

VOCABULARY · EPISODE 77

Living in an English Speaking Country

Key words & expressions · English + ■■■■■

10 words

Your English Toolbox

1 to navigate daily life

ندرک ادیپ اپ و تسد نابزلیسی لگنا هرمزور رد ندم آرب هرمزور یگدنز سپ زا

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.

ی سارکوروب، لقن و لمح، اهاه اگشورف یی اج رد یگدنز ه نازور یلمع ی اهت ی عقوم زی م آت ی قفوم تیری دم، دی دج ه نیمز ای نابز کی رد اهلی اس مه

ت ی قفوم اب زور ن دن ارذگ یی ان اوت ه کلب تحاصف ه ن تسایلمع یسی لگنا یسی اس افده

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

ی اهدرک در ار ه ن اتس آن یرت ام هم یی آرب یسی لگنا ه ب هرمزور یگدنز سپ زا ی ناوتب ی تقو .

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

هرمزور رد هک درک ن ان می طاس اس ح اعقاو تس کداپ هام هس طقف زا دع ب .
هدرک ادیپ اپ و تسد نابزلیسی لگنا

2 to settle in

ندرک یگناخ ساسح ا دی دج ی اج رد ن دات فاج

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.

ندرک یگناخ ساسح ا ه ب عورش ن دش انش آ و تحار دی دج طی ح م ای تی عقوم، ناکم کی رد، ار هجیتن طقف ه ن دن کلیم فی صوت ار دن ی آرف تسای ج ی ردت و مرگ

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

لوط هام شش دودح .

د ت ف ی ب اج ن دن ل ی گ دن ز رد اعقاو ات دی شک

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

ن ابز ی ن کلیم یسی لگنا ه ب یبای تسود ه ب عورش و ی تف الی م اج ی تقو .

د ب ای لی م دوب ه ب یسی لک ره زا رت اع ی رس

3

to get used to

ندش ت ح ا ر و ا ن ش آ د و ب ب ی ج ع ای د ی د ج ا ل ب ق ه ک ی ز ی چ ا ب ج ی ر د ت ه ب ه ب ن د ر ک ت د ا ع

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.

ن د ش ت ح ا ر و ا ن ش آ د و ب ب ی ر غ ای د ی د ج ا ل ب ق ه ک ی ز ی چ ا ب ج ی ر د ت ه ب
ق ا ب ط ن ا ت ر ا ب ع .

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

ه ب د ش ک ل م ل و ط د ن ر ا د ر ا ظ ت ن ا م د ر م ر ت ک ا ه چ ن آ ز ا ر ت ش ی ب د ی د ج ر و ش ک ک ی ه ب ن د ر ک ت د ا ع .
د ی ه د ب ل ا س ک ی ل ق ا د ح ن ا ت د و خ

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

ی ا ه ر ص ع ز ا ن د ر ب ت ن ذ ل ه ب ع و ر ش ی ت ح و د ر ک ت د ا ع د ر س ی ا و ه و ب آ ه ب ن ا ت س م ز و د ز ا د ع ب .
د ر ک ن ا ت س ب ا ت ی ن ا ل و ط

4

to find your bearings

د ی د ج ت ی ع ق و م ک ی ر د ع ا ض و ا ه ن و گ چ و د ی ت س ه ا ج ک ه ک ن ی ا ن د ی م ه ف ن د ر ک ا د ی پ ا ر د و خ ت ی ع ق و م
د ن ک ل م ر ا ک

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).

ی ب ا ی ا ت ه ج د ن ک ل م ر ا ک د ی د ج ت ی ع ق و م ک ی ر د ع ا ض و ا ه ن و گ چ و د ی ت س ه ا ج ک ه ک ن ی ا ن د ی م ه ف
ی ب ا ی ا ت ه ج ت ر ا ب ع

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

د ی ر ی گ ب م ه م ت ا م ی م ص ت ه ک ن ی ا ز ا ل ب ق د ی ن ک ا د ی پ د ی د ج ر ه ش ک ی ر د ا ر ن ا ت ت ی ع ق و م ا ت د ی ه د ت ق و ن ا ت د و خ ه ب

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

ن د ر ک ا د ی پ ل ا ح ر د ط ق ف ا ر ل و ا ه ت ف ه و د . , ,
ی ل ح م ی ا ه ا ه ا گ ش و ر ف و ل ق ن و ل م ح ، ه ل ح م ن ت ف ر گ د ا ی د ن ا ر د گ د و خ ت ی ع ق و م

culture shock

5

گن‌هرف اب ندش وربور ماگنه یگدشامگ و بارطضا، یم‌گردرس ساسحا یگن‌هرف کوش
توافتم

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.

توافتم‌الماک یگدنز هویش ای گن‌هرف اب ندش وربور زایشان بارطضا و یگتفشایم‌گردرس ساسحا
یگن‌هرفانیب قابطناموهفم

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

تس‌توافتم‌اعقاوی‌ای‌ند‌ه‌ب‌ی‌ع‌ی‌ب‌ط‌خ‌س‌ا‌پ‌ت‌س‌ی‌ن‌ف‌ع‌ض‌ی‌گ‌ن‌ه‌رف‌ک‌وش .

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

ده‌اوخ و تس‌ای‌گن‌هرف کوش دن‌کلیم ساسحا هچ‌آن‌هک تخانش .

درک‌رتان‌اس‌آ‌ی‌لی‌خ‌ار‌ن‌آ‌لم‌ح‌ت‌ه‌ک‌ت‌ش‌ذ‌گ

to feel homesick

6

ن‌آ‌زا‌رود‌ی‌ن‌ال‌وط‌ت‌دم‌ی‌ارب‌ی‌ت‌ق‌و‌ا‌ص‌و‌ص‌خ‌م‌ه‌ن‌ا‌خ‌ه‌ب‌ق‌ای‌ت‌ش‌ا‌س‌ا‌س‌ح‌ا‌ن‌د‌وب‌ه‌ن‌ا‌خ‌گ‌ن‌ت‌لد
دی‌ت‌سه

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.

دی‌ت‌سه‌رود‌ن‌آ‌زا‌ی‌ن‌ال‌وط‌ت‌دم‌ی‌ارب‌ی‌ت‌ق‌و‌ا‌ص‌و‌ص‌خ‌م‌ه‌ن‌ا‌خ‌ه‌ب‌ق‌ای‌ت‌ش‌ا‌س‌ا‌س‌ح‌ا

ی‌ی‌ا‌ج‌ب‌ا‌ج‌س‌ا‌س‌ح‌ا

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

گن‌ت‌لد .

دی‌ت‌سه‌ناس‌ن‌ا‌ه‌ک‌ت‌س‌ای‌ا‌ه‌ن‌اش‌ن‌دی‌درگ‌رب‌دی‌اب‌ه‌ک‌ت‌س‌ی‌ن‌ی‌ا‌ه‌ن‌اش‌ن‌ن‌د‌وب‌ه‌ن‌ا‌خ

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

ش‌ا‌ه‌دا‌ون‌ا‌خ‌ا‌ب‌ه‌ام‌ن‌آ‌ب‌ش‌ره‌ه‌ک‌د‌ش‌ای‌م‌ن‌ئ‌م‌ط‌م‌و‌د‌ش‌ای‌م‌ه‌ن‌ا‌خ‌گ‌ن‌ت‌لد‌ر‌ب‌م‌ا‌ون‌ره .

دری‌گ‌ب‌س‌ا‌م‌ت

7 to deal with bureaucracy

7

میان‌ت‌ب‌ث، ک‌ر‌ا‌د‌م‌ د‌ن‌ ن‌ا‌م‌ ی‌م‌س‌ر‌ ی‌ر‌ا‌د‌ا‌ ی‌ا‌ه‌م‌ت‌س‌ی‌س‌ ر‌د‌ ی‌ر‌ب‌و‌ا‌ن‌ ن‌د‌م‌ آ‌ر‌ا‌ن‌ک‌ ی‌س‌ا‌ر‌ک‌و‌ر‌و‌ب‌ ا‌ب‌ ا‌ه‌ز‌و‌ج‌ م‌

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.

ی‌ت‌ل‌و‌د‌ ی‌ا‌ه‌ش‌و‌ر‌ و‌ ا‌ه‌ز‌و‌ج‌ م‌، ا‌ه‌م‌ا‌ن‌ت‌ب‌ث، ک‌ر‌ا‌د‌م‌ د‌ن‌ ن‌ا‌م‌ ی‌م‌س‌ر‌ ی‌ر‌ا‌د‌ا‌ ی‌ا‌ه‌م‌ت‌س‌ی‌س‌ ر‌د‌ ی‌ر‌ب‌و‌ا‌ن‌ ی‌ر‌ا‌د‌ا‌ ت‌ی‌ع‌ق‌ا‌و‌ ت‌ر‌ا‌ب‌ع‌

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

ی‌ا‌ه‌ز‌ی‌چ‌ ر‌ب‌ و‌ د‌ن‌و‌ش‌ل‌ی‌م‌ ه‌ت‌ش‌ا‌ب‌ن‌ا‌ ت‌ع‌ر‌س‌ ه‌ب‌ ی‌ر‌ا‌د‌ا‌ ی‌ا‌ه‌ر‌ی‌خ‌ا‌ت‌ د‌ی‌ی‌ا‌ب‌ ر‌ا‌ن‌ک‌ ی‌س‌ا‌ر‌ک‌و‌ر‌و‌ب‌ ا‌ب‌ ر‌ت‌د‌و‌ز‌ .
د‌ن‌ر‌ا‌ذ‌گ‌ل‌ی‌م‌ ر‌ی‌ت‌ا‌ت‌ ر‌گ‌ی‌د‌

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

ا‌ب‌ ن‌د‌م‌ آ‌ر‌ا‌ن‌ک‌ ف‌ر‌ص‌ ا‌ر‌ ل‌و‌ا‌ ه‌ا‌م‌ .
ی‌ر‌گ‌ی‌د‌ ز‌ی‌چ‌ ی‌و‌ر‌ د‌ن‌ا‌و‌ت‌ب‌ ه‌ک‌ن‌ی‌ا‌ ز‌ا‌ ل‌ب‌ق‌ ی‌م‌و‌م‌ع‌ ک‌ش‌ز‌پ‌ ب‌ط‌م‌ ک‌ی‌ و‌ ی‌ک‌ن‌ا‌ب‌ ب‌ا‌س‌ح‌ ک‌ی‌، م‌ا‌ن‌ت‌ب‌ث‌ د‌ر‌ک‌ ی‌س‌ا‌ر‌ک‌و‌ر‌و‌ب‌
د‌ن‌ک‌ ز‌ک‌ر‌م‌ت‌

8 to build a support network

8

ن‌د‌ا‌د‌ ه‌ع‌س‌و‌ت‌ د‌ر‌ک‌ د‌ا‌م‌ت‌ع‌ا‌ ا‌ه‌ن‌ آ‌ه‌ب‌ ن‌ا‌و‌ت‌ل‌ی‌م‌ ه‌ک‌ ا‌ر‌ د‌ا‌ر‌ف‌ا‌ ز‌ا‌ ی‌ه‌و‌ر‌گ‌ ا‌د‌م‌ع‌ ن‌ت‌خ‌ا‌س‌ ی‌ت‌ی‌ا‌م‌ح‌ ه‌ک‌ب‌ش‌

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.

و‌ ت‌ب‌ح‌ا‌ص‌م‌، ه‌ر‌و‌ا‌ش‌م‌، ی‌ل‌م‌ع‌ ک‌م‌ک‌ ی‌ا‌ر‌ب‌ ن‌د‌ا‌د‌ ه‌ع‌س‌و‌ت‌ د‌ر‌ک‌ د‌ا‌م‌ت‌ع‌ا‌ ا‌ه‌ن‌ آ‌ه‌ب‌ ن‌ا‌و‌ت‌ل‌ی‌م‌ ه‌ک‌ ا‌ر‌ د‌ا‌ر‌ف‌ا‌ ز‌ا‌ ی‌ه‌و‌ر‌گ‌ ا‌د‌م‌ع‌ ی‌ف‌ط‌ا‌ع‌ ت‌ی‌ا‌م‌ح‌
ی‌ع‌ا‌م‌ت‌ج‌ا‌ ی‌ر‌ی‌ذ‌پ‌ا‌ف‌ا‌ع‌ن‌ا‌ ت‌ر‌ا‌ب‌ع‌

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

ز‌ا‌ ی‌ت‌ق‌و‌ د‌ی‌ز‌ا‌س‌ب‌ ی‌ت‌ی‌ا‌م‌ح‌ ه‌ک‌ب‌ش‌ ک‌ی‌ د‌ی‌ش‌ا‌ب‌ ه‌ت‌ش‌ا‌د‌ ز‌ا‌ ی‌ن‌ آ‌ه‌ب‌ ه‌ک‌ن‌ی‌ا‌ ز‌ا‌ ل‌ب‌ق‌ .
ت‌س‌ا‌ر‌ت‌ا‌ت‌خ‌س‌ ی‌ل‌ی‌خ‌ ک‌م‌ک‌ ت‌س‌ا‌و‌خ‌ر‌د‌ د‌ی‌ت‌س‌ه‌ ش‌ا‌ل‌ت‌ ر‌د‌ ل‌ب‌ق‌

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

ت‌خ‌ا‌س‌ ی‌ت‌ی‌ا‌م‌ح‌ ه‌ک‌ب‌ش‌ ک‌ی‌ و‌ ت‌س‌و‌ی‌پ‌ ی‌ل‌ح‌م‌ ه‌و‌ر‌گ‌ ه‌س‌ ه‌ب‌ ل‌و‌ا‌ ل‌ا‌س‌ ر‌د‌ .
د‌ر‌ک‌ ر‌ت‌ا‌ن‌ا‌س‌آ‌ ی‌ل‌ی‌خ‌ ا‌ر‌ د‌ع‌ب‌ ل‌ا‌س‌ چ‌ن‌پ‌ ه‌ک‌

to be out of your comfort zone

9

ازابارطضا ای زیگنارباشلاچ، انشآن هک ندوب یتیعقوم رد ندوب تینما هقطنم زا چراخ
تسا

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.

ساسحاناسآ و نما هچنآی اهزرم زا رتارف تسا ازابارطضا ای زیگنارباشلاچ، انشآن هک ندوب یتیعقوم رد
دوشی م
دشر ترابع

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

ویتحاران تسا دشر زرت نامه موادم روط هب ندوب تینما هقطنم زا چراخ .

دنورلی م مه اب هعسوت

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.

چراخ روشک زا چراخ لوا لاس رد زور ره .

درک هاگن دوب هدرک هبرجت لاح هب ات هک یدشر نیرتشیب ناونع هب هرود نآ هب اما دوب شتینما هقطنم زا

to integrate

10

یدیج عامتجا ای هعماج کی زالاعف یشخب هب ندش لیدبت ندش ماغدا

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.

وی اهفرح، یعامتجا یگدنز رد تکرشم اب یدیج عامتجا ای هعماج کی زالاعف یشخب هب ندش لیدبت
نآ یگنهرف

تدمدنلب ناکس لاعف

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

دینک یراددوخ نارگی دمه لاس اب دوخ لوا لاس هسیاقم زا دش کلیم لوط اهالاس ماغدا .

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

کمک هب درک عورش یتقو .

هدش ماغدا لاعقاو ار شدوخ دوب هدش وربور هانآ اب شدوخ هک یی اهلهشلاچ نامه رد یربوان یارب رگی درواوازهات ناگی اس مه هب
تسناد