

VOCABULARY · EPISODE 82

First Steps: Living in English

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

10 words

Your English Toolbox

1

to find your feet

ن ت ف ر گ ا پ د ی ج ت ی ع ق و م ر د د ی ج ی ا ج ر د ن د ر ک ا د ی پ ا ر ت ی ا ج

DEF

to become comfortable and confident in a new situation after an initial period of difficulty or uncertainty

Find your feet is a warm, encouraging idiom — it acknowledges that the beginning is hard and reassures you that it will get easier. Perfect for the experience of arriving in a new English-speaking country.

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

It takes time to find your feet in a new country — be patient with yourself in the first few months.

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

Once she found her feet in London, the language improved dramatically because she was no longer anxious.

ن د ن ل ر د ی ت ق و .

ت ف ا ی د و ب ه ب ی ر ی گ م ش ج ز ر ط ه ب ش ن ا ب ز ت ف ر گ ا پ

2

to get the hang of something

ن ت خ ا د ن ا ج ن ی ر م ت ز ا د ع ب ا ر ی ز ی ج ی ز ی ج ا ب ن د ر ک ا د ی پ ا پ و ت س د

DEF

to learn how to do something through practice and gradually become comfortable and competent with it

Get the hang of is informal and encouraging — it implies the skill is learnable and that you are getting there. Often used to reassure someone who is struggling. One of the most natural phrases in everyday English conversation.

ی و ش ا ن ا و ت و ت ح ا ر ن ا ا ب ا ج ی ر د ت و ی ه د م ا ج ن ا ا ر ی ز ی ج ه ن و گ ج ن ت ف ر گ د ا ی ن ی ر م ت ق ی ر ط ز ا
ی ن ک ل ی م ت ف ر ش ی پ ی ر ا د و ت س ا ی ر ی گ د ا ی ل ب ا ق ت ر ا ه م د ه ل ی م ن ا ش ن ت س ا ه د ن ن ک ق ی و ش ت و ی م س ر ر ی غ

You'll get the hang of English shopping vocabulary after a few visits — it becomes automatic.

د و ش ل ی م ر ا ک د و خ ی س ی ل گ ن ا د ی ر خ ن ا گ ژ ا و ا ب ی ن ک ل ی م ا د ی پ ا پ و ت س د ه ع ج ا ر م ر ا ب د ن ج ز ا د ع ب .

She found the London Underground confusing at first but got the hang of it within a week.

ت خ ا د ن ا ج ا ر ن آ ه ت ف ه ک ی ر د ا م ا ت ف ا ی ه د ن ن ک ل ج ی گ ا ر ن د ن ل و ر ت م ل و ا .

to adapt to

3

تعیق قوم کی اب بس انت یارب ناتی اهت راهم ای تاراظت نا، راتفر میظنت اب ندش راگزاس
دیج

DEF

to adjust your behaviour, expectations, or skills to fit a new situation — often involving some difficulty before success

Adapt to is the adjustment verb. Unlike 'get used to' which is more passive — something gradually stops feeling strange — 'adapt to' implies active adjustment: changing how you think or behave to fit better. In professional and personal contexts abroad, adapting to new norms — workplace culture, communication style, social expectations — is a conscious and ongoing process.

زال بق ی تال کشم لم اش بلغا دیج تعیق قوم کی اب بس انت یارب ناتی اهت راهم ای تاراظت نا، راتفر میظنت
تعیق قوم
میظنت لعف

Adapting to a new culture takes conscious effort — observe, ask, and adjust rather than assuming.

و دیسرپب، دینک دهه اش م دراد هناه آگآ شالت هب زاین دیج گنهر ف کی اب ندش راگزاس .
ندرک ضرف یاج هب دینک میظنت

She adapted to the British workplace culture faster than she expected once she understood the unspoken rules.

راگزاس تشاد راطت نا هچنآ زا رتاعی رس ی ای ناتی رب راک لحم گنهر ف اب .
دیمهف ار هتفگان نی ناوق ی تقو و دش

to pick yourself up

4

ی بای زاب ار یژرنا ای سفن هب دامتع ا، هزیگنا، یماکان ای تسکش کی زا دعب ندش دنلب
ندرک شالت هرابود و ندرک

DEF

to recover your motivation, confidence, or energy after a setback or failure — and continue trying

Pick yourself up is the resilience phrase. It refers to the internal process of recovery — not just accepting failure but actively choosing to try again. It is used after professional disappointments, language learning frustrations, social awkwardness, or any moment when the temptation is to stop. 'You have to pick yourself up and try again' is both a practical and a motivational phrase.

شالت هب نداد همادا و یماکان ای تسکش کی زا دعب یژرنا ای سفن هب دامتع ا، هزیگنا ی بای زاب
یروآبات ترابع

Picking yourself up after a setback is a skill — it gets faster with practice.

دنلب .
دوشلم رتاعی رس نی رمت اب تسا تراهم کی تسکش کی زا دعب ندش

She failed the driving test three times but picked herself up each time and finally passed on the fourth attempt.

رد تیاهن رد و دش دنلب راب ره اما دروخ تسکش یگدننار نوم زآ رد راب هس .
دش لوبق شالت نی مراهچ

trial and error

5

زایری گدای و فل تخم ی اهدرکی وری شی امزآ اب فده هب یبای تسد ی ارب ی شور اطخ و نومزآ
تاهاب تشا

DEF

a method of achieving a goal by testing different approaches, learning from mistakes, and improving with each attempt

Trial and error is the learning by doing phrase. It describes the process of figuring things out not by following instructions but by attempting, failing, adjusting, and trying again. For language learners, speaking in real situations is largely trial and error — you say something, see whether it works, and adjust. Understanding that this is the process — not a sign of failure — is a freeing insight.

شالات ره اب دوب هب و تاهاب تشا زایری گدای، فل تخم ی اهدرکی وری شی امزآ اب فده هب یبای تسد ی ارب ی شور
ن داد ماجنا قی رط زایری گدای ترا بع

Accept trial and error as the process — every mistake is data for the next attempt.

تسا ی دعب شالات ی ارب ی اهداد تاهاب تشا ره دیری ذپب دنی آرف ناو نع هب ار اطخ و نومزآ

She learned how the local bus system worked through trial and error — taking wrong routes until she mapped it herself.

هنوگچ ی لحم سو بوت متسیس تفرگ دای اطخ و نومزآ قی رط زا .
درک ی رادرباهش قن ار نآ ش دوخ هکنی ات تفرگ تاهاب تشا ی اهدرکی سم دن کلوم راک

to be out of your depth

6

ای رتاتخس تی ل ع ف یی ان اوت ای شن اد زا هک ندوب ی تی ع قوم رد ندوب دح زا شی ب قمع رد
تسا رتاهدی چی پ

DEF

to be in a situation that is more difficult, complex, or demanding than your current knowledge or ability can handle

Out of your depth is the competence mismatch phrase. It comes from the swimming metaphor: if water is too deep, you cannot touch the bottom and may struggle to stay afloat. In professional and learning contexts, being out of your depth means encountering demands beyond your current competence — which is uncomfortable but often where the most growth occurs.

تسا رتاهدن نگاه بل اطم ای رتاهدی چی پ، رتاتخس تی ل ع ف یی ان اوت ای شن اد زا هک ندوب ی تی ع قوم رد
ی گتسی اش قباطت مدع ترا بع

Feeling out of your depth is often a sign you are exactly where you should be — at the edge of your competence.

دی اب هک دیتسه یی اج آقی قد هک تسا ی اهن اش ن بل غا ندوب قمع رد ساسح .
نات گتسی اش هبل رد دی ش اب

She felt out of her depth in her first meeting in English but used it as motivation to prepare more thoroughly for the next.

قمع رد درک ساسح ی سی ل گنا نابز هب شاه سلج نی لوا رد .
دوش هدام آرتال ماک ی دعب هسلج ی ارب ات درک هدافتسا هزی گنا ناو نع هب نآ زام اتسا

to come a long way

7

روپ هب نامز لوط رد ن تشاد یل بق هطقن کی زا یهجوت لباق تفرشی پ ندمای دای زه ار
نتفای دوبهب یهجوت لباق

DEF

to have made significant progress from a previous point — to have improved substantially over time

Come a long way is the progress recognition phrase. It is used to acknowledge how much someone or something has improved — often said to reassure or encourage. 'You've come a long way' is a meaningful compliment in English. In language learning, moments when you realise how much you have improved — looking back at where you started — are powerful motivators.

نتفای دوبهب یهجوت لباق روط هب نامز لوط رد ن تشاد یل بق هطقن کی زا یهجوت لباق تفرشی پ
تفرشی پ صیخشت ترابع

Look back occasionally to recognise how far you have come — progress is easier to see in retrospect.

رتان اسآ هتشدگ رد تفرشی پ دی اهدمآ هار ردقچ دیوش هجوت م ات دینک هاگن بقع هب هاگه گ .
دوشلی م هدی د

She looked at a recording of herself speaking English two years earlier and was struck by how far she had come.

هاگن درکلی م تبحص یسیلگنا شری پ لاس ود هک شدوخ زا یطبض هب .
دش بجمعتم دوب هدمآ هار ردقچ هکنیا زا و درک

to take it one step at a time

8

یروف مادقا رب طقف زکرمتم اب گرزب راک کی هب ندش کی دزن ن تشادرب نامز کی رد مدق کی
یدعب

DEF

to approach a large or overwhelming task by focusing only on the next immediate action — rather than being paralysed by the whole

Take it one step at a time is the manageable progress phrase. It is advice given — and advice to give yourself — when a challenge feels too large to confront all at once. In language learning, in new jobs, in new countries, in new relationships — the skill of breaking the overwhelming into the manageable is both a practical and a psychological tool.

لک زا ندش چلف هن یدعب یروف مادقا رب طقف زکرمتم اب اسرفات قاط ای گرزب راک کی هب ندش کی دزن
هلئسم
تیری دم لباق تفرشی پ ترابع

When something feels overwhelming, take it one step at a time — focus on only what needs to happen next.

هچنآ رب طقف دی رادرب نامز کی رد مدق کی ، دسرلوم رظن هب اسرفات قاط یزیچ ی تقو .
دینک زکرمتم دتفی ب قافتا دعب دی اب

She stopped worrying about her whole language learning journey and decided to take it one step at a time — starting with listening practice.

رئسم لک هرابردی نارگن زا تسد .
درک عورش نداد شوگ نیرمتم زا درادرب نامز کی رد مدق کی تفرگ میمصت و دیشک شنابزی ریگدای

to keep going

9

فوق‌تیم‌ه‌سوسو و تس‌ا‌راوش‌دی‌ت‌قو‌ا‌ص‌وص‌خ‌م‌ش‌ا‌ل‌ت‌ای‌ت‌ی‌ل‌اع‌ف‌کی‌ن‌د‌اد‌ه‌م‌ا‌دا
دراد‌دو‌جو‌ن‌د‌ش

DEF

to continue with an activity or effort — especially when it is difficult and the temptation is to stop

Keep going is the persistence phrase. It is the simplest and most direct form of the perseverance idea. In language learning, keeping going through plateaus, embarrassments, and dry spells is what separates those who become fluent from those who give up. 'Just keep going' is as much a philosophy as a phrase.

دراد‌دو‌جو‌ن‌د‌ش‌ف‌ق‌و‌ت‌م‌ه‌س‌و‌س‌و‌و‌ت‌س‌ا‌راوش‌دی‌ت‌ق‌و‌ا‌ص‌وص‌خ‌م‌ش‌ا‌ل‌ت‌ای‌ت‌ی‌ل‌اع‌ف‌کی‌ن‌د‌اد‌ه‌م‌ا‌دا

ر‌ا‌ک‌ت‌ش‌پ‌ت‌ر‌ا‌ب‌ع

When you feel like stopping, that is often when keeping going matters most.

ی‌ت‌ق‌و . .

دراد‌ار‌ت‌ی‌م‌ه‌ا‌ن‌ی‌ر‌ت‌ش‌ی‌ب‌ن‌د‌اد‌ه‌م‌ا‌دا‌ه‌ک‌ت‌س‌ا‌ی‌ت‌ق‌و‌ن‌ا‌م‌ه‌ب‌ل‌غ‌ا‌،‌د‌ی‌و‌ش‌ف‌ق‌و‌ت‌م‌د‌ی‌ه‌ا‌و‌خ‌ل‌ی‌م‌د‌ی‌ن‌ک‌ل‌ی‌م‌س‌ا‌س‌ح‌ا

She had a terrible month where nothing seemed to improve but kept going and noticed a breakthrough the following week.

و‌د‌اد‌ه‌م‌ا‌دا‌ا‌م‌ا‌د‌ش‌ن‌ر‌ت‌ه‌ب‌ی‌ز‌ی‌چ‌چ‌ی‌ه‌ه‌ک‌ت‌ش‌ا‌د‌ک‌ا‌ن‌ت‌ش‌ح‌و‌ه‌ا‌م‌ک‌ی‌.

د‌ش‌ه‌ج‌و‌ت‌م‌ا‌ر‌ت‌ف‌ر‌ش‌ی‌پ‌کی‌د‌ع‌ب‌ه‌ت‌ف‌ه

10

to build confidence

ن‌د‌اد‌ه‌ع‌س‌و‌ت‌ن‌ا‌ت‌د‌و‌خ‌ی‌ا‌ه‌ل‌ی‌ا‌ن‌ا‌و‌ت‌ه‌ب‌ی‌ر‌ت‌ل‌ی‌و‌ق‌ر‌و‌ا‌ب‌ج‌ی‌ر‌د‌ت‌ه‌ب‌ن‌ت‌خ‌ا‌س‌س‌ر‌ف‌ن‌ه‌ب‌د‌ا‌م‌ت‌ع‌ا

DEF

to gradually develop a stronger belief in your own abilities — through practice, experience, and small successes

Build confidence is the self-development phrase. Confidence is not a fixed trait — it is built through action. In language learning, confidence is built by speaking even when unsure, by succeeding in small interactions, and by reframing failures as feedback rather than proof of inadequacy. 'Build confidence' implies the process is active and cumulative — not something that arrives on its own.

ک‌چ‌و‌ک‌ی‌ا‌ه‌ل‌ت‌ی‌ق‌ف‌و‌م‌و‌ه‌ب‌ر‌ج‌ت‌،‌ن‌ی‌ر‌م‌ت‌ق‌ی‌ر‌ط‌ز‌ا‌ن‌د‌اد‌ه‌ع‌س‌و‌ت‌ن‌ا‌ت‌د‌و‌خ‌ی‌ا‌ه‌ل‌ی‌ا‌ن‌ا‌و‌ت‌ه‌ب‌ی‌ر‌ت‌ل‌ی‌و‌ق‌ر‌و‌ا‌ب‌ج‌ی‌ر‌د‌ت‌ه‌ب

ی‌گ‌ع‌س‌و‌ت‌د‌و‌خ‌ت‌ر‌ا‌ب‌ع

Build confidence by seeking small wins first — confidence in big situations comes from many small ones.

س‌ف‌ن‌ه‌ب‌د‌ا‌م‌ت‌ع‌ا‌د‌ی‌ز‌ا‌س‌ب‌ل‌و‌ا‌ک‌چ‌و‌ک‌ی‌ا‌ه‌ل‌ت‌ی‌ق‌ف‌و‌م‌ی‌و‌ج‌ت‌س‌ج‌ا‌ب‌ا‌ر‌س‌ف‌ن‌ه‌ب‌د‌ا‌م‌ت‌ع‌ا‌.

د‌ی‌آ‌ی‌م‌ک‌چ‌و‌ک‌ی‌ا‌ه‌ل‌ت‌ی‌ع‌ق‌و‌م‌ی‌ر‌ا‌ی‌س‌ب‌ز‌ا‌گ‌ر‌ز‌ب‌ی‌ا‌ه‌ل‌ت‌ی‌ع‌ق‌و‌م‌ر‌د

She built her confidence in English by starting with short, predictable conversations at the local shop before attempting longer or more complex ones.

ز‌ا‌ل‌ب‌ق‌ت‌خ‌ا‌س‌ی‌ل‌ح‌م‌ه‌ا‌گ‌ش‌و‌ر‌ف‌ر‌د‌ی‌ن‌ی‌ب‌ا‌ش‌ی‌پ‌ل‌ب‌ا‌ق‌و‌ه‌ا‌ت‌و‌ک‌ت‌ا‌م‌ل‌ا‌ک‌م‌ز‌ا‌ع‌و‌ر‌ش‌ا‌ب‌ا‌ر‌ی‌س‌ی‌ل‌گ‌ن‌ا‌ر‌د‌ش‌س‌ف‌ن‌ه‌ب‌د‌ا‌م‌ت‌ع‌ا

د‌ن‌ک‌ن‌ا‌ح‌ت‌م‌ا‌ر‌ر‌ت‌ه‌د‌ی‌چ‌ی‌پ‌ای‌ر‌ت‌ل‌ی‌ن‌ا‌ل‌و‌ط‌ت‌ا‌م‌ل‌ا‌ک‌م‌ه‌ک‌ن‌ی‌ا