

## VOCABULARY · EPISODE 77

# Living in an English Speaking Country

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

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## to navigate daily life

manejarse en la vida cotidiana · desenvolverse en el día a día

## DEF

to successfully manage the everyday practical situations of living somewhere — shops, transport, bureaucracy, neighbours — in a new language or context

*Navigate daily life is the fundamental goal of practical English — not eloquence, but the ability to get through the day successfully. The survival kit episodes are specifically designed for this level of competence.*

## ES

Gestionar con éxito las situaciones prácticas del día a día de vivir en algún lugar — tiendas, transporte, burocracia, vecinos — en un nuevo idioma o contexto.

Es el objetivo fundamental del inglés práctico — no la elocuencia, sino la capacidad de pasar el día con éxito.

**Once you can navigate daily life in English — shopping, banking, appointments — you have crossed the most important threshold.**

Once you can navigate daily life in English, you have crossed the most important threshold. -> Una vez que puedes manejarte en la vida cotidiana en inglés, has cruzado el umbral más importante.

**She felt genuinely confident navigating daily life in English after only three months of the podcast.**

She felt genuinely confident navigating daily life in English after only three months of the podcast. -> Se sintió genuinamente segura desenvolviéndose en el día a día en inglés después de solo tres meses de podcast.

## 2 to settle in adaptarse poco a poco · llegar a sentirse en casa

### DEF

to become comfortable and accustomed to a new place, situation, or environment — to start feeling at home

*Settle in is warm and gradual — it describes the process, not just the result. You don't arrive and instantly feel at home; you settle in. Understanding this vocabulary helps learners describe and process the immigrant/expat experience in English.*

### ES

Sentirte cómodo y acostumbrado a un nuevo lugar, situación o entorno — empezar a sentirte como en casa.

Es cálido y gradual — describe el proceso, no solo el resultado.

***It took her about six months to really settle in to life in London — language was part of it, but community was bigger.***

It took her about six months to really settle in to life in London. -> Le llevó unos seis meses adaptarse poco a poco a la vida en Londres.

***Once you settle in and start making friends in English, the language improves faster than any class could manage.***

Once you settle in and start making friends in English, the language improves faster than any class could manage. -> Una vez que llegas a sentirte en casa y empiezas a hacer amigos en inglés, el idioma mejora más rápido de lo que podría lograr cualquier clase.

## 3 to get used to acostumbrarse a · volverse gradualmente familiar y cómodo con algo que antes era nuevo o extraño

### DEF

to gradually become familiar and comfortable with something that was previously new or strange

*Get used to is the adaptation phrase. It describes the process — not the arrival. 'I'm getting used to it' means the process is underway. 'I've got used to it' means the adaptation is complete. For language learners, getting used to a new country involves getting used to the pace, the customs, the climate, the food, the bureaucracy, and of course the language.*

### ES

Volverse gradualmente familiar y cómodo con algo que antes era nuevo o extraño.

La frase de adaptación. 'I'm getting used to it' significa que el proceso está en marcha. 'I've got used to it' significa que la adaptación está completa.

***Getting used to a new country takes longer than most people expect — allow yourself at least a year.***

Getting used to a new country takes longer than most people expect — allow yourself at least a year. -> Acostumbrarse a un nuevo país lleva más tiempo del que la mayoría espera — date al menos un año.

***She got used to the cold weather after two winters and even started enjoying the long evenings of summer.***

She got used to the cold weather after two winters and even started enjoying the long evenings of summer. -> Se acostumbró al frío después de dos inviernos e incluso empezó a disfrutar de las largas tardes de verano.

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## to find your bearings

### orientarse · averiguar dónde estás y cómo funcionan las cosas en una nueva situación

#### DEF

to figure out where you are and how things work in a new situation — to get orientated

*Find your bearings is the orientation phrase. When you arrive somewhere new — a city, a job, a social scene — finding your bearings means getting enough of a map in your head to function: knowing where things are, who to talk to, how the system works. It is used both literally (finding your way around a city) and figuratively (understanding how things work in a new job).*

#### ES

Averiguar dónde estás y cómo funcionan las cosas en una nueva situación — orientarse.

La frase de orientación. Se usa tanto literalmente (encontrar el camino en una ciudad) como figuradamente (entender cómo funcionan las cosas en un nuevo trabajo).

**Give yourself time to find your bearings in a new city before making major decisions.**

Give yourself time to find your bearings in a new city before making major decisions. -> Date tiempo para orientarte en una nueva ciudad antes de tomar decisiones importantes.

**She spent her first two weeks just finding her bearings — learning the neighbourhood, the transport, and the local shops.**

She spent her first two weeks just finding her bearings — learning the neighbourhood, the transport, and the local shops. -> Pasó sus primeras dos semanas solo orientándose — aprendiendo el barrio, el transporte y las tiendas locales.

5

## culture shock

### el choque cultural · la sensación de desorientación y ansiedad al encontrarse con una cultura significativamente diferente

#### DEF

the feeling of disorientation, confusion, and anxiety experienced when encountering a significantly different culture or way of life

*Culture shock is the cross-cultural adjustment concept. It is not just about food or customs — it is a deep psychological reaction to discovering that the world does not work the way you assumed. Culture shock typically follows a pattern: initial excitement (honeymoon), then difficulty (frustration), then gradual adjustment (accommodation), and finally integration. Knowing this pattern helps you cope when you are in the difficult phase.*

#### ES

La sensación de desorientación, confusión y ansiedad que se experimenta al encontrarse con una cultura o forma de vida significativamente diferente.

El concepto de ajuste intercultural. El choque cultural típicamente sigue un patrón: entusiasmo inicial, luego dificultad, luego ajuste gradual y finalmente integración.

**Culture shock is not weakness — it is the normal response to a genuinely different world.**

Culture shock is not weakness — it is the normal response to a genuinely different world. -> El choque cultural no es debilidad — es la respuesta normal a un mundo genuinamente diferente.

**She recognised that what she was feeling was culture shock and that it would pass — which made it much easier to endure.**

She recognised that what she was feeling was culture shock and that it would pass — which made it much easier to endure. -> Reconoció que lo que sentía era un choque cultural y que pasaría — lo que lo hizo mucho más fácil de soportar.

## to feel homesick

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**sentir nostalgia · sentir añoranza por el hogar — especialmente cuando estás lejos de él por un período prolongado**

### DEF

to feel a longing for home — especially when you are far away from it for an extended period

*Homesick is the displacement emotion. It is not just missing people — it is missing familiarity: the sound of your language, the smell of the food, the social rules you know by heart, the physical landscape. It is particularly common in the first year abroad. Feeling homesick does not mean you made the wrong decision — it means you had something worth missing.*

### ES

Sentir añoranza por el hogar — especialmente cuando estás lejos de él por un período prolongado.

La emoción del desplazamiento. No es solo echar de menos a las personas — es echar de menos la familiaridad: el sonido de tu idioma, el olor de la comida.

***Feeling homesick is not a sign you should go back — it is a sign you are human.***

Feeling homesick is not a sign you should go back — it is a sign you are human. -> Sentir nostalgia no es señal de que debas volver — es una señal de que eres humano.

***She felt homesick every November and made a point of calling her family every evening during that month.***

She felt homesick every November and made a point of calling her family every evening during that month. -> Sentía nostalgia cada noviembre y se aseguraba de llamar a su familia cada tarde durante ese mes.

## to deal with bureaucracy

7

**lidiar con la burocracia · navegar los sistemas administrativos oficiales — como papeleo, registros y permisos**

### DEF

to navigate official administrative systems — such as paperwork, registrations, permits, and government procedures

*Deal with bureaucracy is the admin reality phrase. Moving abroad means facing bureaucracy: registering your address, getting a national insurance or tax number, opening a bank account, dealing with visas, healthcare registration, and council tax. In English-speaking countries, bureaucratic language is formal and procedure-specific. Knowing the vocabulary — 'proof of address', 'national insurance number', 'council tax band' — is essential practical English.*

### ES

Navegar los sistemas administrativos oficiales — como papeleo, registros, permisos y procedimientos gubernamentales.

La frase de la realidad administrativa. Mudarse al extranjero significa enfrentarse a la burocracia: registrar tu dirección, obtener un número de seguridad social, abrir una cuenta bancaria.

***Deal with bureaucracy early — administrative delays compound quickly and affect other things.***

Deal with bureaucracy early — administrative delays compound quickly and affect other things. -> Lidia con la burocracia pronto — los retrasos administrativos se acumulan rápidamente y afectan a otras cosas.

***She spent her first month dealing with bureaucracy — registration, a bank account, and a GP surgery — before she could focus on anything else.***

She spent her first month dealing with bureaucracy — registration, a bank account, and a GP surgery — before she could focus on anything else. -> Pasó su primer mes lidiando con la burocracia — registro, una cuenta bancaria y una consulta de médico de cabecera — antes de poder centrarse en cualquier otra cosa.

8

## to build a support network

**construir una red de apoyo · desarrollar deliberadamente un grupo de personas en las que puedes apoyarte**

### DEF

to deliberately develop a group of people you can rely on — for practical help, advice, company, and emotional support

*Build a support network is the social resilience phrase. When you live abroad, your natural support network — family, childhood friends, long-term colleagues — is usually unavailable or at a distance. Building a new one requires deliberate effort: joining groups, attending events, making repeated contact with the same people. The process is slow and sometimes uncomfortable but essential for long-term wellbeing.*

### ES

Desarrollar deliberadamente un grupo de personas en las que puedes apoyarte — para ayuda práctica, consejo, compañía y apoyo emocional.

La frase de resiliencia social. Cuando vives en el extranjero tu red de apoyo natural suele estar unavailable. Construir una nueva requiere esfuerzo deliberado.

***Build a support network before you need it — it is much harder to ask for help when you are already struggling.***

Build a support network before you need it — it is much harder to ask for help when you are already struggling.

-> Construye una red de apoyo antes de necesitarla — es mucho más difícil pedir ayuda cuando ya estás luchando.

***She joined three local groups in her first year and built a support network that made the next five years much easier.***

She joined three local groups in her first year and built a support network that made the next five years much easier. -> Se unió a tres grupos locales en su primer año y construyó una red de apoyo que hizo que los próximos cinco años fueran mucho más fáciles.

## 9 to be out of your comfort zone

**9** **estar fuera de tu zona de confort · estar en una situación que es poco familiar, desafiante o productora de ansiedad**

### DEF

to be in a situation that is unfamiliar, challenging, or anxiety-producing — beyond the boundaries of what feels safe and easy

*Out of your comfort zone is the growth phrase. The comfort zone is the range of activities and situations where you feel confident and in control. Being outside it is uncomfortable — but research consistently shows that growth, learning, and meaningful achievement happen primarily outside the comfort zone. For language learners, every conversation in English with a stranger is a comfort zone challenge.*

### ES

Estar en una situación que es poco familiar, desafiante o productora de ansiedad — más allá de los límites de lo que se siente seguro y fácil.

La frase del crecimiento. Estar fuera de la zona de confort es incómodo pero el crecimiento sucede principalmente fuera de ella.

***Being out of your comfort zone consistently is how growth happens — discomfort and development go together.***

Being out of your comfort zone consistently is how growth happens — discomfort and development go together. -> Estar consistentemente fuera de tu zona de confort es cómo sucede el crecimiento — la incomodidad y el desarrollo van juntos.

***She was out of her comfort zone every day in her first year abroad but looked back on that period as the most growth she had ever experienced.***

She was out of her comfort zone every day in her first year abroad but looked back on that period as the most growth she had ever experienced. -> Estaba fuera de su zona de confort cada día en su primer año en el extranjero pero miró atrás ese período como el mayor crecimiento que había experimentado.

## 10 to integrate

**10** **integrarse · convertirse en parte funcional de una nueva comunidad o sociedad**

### DEF

to become a functioning part of a new community or society — by participating in its social, professional, and cultural life

*Integrate is the long-term settlement verb. Unlike 'settle in' (arriving and getting comfortable) or 'adapt' (adjusting to differences), integrate implies a deeper level of belonging: being genuinely part of the community, not just resident in it. Integration is different from assimilation — you do not have to abandon your previous identity to integrate.*

### ES

Convertirse en una parte funcional de una nueva comunidad o sociedad — participando en su vida social, profesional y cultural.

El verbo del asentamiento a largo plazo. La integración es diferente de la asimilación — no tienes que abandonar tu identidad anterior para integrarte.

***Integration takes years — resist comparing your year one with someone else's year ten.***

Integration takes years — resist comparing your year one with someone else's year ten. -> La integración lleva años — resiste la tentación de comparar tu año uno con el año diez de otra persona.

***She considered herself truly integrated when she started helping other newly arrived neighbours navigate the same challenges she had faced.***

She considered herself truly integrated when she started helping other newly arrived neighbours navigate the same challenges she had faced. -> Se consideró verdaderamente integrada cuando empezó a ayudar a otros vecinos recién llegados a navegar los mismos desafíos que ella había enfrentado.