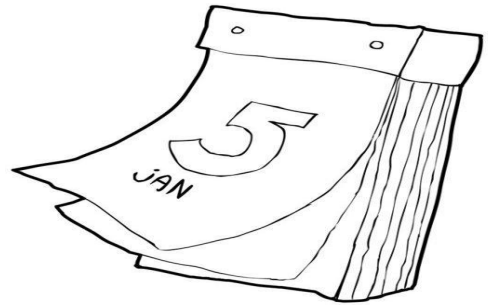


9

| Time | |
|-----------|-----------|
| English | Spanish |
| Sunday | Domingo |
| Monday | Lunes |
| Tuesday | Martes |
| Wednesday | Miércoles |
| Thursday | Jueves |
| Friday | Viernes |
| Saturday | Sábado |
| Now | Ahora |
| Later | Más tarde |
| Week | Semana |
| Year | Año |
| Morning | Mañana |
| Afternoon | Tarde |
| Night | Noche |
| Today | Hoy |
| Tomorrow | Mañana |
| Yesterday | Ayer |

10

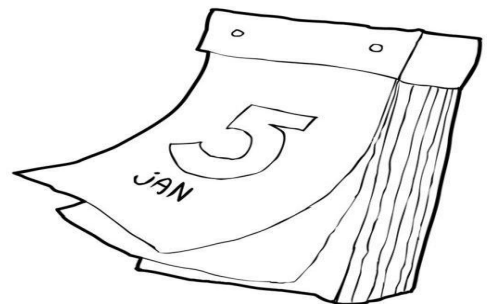
| Months | |
|-----------|------------|
| English | Spanish |
| January | Enero |
| February | Febrero |
| March | Marzo |
| April | Abril |
| May | Mayo |
| June | Junio |
| July | Julio |
| August | Agosto |
| September | Septiembre |
| October | Octubre |
| November | Noviembre |
| December | Diciembre |



11

| Time | |
|-----------|-----------|
| English | Spanish |
| Sunday | Domingo |
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| Wednesday | Miércoles |
| Thursday | Jueves |
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| Yesterday | Ayer |

| Months | |
|-----------|------------|
| English | Spanish |
| January | Enero |
| February | Febrero |
| March | Marzo |
| April | Abril |
| May | Mayo |
| June | Junio |
| July | Julio |
| August | Agosto |
| September | Septiembre |
| October | Octubre |
| November | Noviembre |
| December | Diciembre |



10

11