۵۰ عبارت کاربردی مکالمه روزمره

شماره	عبارت انگلیسی	معادل فارسى	موقعيت كاربرد	مثال طبيعي
١	How's it going?	چطوری؟	سلام و احوالپرسی	Hey! How's it
				going? Haven't
				seen you in a
				while.
٢	What's up?	چه خبر؟	سلام غيررسمي	Yo, what's up?
				How have you
				been?
٣	How have you	چطور بود <i>ی</i> ؟	دیدار بعد از مدتی	It's been so long,
	been?			how have you
				been?
۴	Nice to meet	إاز ديدنت خوشحالم	معرفي اوليه	Hi, I'm Emma.
	you!			Nice to meet
				you!
۵	Long time no	إخيلى وقته نديدمت	دیدار دوباره	Hey! Long time
	see!			no see!
۶	Catch you later	بعدا مىبينمت	خداحافظی دوستانه	Alright, catch
				you later!
٧	Take care	مواظب خودت	پایان گفتگو	Take care and
		باش		have a nice
				evening!
٨	See you soon	زود میبینمت	خداحافظی غیررسمی	See you soon,
				buddy!
٩	Talk to you	بعدا صحبت	پایان تماس یا چت	I'll talk to you
	later	میکنیم		later, okay?
١٠	Have a great	روز خوبی داشته	پایان مكالمه مودبانه	Bye! Have a
	day!	إباش		great day!
11	Can you give me	میتونی کمکم کنی؟	درخواست کمک	Can you give me a
	a hand?			hand with this
				box?
17	Could you do me	میتونی یه لطفی	درخواست مودبانه	Could you do me
	a favor?	بكنى؟		a favor and send
				that email?
١٣	Would you mind	ممکنه کمکم کنی؟	در خواست مودبانهتر	Would you mind
	helping me?			helping me with
				the report?



				1
14	I need your help	به کمکت نیاز دارم	درخواست مستقيم	I really need your help on this
				task.
۱۵	Can I ask you	میشه یه چیزی	شروع گفتگو مودبانه	Hey, can I ask
	something?	بپرسم؟		you something
				personal?
18	I'm doing well,	اخوبم، مرسى	پاسخ احوالپرسی	I'm doing well,
	thanks!			thanks for
			· 1	asking!
۱۷	Not bad, thanks!	ابد نیستم، مرسی	پاسخ معمولی	Not bad, thanks!
	D 11 II	. 1.1	واست و شون	How about you?
١٨	Pretty good!	اخیلی خوب	پاسخ مثبت	Pretty good! How
19	I'm fine, and	خوبم، تو چطور؟	پاسخ مودبانه	about yourself? I'm fine, and
1 (you?	ـرب، بو پــر ر.	پسی موجب	you?
7.	Could be better	میتونست بهتر باشه	ياسخ واقعگرايانه	Could be better,
'	Could be berre	. 3 (. 3 .	, 3 C 3 C 4	it's been a busy
				week.
71	No worries!	انگران نباش	اطمينان دادن	No worries! It's
				all good.
77	That sounds	إعاليه	تایید یا واکنش مثبت	Dinner tonight?
	great!			That sounds
				great!
77	I see what you	مىفهمم منظورت	درک مطلب	I see what you
	mean	چیه		mean about the
			161 . 1	delay.
74	Let's get	بيا شروع كنيم	شروع جلسه یا کار	Let's get started
A	started	قابلی نداشت	پاسخ به تشکر	on the meeting.
۲۵	Don't mention it	قابلی نداست	پسے بہ سکر	Thanks for your
				help! — Don't mention it.
78	It's a nice day,	روز قشنگیه، نه؟	صحبت كوتاه	It's a nice day,
	isn't it?	. 333		isn't it? Perfect
	.5,,,,,,,			for a walk.
77	How was your	آخر هفتهت چطور	شروع مكالمه	How was your
	weekend?	بود؟		weekend? Did
				you go
				anywhere?
۲۸	What do you	چی کار میکنی؟	سوال شغلي	So, what do you
	do?			do for a living?



from? from originally? ۳۰ How's the weather? المراق ال	۲۹	Where are you	اهل كجايي؟	آشنایی اولیه	Where are you
۳٠ How's the weather? المواجعة المورد المرد المورد		•	G 1	. 3 C.	•
weather? weather over there? ٣١ In my opinion بنین نظر من المعادر موافقه المعادر المع	٣.	-	هوا حطور ه؟	گفتگوی روز مره	
There? there? TI In my opinion بیان نظر بیان نظر In my opinion, that's a great idea. TY I totally agree I totally agree with you on that. TY I'm not so sure ابراز تردید André iteus I'm not so sure that's a good plan. TY You're absolutely right حصیحی کاملاً درست You're absolutely right about that. TO That's true حیکی That's true, I hadn't thought of that. TY I'm sorry about that I'm sorry about the mistake. TY My bad! اینیرش اشتیاه Jext,ش اشتیاه Oops, my bad! I forgot to send it. TN No problem مشکلی نیست No problem, don't worry about it. TY Thanks a lot باسخ به غزخواهی Treally appreciate your time. TY I really appreciate you time. Anyway, I should go now, see you! TY Anyway, I should go now, see you! I'll catch you later! Let's keep in touch after the conference. TY See you next time at the gym! Take it easy,	,		33 % 3	3 333 63	
That's true متاسقه المهافقة		weathers			
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٣٣ I'm not so sure ابراز ترديد that's a good plan. Tim not so sure that's a good plan. ٣٤ You're absolutely right about that. الملا درست محگی You're absolutely right about that. ٣٥ That's true المقدم بابتش المثاب of that. ٣٥ T'm sorry about that المقدم بابتش المثاب of that. ٣٧ My bad! المشكلی نیست المثاب of that. ٣٨ No problem المسكلی نیست المشکلی و اقعام معنون المسلم المشکلی و اقعام معنون المشکلی و اقعام المین و	, ,	1 Totally agree	ــــــــــــــــــــــــــــــــــــــ	<u> </u>	, -
That's a good plan. **You're absolutely right absolutely right absolutely right absolutely right absolutely right about that.** **That's true about that.** **Tim sorry about the mistake.** **Opps, my bad! I forgot to send it.** **No problem, don't worry about it.** **Thanks a lot about it.** **Thanks a lot about it.** **Thanks a lot for your help today.** **I really appreciate your time.** **I really appreciate your time.** **I'll catch you later about it.** **Till catch you later about it.** **I'll catch you later about it.** **Till catch you later!* **Till catch you later about it.** **Till catch you later about it.		The section	مطمئن نستم	ال ان تدری	† • • • • • • • • • • • • • • • • • • •
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۳۸ No problem پاسخ به عذرخواهی don't worry about it. ۳۹ Thanks a lot or your help today. Thanks a lot for your help today. ۴۰ I really appreciate it appreciate it should go Jireally appreciate your time. ۴۱ Anyway, I should go should go now, see you! Anyway, I should go now, see you! ۴۲ I'll catch you later Jill catch you later! Let's keep in touch after the conference. ۴۳ See you next time See you next time See you next time at the gym! ۴۵ Take it easy Jilu oallab comilia. Jilu oallab comilia. Jilu oallab comilia.	٣٧	My bad!	اتقصیر من بود	پذیرش اشتباه	1
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برسمي پروسه اله اله اله اله اله اله اله اله اله ال					about it.
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ا later ا Let's keep in touch touch See you next time Take it easy Thedren you later! Let's keep in touch after the conference. See you next time at the gym! Take it easy,		should go			go now, see you!
ل Let's keep in touch touch المنام للفيم ل Let's keep in touch after the conference. ا الله على الله	47	I'll catch you	بعداً مىبينمت	پایان دوستانه	I'll catch you
touch after the conference. FF See you next دفعه بعد میبینمت See you next time Take it easy اروم باش Take it easy,		later			later!
conference. الله الله الله الله الله الله الله الل	44	Let's keep in	در تماس باشیم	پایان مودبانه	Let's keep in
۴۴ See you next دفعه بعد میبینمت See you next time time at the gym! ۲۵ Take it easy / آروم باش Take it easy,		touch			touch after the
time time at the gym! ۲۵ Take it easy اروم باش Take it easy,					conference.
لام Take it easy بایان مکالمه دوستانه / آروم باش Take it easy,	44	See you next	دفعه بعد میبینمت	پایان غیررسمی	See you next
		time			time at the gym!
. مراقب خودت باش man!	40	Take it easy	/ آروم باش	پایان مکالمه دوستانه	Take it easy,
		_	مراقب خودت باش		man!



48	That makes	منطقيه	تایید یا فهم مطلب	Yeah, that makes
	sense			sense now.
۴٧	It depends	بستگی داره	پاسخ متداول	It depends on
				the situation.
47	You never know	هيچ وقت نميشه	ابراز عدم قطعیت	You never know
		مطمئن بود		what might
				happen.
49	That's	جالبه	واكنش طبيعى	That's
	interesting			interesting! Tell
	_			me more.
۵٠	I'm not sure	مطمئن نيستم	ابراز تردید	I'm not sure
				about that
				decision.

یادگیری عبارات کاربردی مکالمه روزمره فقط به معنی حفظ چند جمله نیست؛ بلکه یعنی یاد گرفتن **زبان واقعی زندگی** با تمرین مداوم و تکرار این جملات، میتوانید در موقعیتهای مختلف — از خرید و سفر گرفته تا گفتوگوی کاری یا دوستانه — با اعتمادیهنفس مثل یک نیتیو اسپیکر واقعی صحبت کنید.

اگر میخواهید این مهارت را به شکل عمیق، منظم و لذتبخش یاد بگیرید، پیشنهاد ویژه ما برای شما دورهی فوقالعادهی انگلیسی در زندگی از مدرسه انگلیسی سارا است.

در این دوره با موقعیتهای واقعی زندگی تمرین می کنید، تلفظ و لهجهتان طبیعی تر می شود، و یاد می گیرید چطور در هر مکالمهای مثل یک فرد بومی رفتار کنید.

🧩 پس همین حالا شروع کنید — دنیای واقعی زبان انگلیسی منتظر شماست!

