

ASK FOR AND GIVE PHONE NUMBERS AND E-MAIL ADDRESSES

When we meet new people or need to contact someone, we usually exchange phone numbers or email addresses. This helps us stay in touch, make plans, or share information. Knowing how to ask and give this kind of information in English is useful in many everyday situations, for example, in school, work, or when making new friends.

In this lesson, you'll learn how to ask someone for their phone number or email, and how to give your own information clearly and politely.



HOW TO ASK FOR A PHONE NUMBER OR EMAIL ADDRESS

Common Structure

To ask

We use these simple questions:

- What's your phone number?
- What is your email address?
- Can I have your phone number?
- Could you give me your email address?

To answer

These are polite and easy to remember. People usually answer with:

- “My phone number is...” or
- “My email is...”.

EXAMPLES

Phone number

When saying your phone number in English, we say each number one by one:

My phone number is 312-456-7890

Say: three one two - four five six - seven eight nine zero

We often use “dash” (-) to separate parts of the number, or short pauses.

Email Address

Email addresses usually follow this pattern:

yourname@example.com

To say it in English:

- @ = at
- .com = dot com
- _ = underscore
- - = dash

Example:

My email is: sofia_gomez23@gmail.com

Say: My email is sofia underscore gomez two three at gmail dot com

Reference:

*Editorial from Woodward Education. (2025) Personal information. Woodward Education. Recovered from:
https://www.vocabulary.cl/Basic/Personal_Information.htm*