



*Patricia Bourcillier
Bernd Sebastian Kamps*

aioLingua
Español
English Edition

Patricia Bourcillier & Bernd Sebastian Kamps

aiolLingua Español

www.aiolingua.com/esen

English Edition 01.01

Uploaded 15 March 2022

Patricia Bourcillier
Bernd Sebastian Kamps

aioLingua Español

English Edition

Volume 1

Copy-editing:
Rob Camp
Betti Batalla

Steinhäuser Verlag

Print Edition@Amazon

www.amazon.com/dp/xxxxxx

This work is protected by copyright both as a whole and in part.

2022 Steinhäuser, Bourcillier & Kamps

ISBN: 978-3-942687-79-9

ESEN 01.01 – Uploaded 15 March 2022

Patricia Bourcillier & Bernd Sebastian Kamps

- Kontinental English ([Español](#), [Français](#), [Italiano](#), [Português](#), [Deutsch](#), [中文](#) ; 2022)
- [GigaFrench](#) (2016)
- [Französisch](#) (+ [Italienisch](#); 1991) zwischen den Hügeln der Venus und den Hügeln Adonis'
- [Französisch](#) (+ [Italienisch](#), [Spanisch](#), [English](#), [Sardinian](#); 1983-1985) für Mollis & Müslis

Patricia Bourcillier

Author of

- [Magersucht & Androgynie](#) – Der Wunsch, die Geschlechter zu vereinen (1992)
- [Androgynie & Anorexie](#) – Le désir de devenir une seule chair (2007)
- [SardegnaMadre](#) – L'île et l'autre (2003)
- [Isabelle Eberhardt](#) – Une femme en route vers l'islam (2012)
- [La mémoire oubliée des Todesco](#) (2019)

and co-author of [DECAMORE – ZEHN REDEN ÜBER DIE LIEBE](#) (1994).

Bernd Sebastian Kamps

is the director of the Amedeo Medical Literature Guide ([Amedeo.com](#)). Since 1991, he has been the author and editor of numerous medical textbooks ([COVID Reference](#), [HIV/AIDS – www.hivbook.com](#) [16 éditions], [SRAS – SarsReference.com](#), [Influenza – InfluenzaReport.com](#)).

Author of

- The Word Brain (TheWordBrain.com)
- Italian with Elisa (4Elisa.com)
- Ear2Memory (Ear2Memory.com)
- OLIENA (Open Language Interface for Enhanced Network Activity, OLIENA.com)
- GigaSardinian (www.GigaSardinian.com)
- GigaMartinique – *Parler et comprendre le créole* (www.GigaMartinique.com)

Acknowledgements

We would like to express our deepest appreciation to STK for designing and programming the KontinentalEnglish application. Without STK, this method would be much less effective.

We would also like to thank Rob Camp and Betti Batalla for their careful proofreading of the manuscript.

Since 2004, Attilio Baghino has been responsible for the graphic design of our books and websites. Working without him would be inconceivable.

Table of Contents

0. We will be your coaches	14
1. ¡Vaya mierda!	18
Abbreviations	20
Words	20
Coaching 1: Reading and Listening	23
Europe: Casteddu, Sardinia	24
2. Matar a Facebook	26
Words	29
Coaching 2: Eye + Ear	32
Europe: Paris, France	34
3. MI6	36
Words	38
Coaching 3: Multiple Rehearsals	41
Europe: Berlin, Deutschland	43
4. Aborto	46
Words	49
Coaching 4: Google Sheets	52
Europe: Roma, Italia	55
5. Hierba	58
Words	61
Coaching 5: Phase I, Phase II, Phase III	64
Europe: Madrid, España	66
6. Coitus interruptus	68
Words	70
Coaching 6: Reading Monsters	72
Europe: Lisboa, Portugal	74

7. Desintoxicación digital	76
Words	78
Coaching 7: Harvest Day	80
Europe: Amsterdam, Nederland	82
8. Mi vientre	84
Words	87
Coaching 8: Federer and Williams	90
Europe: Bruxelles, Belgique	92
9. Semillas y sol	95
Words	97
Coaching 9: The KE Application	101
Europe: Wien, Österreich	104
10. Adiós al Britannica	106
Words	108
Coaching 10: Shut up!	110
Europe: Zürich, Schweiz	111
11. Vamos a París	116
Words	118
Coaching 11: The Mass of a Language	120
Europe: København, Danmark	123
12. Playa de Chia	126
Words	128
Coaching 12: The Corkscrew Test	130
Europe: Stockholm, Sverige	132
13. Teléfono móvil en el mar	134
Words	136
Coaching 13: Discount on 15,000 words?	138
Europe: Oslo, Norge	140

14. Bañarse en abril	142
Words	145
Coaching 14: Harvest Day 2	147
Europe: Helsinki, Finland	148
15. Treinta años en las minas	150
Words	153
Coaching 15: 'Linguistic talent'?	155
Europe: Baile Átha Cliath, Éire	157
16. Pequeños secretos de Italia	160
Words	163
Coaching 16: Ear2Memory	166
Europe: Oporto, Portugal	170
17. El idiota	172
Words	175
Coaching 17: How many hours a day?	177
Europe: Seville, España	179
18. Peligro para la democracia	181
Words	184
Coaching 18: Phase III	186
Europe: Milano, Italia	188
19. La generación suicida	191
Words	194
Coaching 19: Ear2Memory? Freedom!	196
Europe: Marseille, France	198
20. Martina	201
Words	204
Coaching 20: Phase III	206
Europe: Frankfurt, Deutschland	208

Appendix	212
Appendix 1 : Language manuals	212
English native speakers	212
German native speakers	213
French native speakers	214
Italian native speakers	214
Spanish native speakers	215
Appendix 2: Langenscheidt mit System	216
Index of Spanish words	220

0

0. We will be your coaches

To learn a language, you need teachers and coaches. First, teachers guide you through the maze of new grammar with hundreds of unknown words. Later, when you have mastered the basics, your coaches will introduce you to the principles of language learning and develop a learning strategy tailored to your needs.

Welcome to *aiolingua*!

We will be your coaches.

Start at page 18.

Patricia Bourcillier & Bernd Sebastian Kamps

15 March 2022

Season 1

Episode 1 : **Holy Shit!**

Cagliari, capital of Sardinia, on the second floor of a building in the historic Marina district. Leonardo spent the night at his grandfather Sebastiano's home.

Episode 2 : **Kill Facebook**

Leonardo is on the balcony of the Marina apartment. He dials Hannah's number. Hannah is a 22 -year-old French student from Paris. She is in Cagliari for a 9-month Erasmus course.

Episode 3 : **MI6**

Hannah and Francesco (Martina's ex-boyfriend, a 24-year-old architecture student from Milan) meet at the San Benedetto market.

Episode 4 : **Abortion**

Martina and Alejandro walk together under the arcade of Via Roma. Martina is a 25-year-old journalist from Sardinia. Alejandro is a 22-year-old Spanish guy from Seville.

Episode 5 : **Weed**

Grandfather Sebastiano and Grandmother Béatrice (of French origin) talk about their grandson.

Episode 6 : **Coitus interruptus**

Hannah and Francesco left the market and find themselves in front of a large pastry shop.

Episode 7 : **Digital Detox**

Leonardo and Jan before a meeting of the “Kill Facebook” project. Jan is an 18 years old Dutch kid and a great fan of social media.

Episode 8 : **My belly**

Martina and Alejandro come out of the doctor’s office. They cross Via Roma to reach the small marina.

Episode 9 : **Seeds and Sun**

Beatrice reads aloud an excerpt from a French manual she and Sebastiano published when they were young.

Episode 10 : **Adieu Britannica**

April, Saturday, 11 a.m. Martina drives an old Fiat 500. There are six of them inside the car. She speaks with Raquel, a 24-year-old woman from Madrid. Suddenly, Raquel points to the Britannica.

1

1. ¡Vaya mierda!

{ Audio: www.aioLingua.com }

- . *Cagliari, capital de Cerdeña, en el segundo piso de un edificio del histórico barrio de la Marina. Leonardo ha pasado la noche en casa de su abuelo Sebastiano.*

Holy Shit!

Cagliari, capital of Sardinia, on the second floor of a building in the historic Marina district. Leonardo spent the night at his grandfather Sebastiano's home.

S Leonardo, ¡despierta!

Leonardo, wake up!

L Por favor, abuelo, déjame dormir. Me duele mucho la cabeza.

Please, Grandpa, let me sleep. I have a very bad headache.

S ¡Sí, ya has vuelto a fumar!

Yeah, you've been smoking again!

L Que no, abuelo. No me gusta el tabaco.

Of course not, Grandpa. I don't like tobacco.

S Pero te gusta fumar hierba.

But you like smoking weed.

- . *Saca los restos de un porro de un cenicero.*

He takes out the rest of a joint from an ashtray.

S Te he dicho cien veces que tienes que saber manejar la marihuana. Cómo quieres estudiar si no puedes concentrarte y...

I told you a hundred times that you have to know how to manage marijuana. How do you want to study if you can't concentrate and...

L Para, ya me sé la canción. La hierba me impide concentrarme y me ablanda el cerebro. Vaya, que nunca seré un estudiante brillante.

Stop it, I know the song. Weed prevents me from concentrating and softens my brain. In short, I will never be a brilliant student.

- S ¡Mentira! No he dicho nada de eso. La hierba no interferirá en tus estudios ni te impedirá ser un buen médico, pero con la única condición de que actúes con moderación. ¡Vamos, vístete! Son las once.
- Bullshit! I didn't say anything like that. Weed will not interfere with your studies and will not prevent you from becoming a good doctor, but on the one condition that you exercise moderation! Come on, get dressed! It's 11 o'clock.
- L ¿Qué? ¿Las once? Mierda, había quedado con Hannah.
- What? 11 o'clock? Damn it, I had an appointment with Hannah.
- S Antes de eso, sal al balcón.
- Before that, go to the balcony.
- L ¿Qué hay tan importante que ver?
- What is so important to see there?
- S Hay un crucero anclado en la entrada del puerto.
- There is a cruise ship that dropped anchor at the entrance to the harbour.
- . *Leonardo sale al balcón que da a los tejados de la Marina, al puerto y al golfo de los Ángeles.*
- Leonardo goes out onto the balcony which overlooks the roofs of the Marina, the port and the Angels Gulf.*
- L ¿Y?
- So what?
- S Ese barco está lleno de ingleses. Está en cuarentena y no puede entrar en el puerto.
- That cruise ship is full of English people. It is in quarantine and not allowed to enter the port.
- L ¿Qué ha pasado?
- What happened?
- S Dicen que tienen un caso de ébola a bordo.
- They say they have an Ebola case on board.
- L ¡Vaya mierda!
- Holy shit!

Abbreviations

adj	adjetivo	adjective
adv	adverbio	adverb
conj	conjunción	conjunction
expr	expresión	expression
inter	interjección	interjection
nf	sustantivo masculino	masculine noun
nm	sustantivo femenino	feminine noun
pl	plural	plural
prep	preposición	preposition
pron	pronombre	pronoun
v	verbo	verb

Words

mierda <i>nf</i>	shit
¡Vaya mierda!	Holy shit!
capital <i>nf</i>	capital
Cerdeña <i>nf</i>	Sardinia
segundo <i>adj</i>	second
piso <i>nm</i>	floor
edificio <i>nm</i>	building
histórico <i>adj</i>	historic
barrio <i>nm</i>	district
pasar <i>v</i>	spend
noche <i>nf</i>	night
casa <i>nf</i>	house
abuelo <i>nm</i>	grandfather
despertar <i>v</i>	wake up
por favor <i>expr</i>	please
dejar <i>v</i>	let
dormir <i>v</i>	sleep
doler <i>v</i>	hurt
cabeza <i>nf</i>	head

mucho <i>avv</i>	very much
volver a hacer algo	do something again
fumar <i>v</i>	smoke
que no	of course not
gustar <i>v</i>	like
tabaco <i>nm</i>	tobacco
hierba <i>nf</i>	weed
sacar <i>v</i>	take
resto <i>nm</i>	rest
porro <i>nm</i>	joint
cenicero <i>nm</i>	ashtray
decir <i>v</i>	tell
cien <i>adj</i>	hundred
tener que <i>v</i>	must
saber <i>v</i>	know
manejar <i>v</i>	manage
marihuana <i>nf</i>	marijuana
querer <i>v</i>	want
estudiar <i>v</i>	study
poder <i>v</i>	be able to
concentrarse <i>v</i>	concentrate
parar <i>v</i>	stop
¡Para!	Stop it!
canción <i>nf</i>	song
hierba <i>nf</i>	weed
impedir <i>v</i>	prevent
ablandar <i>v</i>	soften
cerebro <i>nm</i>	brain
vaya que	well; here: in short
¡Mentira!	Bullshit!
nada de eso	nothing like that
interferir <i>v</i>	interfere
bueno <i>adj</i>	good
médico <i>nm</i>	doctor
con la condición	only if, on the one condition
actuar <i>v</i>	act, behave
moderación <i>nf</i>	moderation

¡vamos!	come on!
vestirse <i>v</i>	get dressed
¡Mierda!	Damn it!
quedarse <i>v</i>	have an appointment
antes de eso	before
salir <i>v</i>	go out
importante <i>adj</i>	important
ver <i>v</i>	see
crucero <i>nm</i>	cruise ship
anclar <i>v</i>	drop anchor
entrada <i>nf</i>	entrance
puerto <i>nm</i>	harbour
balcón <i>nm</i>	balcony
dar a <i>v</i>	overlook
tejado <i>nm</i>	roof
golfo <i>nm</i>	gulf
ángel <i>nm</i>	angel
barco <i>nm</i>	ship
lleno <i>adj</i>	full
inglés <i>nm</i>	English
cuarentena <i>nf</i>	quarantine
entrar <i>v</i>	enter
pasar <i>v</i>	happen
caso <i>nm</i>	case
a bordo <i>adv</i>	on board

Coaching 1: Reading and Listening

To learn a language, you need teachers and coaches. First, teachers guide you through the maze of new grammar with hundreds of unknown words. Later, when you have mastered the basics, your coaches will introduce you to the principles of language learning and develop a learning strategy tailored to your needs.

We, Patricia Bourcillier and Bernd Sebastian Kamps, will be your coaches.

* * *

Let us start with one of the basic principles of adult language learning: **read while you listen and listen while you read!** In Chapter 2, we explain the anatomical reason for this recommendation. Your task for today:

1. Open www.aiolingua.com/esen001
2. Start the audio
3. Read and listen to *Holy Shit!* **at least three times**

P.S.: If you are listening to the audio on a computer, use the horizontal arrows to move forward or backward a few seconds and use the space bar to turn the audio on and off.

Europe: Casteddu, Sardinia



The Sky over Casteddu

Flying Publisher 2009, ISBN 978-3-924774-64-6, 42 pages

Download free PDF: <http://www.kontinentalenglish.com/sky>

Four Seastons over Casteddu

Flying Publisher 2010, ISBN 978-3-924774-65-3, 36 pages

Download free PDF: www.kontinentalenglish.com/4seasons

2

2. Matar a Facebook

{ Audio: www.aioLingua.com }

Kill Facebook

Leonardo è sul balcone dell'appartamento nel quartiere della Marina. Compose il numero di Hannah. Hannah è una studentessa francese di 22 anni di Parigi. È a Cagliari per un corso Erasmus di nove mesi.

Leonardo is on the balcony of the Marina apartment. He dials Hannah's number. Hannah is a 22-year-old French student from Paris. She is in Cagliari for a 9-month Erasmus course.

L Hannah, sei tu? Sto chiamando dal cellulare di mio nonno. Mi sono appena svegliato.

Hannah, is that you? I'm calling from my grandpa's cell phone. I just woke up.

H Fantastico! Avevamo un appuntamento alle 9. Sono due ore che cerco di chiamarti!

Well that's just great! We had an appointment at 9 o'clock. I've been trying to call you for two hours!

L Il mio cellulare era scarico. Mi dispiace.

My phone was dead. Sorry.

H Scusa, eh! Come al solito, non sei mai in orario. Deciditi, caro mio: sei interessato all'incontro sul cambiamento climatico o no? Ci stiamo preparando per la manifestazione di venerdì prossimo. Merda, non capisci che il nostro futuro è in gioco?

Sorry, huh! As always, you're never on time. Make up your mind, man: does the meeting on climate change interest you or not? We are preparing for next Friday's march. Damn, don't you understand that our future is on the line?

- | | |
|--|--|
| L Smettila di urlare! Andrò alla riunione la prossima settimana. A proposito, hai sentito della nave inglese? | Stop screaming! I will go to the meeting next week. By the way, have you heard about the English ship? |
| H Tutti ne parlano. C'è un po' di panico in città da quando un paziente della nave è stato portato all'ospedale di Is Mirrionis in elicottero. | Everyone is talking about it. There's a bit of a panic in town since a patient from the ship was taken to Is Mirrionis hospital by helicopter. |
| L Panico? | Panic? |
| H La gente dice che ci sono pazienti che fuggono dall'ospedale. Pensi che sia una cosa seria? Cosa succederà ora? | People say there are patients escaping from the hospital. Do you think it's serious? What's going to happen now? |
| L Non ne ho idea. | No idea. |
| H A proposito, se ti fossi svegliato prima, avresti potuto accompagnare Martina dal dottore. | By the way, if you had woken up earlier, you could have accompanied Martina to the doctor. |
| L Così ha deciso di abortire? | So she decided to abort? |
| H Non te lo aspettavi? | Didn't you expect that? |
| L Certo che sì, ma conosco qualcuno che sarà furioso. | Sure I did, but I know someone who is going to be furious. |
| H L'opinione di Kevin non ha importanza e Martina probabilmente ha fatto la scelta giusta. | Kevin's opinion doesn't matter and Martina has probably made the right choice. |
| L E adesso? | And now? |

- | | |
|--|--|
| <p>H Dai, muoviti. Se ti sbrighi, arriverai in tempo per la presentazione del progetto <i>Kill Facebook</i>. È a mezzogiorno alla MEM*. Devo andare al mercato di San Benedetto con Francesco.</p> | <p>Come on, get moving. If you hurry, you will arrive in time for the presentation of the <i>Kill Facebook</i> project. It's at noon at the MEM*. I have to go to San Benedetto market with Francesco.</p> |
| <p>L Andare al mercato? Per fare cosa?</p> | <p>Go to the market? To do what?</p> |
| <p>H Per comprare cibo, per esempio. Hai dimenticato il nostro picnic a Chia?</p> | <p>To buy food, for example. Did you forget our picnic in Chia?</p> |
| <p>L Accidenti! Il nostro picnic sulla spiaggia! Completamente dimenticato! È domani o dopodomani?</p> | <p>Oh no! Our picnic at the beach! Completely forgot! Is it tomorrow or the day after?</p> |
| <p>H Domani, cervello di gallina. Dai, sbrigati adesso! Uccidiamo Facebook!</p> | <p>Tomorrow, pea brain. Come on, hurry up now! Let's Kill Facebook!</p> |
| <p><i>* MEM: Mediateca del Mediterraneo, via Mameli 164, Cagliari, Sardegna, Italia, Europa, Pianeta Terra, Sistema Solare, Bolla Locale, Braccio di Orione-Cigno, Via Lattea, Gruppo Locale</i></p> | <p><i>* MEM: Mediateca del Mediterraneo, via Mameli 164, Cagliari, Sardinia, Italy, Europe, Planet Earth, Solar System, Local Bubble, Orion-Cygnus Arm, Milky Way, Local Group</i></p> |

Words

matar <i>v</i>	kill
piso <i>nm</i>	apartment
marcar <i>v</i>	dial
estudiante <i>nm+nf</i>	student <i>m+f</i>
parisino <i>adj</i>	from Paris
llamar <i>v</i>	call
móvil <i>nm</i>	cell phone
abuelo <i>nm</i>	grandfather
acabar <i>v</i>	end, finish; here: just
hora <i>nf</i>	hour
llevar <i>v</i>	have been doing something since
quedarse <i>v</i>	remain; here: be
sin batería	discharged; here: dead
Lo siento.	I'm sorry.
siempre <i>adv</i>	always
ser puntual <i>expr</i>	be on time
decidirse <i>v</i>	make up one's mind
reunión <i>nf</i>	meeting
cambio climático	climate change
prepararse para <i>v</i>	prepare
manifestación <i>nf</i>	march
Mierda! <i>expr</i>	Damn!
entender <i>v</i>	understand
estar en juego <i>expr</i>	be on the line
futuro <i>nm</i>	future
dejar <i>v</i>	stop
gritar <i>v</i>	scream
ir <i>v</i>	go
semana <i>nf</i>	week
venir <i>v</i>	come
la semana que viene	next week
por cierto	by the way
oír <i>v</i>	hear
hablar <i>v</i>	tell, speak
todo el mundo	everyone

un poco	a bit
pánico <i>nm</i>	panic
ciudad <i>nf</i>	town
desde que <i>conj</i>	since
paciente <i>nm+nf</i>	patient
trasladar <i>v</i>	take
hospital <i>nm</i>	hospital
helicóptero <i>nm</i>	helicopter
gente <i>nf</i>	people
escaparse <i>v</i>	escape
grave <i>adj</i>	serious
pasar <i>v</i>	happen
antes <i>adv</i>	here: earlier
acompañar <i>v</i>	accompany
médico <i>nm</i>	doctor
decidir <i>v</i>	decide
abortar <i>v</i>	abort
esperar <i>v</i>	expect
claro che sí	sure
conocer <i>v</i>	know
alguien <i>pron</i>	someone
furioso <i>adj</i>	furious
opinión <i>nf</i>	opinion
importar <i>v</i>	matter
probablemente <i>adv</i>	probably
decisión <i>nf</i>	choice
correcto <i>adj</i>	right
¡venga!	come on!
moverse <i>v</i>	move
muévete!	get moving!
apresurarse <i>v</i>	hurry
si <i>conj</i>	if
darse prisa <i>expr</i>	hurry
llegar <i>v</i>	arrive
presentación <i>nf</i>	presentation
proyecto <i>nm</i>	project

a mediodía	at noon
tengo que ir	I have to go
mercado <i>nm</i>	market
comprar <i>v</i>	buy
comida <i>nf</i>	food
por ejemplo <i>adv</i>	for example
olvidar <i>v</i>	forget
picnic <i>nm</i>	picnic
playa <i>nf</i>	beach
totalmente <i>adv</i>	completely
mañana <i>avv</i>	tomorrow
pasado mañana <i>avv</i>	the day after tomorrow
chorlito <i>nm</i>	plover

Coaching 2: Eye + Ear

In *Coaching 1*, we introduced the maxim “*Read while you listen and listen while you read*”. This recommendation is based on anatomy. Firstly, language only reaches the brain through the eyes and ears. Secondly, the information that reaches the brain from the eyes (reading) and the ears (listening) is processed in different areas. Information from the eyes travels the length of the brain before being processed in the posterior part (Figure 2.1). Information from the ears, on the other hand, is processed directly above the ears (Figure 2.2).¹ If you train only one of these areas, you create an interesting imbalance, which we will come back to later. Indeed, only reading or only listening would be like training only your left leg or only your right leg. This is not a good preparation for a 100m race.



Figure 2.1 – Reading. Information from the **eye** travels through the whole brain along the longitudinal axis and is processed in the back of the brain, in the so-called occipital lobe, above the neck (see also *Visual System*).



Figure 2.2 – Listening. Information from the **ear** is processed in the temporal region of the brain, just above the ear, in the so-called temporal lobe (see also *Auditory system*).

¹ Imaging techniques show that after activation of the primary visual and auditory cortex (see Figure 2.1 and 2.2), many regions of all brain lobes (frontal, parietal, occipital and temporal) as well as the cerebellum are involved in our ability to produce and understand language.

Your assignment today:

1. Read and listen to *Kill Facebook* **at least 3 times**.
2. Read and listen to the text of *Holy Shit* **at least twice**.

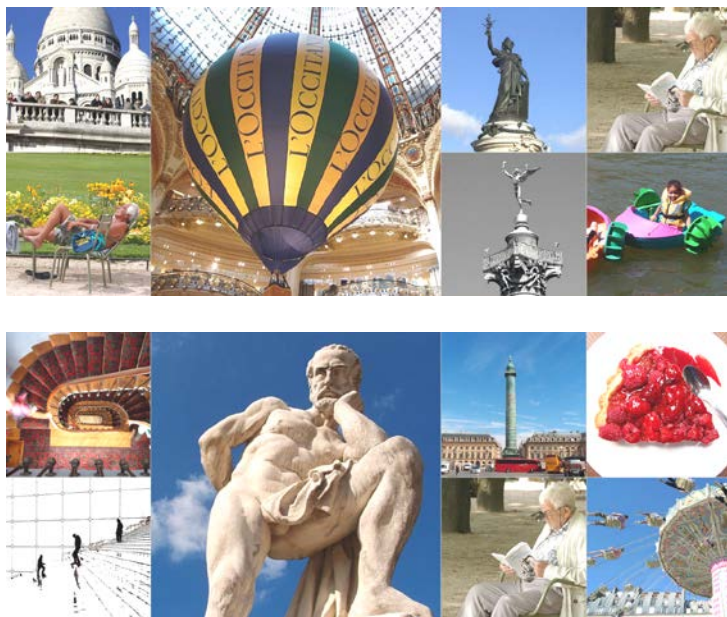
You have just discovered another principle of language learning: **Repetition**. Read and listen until:

- You understand what sound corresponds to what word
- You know the meaning of all the words
- You have memorized the spelling of the words

* * *

*P.S.: If your language skills are rudimentary, learn silently at first, i.e., without repeating words and phrases out loud.
(We'll explain the reasons later.)*

Europe: Paris, France



ParisByKamps

Flying Publisher 2009

ISBN 978-3-942687-13-3

162 pages, 136 pictures, 12 MB

PDF: www.ParisByKamps.com

Print Edition: www.amazon.com/dp/3942687135

3

3. MI6

{ Audio: www.aiolingua.com }

MI6

- *Hannah y Francesco (exnovio de Martina, estudiante de arquitectura de 24 años de Milán) se encuentran en el mercado de San Benedetto.*

Hannah and Francesco (Martina's ex-boyfriend, a 24-year-old architecture student from Milan) meet at the San Benedetto market.

- H Leonardo es un hijo de puta. Se perdió a la reunión de la manifestación del viernes.

What a motherfucker, that Leonardo. He missed the meeting for Friday's demonstration.

- F ¿Otra vez drogado?

Still high?

- H Me temo que sí. No puede seguir así. ¡Está totalmente jodido!

I'm afraid so. It can't go on like this. He's messing up completely!

- F ¡Olvídalo! Ahora pensemos en frutas y verduras. Mañana, en Chia, ya le gritaremos. Por cierto, ¿alguna noticia sobre el crucero?

Forget it! For now, we should be thinking of fruit and vegetables. Tomorrow at Chia we can lay into him. By the way: any news about the cruise ship?

- H Sí, es el Britannica Tropica. 5000 personas a bordo. Casi todos de nacionalidad británica.

Yeah, it's the "Britannica Tropica", 5,000 people on board. Almost all of English nationality.

- F ¿Así que habrá 5.000 turistas muertos?

So there will be 5,000 dead tourists?

- | | |
|---|---|
| H ¡Claro que no! Leonardo me dijo que el ébola no se transmite como la gripe. Necesitas un contacto directo. | Of course not! Leonardo told me that Ebola does not spread like the flu. Direct contact is required. |
| F ¿Tienes que acostarte con alguien, como con el sida? | So you'd have to sleep with someone, like AIDS? |
| H Por desgracia, no. El ébola se transmite más fácilmente. Para infectarse basta con entrar en contacto con fluidos corporales: sangre, saliva, orina, semen, sudor, heces, vómito. | Unfortunately not. Ebola is more easily transmitted. To become contaminated, you just have to come into contact with bodily fluids – blood, saliva, urine, semen, sweat, faeces, vomit. |
| F ¿Sabemos algo sobre el enfermo? | Do we know anything about the patient? |
| H Al parecer, es un exoficial del MI6. | Apparently, he's an ex-MI6 officer. |
| F ¿Qué es el MI6? | What is MI6? |
| H El Servicio de Inteligencia inglés. Hace tres semanas regresó de una zona en la que la epidemia hace estragos. | The British Secret Services. Three weeks ago he returned from an epidemic-ridden area. |
| F ¿De verdad? Hablando de fluidos: ¿qué vino vamos a tomar? | Really? Talking about fluids – what wine should we buy? |
| H El tinto Santadi no está mal. ¿O prefieres un blanco? | Santadi red is not bad. Or do you prefer white? |
| F Prefiero el tinto. Ahora, ocúpate de la fruta y la verdura. Yo compro el pan y el queso. | I'd rather have red. Now take care of the fruit and the vegetables. I'll get the bread and cheese. |
| H Vale. Hasta luego. | Okay. See you later. |

. *Ella se aleja y luego se gira.*

Hannah walks away, then turns around.

H Por cierto, ¿por qué no fuiste al médico con Martina?

By the way, why didn't you go to the doctor with Martina?

Words

novio <i>nm</i>	boyfriend
arquitectura <i>nf</i>	architecture
Milán	Milan
año <i>nm</i>	year
encontrarse <i>v</i>	meet
hijo de puta <i>expr</i>	motherfucker
perderse <i>v</i>	miss
manifestación <i>nf</i>	demonstration
viernes <i>nm</i>	Friday
otra vez	still
drogado <i>adj</i>	high
me temo que sí	I'm afraid so
seguir <i>v</i>	go on
estar jodido	mess up
olvidar <i>v</i>	forget
¡Olvidalo!	Forget it!
ahora <i>adv</i>	for now
pensar <i>v</i>	think
fruta <i>nf</i>	fruit
verdura <i>nf</i>	vegetable
gritar <i>v</i>	lay into
noticia <i>nf</i>	news
casi <i>adv</i>	almost
nacionalidad <i>nf</i>	nationality
así que <i>conj</i>	so, therefore
turista <i>nm+nf</i>	tourist
muerto <i>adj</i>	dead
transmitirse <i>v</i>	transmit, spread

gripe <i>nf</i>	flu
necesitar <i>v</i>	be required
contacto <i>nm</i>	contact
directo <i>adj</i>	direct
acostarse con <i>v</i>	sleep with
sida <i>nm</i>	AIDS
por desgracia <i>avv</i>	unfortunately
Ébola <i>nm</i>	Ebola
fácilmente <i>adv</i>	easily
infectarse <i>v</i>	become contaminated
entrar en contacto	come into contact
fluido <i>nm</i>	fluid
corporal <i>adj</i>	bodily
sangre <i>nf</i>	blood
saliva <i>nf</i>	saliva
orina <i>nf</i>	urine
semen <i>nm</i>	semen
sudor <i>nm</i>	sweat
heces <i>nfpl</i>	faeces
vómito <i>nm</i>	vomit
algo <i>pron</i>	something
al parecer <i>adv</i>	apparently
oficial <i>nm</i>	officer
¿qué es?	what is?
servicio de inteligencia	secret services
hace tres semanas	three weeks ago
regresar <i>v</i>	return
zona <i>nf</i>	area
epidemia <i>nf</i>	epidemic
estrago <i>nm</i>	ravage, havoc
¿de verdad?	really?
vino <i>nm</i>	wine
tinto <i>adj</i>	red
mal <i>adj+adv</i>	bad
preferir <i>v</i>	prefer
blanco <i>adj</i>	white
ocuparse de <i>v</i>	take care of

pan <i>nm</i>	bread
queso <i>nm</i>	cheese
hasta luego <i>expr</i>	see you later
alejarse <i>v</i>	walk away
entonces <i>adv</i>	then
girarse <i>v</i>	turn around

Coaching 3: Multiple Rehearsals

Please listen to this audio: www.BSK1.com/s99cn. You won't understand much, and that's not surprising. It is much more surprising that you understand every word in the following version: www.bsk1.com/s99en. A Chinese person would, of course, have the opposite experience. The first audio would be as clear as the water on the beach at Chia in Sardinia, while the English version sounds like a structureless mush to them – as it would to 6 billion other people on Earth.

To repeat: it is not the first audio that should intrigue us, but the second. What is going on in our brains that translates 10 seconds of phonological mush into a clear sequence of meanings? How do we decipher in real time (or rather, how does our brain decipher it, since we don't do anything) a sound stream of 29 words that is incomprehensible to almost all human beings?

Let's postpone this discussion. Instead, some good news and some less than good news. The good news is that in less than a year, anyone will be able to understand, word for word, audio files of several hours of Chinese (or any other language), as if they were pure English. By “any person” we mean not only all young people, but also more “mature” adults, for example people in their 60s and 70s.

The less-than-good news is that spontaneous understanding *on autopilot*, i.e., without thinking, requires **a lot of repetition**, both in young people and in adults.

Your duty today is to:

1. Read and listen to *MI6* **at least 3 times**.
2. Read and listen to Episode 1, *Holy Shit!* **at least twice**.
3. Read and listen to Episode 2, *Kill Facebook*, **at least twice**.

In the next episode, we will put your repetitions in order. To do so, we use a spreadsheet, for example *Google Sheets*. Install it on your mobile phone, tablet or computer:

Google Play Store: <https://bit.ly/30huxTn>

App Store: <https://apple.co/3HkUJ02>

* * *

Audio transcripts

1. 上次我在一家酒店说我要水饺, 那个卖小吃的女孩还以为我要睡觉呢. 很生气.
2. *The last time I asked for boiled ravioli in a restaurant, the hors d'œuvres waitress thought I was asking her to "go to bed" with me. She was furious.*

Europe: Berlin, Deutschland



Credit:

<https://pixabay.com/photos/chancellery-berlin-9971>

4

4. Aborto

{ Audio: www.aiolingua.com }

Abortion

- *Martina y Alejandro pasan por debajo de los soportales de Via Roma. Martina es una periodista sarda de 25 años. Alejandro es un español de Sevilla de 22 años.*

Martina and Alejandro walk together under the arcade of Via Roma. Martina is a 25-year-old journalist from Sardinia. Alejandro is a 22-year-old Spanish guy from Seville.

A ¿Lo has pensado bien?

Have you thought it through?

M Sí.

Yes.

A ¿Le has hablado a Francesco de esto?

Did you tell Francesco about it?

M No, él no tiene nada que ver con esto.

No. He has nothing to do with it.

A Pero es el padre.

But he's the father.

M No, no es el padre porque no habrá hijo. Digamos que podría haber sido el padre si hubiéramos planeado vivir juntos.

No, he is not the father since there will be no child. Let's say he could have been the father if we had planned to live together.

A ¿Así que no tenían intención de seguir juntos?

So, you didn't plan to stay together?

M En absoluto. Nunca. Y aunque lo hubiéramos hecho, ¿crees que es el momento adecuado para tener un hijo, con 25 años y sin trabajo seguro? ¿Te ves con un hijo que criar?

Not at all. Never. And even if we had, do you think that this is the right time to have a child – 25 years old and no secure job? Do you see yourself with a kid to raise?

A La verdad es que no.

Actually no.

- *Un vendedor ambulante ofrece una edición especial del periódico local, La Unión de los Isleños. Alejandro compra un ejemplar. Titular: “Pánico a bordo del Britannica Tropica”.*

A street vendor offers a special edition of the local newspaper, The Islander's Union. Alejandro buys a copy. Headline: “Panic aboard the Britannica Tropica”.
- A Puedes imaginar el pánico. Se dice que algunas personas intentaron abandonar el barco y nadar hasta la orilla.

Can you imagine the panic! They say that some people tried to abandon ship and swim ashore.
- M Y, ¿qué pasó?

So what?
- A Fueron capturados por la policía y llevados de vuelta al barco.

They were caught by the police and brought back to the ship.
- M ¿Qué dice el periódico?

What does the newspaper say?
- A El inglés sospechoso de tener ébola nació en junio de 1964. Era un antiguo agente secreto, que se convirtió en traficante de armas y cayó enfermo hace una semana. Un grupo de veinte pasajeros le cuidó durante la travesía.

The Englishman who is suspected of having Ebola was born in June 1964. Ex-secret agent, converted into an arms dealer, fell ill a week ago. A group of twenty passengers took care of him during the crossing.
- M Por lo tanto, veinte personas están potencialmente infectadas.

Twenty people are therefore potentially infected.
- A ¡Es posible! Sería mejor que el Britannica se fuera a la mierda. ¿No estás de acuerdo?

It's possible! It would be better if the Britannica bunked off. Don't you agree?

- . *Llegan frente a un gran edificio rojo. Una placa de bronce indica un consultorio médico.* *They arrive in front of a large red building. A bronze plaque indicates a doctor's office.*
- M Aquí estamos. ¿Me acompañas? *Here we are. Are you coming with me?*

Words

pasar <i>v</i>	pass; here: walk together
por debajo de <i>prep</i>	under
soportal <i>nm</i>	arcade
periodista <i>nm+nf</i>	journalist
de 25 años	25-year-old
embarazada <i>adj</i>	pregnant
español <i>nm</i>	Spanish
pensarlo bien	think through
nada <i>pron</i>	nothing
Él no tiene nada que ver con esto.	He has nothing to do with it.
padre <i>nm</i>	father
porque <i>conj</i>	since, because
hijo <i>nm</i>	child
podría haber sido	he could have been
planear <i>v</i>	plan
vivir <i>v</i>	live
junto <i>adv</i>	together
intención <i>nf</i>	intention
tener intención	plan, intend to
seguir <i>v</i>	follow; here: stay, remain
nunca <i>adv</i>	never
En absoluto. Nunca.	Not at all. Never.
aunque <i>conj</i>	even if
creer <i>v</i>	believe; here: think
momento <i>nm</i>	moment; here: time
adecuado <i>adj</i>	appropriate; here: right
sin <i>prep</i>	without
trabajo <i>nm</i>	job
seguro <i>adj</i>	secure
hijo <i>nm</i>	son, child
criar <i>v</i>	raise
la verdad es que	actually
vendedor <i>nm</i>	vendor
ambulante <i>adj</i>	itinerant

ofrecer <i>v</i>	offer
edición <i>nf</i>	edition
especial <i>adj</i>	special
periódico <i>nm</i>	newspaper
local <i>adj</i>	local
unión <i>nf</i>	union
isleño <i>nm</i>	islander
ejemplar <i>nm</i>	copy
titular <i>nm</i>	headline
imaginar <i>v</i>	imagine
intentar <i>v</i>	try
abandonar <i>v</i>	abandon
nadar <i>v</i>	swim
hasta <i>prep</i>	up to
hasta la orilla	ashore
capturar <i>v</i>	catch
llevar de vuelta	bring back
policía <i>nf</i>	police
sospechar <i>v</i>	suspect
sospechoso <i>adj</i>	suspected
nació	he was born
junio <i>nm</i>	June
antiguo agente secreto	ex-secret agent
convertirse <i>v</i>	convert
traficante de armas	arms dealer
caer enfermo <i>expr</i>	fall ill
semana <i>nf</i>	week
hace una semana	a week ago
grupo <i>nm</i>	group
veinte <i>adj</i>	twenty
cuidar <i>v</i>	take care of
durante <i>prep</i>	during
travesía <i>nf</i>	crossing
por lo tanto <i>loc adv</i>	therefore
potencialmente <i>adv</i>	potentially
infectado <i>adj</i>	infected

posible <i>adj</i>	possible
sería mejor si	it would be better if
irse a la mierda <i>expr</i>	bunk off
estar de acuerdo <i>expr</i>	agree
frente a <i>prep</i>	in front of
gran <i>adj</i>	large
placa <i>nf</i>	plaque
de bronce	bronze
indicar <i>v</i>	indicate
consultorio <i>nm</i>	office
¡aquí estamos!	here we are!

Coaching 4: Google Sheets

When you study an episode (reading the text while listening to the audio two, three, four, even five times), that is **a session of a chapter**. As you will be doing hundreds of sessions over the next few months, you will need a reliable documentation tool, for example Google Sheets².

With Google Sheets, you will always have an overview of

- what you have done,
- what you are doing,
- what you will be doing in the coming days and months.

The following screenshot (Figure 4.1 on the next page) shows the first 15 days of learning Chinese in the life of Monica, a friend from Sardinia (see also the full cycle of the first 50 days of this basic course: www.bsk1.com/monica). As the first lessons are very short, Monica was able to do the first five lessons on 11 January. On 12 January, she learned lessons 6 and 7, and then repeated from the beginning until the third lesson. The process is similar to that of the German board game “**Mensch ärgere Dich nicht**”: at regular intervals you are sent back to square one. What is annoying in the game is, in our case, a winning strategy. Later on you will adapt it to your individual needs.

Documenting your daily progress in a worksheet puts structure into your studies. Open the template www.bsk1.com/KEWorksheet and make a personal copy. Record the daily *minutes per session* or place a simple “x” to mark a session you have completed. A daily updated worksheet is highly motivating!

² Google Play Store: <https://bit.ly/30huxTn>
App Store: <https://apple.co/3HkUJ02>

		Lesson																					
	Min.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
11-Jan	21	3	4	4	5	5																	
12-Jan	24	3	3	4			7	7															
13-Jan	33				5	5	7	7	9														
14-Jan	30									10	10	10											
15-Jan	32													16	16								
16-Jan	30	3	3	4	5										15								
17-Jan	33					6	8	10	9														
19-Jan	28									9	9	10											
20-Jan	40												10	10	10	10							
21-Jan	38																10	13	15				
22-Jan	30																			15	15		
23-Jan	30																				10	20	
24-Jan	30	10	10	10																			
25-Jan	30				15	15																	
27-Jan	30					15	15																

Figure 4.1 - Monica's worksheet (www.bsk1.com/monica). Note that the first few texts in this book (*Assimil Chinese*) are very short and can be revised quickly.

You'll have noticed that we have introduced two new concepts: **everydayness** and **flexibility**! Everydayness means that learning a new language should be part of everyday life. The idea that you can learn a language in one or two hours a week is obsolete. Later, when you have analysed the colossal quantity of material contained in another language, you'll never again question the need for daily study.

The term flexibility refers to the rhythm of the repetitions. After reading and listening to *Abortion* **at least 3 times**, you can choose between

1. Moving on to the next episode (5: *Weed*) and maybe even the one after (6: *Coitus interruptus*)
or
2. Back to square one with a new series of *Holy Shit!*, *Kill Facebook*, *MI6*, etc.

In the future, it is up to you to decide if and how many new episodes you want to add at each round. The important thing is

that you regularly go back to the beginning and start again with Episode 1, *Holy Shit!*. The continuous “recycling” of lessons already learned is a prerequisite for moving from *Phase I* to *Phase II* of your language. We’ll find out what this means in the next episode.

Europe: Roma, Italia



Credit:

<https://pixabay.com/photos/rome-landmark-italy-architecture-6207755>

5

5. Hierba

{ Audio: www.aioLingua.com }

Weed

- . *El abuelo Sebastiano y la abuela Beatrice, de origen francés, hablan de su nieto.*

Grandfather Sebastiano and Grandmother Béatrice (of French origin) talk about their grandson.

- S Leonardo me preocupa. Desde principios de año no ha sido el mismo.

Leonardo worries me. Since the beginning of the year, he has not been the same.

- B El juicio de drogas en el que se ha visto envuelto no tiene ninguna gracia*. Y luego está lo de Hannah. ¿Fue realmente buena idea irse a vivir con ella cuando llevan un año en crisis?

The drug trial he's been involved in is no picnic*. Then there's this thing with Hannah. Was it really a good idea to move in with her when they've been in crisis for a year?

- S En cualquier caso, ya no puede concentrarse en sus estudios.

In any case, he can't really focus on his studies anymore.

- B Para estudiar bien, hay que estar sereno, y para estar sereno es mejor saber si tienes una relación con alguien o no.

To study well, you have to be serene, and to be serene it's better to know if you have a relationship with someone or not.

- S Por no hablar de sus ansiedades "ordinarias". Tiene mucho miedo al futuro.

Not to mention his "regular" anxieties. He is very afraid of the future.

- B Vivir con serenidad en el mundo actual es un arte.

Ah yes! Living serenely in today's world is an art.

- | | | |
|---|---|---|
| S | La falta de serenidad no es excusa para drogarse varias veces a la semana. Habla con él, por favor. | Lack of serenity isn't any excuse to get high several times a week. Do me the favor of speaking to him about this. |
| B | ¡Si al menos fumara menos! | If only he would smoke less! |
| S | ¿Quieres decir, como nosotros, en los buenos tiempos? | You mean, like us, in the good old days? |
| B | No fue todo de color de rosa, ni mucho menos. Las utopías, las luchas... | Not everything was rosy, not by a long shot. Utopias, struggles... |
| S | No perdimos todas las batallas. Gracias a nosotros, la sociedad evolucionó. | We've not lost all the battles. Thanks to us, society has evolved. |
| B | Y las mujeres obtuvieron el derecho al aborto y las lesbianas y los gays pueden casarse. | And women have obtained the right to abortion and lesbians and gays can marry. |
| . | <i>Beatrice coge un libro de la biblioteca y se lo enseña a Sebastiano.</i> | <i>Beatrice takes a book from the library and shows it to Sebastiano.</i> |
| B | ¡Mira, el primer libro de idiomas que escribimos! Hace casi 40 años. ¿Recuerdas el texto sobre la legalización de la marihuana? | Look, the first foreign language book we wrote! Almost 40 years ago! Do you remember the text about legalizing marijuana? |
| S | ¿Puedes leérmelo? | Can you read it to me? |
-

- * Leonardo recogió a una joven pareja que hacía autostop y se disponía a dejarla en la Vía Roma cuando, de repente, apareció un coche de gendarmes. El registro de la mochila de la chica reveló 12 bloques de hachís. Más tarde, al registrar la casa de la chica, los gendarmes descubrieron 200 gramos de cocaína, una balanza de precisión y material de embalaje.

* Leonardo had picked up a young couple hitchhiking and was about to drop them off in Via Roma when suddenly a car of the Carabinieri appeared. A search of the girl's backpack revealed 12 bricks of hashish. Later, when they searched the girl's house, the Carabinieri discovered 200 grams of cocaine, a precision balance and packaging material.

Words

abuela <i>nf</i>	grandmother
origen <i>nf</i>	origin
francés <i>adj</i>	French
nieto <i>nm</i>	grandson
preocupar <i>v</i>	worry
principios <i>nmpl</i>	beginning
mismo <i>adj</i>	same
juicio <i>nm</i>	trial
envuelto <i>adj</i>	involved
gracia <i>nf</i>	gift, flair; joke
no tener ninguna gracia	here: be no picnic
lo de	here: this thing with
irse a vivir	move in
crisis <i>nf</i>	crisis
en cualquier caso <i>loc adv</i>	in any case
ya no	not...anymore
concentrarse <i>v</i>	focus
sereno <i>adj</i>	serene
mejor <i>adv</i>	better
relación <i>nf</i>	relationship
mencionar <i>v</i>	mention
por no hablar de	not to mention
ansiedad <i>nf</i>	anxiety
ordinario <i>adj</i>	ordinary, regular
tener miedo a	be afraid of
serenidad <i>nf</i>	serenity
mundo <i>nm</i>	world
actual <i>adj</i>	current; here: today's
arte <i>nf</i>	art
falta <i>nf</i>	lack
excusa <i>nf</i>	excuse
drogarse <i>v</i>	get high
vez <i>nf</i>	time
varias veces	several times
favor <i>nm</i>	favour

por favor	do me the favour
si al menos	if only
menos <i>adv</i>	less
querer decir	mean
viejo <i>adj</i>	old
tiempo <i>nm</i>	time
todo <i>pron</i>	everything
de color rosa	rosy
tampoco <i>adv+conj</i>	not even
ni mucho menos	not by a long shot
utopía <i>nf</i>	utopia
lucha <i>nf</i>	struggle
perder <i>v</i>	lose
batalla <i>nf</i>	battle
gracias a <i>prep</i>	thanks to
sociedad <i>nf</i>	society
evolucionar <i>v</i>	evolve
mujer <i>nf</i>	woman
obtener <i>v</i>	obtain
derecho <i>nm</i>	right
lesbiana <i>nf</i>	lesbian
gay <i>nm</i>	gay
casarse <i>v</i>	marry
coger <i>v</i>	take
libro <i>nm</i>	book
biblioteca <i>nf</i>	library
enseñar <i>v</i>	show
mirar <i>v</i>	look
primero <i>adj</i>	first
idioma <i>nf</i>	language
extranjero <i>adj</i>	foreign
escribir <i>v</i>	write
recordar <i>v</i>	remember
texto <i>nm</i>	text
legalización <i>nf</i>	legalization
leer <i>v</i>	read

recoger <i>v</i>	pick up
pareja <i>nf</i>	couple
hacer autostop	hitchhike
disponerse a <i>v</i>	be about to
dejar <i>v</i>	leave; here: drop off
de repente <i>adv</i>	suddenly
aparecer <i>v</i>	appear
coche <i>nm</i>	car
registro <i>nm</i>	search
mochila <i>nf</i>	backpack
chica <i>nf</i>	girl
revelar <i>v</i>	reveal
bloque <i>nm</i>	brick
más tarde <i>loc adv</i>	later
registrar <i>v</i>	search
casa <i>nf</i>	house
descubrir <i>v</i>	discover
gramo <i>nm</i>	gram
cocaína <i>nf</i>	cocaine
balanza <i>nf</i>	balance
precisión <i>nf</i>	precision
material <i>nm</i>	material
embalaje <i>nm</i>	packaging

Coaching 5: Phase I, Phase II, Phase III

It is time to divide your language adventure into three phases:

1. Phase I: **Simultaneous reading and listening.** In the first phase, while reading and listening, you constantly compare the text with the translation.
2. Phase II: **Focus on oral comprehension.** The aim of Phase II is to understand an audio only by listening, without reading the text.
3. Phase III: An even more difficult exercise, which we'll present later.

Without knowing it, for the text of Episode 1 you have already completed Phase I. After three or four rehearsals, you know the text so well that you no longer need the translation. This text is now in Phase II. Your task in Phase II:

Over the next few weeks, repeat *Holy Shit!* as many times as necessary until you understand the audio word for word (as if it were a story you would hear in English) **without reading the text, eyes closed.**

In Phase II you will conquer **an island of total understanding** in a foreign language. (For the first time in your life?) By this we mean “thoughtless” comprehension of what you hear – effortlessly, unconsciously and yet with crystal clarity. Such an achievement may seem unattainable, especially for unfamiliar languages like Chinese, Japanese or Hindi. But anyone can do it, even you!

You will immediately ask yourself

1. How many sessions do I need to understand a foreign language audio, word by word without any effort, as if it were English?
2. How long should these sessions last? Days, weeks, months?

And you may be asking yourself another question: why is it so difficult to understand people who speak another language?

Europe: Madrid, España



Credit:

<https://pixabay.com/photos/madrid-building-architecture-385104>

6

6. Coitus interruptus

{ Audio: www.aiolingua.com }

- . *Hannah y Francesco salieron del mercado y se encontraron frente a una gran pastelería.*

H ¿Por qué no fuiste con Martina al médico?

F A ver, ya no estamos realmente juntos. Me ofrecí a acompañarla, pero ella prefirió ir con Alejandro.

H Bueno, bueno...

F No, no hay nada entre ellos. Por cierto, ¿sabes cómo es un aborto?

H El médico probablemente le preguntará a Martina si está segura de querer abortar y le explicará los diferentes métodos. Entonces Martina tendrá que esperar siete días. Luego irá al hospital.

F ¿Diferentes métodos de aborto?

Coitus interruptus

Hannah and Francesco left the market and find themselves in front of a large pastry shop.

Why didn't you go with Martina to the doctor?

You know, we're not really together anymore. I suggested to accompany her but she preferred to go with Alejandro.

Well, well...

No, there is nothing between them. By the way, do you know how an abortion is done?

The doctor will probably ask Martina if she is sure she wants an abortion and explain the different methods. After which Martina will have to wait seven days. Then she will go to the hospital.

Different methods of abortion?

- H Tendrá que elegir entre la píldora abortiva y el aborto instrumental. Dicho esto, ¿no podrías haber tenido más cuidado? Embarazar a una chica a tu edad es una verdadera irresponsabilidad.
- She will have to choose between the abortion pill and instrumental abortion. Having said that, couldn't you have been more careful? Getting a girl pregnant at your age is really irresponsible!
- F Normalmente uso preservativo, pero cuando no lo tengo, hago marcha atrás. Pero ese día, salió mal. En cuanto a Martina, siempre se ha negado a tomar la píldora.
- Normally I use a condom, but when I don't have one I withdraw. But that day, it didn't work. As for Martina, she always refused to take the pill.
- H ¡Sois unos auténticos inútiles!
- You are real dummies!
- . *Hannah señala la bolsa de la compra.*
- Hannah points to the shopping bag.*
- H ¡Enséñame qué has comprado!
- Show me! What did you buy?
- F Una enorme mozzarella de búfala, un salchichón de Oliena, un queso de oveja semicurado, un queso de cabra fresco de Sinai y pan carasau. ¿Y tú?
- A huge buffalo mozzarella, a dry Oliena sausage, semi-mature sheep's cheese, fresh Sinai goat cheese and carasau bread. And you ?
- H Endibias, zanahorias, hinojo, apio y algunos tomates.
- Endives, carrots, fennel, celery branches and some tomatoes.
- F ¿No hay fruta?
- No fruit?
- H Ya sabes que no hay gran cosa en esta época. Pero he encontrado fresas y las rociaremos con zumo de limón.
- You know, there isn't much this season. But I found strawberries that we can sprinkle with lemon juice.
- F ¡Genial! ¿A qué hora quedamos mañana para el picnic?
- Great! What time do we meet tomorrow for the picnic?

Words

coitus interruptus	coitus interruptus
salir <i>v</i>	leave
encontrarse <i>v</i>	find oneself
pastelería <i>nf</i>	pastry shop
estar juntos	be together
entre <i>prep</i>	between
preguntar <i>v</i>	ask
explicar <i>v</i>	explain
método <i>nm</i>	method
diferente <i>adj</i>	different
después <i>adv+prep</i>	after
entonces <i>conj+adv</i>	after which
esperar <i>v</i>	wait
siete <i>adj</i>	seven
día <i>nm</i>	day
elejir <i>v</i>	choose
píldora <i>nf</i>	pill
abortivo <i>adj</i>	abortive
instrumental <i>adj</i>	instrumental
dicho esto	having said that
cuidado <i>nm</i>	care
embarazar <i>v</i>	get pregnant
edad <i>nf</i>	age
verdadero <i>adj</i>	real
irresponsabilidad <i>nf</i>	irresponsibility
normalmente <i>adv</i>	normally
usar <i>v</i>	use
preservativo <i>nm</i>	condom
hacer marcha atrás	withdraw
salir <i>v</i>	get out; here: work
en cuanto a <i>prep</i>	as for
negarse <i>v</i>	refuse
auténtico <i>agg</i>	real
inútil <i>nm+nf</i>	dummy
señalar <i>v</i>	point to

bolsa de la compra	shopping bag
enorme <i>adj</i>	huge
mozzarella de búfala <i>nf</i>	buffalo mozzarella
salchichón <i>nm</i>	sausage
seco <i>adj</i>	dry
Oliena	Sardinian village
oveja <i>nf</i>	sheep
maduro <i>adj</i>	mature
semicurado <i>adj</i>	semi-mature
fresco <i>adj</i>	fresh
queso de cabra	goat cheese
Sinnai	Sardinian village
pan carasau	carasau bread
endibia <i>nf</i>	endive
zanahoria <i>nf</i>	carrot
hinojo <i>nm</i>	fennel
apio <i>nm</i>	celery branch
algunos <i>adj</i>	some
tomate <i>nm</i>	tomato
gran cosa	much
época <i>nf</i>	season
fresa <i>nf</i>	strawberry
rociar <i>v</i>	sprinkle
limón <i>nm</i>	lemon
zumo <i>nm</i>	juice

Coaching 6: Reading Monsters

Listening is more difficult than reading because of **the speed** and **irreversibility** of spoken language. When you listen to someone, you hear between two and four words per second. If you do not understand the meaning of one important word, the sentence will remain incomprehensible forever.

When you are reading, on the contrary, you can stop at any time. You can linger on certain words for as long as you like – 5, 10, 15, 20, 25 seconds – until you have checked, guessed or recalled their meaning. In addition, after reading a text several times, you have subtle clues to understanding, such as the number of letters in a word, its position on the page (top left? bottom right?), its proximity to other words, etc. If you are learning German you'll remember from the very first reading that "Aschenbecher", a word that is a little longer than the others and begins with a large "A", means, depending on the mother tongue, cendrier, posacenere, cenicero, cinzeiro or ashtray. The difference between reading and listening is not trivial. While for reading a rough knowledge of the words is enough, for listening you need to know almost all the words.

Remember also that

1. Reading is one of your favourite activities and you have been doing it for decades;
2. You read faster in each decade of your life than in the previous decade.

In the course of your life you have become a 'reading monster' and in your brain, there is a fast track for written language. Proof of this monstrosity is your ability to understand a foreign language text after only a few revisions. Listening is a different matter. It will take more sessions (7? 10? even more?) before you can understand an audio word for word with your eyes closed. Moreover, you will have to spread the sessions over time, because your brain needs time to rewire itself. Only after

weeks and months can you expect to achieve a *fully automatic oral understanding*.

Someone will object that 10 sessions per chapter is unacceptable, especially since in each session some sentences are repeated 3, 4, 5 times or more. Is it really necessary to listen to certain sentences dozens of times? We'll soon define what we mean by "*speaking a language*", but first, let's have Harvest Day and summarize the progress made in the first 6 episodes. What you have achieved in such a short time is a solid start. We are proud of you.

Europe: Lisboa, Portugal



Credit:

<https://pixabay.com/photos/city-building-cityscape-travel-4820579/>

7

7. Desintoxicación digital

{ Audio: www.aioLingua.com }

Digital Detox

- J *Leonardo y Jan antes de una reunión del proyecto “Kill Facebook”. Jan es un adolescente holandés de 18 años y un gran aficionado a las redes sociales.*

Leonardo and Jan before a meeting of the “Kill Facebook” project. Jan is an 18 years old Dutch kid and a great fan of social media.
- J Leonardo, ¡no puedes hablar en serio! ¿Un día entero en la playa sin hacer fotos? ¿Sin publicar nada en Internet?

Leonardo, you’re not serious! An entire day at the beach without taking photos? Without posting anything on the internet?
- L Mira, Jan, todos estuvimos de acuerdo en eso. En nuestro picnic solo habrá un teléfono móvil: el mío. En caso de emergencia. Todos los demás dejarán su móvil en casa.

Listen Jan, everyone agreed on that. At our picnic there will only be one cell phone – mine. In case of emergency. Everyone else will leave their cell phones at home.
- J Pero esto es estúpido y está totalmente fuera de la realidad. No vas a cambiar el mundo porque nos quedemos un día sin móvil.

But it’s stupid and totally unreal. You are not going to change the world by spending a day without a cell phone!
- L Pero tú, ¿qué aportas al mundo subiendo un selfie a Instagram cada día?

And you? What do you bring to the world by posting a selfie every day on Instagram?
- J ¿Y a ti qué te importa?

What do you care?

- L ¡Déjalo estar! Si no empiezas por algo, nunca cambiarás nada.
- J Y, ¿qué quieres cambiar exactamente?
- L Reducir la influencia de las redes sociales. Facebook, Twitter, YouTube, Instagram, Snapchat y Tiktok no invitan al intercambio real y a la solidaridad. Son el enemigo de la humanidad.
- J ¿Estás de broma? Las redes son el futuro, ¡el progreso! Nos permiten ser el centro del mundo. ¡Mírame! Ya tengo más de 10000 seguidores. Pronto me ganaré la vida gracias a las redes sociales. Ya no hace falta perder el tiempo con los estudios.
- L Bien, Sr. Influencer, la reunión está empezando. Por cierto, ¿por qué has venido? Normalmente eres leal a tu tribu.
- J Para decir que no debemos matar a Facebook.
- Drop it! If we don't start with something, we will never change anything.
- What exactly do you want to change?
- Reduce the influence of social networks. Facebook, Twitter, YouTube, Instagram, Snapchat and Tiktok do not invite real exchange and solidarity. They are the enemy of mankind!
- But you must be joking! Networks are the future, it's progress! They allow us to be at the center of the world! Look at me! I already have over 10,000 followers. Soon, I will make a living on social media. No need to waste time with studies anymore!
- Well, Mr. Influencer, the meeting is starting. By the way, why did you show up? Normally you are loyal to your tribe.
- To say that we should not kill Facebook.

Words

desintoxicación <i>nf</i>	detox, detoxification
digital <i>adj</i>	digital
adolescente <i>nm+nf</i>	kid
holandés <i>agg</i>	Dutch
aficionado <i>nm</i>	fan
redes sociales	social media
entero <i>adj</i>	entire
foto <i>nf</i>	photo
publicar <i>v</i>	post
estar de acuerdo en	agree on
el mío <i>pron</i>	mine
en caso de	in case of
emergencia <i>nf</i>	emergency
todos los demás	everyone else
en casa	at home
estúpido <i>adj</i>	stupid
totalmente <i>adv</i>	totally
fuera <i>adv+prep</i>	outside
realidad <i>nf</i>	reality
fuera de la realidad	un-real
cambiar <i>v</i>	change
aportar <i>v</i>	contribute
selfie <i>nm</i>	selfie
cada <i>adj</i>	every
¿Por qué te importa?	What do you care?
¡Déjalo estar!	Drop it!
empezar <i>v</i>	start
algo <i>pron</i>	something
exactamente <i>adj</i>	exactly
reducir <i>v</i>	reduce
influencia <i>nf</i>	influence
invitar <i>v</i>	invite
intercambio <i>nm</i>	exchange
solidaridad <i>nf</i>	solidarity
enemigo <i>nm</i>	enemy

humanidad <i>nf</i>	mankind
estar de broma	joke
red <i>nf</i>	network
progreso <i>nm</i>	progress
centro <i>nm</i>	center
ya <i>adv</i>	already
más de	over, more than
seguidor <i>nm</i>	follower
pronto <i>adv</i>	soon
ganarse la vida	make a living
necesidad <i>nf</i>	need
no hace falta	no need to
venir <i>v</i>	come
leal <i>adj</i>	loyal
tribu <i>nf</i>	tribe
decir <i>v</i>	say
no deberíamos, no debemos	we should not

Coaching 7: Harvest Day

In the last 6 episodes, you've gotten the basics of language learning:

1. **Eyes and ears.** Read while you listen and listen while you read. If you think that all language students know and respect this principle, you are mistaken. Share this precious advice.
2. **Multiple repetitions.** Every text has to be repeated several times. This is not surprising, as repetition is essential for the acquisition of all knowledge in many areas, not only in the field of foreign languages.
3. **Documentation.** A Google worksheet has brought order to your rehearsals.
4. **The superiority of reading over listening.** Like the vast majority of people (over 90%?), you are a reading freak.
5. **Phase I, II and III.** The mastery of a text can be divided into three phases. In Phase II, you will understand a text word by word, without having to read it.

In the next few episodes, we will define goals that you might consider achieving in the future. A short-term target might be the perfect understanding of 40 minutes of a foreign language audio, just by listening, without reading the corresponding text. Forty minutes corresponds to about 20 *aioLingua* texts. The 'collateral benefits':

1. You'll quickly learn more than **one thousand words**.
2. You'll develop intuitive knowledge of crucial aspects of **grammar**.
3. You'll boost your **spelling skills**.
4. You'll end up having a more **genuine accent**.
5. You'll be familiar with a **concise method** to learn even more languages in the future (because you have learned how effective this method is; that success is quickly visible, that you have good pronunciation, etc.)

But first, you will decide whether you want to be Roger Federer, Serena Williams or a 68-year-old provincial tennis player.

Europe: Amsterdam, Nederland



Credit:

<https://pixabay.com/de/photos/geb%C3%A4ude-boot-urban-amsterdam-stadt-6822998>

8

8. Mi vientre

{ Audio: www.aioLingua.com }

My belly

- . *Martina y Alejandro salen de la consulta del médico. Cruzan la Vía Roma para llegar al pequeño puerto deportivo.*

Martina and Alejandro come out of the doctor's office. They cross Via Roma to reach the small marina.

A Entonces, ¿sigues decidida?

So, still determined?

M Sí, más que nunca.

Yes, more than ever.

A ¿Son imaginaciones mías o el médico trató de convencerte de que te quedarás con el niño?

Am I dreaming or did the doctor try to convince you to keep the baby?

M Yo también tuve esa impresión.

I had that impression too.

- . *Caminan un momento sin hablar a lo largo del muelle, donde están amarrados los barcos.*

They walk for a moment without speaking along the quay, where the boats are moored.

A ¿Estás bien?

Are you okay?

M Sí, estoy bien. Pero sigo sintiéndome extraña. Nunca imaginé que mi primer embarazo acabaría así.

Yep, I'm fine. But I still feel weird. I never imagined that my first pregnancy would end up like this.

A Kevin me dijo que no entendía por qué querías abortar.

Kevin told me that he doesn't understand why you want to have an abortion.

- M Kevin es un idiota. Además, cuando las mujeres hablan de anticoncepción o aborto, los hombres deberían callarse. Lo mismo en los parlamentos. Somos nosotras las que tenemos que decidir. Los fetos no crecen en vuestros vientres.
- A ¡Te has convertido en toda una feminista!
- M Me hace enfadar. Es obvio que hubiera preferido estar embarazada de un hombre que me quiere, de un hombre al que quiero, y en un momento en el que hubiéramos podido permitirnos criar al niño.
- A En resumen, el aborto no es divertido. Al fin y al cabo ses un ser humano.
- M ¿También te vas a meter en esto ahora? ¡Deja de lado esa mierda moralista! Sabes muy bien que en esta etapa un feto es todavía solo el esbozo de un ser humano. Estoy en mi quinta semana de embarazo. ¿Cómo crees que es ese ser humano tuyo?
- A A decir verdad, no lo sé.
- Kevin is an idiot. Besides, when women talk about contraception or abortion, guys had better be quiet. The same in parliaments. It's up to us to decide. Fetuses do not grow in your belly.
- You've turned into a true feminist!
- It makes me mad. Obviously I would have preferred to be pregnant with a man who loves me, a man I love, and at a time when we would have had the means to raise the child.
- In short, abortion is not a joking matter. But it is still a human being!
- Are you on to this too? Stop it with this moralistic bullshit! You know very well that at this stage a fetus is still only the outline of a human being. I am in my fifth week of pregnancy. What do you think your "human being" looks like?
- Actually, I don't know.

M Es tan grande como una lenteja y parece una larva. ¡Vamos, sé razonable! Esto no es la Edad Media y la Inquisición hace tiempo que terminó. Dejados decidir por nosotras mismas, por favor.

It is as big as a lentil and looks like a larva. Come on, be reasonable! We are not in the Middle Ages and the Inquisition is long over. Let us decide alone, please!

Words

vientre <i>nm</i>	belly
salir <i>v</i>	come out
consulta <i>nf</i>	consultation, office
cruzar <i>v</i>	cross
llegar <i>v</i>	reach
pequeño <i>adj</i>	little
deportivo <i>adj</i>	sport(s)
decidido <i>adj</i>	determined
más <i>adv</i>	more
más que nunca	more than ever
imaginación <i>nf</i>	imagination
aquí : son imaginaciones mías?	am I dreaming?
tratar <i>v</i>	try
convencer <i>v</i>	convince
quedarse con <i>v</i>	keep
niño <i>nm</i>	baby
también <i>adv</i>	too
yo también	me too
impresión <i>nf</i>	impression
momento <i>nm</i>	moment
a lo largo <i>prep</i>	along
muelle <i>nm</i>	quay
amarrado <i>adj</i>	moored
barco <i>nm</i>	boat
¿estás bien?	are you okay?
sí	yes
extraño <i>adj</i>	weird
embarazo <i>nm</i>	pregnancy
acabar <i>v</i>	end up
idiota <i>nm</i>	idiot
además <i>adv</i>	besides
anticoncepción <i>nf</i>	contraception
hombre <i>nm</i>	man
callarse <i>v</i>	be quiet
parlamento <i>nm</i>	parliament

lo mismo	the same
somos nosotras las que tenemos	it's up to us
feto <i>nm</i>	fetus
crecer <i>v</i>	grow
convertirse <i>v</i>	turn into
feminista <i>nf</i>	feminist
hacer enfadar	make mad
es obvio que	obviously
querer <i>v</i>	love
en un momento	at a time
permitirse <i>v</i>	afford
criar <i>v</i>	here: raise
divertido <i>adj</i>	funny
no ser divertido	be no joking matter
humano <i>adj</i>	human
al fin y al cabo	here: still
ser humano	human being
¿También te vas a meter en esto ahora?	Are you on to this too?
moralista <i>adj</i>	moralistic
etapa <i>nf</i>	stage
esbozo <i>nm</i>	outline
quinto <i>adj</i>	fifth
grande <i>adj</i>	big
tan grande como	as big as
lenteja <i>nf</i>	lentil
parecer <i>v</i>	resemble
larva <i>nf</i>	larva
razonable <i>adj</i>	reasonable
Edad Media <i>nf</i>	Middle Ages
Inquisición <i>nf</i>	Inquisition
terminar <i>v</i>	be over
hace tiempo <i>loc adv</i>	long
por nosotras mismas	here: alone

Coaching 8: Federer and Williams

‘Read while you listen and listen while you read’; multiple repetitions; Google Sheets; Phases I, II, III – in just a few days you have made a qualitative leap in your foreign language management.

Now let’s define your possible goals. The knowledge and communication levels you can achieve are as different as the tennis feats of Roger Federer and that of an unclassified 68-year-old amateur. On a scale of 1 to 50, the older man would get a single point. In a foreign language, one point is equivalent to saying “hello”, “goodbye”, “thank you” and perhaps knowing another 50 phrases to order a beer or stammer, “I’d like to make love to you”. Learning or teaching such basic skills is unbearably boring. If your ambitions are limited to level 1, *aiolingua* is not the right method for you. Close this book and try other methods like [DuoLingo](#).

With *aiolingua*, we cater to *serious travellers* and immigrants for whom foreign languages are a more complex challenge. Serious travellers will eventually

- Read newspapers and books;
- Understand television news and documentaries;
- Communicate fluently in small or big groups of people.

In other words, *aiolingua* will bring you closer to the level of Roger Federer and Serena Williams. You will go from being a small child who does not speak to a person who can communicate with the world in a playful way, both orally and in writing.

In the next episodes:

- We will make an inventory of the essential **tools** for a journey to level 50;
- We will quantify the **time** you should spend on this adventure;
- You will decide for yourself which goal is compatible with your life. You will quantify the amount of time – 15, 30, 45, 60 minutes or more – that you can devote to your new language **each day**.

But first, let's simplify the listening practice. If you listen to the *aioLingua* audios on your computer, you will have noticed an annoying detail: it is sometimes tedious to reposition the audio cursor when you want to listen to a difficult sentence again. This distracts from what should be your only activity: reading and listening. In the next episode we'll introduce you to an Android application that will simplify listening. The app was programmed by Stephan Kamps, Bernd Sebastian's brother. Start the download at <http://www.bsk1.com/ke>. Like all *aioLingua* learning materials, the app is free. Don't ask why.

Europe: Bruxelles, Belgique



Credit:

<https://pixabay.com/photos/brussels-square-city-belgium-hdr-519965/>

9

9. Semillas y sol

{ Audio: www.aioLingua.com }

Seeds and Sun

- . *Beatrice lee en voz alta un fragmento de un manual de lengua francesa que ella y Sebastiano publicaron cuando eran jóvenes.*

Beatrice reads aloud an excerpt from a French manual she and Sebastiano published when they were young.

- B - No lo entiendo: los cigarrillos y el alcohol son drogas, ¿no?

- I don't understand: cigarettes and alcohol are drugs, right?

- Por supuesto, y además, provocan muchas enfermedades.

- Of course, and in addition, they cause a lot of illnesses.

- ¿Y por qué el Estado no las prohíbe como hace con otras drogas? Especialmente cuando se ha demostrado que el alcohol y los cigarrillos son mucho más perjudiciales que el hachís y la marihuana.

- And why doesn't the state ban them like it does with other drugs? Especially when you think there is evidence that alcohol and cigarettes are far more harmful than hashish and marijuana.

- Es muy sencillo. El Estado no puede gravar la marihuana, es demasiado fácil de cultivar. Para su consumo anual, basta con plantar unas cuantas semillas, regarlas y darles suficiente sol.

- That's simple. The state cannot tax marijuana, it's too easy to grow. For your annual consumption, you just need to plant a few seeds, water them and have enough sun.

- . *Beatrice deja el libro.*

Beatrice puts down the book.

- B Casi 40 años después, nada

Almost 40 years later, nothing

- | | | |
|---|---|---|
| | ha cambiado. Sebastiano, ¿hay muchos países en los que se permite cultivar hierba en el jardín? | has changed. Sebastiano, are there many countries where you have the right to grow weed in your garden? |
| S | Muy pocos. Sin embargo, la hierba es menos dañina que el alcohol o el tabaco. El tabaco puede causar muchos problemas: impotencia, infartos, derrames cerebrales, cáncer de pulmón. Eso no pasa con la marihuana, aunque tampoco está exenta de peligros. | Very few. Still, weed is less harmful than alcohol or tobacco. Tobacco can cause a number of complications: impotence, heart attack, stroke, lung cancer. This is not the case with marijuana, but that said, it is not without its dangers either. |
| B | ¿Por ejemplo? | For example? |
| S | Irritación pulmonar, aumento del ritmo cardíaco, paranoia... | Irritation of the lungs, increased heart rate, paranoia... |
| B | ¿Te refieres a nuestros amigos que se volvieron paranoicos después de fumar marihuana durante décadas? Sólo ha habido unos pocos. | Are you referring to our friends who have become paranoid after decades of smoking marijuana? There were only a few. |
| S | Afortunadamente. Pero hoy es diferente: la hierba ya no es hierba. La hierba de hoy puede ser mucho más fuerte que la que consumíamos cuando éramos jóvenes. Así que, sí, hoy existe un riesgo de adicción que no existía en nuestra época. | Fortunately. But today it's different: weed is no longer weed. Today's weed can be much stronger than what we used when we were young. So, yes, today, there's a risk of addiction that didn't exist in our day. |
| B | ¿Quieres decir que si | You mean if we were young, |

fuéramos jóvenes no
podríamos manejar la
hierba?

we wouldn't be able to handle
weed?

S Tal vez no.

Maybe not.

B ¡No lo puedo creer! ¿No me
dirás que estás a favor de la
prohibición?

I must be dreaming! You
cannot be telling me that you
are for the ban?

S La potencia de la marihuana
actual podría ser la única
razón para mantener la
prohibición.

The potency of today's
marijuana might be the one
reason to keep the ban in
place.

B Oh, Dios mío. ¿Qué nos está
pasando? Estamos teniendo
charlas de ancianos.

My God? What's happening to
us? We're having old people's
conversations.

S ¿Y qué? ¿Acaso tenemos
veinte años?

So what? Are we in our
twenties?

Words

semilla *nf*

seed

sol *nm*

sun

leer en voz alta

read aloud

fragmento *nm*

excerpt

manual *nm*

manual

publicar *v*

publish

cuando *conj*

when

joven *adj*

young

cigarrillo *nm*

cigarette

alcohol *nm*

alcohol

droga *nf*

drug

además *adv*

in addition

causar *v*

cause

muchos/muchas *adj*

a lot of

enfermedad *nf*

illness

Estado <i>nm</i>	state
prohibir <i>v</i>	ban
otro <i>adj</i>	other
especialmente <i>adv</i>	especially
prueba <i>nf</i>	evidence
mucho <i>adv</i>	much, many
mucho más	far more
perjudicial <i>adj</i>	harmful
hachís <i>nm</i>	hashish
sencillo <i>adj</i>	simple
gravar <i>v</i>	tax
fácil <i>adj</i>	easy
cultivar <i>v</i>	grow
consumo <i>nm</i>	consumption
anual <i>adj</i>	annual
bastar <i>v</i>	be enough, be sufficient
plantar <i>v</i>	plant
algunos <i>adj</i>	few
regar <i>v</i>	water
suficiente <i>adj</i>	enough
dejar <i>v</i>	put down
país <i>nm</i>	country
propio <i>adj</i>	own
jardín <i>nm</i>	garden
muy pocos	very few
sin embargo <i>conj</i>	however
número <i>nm</i>	number
dañino <i>adj</i>	harmful
problema <i>nm</i>	problem; here: complication
impotencia <i>nf</i>	impotence
infarto <i>nm</i>	heart attack
derrame cerebral <i>nm + adj</i>	stroke
cáncer <i>nm</i>	cancer
pulmón <i>nm</i>	lung
dicho esto	that said
tampoco <i>adv</i>	not...either

exento <i>adj</i>	exempt, without
peligro <i>nm</i>	danger
irritación <i>nf</i>	irritation
aumento <i>nm</i>	increase
frecuencia	frequency
cardíaco <i>adj</i>	cardiac
ritmo cardíaco	heart rate
paranoia <i>nf</i>	paranoia
referirse a <i>v</i>	refer to
amigo <i>nm</i>	friend
paranoico <i>adj</i>	paranoid
década <i>nf</i>	decade
afortunadamente <i>adv</i>	fortunately
fuerte <i>adj</i>	strong
más fuerte	stronger
consumir <i>v</i>	consume; here: use
riesgo <i>nm</i>	risk
adicción <i>nf</i>	addiction
existir <i>v</i>	exist
si fuéramos	if we were
ser capaz de	be able to
no podríamos	we couldn't
manejar <i>v</i>	handle
tal vez <i>adv</i>	maybe
tal vez no	maybe not
prohibición <i>nf</i>	ban
potencia <i>nf</i>	potency
podría ser	might be
único <i>adj</i>	unique
razón <i>nf</i>	reason
mantener <i>v</i>	maintain
vigor <i>nm</i>	strength, force
mantener en vigor	keep in place
Dios <i>nm</i>	God
conversación <i>nf</i>	conversation
veinte años	twenties

Coaching 9: The KE Application

Install the *Kontinental English* app from the Google Play Store, preferably on a tablet or, failing that, on a mobile phone (direct link: www.bsk1.com/ke). If you only have an iPhone, please read the footnote.³

After installation, the application starts reciting the text in the *left-hand* column. First, download the episodes of the first two seasons (Chapters 1 to 20) by clicking on the menu icon (see in Figure 9.1 the three vertical dots in the upper right corner), select “Download”, then “aioLingua Spanish”.

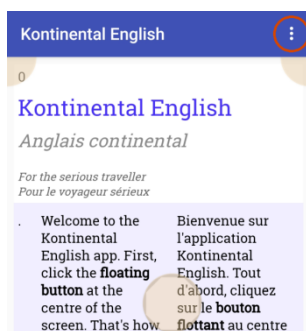


Figure 9.1 – To download the *Kontinental English* audios click on the menu icon (the three vertical dots at the top right of the screen) and select *Download*.

When the download is complete, return to the previous screen and click on the button at the bottom left. Find the *aioLinguaSpanish* folder and open an audio file.

³ If you don't have an Android tablet or mobile phone, this could be the right time to buy one (operating system: at least 4.4). You can find used devices for less than €50. Don't hesitate, even if you have never considered buying an Android device before, as it will be one of the best investments for your foreign language learning. More importantly, an Android device will allow you to use *EarMemory*² later on (see page 137 for more information).

Finally, if you want to change the language of the text in the *right-hand* column, **long click** on the button **at the bottom left of the screen** (Figure 9.2).

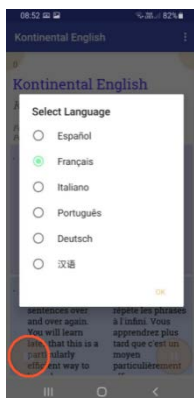


Figure 9.2 – The *Kontinental English* application. After installation (direct link: www.bsk1.com/ke), **long click** on the button in the **bottom left corner of the screen**. Then select a language.

Using *Kontinental English* is extremely simple:

1. Use the **floating button** in the middle of the screen to move to the next sentence (long click: back to the previous sentence).
2. Click the **button in the top right corner** to stop the repeats. A green indicator at the top indicates that the audio is playing normally. Click the button again to reactivate the repeat.
3. By **long clicking** on the button **in the upper right corner**, you can adjust the audio speed. 1.0 is the normal speed.
4. By **long clicking** on the button in the **lower right corner**, you can insert a pause between the repetitions.

5. Clicking on the button in the **upper left corner** takes you to the next chapter. A **long click** returns to the previous chapter.

(Note also that a click on **any part of the text** goes to the first sentence of the corresponding paragraph. A **long click** takes the current sentence back to the beginning of the screen.)

The *Kontinental English* application is a *repeat player* that repeats sentences until you stop it. Listening practice is now more flexible. Whereas previously you listened to an audio from beginning to end, you can now repeat individual sentences and, in addition, adapt the number of repetitions to the difficulty of a sentence. You will concentrate on more difficult sentences, especially those containing new words. The most ‘tortuous’ sentences may require many repetitions before you

1. understand which sound corresponds to which word;
2. remember the meaning of the words;
3. recall the correct spelling.

You’ll need to listen to some sentences 10 or 15 times. Don’t worry. For complex sentences, this is quite normal.

Europe: Wien, Österreich



Credit:

<https://pixabay.com/photos/vienna-stephansdom-stephansplatz-3880488/>

10

10. Adiós al Britannica

{ Audio: www.aioLingua.com }

Adieu Britannica

- . *Abril, sábado, once de la mañana. Martina conduce un viejo Fiat 500. Hay seis personas en el coche. Habla con Raquel, una madrileña de 24 años. De repente, Raquel señala al Britannica.*
April, Saturday, 11 a.m. Martina drives an old Fiat 500. There are six of them inside the car. She speaks with Raquel, a 24-year-old woman from Madrid. Suddenly, Raquel points to the Britannica.
- R ¡Mira el humo! El crucero se mueve. ¡Para el coche!
Martina detiene el coche al borde de la laguna de los flamencos.
Look at the smoke! The cruise ship is moving. Stop the car!
- M Tienes razón, el Britannica abandona el puerto.
Martina stops the car at the edge of the lagoon with the flamingos.
You're right, the Britannica is leaving the port.
- R Ya era hora de que los ingleses se fueran. Ya no tenían nada que hacer aquí. Además, son un permanente dolor de cabeza.
It was high time that the English left. They had nothing more to do here. Besides, they are permanent pissers.
- M Va, te estás pasando. ¡Piensa en todos los pasajeros encerrados en ese barco fantasma!
You're a bit strong. Think of all the passengers trapped on that ghost ship!

R Sí, claro. Pero sigue siendo un crucero y, como dice Leonard: “Estos barcos son un auténtico desastre”. Contaminan un montón. Y dondequiera que vayan, arruinan la vida de los habitantes.

Entona la melodía de la Marsellesa:

R Aux armes, les enfants !
Coulons les pavillons ! (¡A las armas, muchachos!
¡Hundamos las naves!)

M ¡Para! Una vez
desmantelados en un puerto,
los cruceros podrían ser
útiles. ¡Reconvirtámoslos!

R Me pregunto para qué
podrían servir.

M ¿Qué tal si los reconvertimos
en viviendas sociales?

R No sabía que fueras tan
radical, Martina. ¡Qué gran
idea! Viviendas sociales y
habitaciones para
estudiantes ¡Por fin un poco
de mezcla social!

M Y las empresas estarían
obligadas a mantener los
barcos en buen estado
durante 30 años para pagar
todos los daños que han

Yeah, okay. But it is still a
cruise ship and as Leonardo
says: “These boats are a real
mess”. They pollute to high
heaven. And wherever they
go, they spoil the lives of the
locals.

*She sings on the air of the
Marseillaise:*

Aux armes, les enfants !
Coulons les pavillons ! (To
arms, children! Let’s sink the
ships!)

Stop it! Once decommissioned
in a port, cruise ships could be
useful. Let’s convert them
instead!

I wonder what they can be
useful for.

What if we transformed them
into social housing?

I didn’t know you were so
radical, Martina. What a great
idea! Social housing and
student rooms! Finally, a bit of
a diversity!

In addition, the companies
would have the obligation to
keep the ships in good
condition for 30 years to pay
for all the damage they

causado.	caused.
R ¿Son tus ideas sobre el clima tan virulentas?	Say, are your ideas on the climate that virulent?
M Ya verás cuando lleguemos a París...	You will see when we are in Paris...

Words

abril <i>nm</i>	April
sábado <i>nm</i>	Saturday
conducir <i>v</i>	drive
de repente <i>adv</i>	suddenly
mirar <i>v</i>	look at
parar <i>v</i>	stop
coche <i>nm</i>	car
borde <i>nm</i>	edge
laguna <i>nf</i>	lagoon
flamenco <i>nm</i>	flamingo
rosa <i>agg</i>	pink
ya era hora <i>expr</i>	it was high time
nada más	nothing more
aquí <i>adv</i>	here
permanente <i>adj</i>	permanent
dolor de cabeza	headache; here: pisser
encerrado <i>adj</i>	trapped
barco fantasma	ghost ship
desastre <i>nm</i>	mess
contaminar <i>v</i>	pollute
montón <i>nm</i>	pile, heap
un montón <i>expr</i>	here: to high heaven
dondequiera que <i>adv</i>	wherever
ir <i>v</i>	go
arruinar <i>v</i>	spoil
habitante <i>nm+nf</i>	local
entonar <i>v</i>	sing

melodía <i>nf</i>	air
arma <i>nf</i>	arm
Marsellesa <i>nf</i>	Marseillaise
hundir <i>v</i>	sink
una vez	once
desmantelar <i>v</i>	decommission
útil <i>adj</i>	useful
reconvertir <i>v</i>	convert
preguntarse <i>v</i>	wonder
qué tal	what if
radical <i>adj</i>	radical
social <i>adj</i>	social
vivienda social	social housing
habitación <i>nf</i>	room
por fin <i>adv</i>	finally
mezcla <i>nf</i>	diversity
empresa <i>nf</i>	company
obligación <i>nf</i>	obligation
estado <i>nm</i>	state, condition
pagar <i>v</i>	pay
daño <i>nm</i>	damage
idea <i>nf</i>	idea
virulento <i>adj</i>	virulent

Coaching 10: Shut up!

In one of the first episodes, we advised you to start by listening to the texts without repeating them aloud. This advice goes against the advice of many teachers. Teachers usually ask you to repeat words and phrases in the very first hour of a language course. This is like asking a newborn baby to say ‘mummy’!

If you are on a language course, you will find it difficult to avoid this exercise. Fortunately, it is different if you are studying alone because in that case, you can start learning *in silence*. Our counter-intuitive suggestion: learn in silence for a few weeks (and even for a few months if you have the patience). This has the advantage of giving your brain time to absorb the sounds and ‘musicality’ of the new language. Remember that your brain has to coordinate **dozens of muscles** in order for your lips, tongue and mouth to produce words and sentences. These subtle and precise movements are very much like a series of acrobatic jumps in a dance performance. Acrobatics can’t be learned in two hours.

Postponing the moment when you open your mouth is also a matter of style. Be realistic: when you start learning a language, you don’t understand much, if anything at all. Why on earth do you want to speak at all costs if you don’t understand the answer? So, start listening to other people speaking and try to understand what they have to say. Be patient and modest! The time will come when you too will start sharing your thoughts, feelings and worries. But for now, you don’t need to! The bonus of quietness: a more authentic pronunciation.

Europe: Zürich, Schweiz



Credit:

<https://pixabay.com/photos/bridge-church-lake-river-6594460/>

Season 2

Episode 11 : **Let's Go to Paris**

Six o'clock in the afternoon. Hannah and Kevin, a 25-year-old French law student, meet by chance in front of the Cagliari station.

Episode 12 : **Chia Beach**

Three cars arrive in an empty parking lot 500 meters from a huge beach. Sixteen people get out and start emptying their trunks. Vanessa, who knows the place well, directs everyone.

Episode 13 : **Mobile Phone at Sea**

Leonardo snatches the mobile phone from Jan's hands and enters the sea knee-deep. He holds the phone by one end and threatens to throw it into the water.

Episode 14 : **Swimming in April**

The silence of Chia is pierced by the shrill cries of a dozen youngsters running towards the sea. A few dive into the waves; others swim away. The more cautious don't swim. Jan calls out to Inês, a 20-year-old Portuguese biology student.

Episode 15 : **Thirty Years in the Mines**

Tim, a 23-year-old German medical student, walks away from the group and beckons Leonardo to join him. They walk along the beach. Small waves lick the sand. It's a windless day.

Episode 16 : **Little Secrets from Italy**

After the picnic, Leonardo puts the leftovers in the cooler, and Kevin sorts out the waste. Inês serves the last drop of wine. Meanwhile, Vanessa is about to give Tim his first Italian cooking lesson.

Episode 17 : **The Idiot**

Kevin walks up to Martina and asks if he can talk to her. She hesitates, then follows him.

Episode 18 : **Danger to Democracy**

While Martina and Kevin were talking, Jan and Raquel sat down in front of the small islet about 100 metres from the beach. Annoyed, Jan started to dig a hole in the sand with his foot.

Episode 19 : **Suicide Generation**

It's ten o'clock in the evening. Francesco arrives at the house in Via San Saturnino that Hannah has been sharing with Leonardo, Inês and Tim for a few months.

Episode 20 : **Martina**

Leonardo and Alejandro arrive at Tiffany's, a small coffee bar in the Marina district. About twenty people are queuing for a table. Our friends get into the back of the line. Leonardo asks Alejandro, a computer science student and programming whiz, for advice.

11

11. Vamos a París

{ Audio: www.aiolingua.com }

Let's Go to Paris

- *A las seis de la tarde. Hannah y Kevin, un estudiante francés de derecho, de 25 años, se encuentran por casualidad frente a la estación de Cagliari.*

Six o'clock in the afternoon. Hannah and Kevin, a 25-year-old French law student, meet by chance in front of the Cagliari station.
- H ¿Qué haces aquí?

What are you doing here?
- K Acompañé a un amigo al tren hacia el aeropuerto. Vuelve a Sevilla.

I put a friend on the train to the airport. He is returning to Seville.
- *Kevin se frota las manos.*

Kevin rubs his hands.
- K Dentro de quince días nos tocará a nosotros.

In two weeks, it will be our turn.
- H Sí, bueno...

Yeah...
- K ¿No te alegras de volar a París conmigo?

Well, aren't you happy to be flying to Paris with me?
- H Mira, con todo lo que ha pasado últimamente, no me apetece ir contigo.

Look, with everything that has happened lately, I don't really want to go with you anymore.
- K Piensa en la Torre Eiffel, el Louvre, el Sacré-Coeur, los muelles del Sena... ese tipo de cosas.

Think of the Eiffel Tower, the Louvre, the Sacré-Coeur, the quays of the Seine ... that sort of thing.
- H Francia no es sólo París y sus atractivos; también es el país de la píldora abortiva. RU-486, ¿te suena?

France is not only Paris and its attractions; it is also the country of the abortion pill. RU-486, does that mean anything to you?
- K Creía que habíamos

I thought we were done with

- | | | |
|---|---|--|
| | terminado con esta discusión. Un poco de respeto, ¿no? | this discussion. A bit of respect? |
| H | ¿Respeto? ¡Hipócrita! ¿Crees que has sido respetuoso con Martina? | Respect? Hypocrite! Do you think you were respectful to Martina perhaps? |
| K | Sólo he expresado mi punto de vista. | I just expressed my point of view. |
| H | Podrías haberlo hecho con menos fervor dada la situación en la que se encuentra. | You could have done it less fervently given the situation she is in. |
| . | <i>Kevin cambia de tema.</i> | <i>Kevin deflects the conversation.</i> |
| K | Por cierto, ¿te has enterado? El tipo que tenía ébola. Bueno, se ha muerto. | By the way, did you hear? The guy who had Ebola. Well, he's dead. |
| H | Será un traficante de armas menos. Actualmente se habla demasiado de los ingleses. No lo soporto más. Mejor hablemos de Chia. | It will make one less arms dealer. There is far too much talk about English people at the moment. I can't stand it anymore. Let's talk about Chia instead. |
| K | Ahora mismo somos 16. Vamos a necesitar un tercer coche. | Right now, there are 16 of us. We'll need a third car. |
| H | Tendremos que alquilar uno. Mañana por la mañana irás al aeropuerto. Allí suelen ser más baratos. | We will have to rent it. You'll go to the airport tomorrow morning. In general, that is where they cost the least. |
| K | Ah, ¿me toca a mí? | Ah, is it up to me? |

H Sí, te toca. Y me harás el favor de disculparte con Martina.

Yes, it is. And you will be so kind as to apologize to Martina.

Words

París	Paris
tarde <i>nf</i>	afternoon
derecho <i>nm</i>	law
por casualidad <i>adv</i>	by chance
estación <i>nf</i>	station
acompañar <i>v</i>	accompany; here: put
tren <i>nm</i>	train
aeropuerto <i>nm</i>	airport
frotarse <i>v</i>	rub
mano <i>nf</i>	hand
(nos) toca a nosotros	it'll be our turn
quince días	15 days; here: two weeks
alegrarse <i>v</i>	be happy
últimamente <i>adv</i>	lately
apetecer <i>v</i>	want to
volar <i>v</i>	fly
Torre Eiffel <i>nf</i>	Eiffel Tower
Sacré-Coeur <i>nm</i>	Sacré-Coeur
Sena <i>nf</i>	Seine
los muelles del Sena	the quays of the Seine
tipo <i>nm</i>	sort
atractivo <i>nm</i>	attraction
RU-486 (píldora abortiva)	RU-486 (abortion pill)
¿Te suena?	Does that mean anything to you?
haber terminado con	be done with
discusión <i>nf</i>	discussion
respeto <i>nm</i>	respect
hipócrita <i>nm</i>	hypocrite
respetuoso <i>adj</i>	respectful
expresar <i>v</i>	express

punto de vista	point of view
fervor <i>nm</i>	fervor, zeal
con menos fervor	less fervently
dado <i>adv</i>	given
situación <i>nf</i>	situation
enterar <i>v</i>	hear
tipo <i>nm</i>	guy
demasiado <i>adv</i>	far too much
actualmente <i>adv</i>	at the moment
soportar <i>v</i>	stand
ahora mismo <i>loc adv</i>	right now
somos 16	there are 16 of us
necesitar <i>v</i>	need
tercero <i>adj</i>	third
alquilar <i>v</i>	rent
allí <i>adv</i>	there, over there
soler <i>v</i>	in general, usually
barato <i>adj</i>	cheap
toca a mí	it's up to me
disculparse <i>v</i>	apologize

Coaching 11: The Mass of a Language

Let's take a look at the language you know best: English. What is this language that you have absorbed, studied and loved since birth? First of all, tens of thousands of words. You learned them:

1. In the early years of your life, first by listening and messing with sounds and a few words, then sentences of two or three words, and finally more complex sentences;
2. During your long schooling by learning, day after day, year after year, an average of about 10 new words per day;
3. Later, at work or at university, with thousands of technical words.

Today, after decades of regular vocabulary building, you know over 50,000 English⁴ words.

Let's call this huge amount of words the *mass of a language*. Imagine a grapefruit-sized stone on the table in front of you. The grapefruit is *outside* your brain. Before mastering another language, this mass must enter your brain. The concept of language mass will later help us to quantify the study time of foreign languages. The *word mass* divided by the *number of words you can learn in an hour* will give an approximate value of the number of hours you will spend on vocabulary building.

⁴ Not only do you know the meaning of thousands of words, but you have also developed confident pronunciation, acceptable or perfect spelling and an almost infallible sense of grammar. To express a thought, a question or a command, you can easily move dozens of muscles. You move one or both hands precisely to write with a pen or on different keyboards. Still a child, you have assimilated English grammar without knowing all the rules. However, the 'enrichment' of your brain with tens of thousands of words during the first 20 years of your life is without doubt your greatest individual achievement. A big thank you to your national education system!

The number of words you are familiar with determines your language abilities. The more words you know, the better you are. Put in numbers, this statement reads as follows:

$$25,000 > 20,000 > 15,000 > 10,000 > 5000 > 2000 > 1000$$

To be comfortable in another language you need roughly half of the words you possess in your native language – 25,000. As about 40 percent are variants of other words and can be easily inferred (e.g., *economy* -> *economic*), a good estimate of truly unique words you need to start with is 15,000 words⁵. This is a huge number and double what you are expected to learn in 8 years at school.

You rightly ask three questions:

1. Is it really possible to reach a close-to-native-speaker level in another language? Answer: Yes. Not only in one foreign language, but in several.
2. How is it possible to achieve in another language what we have achieved for our own language in 20 years of family life, kindergarten, school and university? Answer: by *compressing time*. We will discuss how to do this in detail in episode xxx.
3. Is it possible to quantify the number of study hours required to come close to a native speaker level? Answer: yes.

So, everything would be easy? Everything would be feasible? Suddenly you doubt the need for such perfection and ask three more questions:

⁵ This value of 15,000 is an approximation, and it does not matter whether you correct it to 13,000 or 17,000 words. What is important is the order of magnitude: you will need to learn more than 10,000 words, not just a few thousand.

1. Do I need 15,000 words for a month's holiday? Answer: No.
2. Do I have to learn 15,000 words to do a 6-month [Erasmus](#) course? Answer: no.
3. Do I have to learn 15,000 words to become a language teacher? The answer: not even that!

So, who needs to learn 15,000 words? People who live outside their home country, the so-called 'expats'. Of course, it is unlikely that you are about to embark on a new expat life as you read this. Nevertheless, even if you spend the rest of your life in an English-speaking country, it is useful to know the path to fluency in another language. Let's pretend for a few weeks that you have decided to move to a country where you do not speak the language. If later, despite your dreams, you prefer to stay at home, you will at least know the mechanisms that enable even adults to learn a language to near perfection. You can then, if necessary, adapt this expertise to less ambitious, but still immensely satisfying language projects.

Europe: København, Danmark



Credit:

<https://pixabay.com/photos/town-port-nyhavn-copenhagen-boats-6162987>

12

12. Playa de Chia

{ Audio: www.aioLingua.com }

Chia Beach

- Tres coches llegan a un aparcamiento vacío a 500 metros de una inmensa playa. Dieciséis personas bajan de ellos y empiezan a vaciar los maleteros. Vanessa, que conoce bien el lugar, dirige a todos.

Three cars arrive in an empty parking lot 500 meters from a huge beach. Sixteen people get out and start emptying their trunks. Vanessa, who knows the place well, directs everyone.
- V ¡Cuidado con la nevera! ¡No derrames el postre! Y, sobre todo, ¡no me rompas la sombrilla!

Careful with the cooler! Don't spill the dessert! And, above all, don't break my parasol!
- R ¡Eres un torpe, Jan!

You're such a klutz, Jan!
- V Dejé caer las toallas al suelo. Raquel, ¿podrías coger esta bolsa, por favor? Hay máscaras y aletas para bucear.

He dropped the beach towels on the floor. Raquel, could you take this bag, please? It has the masks and fins for diving.
- R ¿Estás segura de que quieres bañarte? Solo estamos a finales de abril y el agua aún estará fría.

Are you sure you want to go swimming? It's only late April and the water will still be cold.
- V Seguramente, pero no te decepcionará. El agua es totalmente cristalina y está repleta de peces.

Probably, but you won't be disappointed. The water is absolutely crystal clear and teeming with fish.

- . *Vanessa le señala a Jan un gran recipiente con agua.* *Vanessa points out a large water container to Jan.*
- V Jan, chico musculoso, ¿puedes cogerlo, por favor? *Todos se dirigen hacia la playa. Vanessa, un poco rezagada, tiene curiosidad por ver la reacción de Raquel.* Jan, muscle-boy, can you take it, please? *They all head for the beach. Vanessa, a little behind, is curious to see Raquel's reaction.*
- R ¡Qué playa más bonita! ¡Es magnífica! Me dijisteis que la arena de Chia era blanca y fina y que había bonitas dunas, ¡pero no me esperaba esto! Tengo que reconocer que en España no tenemos playas así. *What a beautiful beach! It's magnificent! You told me that the sand in Chia was white and fine and that there were pretty dunes, but I wasn't expecting this! I must admit that we don't have such beaches in Spain.*
- . *Vanessa sonríe.* *Vanessa smiles.*
- V Pongamos las sombrillas frente al islote. Y las bolsas de la compra a la sombra. Let's put the parasols in front of the islet. And put the shopping bags in the shade.
- R ¿Qué habéis preparado? What have you prepared?
- V Panini con tomate, jamón crudo y queso de oveja. Con un poco de mayonesa casera. Panini with tomatoes, raw ham and sheep's cheese. With a little homemade mayonnaise.
- R Veo que has seguido la receta que te di el otro día. I see you followed the recipe I gave you the other day.

. *Vanessa vuelve a sonreír.*

Vanessa smiles again.

V ¿Qué pasa ahí? Parece que Leonardo y Jan se están peleando.

What's going on over there? It looks like Leonardo and Jan are having a fight.

Words

aparcamiento <i>nm</i>	parking lot
vacío <i>adj</i>	empty
metro <i>nm</i>	meter
dieciséis <i>adj</i>	sixteen
bajar <i>v</i>	here: get out
empezar <i>v</i>	begin
vaciar <i>v</i>	empty
maletero <i>nm</i>	trunk
lugar <i>nm</i>	place
dirigir <i>v</i>	direct
nevera <i>nf</i>	cooler
derramar <i>v</i>	spill
postre <i>nm</i>	dessert
sobre todo <i>adv</i>	above all
romper <i>v</i>	break
sombrilla <i>nf</i>	parasol
de verdad <i>adv</i>	really
torpe <i>adj</i>	klutz
dejar caer	drop
toalla <i>nf</i>	(beach) towel
bolsa <i>nf</i>	bag
máscara <i>nf</i>	mask
aleta <i>nf</i>	fin
bucear <i>v</i>	go diving
bañarse <i>v</i>	go swimming
finales de abril	late April
agua <i>nm</i>	water
frío <i>adj</i>	cold
decepcionar <i>v</i>	disappoint

totalmente <i>adj</i>	absolutely
cristalino <i>adj</i>	crystal clear
repleto de <i>adj</i>	teeming with
pez <i>nm</i>	fish
señalar <i>v</i>	point out
recipiente <i>nm</i>	container
musculoso <i>adj</i>	muscular; here: robust
dirigirse hacia	head for
atrás <i>adv</i>	behind
curioso <i>adj</i>	curious
reacción <i>nf</i>	reaction
bonito <i>adj</i>	pretty, beautiful
magnífico <i>adj</i>	magnificent
arena <i>nf</i>	sand
fino <i>adj</i>	fine
esperarse <i>v</i>	expect
reconocer <i>v</i>	recognise; here: admit
España <i>nf</i>	Spain
sonreír <i>v</i>	smile
frente a <i>prep</i>	in front of
islote <i>nm</i>	islet
compra <i>nf</i>	cost; here: shopping
sombra <i>nf</i>	shade
panini <i>nm</i>	panini
jamón <i>nm</i>	ham
crudo <i>adj</i>	raw
mayonesa <i>nf</i>	mayonnaise
casero <i>adj</i>	homemade
seguir <i>v</i>	follow
el otro día	the other day
¿Qué se pasa ahí?	What's going on?
parece que	it looks like
pelearse <i>v</i>	have a fight

Coaching 12: The Corkscrew Test

The 15,000 words expats need are – let's be honest – a colossal amount. The following scene illustrates the enormity of this challenge:

It's 3 o'clock in the morning and you're profoundly asleep. You don't hear me when I enter your room and slowly come up to your bed. When I suddenly turn on the lamp and grab your shoulder, you jump out of bed, frightened and panicked. I show you something and yell out a single question: "What is this?"



You answer, in your native language, “a corkscrew, ein Korkenzieher, un cavatappi, un sacacorchos, um saca-rolhas, un tire-bouchon!”

‘Good’, I say, and you close your eyes and fall directly, contentedly, back to sleep in seconds.

Why construct such a surreal nocturnal encounter? Because it illustrates the way we know words:

- spontaneously,
- in the most extreme of situations,
- without giving it a second thought.

To achieve such spontaneity in understanding things and concepts, you have to present the words to your brain many times. Rarely is one exposure enough, for example when, at night, in a quiet, deserted street, you suddenly hear a woman's shrill cry: "Aiuto!" (Italian for "Help!"). Over the next few hours, this word will echo in your brain hundreds of times. Without ever having to relearn it, *aiuto* will be engraved in your memory for the rest of your life.

Unfortunately, for the vast majority of 15,000 words, there is no fast track between the *outside* world and the *inside* of your brain, your memory. To pass the *corkscrew test*, you will have to present most of the words to your brain dozens of times.

In a few episodes, you will see how many study hours you should allow to transfer 15,000 words into your memory and anchor them firmly there. But first let's see if we can negotiate a discount.

Europe: Stockholm, Sverige



Credit:

<https://pixabay.com/photos/reflection-city-water-night-photo-610622>

13

13. Teléfono móvil en el mar

{ Audio: www.aiolingua.com }

Mobile Phone at Sea

- *Leonardo arrebató el móvil de las manos de Jan y se mete en el mar hasta las rodillas. Sujeta el teléfono por un extremo y amenaza con tirarlo al agua.*

Leonardo snatches the mobile phone from Jan's hands and enters the sea knee-deep. He holds the phone by one end and threatens to throw it into the water.
- L Te dije que dejaras el móvil en Cagliari. No hay ninguna razón para tenerlo aquí. Ya verás lo que pasa. Los peces se darán un festín.

I told you to leave your phone in Cagliari. No reason to have it here. You'll see what will happen. The fish will feast.
- J ¡Idiota! ¡Devuélveme mi móvil ya!

You idiot! Give me my phone back now!
- *Jan entra en el agua. Leonardo retrocede y da la vuelta al teléfono.*

Jan enters the water. Leonardo steps back and turns the phone around.
- L Es resistente al agua, ¿verdad? ¿Hacemos una prueba?

It's waterproof, isn't it? Shall we do a test?
- *Acerca el teléfono al agua.*

He brings the phone closer to the water.
- J ¡Para! Este teléfono me costó una pequeña fortuna. Si te loargas...

Stop it! This phone cost me a small fortune. If you screw it up...
- L Si quieres recuperarlo, ¡quédate donde estás y escúchame bien!

If you want it back, stay where you are and listen to me!
- *Jan ya no se mueve.*

Jan stays put.

- L Este día en Chia tenía que ser un día de desintoxicación. Todos estuvimos de acuerdo. Así que o lo aceptas o te vas a casa, ¿está claro?
- J Entendido. Pero primero devuélveme el teléfono.
- L ¿Lo prometes?
- J Sí, lo prometo.
- L Júralo por tu madre.
- J Lo juro.
- . *Leonardo lanza el teléfono móvil a la playa. Jan sale corriendo del agua, coge el móvil y lo enciende.*
- L Y sobre todo, ¡no te olvides de apagarlo! ¡Día de desintoxicación!
- . *Jan se aleja sin mirar atrás, con la mirada fija en la pantalla. Y murmura entre dientes:*
- J ¿Dónde cree que está? ¿En la época de la Inquisición?
- This day in Chia was supposed to be a day of detox. We all agreed on that. Now, either you do it or you go home, you got that?
- I understand. But give me my phone back first.
- You promise?
- Yes, I promise.
- Swear on your mother's life.
- I swear.
- Leonardo throws the mobile onto the beach. Jan runs out of the water, picks up his mobile and turns it on.*
- And above all, don't forget to turn it off! Detox day!
- Jan walks away without looking back, his gaze fixed on the screen. And mutters between his teeth:*
- Where does he think he is? In the days of the Inquisition?

Words

arrebatar <i>v</i>	snatch
mar <i>nm</i>	sea
rodilla <i>nf</i>	knee
hasta las rodillas	here: knee-deep
sujetar <i>v</i>	hold
extremo <i>nm</i>	here: end
amenazar <i>v</i>	threaten
tirar <i>v</i>	throw
razón <i>nf</i>	reason
dar un festín	feast
retroceder <i>v</i>	step back
dar la vuelta	turn around
resistente al agua	waterproof
prueba <i>nf</i>	test
acercar <i>v</i>	bring closer
fortuna <i>nf</i>	fortune
cargarse <i>v</i>	screw up
recuperar <i>v</i>	want back
escuchar <i>v</i>	listen
quedarse <i>v</i>	stay
debía ser	was supposed to be
desintoxicación <i>nf</i>	detox
estar de acuerdo en	agree on
o ... o	either ... or
aceptar <i>v</i>	accept
¿está claro?	you got that?
devolver <i>v</i>	give back
prometer <i>v</i>	promise
jurar <i>v</i>	swear
madre <i>nf</i>	mother
lanzar <i>v</i>	throw
correr <i>v</i>	run
encender <i>v</i>	turn on
apagar <i>v</i>	turn off
alejarse <i>v</i>	here: walk away

sin	without
mirar atrás	look back
mirada <i>nf</i>	gaze
fijo <i>adj</i>	fixed
pantalla <i>nf</i>	screen
murmurar <i>v</i>	mutter
diente <i>nm</i>	tooth

Coaching 13: Discount on 15,000 words?

Fortunately, some languages require less than 15,000 words in order to become an eloquent expat. Take, for example, the English word *evolution*. In Italian, Spanish, Portuguese and French it becomes *evoluzione*, *evolución*, *evolução* and *évolution*. Many such words, often derived from Latin, can be learned in a short time.

To understand how many **really new words** you will need to learn – words that cannot be derived either from the mother tongue or from languages learned later – a brief **anamnesis** is useful:

1. What is your mother tongue?
2. What language do you want to learn?
3. What other languages have you already learned?
4. And what level have you reached in these languages?

With this information, good teachers are able to estimate how much of the 15,000 words can be reduced. In the worst case, you want to learn a language that is completely different from any other language you know. For Europeans, Hindi, Japanese or Chinese are typical examples. In these languages, few words are similar to the ones you know. The consequence: zero discount.

At the other end of the spectrum, you will find languages that are closely related. If you ask a 17-year-old Frenchman who doesn't know Italian to look through an Italian dictionary, he will immediately be able to tell you the meaning of about 6,000 words. If you explain to him how Latin words have evolved in different – but often recognisable – ways between French and Italian, he will be able to guess the meaning of nearly 10,000 words. Descendants of the Roman Empire – Italians, Spaniards, Portuguese, French and, to a lesser extent, Romanians – are thus navigating familiar waters when they learn the languages of their neighbours of 2000 years ago. Italians, Spaniards,

Portuguese and French thus benefit from a reduction of almost 10,000 words when learning their respective sister languages. The same applies to speakers of Germanic languages such as German, Dutch, Danish, Norwegian and Swedish.

For Western and Central Europeans, as well as for people living on the American continent, we can roughly define the following reductions:

- 50% to 66% for closely related languages. Number of words to learn: 5000 to 7500;
- 33% reduction for English, where almost all words are of Germanic and Romance origin. Number of words to learn: 10,000;
- No reduction for almost all other languages. Number of words to learn: 15,000.

Think about how many words you could learn in an hour and we'll continue this discussion in episode 17. But before that, there's Harvest Day 2, then a juicy discussion about the so-called 'linguistic talent', and finally an introduction to your next foreign language app: **Ear2Memory**.

Europe: Oslo, Norge



Credit:

<https://pixabay.com/photos/oslo-norway-city-opera-opera-house-963510>

14

14. Bañarse en abril

{ Audio: www.aiolingua.com }

Swimming in April

- *El silencio de Chia se ve atravesado por los gritos estridentes de una docena de jóvenes que corren hacia el mar. Algunos se sumergen en las olas, otros se alejan nadando. Los más precavidos no se bañan. Jan llama a Inês, una estudiante de biología portuguesa de 20 años.*

The silence of Chia is pierced by the shrill cries of a dozen youngsters running towards the sea. A few dive into the waves; others swim away. The more cautious don't swim. Jan calls out to Inês, a 20-year-old Portuguese biology student.
- J Inês, ¿no vas a bañarte?

Inês, aren't you going to swim?
- I ¡Aún no estoy loca! ¿Les has oído gritar? El agua debe de estar helada. No, eso no es lo mío. Yo solo me baño en julio y agosto, eso es todo.

I'm not crazy! Did you hear them screaming? The water must be ice cold. No, that's not my thing. I only swim in July and August, that's it.
- J ¿Cuánto tiempo vas a estar en Cerdeña?

How long will you stay in Sardinia?
- I Hasta final del año.

Until the end of the year.
- J ¡Genial! Todavía tenemos todo el verano por delante. ¿Qué tal si hacemos algunas excursiones juntos?

Great! We've still got the whole summer ahead of us. How about going on a few excursions together?
- *Jan le guiña un ojo. Inês aparta la mirada y señala a Hannah y Raquel, que se dirigen hacia las dunas.*

Jan winks at her. Inês looks away and points to Hannah and Raquel who are heading towards the dunes.
- I Vi una señal que prohibía el

I saw a sign that prohibited access to the dunes. What

	acceso a las dunas. ¿Para qué van?	are they going to do there?
J	Para que no las vean...	Taking shelter out of sight...
I	¿Hannah y Raquel? ¿Estás de broma?	Hannah and Raquel? Are you kidding?
J	Eso dicen.	That's what they say.
I	No lo sabía.	I didn't know.
J	Yo tampoco. Me he enterado esta mañana.	Neither did I. I found out this morning.
.	<i>Los demás salen por fin del agua. Se visten todos a toda prisa.</i>	<i>The others finally get out of the water. Everyone gets dressed in a hurry.</i>
J	¿Alguna noticia de Martina?	Any news from Martina?
I	Su madre prefiere que se quede con el niño. La ayudaría a criarlo.	Her mother would prefer that she keep the child. She would help her raise it.
J	Cuando los niños crecen, muchas madres solo sueñan con una cosa: convertirse en abuelas. ¿Te parece normal?	Once the children have grown up, many mothers only dream of one thing: becoming a grandmother. Do you think this is normal?
I	Normal o no, tengo un hambre de lobo. Vamos a ver cómo va el picnic.	Normal or not, I'm hungry as a wolf. Let's go and see how the picnic is going.

Words

silencio <i>nm</i>	silence
atravesar <i>v</i>	pierce
grito <i>nm</i>	cry
estridente <i>adj</i>	shrill
docena <i>nf</i>	dozen
joven <i>nm + nf</i>	youngster
hacia <i>prep</i>	towards
algunos <i>pron pl</i>	a few
sumergirse <i>v</i>	dive
ola <i>nf</i>	wave
otros <i>pron pl</i>	others
alejarse <i>v</i>	move away, go away
alejarse nadando	swim away
precavido <i>adj</i>	cautious
llamar <i>v</i>	call out
portugués <i>adj</i>	Portuguese
biología <i>nf</i>	biology
loco <i>adj</i>	crazy
gritar <i>v</i>	scream
helado <i>adj</i>	ice cold
eso no es lo mío	it's not my thing
julio <i>nm</i>	July
agosto <i>nm</i>	August
cuánto tiempo	how long
hasta <i>prep</i>	until
todo <i>adj</i>	whole
verano <i>nm</i>	summer
por delante	ahead of us
qué te parece si	how about
algunos <i>adj</i>	few
excursión <i>nf</i>	excursion
guiñar a <i>v</i>	wink at
apartar la mirada	look away
dirigirse hacia	head towards
duna <i>nf</i>	dune

señal <i>nf</i>	sign
prohibir <i>v</i>	prohibit
acceso <i>nm</i>	access
¿Para que van?	here: Why are they going there?
estar de broma	kid
yo tampoco	neither did I
enterarse <i>v</i>	find out
esta mañana	this morning
por fin <i>adv</i>	finally
rápidamente <i>adv</i>	in a hurry
ayudar <i>v</i>	help
crecer <i>v</i>	grow up
normal <i>adj</i>	normal
hambre <i>nf</i>	hunger
lobo <i>nm</i>	wolf
vamos a ver	let's go and see

Coaching 14: Harvest Day 2

This second week of *aioLingua Coaching* has reaffirmed who we are addressing: serious travellers, expats and immigrants, i.e., people for whom foreign languages are a vital challenge. Serious travellers aspire to read newspapers and books, to understand news and TV documentaries and to hold conversations without effort.

This week you also discovered the *Kontinental English* application. It is a *repeat player* that presents short sentences over and over again. In the future, you will be able to adapt the number of repetitions to the difficulty of the sentences. Listen to the more complicated sentences until you understand which sound corresponds to which word, what the words mean and how they are written.



In addition, you have understood how extraordinarily ‘bulky’ it is to learn a new language. Don’t forget the night corkscrew test! Each of the thousands of words you are going to learn must be permanently *nailed, welded, implanted* in your brain. The idea that, as you will see later, learning a foreign language is quantifiable can give you comfort.

Europe: Helsinki, Finland



Credit:

<https://pixabay.com/photos/helsinki-cathedral-architecture-4984737>

15

15. Treinta años en las minas

{ *Audio: www.aiolingua.com* }

Thirty Years in the Mines

- *Tim, un estudiante de medicina alemán de 23 años, se aleja del grupo y hace señas a Leonardo para que se reúna con él. Caminan por la playa. Las pequeñas olas lamen la arena. Es un día sin viento.*

Tim, a 23-year-old German medical student, walks away from the group and beckons Leonardo to join him. They walk along the beach. Small waves lick the sand. It's a windless day.

- L ¿Cómo se comportó el pequeño Jan en la reunión de Kill Facebook?

So how did our little Jan behave at the Kill Facebook meeting?

- T Igual que siempre. Emocionado, muy entusiasta, un magnífico abogado del diablo.

Always equal to himself. Excited, very enthusiastic, a magnificent devil's advocate.

- L ¿Consiguió reventar la reunión como anunció?

Did he manage to blow up the meeting as he had announced?

- T ¡Por supuesto que no! Al final, incluso hizo reír a toda la asamblea.

Of course not! In the end, he even made the whole assembly laugh.

- L Un soplo de aire fresco en un contexto oscuro.

A breath of air in a dark context.

- T No había muy buen ambiente y las propuestas eran bastante fantasiosas. Un estudiante llegó a decir que los dirigentes de GAFA* deberían ser obligados a trabajar en las minas de

The atmosphere was not good and the proposals were rather fanciful. One student went so far as to say that GAFA* executives should be made to work in the coal mines.

carbón.

- | | | |
|---|---|---|
| L | ¡Excelente! Sería una buena oportunidad para que Cerdeña restaurara las minas de Montevecchio. | Excellent! For Sardinia, this would be a good opportunity to restore the Montevecchio mines. |
| T | ¿Quieres convertir Montevecchio en un centro penitenciario? | Do you want to turn Montevecchio into a penitentiary? |
| L | Para todos aquellos que eligieron pagar a los accionistas en lugar de financiar la investigación. Y para todos aquellos que prefieren ocultar cientos de miles de millones de dólares en paraísos fiscales. | For all those who have chosen to pay shareholders rather than fund research. And for all those who prefer to shelter hundreds of billions of dollars in tax havens. |
| T | ¡Vaya! | Wow! |
| L | Yo incluso metería a los ejecutivos de Uber, Airbnb y Netflix. Para que entiendan en qué consiste el proceso de “destrucción creativa” del que llevan años hablando. | I would also put the heads of Uber, Airbnb and Netflix in there. Just to make them understand the process of “creative destruction” they have been talking about for years. |
| . | <i>Continúan su paseo, riendo.</i> | <i>They continue their walk laughing.</i> |
| T | Volviendo a Jan, sabes que todavía es joven. Los selfies, los seguidores, los sueños de notoriedad, todo eso se debe a su edad. | Coming back to Jan, you know, he’s still young. The selfies, the followers, celebrity dreams, all that is due to his age. |
| L | Pero, ¿podrá vivir de ello? | But will he be able to live on that? |

- | | | |
|---|--|--|
| T | Tal vez algunos años. Pero dentro de diez años ya no le importará a nadie. | Maybe a few years. But in ten years, no one will be interested in him anymore. |
| L | Y luego, ¿qué? | And then what? |
| T | Como no habrá construido nada, vivirá de trabajos esporádicos. | Since he won't have built anything, he'll live on odd jobs. |
| L | Y de subsidios. | And welfare. |
| T | Si aún queda alguno. | If there is any left. |
| . | <i>* GAFA: Google, Apple, Facebook, Amazon</i> | <i>* GAFA: Google, Apple, Facebook, Amazon</i> |

Words

treinta <i>adj</i>	thirty
mina <i>nf</i>	mine
alemán <i>adj</i>	German
hacer señas	beckon
reunirse <i>v</i>	join
lamer <i>v</i>	lick
arena <i>nf</i>	sand
viento <i>nm</i>	wind
comportarse <i>v</i>	behave
igual <i>adj</i>	equal
emocionado <i>adj</i>	excited
entusiasta <i>adj</i>	enthusiastic
abogado <i>nm</i>	advocate
diablo <i>nm</i>	devil
reventar <i>v</i>	blow up
anunciar <i>v</i>	announce
al final	in the end
incluso <i>adv</i>	even
¡Por supuesto che no!	Of course not!
reír <i>v</i>	laugh
asamblea <i>nf</i>	assembly
aire <i>nm</i>	air
soplo de aire	breath of air
contexto <i>nm</i>	context
oscuro <i>adj</i>	dark
ambiente <i>nm</i>	atmosphere
propuesta <i>nf</i>	proposal
fantasioso <i>adj</i>	fanciful
llegar a <i>v</i>	go so far as to
dirigente <i>nm + nf</i>	executive
obligar <i>v</i>	force, compel
carbón <i>nm</i>	coal
excelente <i>adj</i>	excellent
oportunidad <i>nf</i>	opportunity
restaurar <i>v</i>	restore

Montevecchio	Sardinian village
convertir <i>v</i>	turn into
centro penitenciario	penitentiary
elegir <i>v</i>	chose
accionista <i>nm + nf</i>	shareholder
financiar <i>v</i>	fund
investigación <i>nf</i>	research
ocultar <i>v</i>	shelter
cientos de	hundreds of
mil millones	billion
dólar <i>nm</i>	dollar
paraíso fiscal	tax haven
ejecutivo <i>nm</i>	head
consistir <i>v</i>	consist
proceso <i>nm</i>	process
creativo <i>adj</i>	creative
destrucción <i>nf</i>	destruction
paseo <i>nm</i>	walk
reír <i>v</i>	laugh
volver <i>v</i>	come back
sueño <i>nm</i>	dream
notoriedad <i>nf</i>	celebrity
deberse a	be due to
importar a <i>v</i>	import; here: be interested in
nadie <i>pron</i>	no one
como <i>conj</i>	since
construir <i>v</i>	build
trabajo esporádico	odd job
subsidios <i>nmpl</i>	welfare
aún	still

Coaching 15: ‘Linguistic talent’?

Many people believe that there are linguistic gifts – or, on the contrary, deficits – that make it easier or harder to learn a language. A ‘gifted’ person could, they say, learn another language two, three or four times faster than the average person. The reality is probably more trivial and no more impressive than the natural variation in the length of an erect penis in *Homo sapiens* (see Figure 15. 1 and the Wikipedia article [Human penis size](#)).

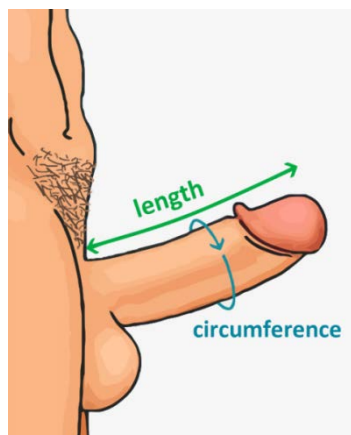


Figure 15.1 – How to measure?

Scientific measurement of the erect penis.⁶ Mean length: 13.1 cm (5.16 in). Ninety percent of all penises were longer than 10.3 cm (4.06 in) and shorter than 15.7 cm (6.18 in).⁷

⁶ Nick Evershed. *What is the average penis size? Find out with this interactive graphic*. The Guardian, March 5, 2015: <https://www.theguardian.com/news/datablog/2015/mar/05/what-is-the-average-penis-size-find-out-with-this-interactive-graphic>. Accessed January 14, 2022. A fabulous *Penis length nomogram*...

⁷ Veale D, Miles S, Bramley S, Muir G, Hodsoll J. *Am I normal? A systematic review and construction of nomograms for flaccid and erect penis length and circumference in up to 15,521 men*. BJU Int 2015; 115:978-86. Free full-text article: <http://onlinelibrary.wiley.com/doi/10.1111/bju.13010/full>. Accessed September 25, 2018.

There is no doubt that the human brain is largely hardwired to accommodate languages. Babies nicely show that our brain is also hardwired to learn *any language*; moreover, they do it in comparable time periods. Until proven otherwise, we should maintain the hypothesis that all humans have virtually equivalent linguistic basic skills that usually differ – as does penis length – by not more than $\pm 20\%$. Does one student need 60 hours to understand a 45-minute Chinese audio course word-for-word? If so, their less fortunate friends will have to study a little longer, some 70 hours, while the luckier ones will do it in about 50 hours. With that, everyone's happy!

Europe: Baile Átha Cliath, Éire



Credit:

<https://pixabay.com/photos/library-books-dublin-ireland-2507902>

16

16. Pequeños secretos de Italia

{ **Audio:** www.aiolingua.com }

Little Secrets from Italy

- *Después del picnic, Leonardo pone las sobras en la nevera y Kevin clasifica la basura. Inês sirve la última gota de vino. Mientras tanto, Vanessa está a punto de dar a Tim su primera lección de cocina italiana.*

After the picnic, Leonardo puts the leftovers in the cooler, and Kevin sorts out the waste. Inês serves the last drop of wine. Meanwhile, Vanessa is about to give Tim his first Italian cooking lesson.

- V Tu primera lección, Tim, cocinar pasta.

Your first lesson, Tim, cooking pasta.

- T ¿Cocinar pasta? ¿Estás de broma? Nada puede ser más fácil. Hierves agua y luego echas la pasta. Después del tiempo indicado en la caja, lo escurres y lo sirves directamente en los platos. Cada uno añade la cantidad de salsa que le apetezca.

Cooking pasta? Are you kidding? Nothing's easier. You boil some water and then throw the pasta in. After the time indicated on the packet, you drain it and serve it directly onto the plates. Everyone adds as much sauce as they like.

- *Los sardos se echan a reír.*

The Sardinians burst out laughing.

- V Pobre Tim, no tienes ni idea. ¡Léeme la receta!

Poor Tim, you're not there at all. Read me the recipe!

- *Vanessa le entrega una hoja de papel. Tim empieza a leer en voz alta.*

Vanessa hands him a sheet of paper. Tim starts to read out loud.

- T En primer lugar, la pasta – ya sean espaguetis o farfalle, fusilli, penne – debe cocerse en una olla llena de agua salada hirviendo. Aproximadamente un litro de agua por persona.
- First, the pasta – whether it's spaghetti, farfalle, fusilli, or penne – must be cooked in a pot full of boiling salted water. About a litre of water per person.
- . *Tim vacila.* *He hesitates.*
- T ¿Qué? ¿Un litro de agua por persona? ¿Qué desperdicio de energía!
- What? One litre of water per person? What a waste of energy!
- V Antes de que te quejes, ¡sigue leyendo la receta!
- Before complaining, keep reading the recipe!
- T En segundo lugar, después de echar la pasta en el agua hirviendo, remuévela regularmente con una cuchara de madera.
- Second, after throwing the pasta into the boiling water, stir it regularly with a wooden spoon.
- T En tercer lugar, prepara la salsa para la pasta en una sartén grande y profunda.
- Third, prepare the pasta sauce in a large, deep pan.
- T En cuarto lugar, después de escurrir la pasta *al dente*, viértela inmediatamente en la sartén y mézclala rápidamente con la salsa.
- Fourth, after draining the pasta *al dente*, pour it immediately into the pan and quickly mix it with the sauce.
- . *Tim levanta la vista.* *Tim looks up.*
- T Oh, ¿En serio?, ¿Se mezcla antes de servir?
- Oh really, do we mix it before serving?
- V Por supuesto. En quinto lugar, a menos que se indique lo contrario, el diente de ajo
- Absolutely. Fifthly, unless otherwise specified, the garlic clove added to the

que se añada a la salsa no
debe estar picado.

sauce must not be minced.

- V Ya está, ahora conoces los
secretos básicos para cocinar
la pasta al estilo italiano.
Mañana por la noche nos
reuniremos todos en casa de
Tim para cenar. ¿Verdad,
Tim?

There, now you know the
basic secrets of Italian
pasta cooking. Tomorrow
night we're all meeting at
Tim's for dinner. Right,
Tim?

- . *Todos ponen los ojos en blanco,
horrorizados.*

*Everyone rolls their eyes wide
in horror.*

Words

pequeño <i>adj</i>	little
secreto <i>nm</i>	secret
sobras <i>nfpl</i>	leftovers
clasificar <i>v</i>	sort out
basura <i>nf</i>	waste
servir <i>v</i>	serve
último <i>adj</i>	last
gota <i>nf</i>	drop
mientras tanto <i>loc adv</i>	meanwhile
estar a punto de	be about to
lección <i>nf</i>	lesson
cocina <i>nf</i>	cooking
pasta <i>nf</i>	pasta
más simple	easier
hervir <i>v</i>	boil
echar <i>v</i>	throw
tiempo <i>nm</i>	time
caja <i>nf</i>	packet
escurrir <i>v</i>	drain
directamente <i>adv</i>	directly
plato <i>nm</i>	plate
añadir <i>v</i>	add
cantidad <i>nf</i>	quantity
salsa <i>nf</i>	sauce
apetecer <i>v</i>	like
sardo <i>nm</i>	Sardinian
echarse a <i>v</i>	burst out
pobre <i>adj</i>	poor
no tienes ni idea	you're not there at all
receta <i>nf</i>	recipe
entregar <i>v</i>	hand
hoja <i>nf</i>	sheet
papel <i>nm</i>	paper
leer en voz alta	read out loud
ya... o...	whether... or...

espaguetis <i>nmpl</i>	spaghetti
farfalle	farfalle
fusilli	fusilli
penne	penne
cocer <i>v</i>	cook
olla <i>nf</i>	pot
hirviendo	boiling
salado <i>adj</i>	salted
aproximadamente <i>adv</i>	about
litro <i>nm</i>	litre
por <i>prep</i>	per
persona <i>nf</i>	person
vacilar <i>v</i>	here: hesitate
desperdicio <i>nm</i>	waste
energía <i>nf</i>	energy
antes de <i>adv</i>	before
quejarse <i>v</i>	complain
echar <i>v</i>	throw
remover <i>v</i>	stir
regularmente <i>adv</i>	regularly
cuchara <i>nf</i>	spoon
de madera	wooden
salsa de tomate	tomato sauce
sartén <i>nm</i>	pan
cuarto <i>adj + adv</i>	fourth
verter <i>v</i>	pour
inmediatamente <i>adv</i>	immediately
mezclar <i>v</i>	mix
rápidamente <i>adv</i>	quickly
levantar la vista	look up
en quinto lugar	fifthly
a menos que	unless
contrario <i>nm</i>	contrary
ajo <i>nm</i>	garlic
diente (de ajo)	clove
picar <i>v</i>	mince

ya está	there
básico <i>adj</i>	basic
cenar <i>v</i>	dinner
ojo <i>nm</i>	eye
poner los ojos en blanco	roll your eyes
horrorizado <i>adj</i>	horrified

Coaching 16: Ear2Memory

With the *Kontinental English* application (www.bsk1.com/ke; see episode 9), you have made language learning more flexible, as you can now

1. Listen to sentences in a loop;
2. Vary the length of the breaks between repetitions;
3. Change the speed of the audio.

However, you may have noticed that the app is not perfect. One detail that is sometimes annoying is the length of the so-called ‘cuts’, the pieces of the audio that are presented in a loop. Sometimes the cuts are too short, especially for simple sentences, and sometimes, for sentences with many unknown words, they are too long. It would be more efficient to have an app that allows you to cut the audio according to your specific needs.

This app exists – **Ear2Memory**. Like the *Kontinental English* app, Ear2Memory is a *repeat player*, but more flexible. Open the Google Play Store and download the app to a mobile phone or tablet (direct link: www.bsk1.com/e2m; the ideal device this time is a mobile phone). If you only have an iPhone, see the footnote.⁸

After installation, click on the button at the top right (Figure 16.1) and select an audio from the *aioLinguaSpanish* folder, e.g., *aioLinguaSpanish001*, the audio from *Holy Shit!*.

⁸ If you don't yet own an Android tablet or mobile phone, it's time to get one (operating system 4.4 or later). These few dozen euros are an excellent investment for language learning.

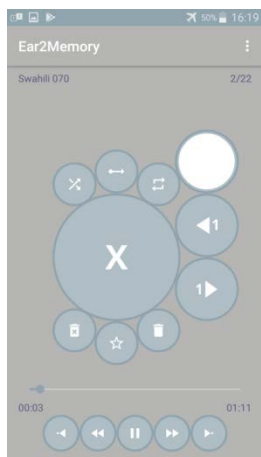


Figure 16.1 The Ear2Memory opening screen. In the top right corner you can see the *Folders* button. With a **short click** you will access the different folders and audios on your tablet or mobile phone. A **long click** takes you to the Ear2Memory *minimal mode*.

Now be patient for a few minutes, because what follows is the most boring page in this manual. Before you can use Ear2Memory's features, you have to learn how to 'cut' an audio. If you are under 20 years old and grew up with smartphones, you will learn this in less than 30 seconds. If you are not from the digital generation, especially if you are over 35, it will take you minutes to days.

To practice 'cutting', long click on the *Folder* button and open the Ear2Memory *minimal mode* (Figure 16.2).

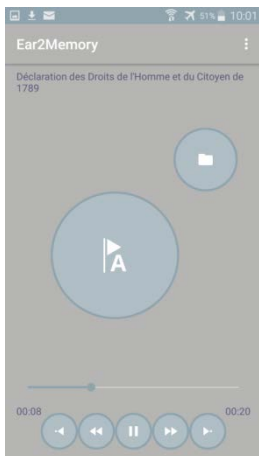


Figure 16.2 - Ear2Memory *minimal mode*.

In the middle of the screen you see the BigButton. To the left of the letter “A” is a small flag pointing to the right. This flag means: “If you click on me, I will start recording the first cut.”

Click on the BigButton in the interval between two sentences. The recording starts. The letter “B” appears, with a flag pointing to the left. This symbol means: “If you click on me, I will stop the recording”.

After the second click on the BigButton, an “X” will appear – and Ear2Memory will start to repeat the ‘cut’ you just defined.

When you have listened a sufficient number of times, click the BigButton a third time. Ear2Memory exits the loop and continues playing the audio as normal. The “A” appears again. Ear2Memory is ready for the next cut.

Repeat this exercise until you are able to cut out whole sentences or even a few words. It’s so simple – click 1, click 2, click 3 – that even young children will understand this in seconds.

To return to the main screen, long-click the *Folder* button again.

Ear2Memory (E2M) offers a wide range of applications:

- E2M **records your ‘cuts’** – you only have to cut an audio once.
- E2M has an **autopilot mode** that, depending on the settings, repeats each cut 2, 3, 4 or more times before moving on to the next one. This feature is ideal for repeating your audios during other activities, such as driving, commuting, cooking, jogging, etc.
- E2M can slow down or increase **the speed of audio**.
- E2M can present the cuts **randomly**.
- E2M has a **microphone** that records your voice and plays it back alternating with the original.

We will re-visit these points later.

Europe: Oporto, Portugal



Credit:

<https://pixabay.com/photos/architecture-home-city-3314490>

17

17. El idiota

{ Audio: www.aiolingua.com }

The Idiot

- *Kevin se acerca a Martina y le pregunta si puede hablar con ella. Ella vacila y luego le sigue.*

Kevin walks up to Martina and asks if he can talk to her. She hesitates, then follows him.
- K Martina, por favor, ¿por qué no paras la masacre?

Martina, please, why don't you stop the massacre?
- M ¿De qué estás hablando?

What are you talking about?
- K Eliminar una vida indefensa. Admítelo, Martina, el aborto no es una práctica aceptable.

Suppressing a defenceless life. Face it, Martina, abortion is not an acceptable practice.
- *Martina mira a Kevin con incredulidad.*

Martina looks at Kevin in disbelief.
- M ¿No me digas que vas a volver a empezar con eso?

Don't tell me you're starting again?
- K Escúchame dos minutos. La vida humana comienza en el momento de la fecundación. Los embriones y fetos tienen derecho a vivir.

Just listen to me for two minutes. Human life begins at the moment of fertilization. Embryos and fetuses have a right to live.
- M Es decir, ¿mi embrión sería un ser humano como tú y yo?

So there you go, my embryo would be a human being like you and me?
- K Por supuesto que sí.

Obviously.
- M ¿Dónde has oído eso? En la iglesia, seguro.

Where did you hear that sung? In church, I bet.
- K Entre otros.

Among other places.
- M Es curioso. En el siglo XVI, la

It's funny. In the sixteenth

iglesia católica afirmaba que los africanos no tenían alma para justificar la trata de esclavos.

century, the Catholic Church claimed, in order to justify the slave trade, that Africans had no soul.

K Eso fue hace mucho tiempo.

That was a long time ago.

M Si la iglesia permitía que se golpeará y matara a seres humanos, explícame por qué un montón de células valen más que una vida humana.

If the church allowed the beating and killing of human beings, explain to me why a pile of cells would be worth more than a human life.

K La iglesia ha evolucionado.

The church has evolved.

. *Martina pone los ojos en blanco.*

Martina raises her eyes to the sky.

M El embrión que quieres salvar tiene el tamaño de una verruga pequeña.

The embryo you want to save is as big as a little wart.

K Sigue siendo un ser humano.

It is still a human being.

M Un boceto de un ser humano.

An outline of a human being.

K Que se convertiría en tu hijo.

Who would become your child.

M Deja de hablar de mi hijo.

Stop talking about my child.

. *Martina le mira con compasión.*

She looks at him with compassion.

M Un recién nacido exige atención, espera ser envuelto en una mirada amorosa y nosotros tenemos que responder por él durante mucho tiempo.

A newborn baby cries out for attention, waits to be enveloped in a loving gaze and we have to answer for them for a long time.

K ¿Y qué?

So what?

- | | |
|--|--|
| <p>M Por desgracia, no puedo ofrecerle nada de eso.</p> <p><i>Kevin empieza a enfadarse.</i></p> | <p>Unfortunately, I can't offer him any of this.</p> <p><i>Kevin starts to get angry.</i></p> |
| <p>K Pero, ¿cómo puedes decir tal cosa? ¡Eres un monstruo!</p> <p><i>Martina, exasperada, abofetea a Kevin. Todos vienen corriendo y Martina les explica la discusión. Alejandro agarra a Kevin por el cuello.</i></p> | <p>But how can you say such a thing? You are monstrous!</p> <p><i>Martina, exasperated, slaps Kevin. Everyone runs over and Martina tells them about the discussion. Alejandro grabs Kevin by the collar.</i></p> |
| <p>A ¡Te hemos dicho que dejes a Martina en paz! ¿Qué tienes en la cabeza? Venga, el día ha terminado para ti. Lárgate. ¡Coge tus cosas y vete a casa!</p> | <p>We told you to leave Martina alone! What's in your head? Come on, the day is over for you. Now, get out of here. Take your things and go home!</p> |
| <p>K ¿Irme a casa? ¿Pero cómo?</p> | <p>Go home? But how?</p> |
| <p>A Haciendo autostop. No queremos volver a casa con un desgraciado.</p> <p><i>Kevin se aleja mascullando frases incomprensibles. Los demás se miran entre ellos, desconcertados. Alejandro pone su brazo sobre los hombros de Martina.</i></p> | <p>Hitchhike. We don't want to drive back home with a trouble-maker.</p> <p><i>Kevin walks away mumbling incomprehensible phrases. The others look at each other, puzzled. Alejandro puts his arm around Martina's neck.</i></p> |

Words

acercarse a <i>v</i>	walk up to
seguir <i>v</i>	follow
masacre <i>nm</i>	massacre
eliminar <i>v</i>	suppress
indefenso <i>adj</i>	defenceless
práctica <i>nf</i>	practice
aceptable <i>adj</i>	acceptable
con incredulidad	in disbelief
minuto <i>nm</i>	minute
empezar <i>v</i>	begin
fertilización <i>nf</i>	fertilization
embrión <i>nm</i>	embryo
oír <i>v</i>	hear
iglesia <i>nf</i>	church
entre <i>prep</i>	among
curioso <i>adj</i>	curious; here: funny
decimosexto <i>adj</i>	sixteenth
siglo <i>nm</i>	century
católico	Catholic
afirmar	claim
para	in order to
justificar <i>v</i>	justify
esclavo <i>nm</i>	slave
trata de esclavos	slave trade
africano <i>nm</i>	African
alma <i>nf</i>	soul
hace mucho tiempo	a long time ago
golpear <i>v</i>	beat
matar <i>v</i>	kill
montón <i>nm</i>	pile
célula <i>nf</i>	cell
valer <i>v</i>	be worth
cielo <i>nm</i>	sky
salvar <i>v</i>	save
verruga <i>nf</i>	wart

boceto <i>nm</i>	outline, sketch
compasión <i>nf</i>	compassion
recién nacido <i>nm</i>	newborn
exigir <i>v</i>	cry out for
atención <i>nf</i>	attention
envolver <i>v</i>	envelop
amoroso <i>adj</i>	loving
tener que responder por	have to answer for
enfadarse <i>v</i>	get angry
monstruoso <i>adj</i>	monstrous
exasperado <i>adj</i>	exasperated
abofetear <i>v</i>	slap
venir corriendo	run over
agarrar <i>v</i>	grab
cuello <i>nm</i>	collar
dejar en paz	leave alone
¡Lárgate!	Get out of here!
desgraciado <i>nm</i>	trouble-maker
mascular <i>v</i>	mumble
frase <i>nf</i>	phrase
incomprensible <i>adj</i>	incomprehensible
desconcertado <i>adj</i>	puzzled
brazo <i>nm</i>	arm
sobre <i>adj</i>	here: around
hombro <i>nm</i>	shoulder; here: neck

Coaching 17: How many hours a day?

Let's assume you have 10,000 words to memorise and you can learn an average of 10 words in an hour. That is 1000 hours of learning. One hour to learn 10 words (6 minutes per word!) may seem like a lot of time for not many words. But remember the corkscrew test and how you have to both recognise (hear) and produce (speak) words (all words!): spontaneously, in extreme situations and without thinking. Before you have 'fixed' a word for the rest of your life, you must present it to your brain dozens of times. Each presentation (while reading, listening, speaking or writing) lasts only a short time, but in the end, these short moments will add up to several minutes.

Fitting a thousand hours of learning into a 365-day year is an undertaking. Points to consider (see also Table 17.1):

- Language students should study 3-5 hours a day, 90-150 hours a month. After one year, they will have completed their 10,000 word programme.
- Those who are not studying languages and who are not yet working should study at least 90 minutes a day. In this case, it will take them two years to learn 10,000 words.
- Anyone with a job will rarely be able to study for more than 40-60 minutes a day. Anticipate 3 to 4 years.

All other schemes – for example, 20 minutes a day or 2 hours a week – are doomed to fail. Those who follow this path will never understand anything substantial, will speak poorly and will eventually give up trying to learn another language. The most common excuse is that they are not good at languages.

Table 17.1 - Daily study time

	Minutes
Serious student	240 (4 hours)
Student	180 (3 hours)
Non-student, not in full-time employment	90
People with a job	40-60

If you accept a daily study time of at least 40 minutes, you will immediately find another obstacle: where will you find 10,000 words? At the moment, *aioLingua Spanish* only offers 1200 words. We will have to look for the other 9,000 words later. But first, let's introduce you to Phase III of your learning programme. Fasten your seatbelt.

P. S. Studying a foreign language is like eating and sleeping - you do it every day. Six days a week is good, seven days a week is better. Remember how you learned your mother tongue: Day after day, in the midst of people talking, arguing and rejoicing. No one would have dared to isolate you from language and words in a dark basement. Since birth you have heard your mother tongue every day. This is exactly what you will do with your second, third or fourth language. Foreign languages will become your daily bread.

Europe: Seville, España



Credit:

<https://pixabay.com/de/photos/plaza-spanisch-sevilla-spanien-1751442>

18

18. Peligro para la democracia

{ Audio: www.aioLingua.com }

Danger to Democracy

- | | |
|--|--|
| <p>• <i>Mientras Martina y Kevin discutían, Jan y Raquel se habían sentado frente al islote situado a unos 100 metros de la playa. Molesto, Jan se puso a hacer un agujero en la arena con el pie.</i></p> | <p><i>While Martina and Kevin were talking, Jan and Raquel sat down in front of the small islet about 100 metres from the beach. Annoyed, Jan started to dig a hole in the sand with his foot.</i></p> |
| <p>J ¿Me puedes explicar qué tenéis en contra de las redes sociales?</p> | <p>Can you explain to me what you all have against social networks?</p> |
| <p>R Son un peligro para la democracia.</p> | <p>They are a danger to democracy.</p> |
| <p>J ¿Qué quieres decir con eso?</p> | <p>What do you mean by that?</p> |
| <p>R Escucha, Jan, sal de tu burbuja. Lee la prensa, observa lo que ocurre a tu alrededor. ¿No estás cansado de ver tus propias fotos en Instagram? No me extraña que no entiendas el mundo.</p> | <p>Listen, Jan, get out of your bubble. Read the press, look at what's going on around you. Aren't you tired of looking at your own photos on Instagram? No wonder you don't understand anything in the world.</p> |
| <p>J ¿Entender qué?</p> | <p>Understand what?</p> |
| <p>R Países enteros se van al garete. Varios jefes de Estado nunca habrían sido elegidos si no fuera por las mentiras que circulan por las redes sociales.</p> | <p>Entire countries are going down the drain. Several heads of state would never have been elected if it weren't for the lies circulating on social networks.</p> |
| <p>J ¿Los mismos a los que llamas</p> | <p>The very ones you call</p> |

- “presidentes canallas”?
- R ¡Exacto! Los que vomitan sus 280 caracteres de Twitter por todo el mundo. Por no hablar del Brexit, que solo tenía un objetivo: dividir y debilitar a Europa.
- J Pero, ¿quién tendría interés en debilitar a Europa?
- R ¿De verdad no tienes ni idea?
- J No. Déjame pensar.
- R Está muy bien pensar. Pero sobre todo debes leer, informarte. Lee, digo. ¡Lee la prensa en papel!
- . *Jan sigue haciendo un agujero en la arena. El agua comienza a aparecer en el fondo del agujero. Tras un largo silencio, mira a Raquel.*
- J ¿Para qué? Encuentro toda la información en Facebook y Twitter.
- R Bueno, esa es una de las razones por las que siempre serás un idiota.
- “rogue presidents”?
- That’s right! The ones who puke their 280 Twitter characters all over the world. Not to mention Brexit, which had only one aim: to divide and weaken Europe.
- But who would have an interest in weakening Europe?
- You really have no idea?
- No. Let me think.
- It’s all very well to think. But above all you should read, inform yourself. Read, I tell you. Read the written press!
- Jan keeps digging in the sand. At the bottom of the hole, water begins to appear. After a long silence, he looks up at Raquel.*
- What for? I get all my information from Facebook and Twitter.
- Well, that’s one of the reasons why you’ll always be an idiot.

- J Desconfío de las noticias de la prensa tradicional. Solo expresan las verdades de las élites. ¿O no? You know, I'm suspicious of mainstream news. They only express the truths of the elites. Right?
- . *Entonces Raquel y Jan oyen los gritos de Kevin. Se dan la vuelta justo cuando Martina abofetea a Kevin.* Then Raquel and Jan hear Kevin screaming. They turn around just as Martina slaps Kevin.

Words

democracia <i>nf</i>	democracy
discutir <i>v</i>	discuss, talk
sentarse <i>v</i>	sit down
molesto <i>adj</i>	annoyed
agujero <i>nm</i>	hole
pie <i>nm</i>	foot
burbuja <i>nf</i>	bubble
prensa <i>nf</i>	press
cansado <i>adj</i>	tired
no me extraña	no wonder
irse al garette	go down the drain
jefe de estado <i>nm</i>	head of state
elegir <i>v</i>	elect
si no fuera for	if it weren't for
mentira <i>nf</i>	lie
circular <i>v</i>	circulate
los mismos	the very ones
canalla <i>nf</i>	rogue
¡Exacto!	Exactly!
vomitara <i>v</i>	puke
carácter <i>nm</i>	character
por todo el mundo	all over the world
por no hablar de	not to mention
objetivo <i>nm</i>	aim
dividir <i>v</i>	divide
debilitar <i>v</i>	weaken
tener interés	have an interest
informar <i>v</i>	inform
escrito <i>adj</i>	written
continuar <i>v</i>	continue; here: keep doing
fondo <i>nm</i>	bottom
¿Para qué?	What for?
desconfiar de <i>v</i>	be suspicious of
tradicional <i>adj</i>	traditional, mainstream
verdad <i>nf</i>	truth

élite *nf*
gritar *v*

elite
scream

Coaching 18: Phase III

Understanding a person who speaks three or more words per second requires intensive training that will lead you to automate listening comprehension.

Speaking, i.e., fluently pronouncing 2 or 3 words per second, requires an equally intensive automation. Only when you have stored a lot of ready-to-speak sentences in your internal memory will you be able to express yourself in another language without problems.

Let's take a sentence from the first episode, *Holy Shit!*:

Para, ya me sé la canción. La hierba me impide concentrarme y me ablanda el cerebro. Vaya, que nunca seré un estudiante brillante.

You can deconstruct these two sentences into a dozen elements:

- Para
- ya me sé
- la canción
- la hierba
- me impide
- concentrarme
- y
- me ablanda
- el cerebro
- vaya que nunca seré
- un estudiante
- brillante

It is amazing that from these pre-fabricated 'ready-to-speak' elements your brain is able to form two complete sentences in

the blink of an eye. The prerequisite, however, is that the pre-fabricated elements are already present in your brain. And this is precisely what requires intensive training.

Moreover, for physiological reasons, it is more difficult to speak than to listen. All you need to hear is an eardrum, three tiny bones and the cochlea, which are part of the [inner ear](#). These structures amplify sounds and translate them into electrical signals that the brain interprets in a fraction of a second. No need to lift a finger.

In comparison, speaking requires sophisticated mechanics. To communicate your brain's thoughts to the world, you have to [coordinate dozens of muscles in the larynx, pharynx, cheeks, mouth and tongue](#). Getting all these muscles into the perfect position in a few milliseconds is an acrobatic feat that takes years of practice. (Remember that children do not start speaking like adults until they are 10 years old.) In addition, before you even perform this stunt, you first need to decide what ideas and messages you want to communicate, then find the right words to express them, and finally put it all together in sentences that follow the rules of grammar. Your mother tongue is one of the most complicated things you master. There is no doubt about it: speaking is more difficult than hearing. Producing is more difficult than consuming.

The task for the next two weeks is to memorise the first 7 episodes (*Holy Shit!*, *Kill Facebook*, *MI6*, *Abortion*, etc.). Start with *Holy Shit!*. At first, just recite a few sentences by heart (it is not necessary to recite whole texts yet). The next day, learn the sentences of *Kill Facebook* and repeat *Holy Shit!*. On the third day, you learn the phrases from *MI6* and repeat *Holy Shit!* and *Kill Facebook*. Proceed according to the same model as for Phase II (see also *Coaching 4*). Use Google Sheets to document your progress.

The most intensive phase of your language learning has begun.

Europe: Milano, Italia



Credit:

<https://pixabay.com/de/photos/architektur-geb%C3%A4ude-stadt-5055472>

19

19. La generación suicida

{ Audio: www.aioLingua.com }

Suicide Generation

- . *Son las diez de la noche.
Francesco llega a la casa de Via
San Saturnino que Hannah
comparte con Leonardo, Inés y
Tim desde hace unos meses.*

*It's ten o'clock in the evening.
Francesco arrives at the house
in Via San Saturnino that
Hannah has been sharing with
Leonardo, Inês and Tim for a
few months.*
- F Esta casa es muy bonita. La
has heredado, ¿verdad?

This house is really
beautiful. You inherited it,
didn't you?
- H Sí, de mi abuela. Pero, ¡qué
tristeza! En vez de tener la
casa, preferiría que siguiera
viva.

Yes, from my grandmother.
But how sad! Rather than
having the house, I'd prefer
she were still alive.
- . *Baja los tres peldaños de la
escalera que lleva al gran salón
de la planta baja.*

*She goes down the three steps
of the staircase that leads to
the large living room on the
ground floor.*
- H ¡Sígueme! Nos sentaremos en
la mesa grande. ¿Tienes
algún lema nuevo para la
manifestación del viernes?

Follow me! We're going to
sit down at the big table.
Have you got any new
slogans for Friday's demo?
- F No, creo que utilizaremos los
mismos: "¡Nuestra casa está
en llamas!", "Queremos que
cunda el pánico", "Queremos
que actúes".

No, I think we'll use the
same ones: "Our house is on
fire!"; "We want you to
panic!"; "We want you to
act."

H	¿No acabarán siendo aburridos? Sembrar el pánico solo empeora las cosas. Y los que no actuaron ayer, no actuarán mañana.	Isn't that boring in the long run? Spreading panic only makes things worse. And those who did not act yesterday will not act tomorrow.
F	Entonces, ¿qué propones?	So what do you propose?
H	Necesitamos una imagen que impacte, una imagen que sacuda el mundo.	We need an image that strikes the minds, an image that shakes up the world.
F	Parece que tienes una idea rondando en tu cabeza.	Looks like you have an idea running through your head.
H	Todavía estoy dudando. Algunas imágenes pueden doler.	I'm still hesitating. Some images can be hurtful.
F	¡Vamos, escúpelos!	Come on, spit it out!
H	“¡Acabemos con la generación suicida!”	“Let's end the suicide generation!”
F	¿Generación suicida? ¿Y quién es esta generación suicida?	Suicide generation? And who would this suicide generation be?
H	Es obvio, ¿no? Los viejos.	Well, it's obvious, isn't it? Old people.
F	¿Los viejos?	The old?
H	Es decir, los mayores de 60 años.	The over 60s, that is!
F	Te refieres a los que son un poco mayores que nuestros padres.	You mean those who are slightly older than our parents.
.	<i>Ella asiente con la cabeza.</i>	<i>She nods.</i>

- | | | |
|---|---|--|
| F | ¿Y cómo quieres hacerles entender este eslogan a los viejos? | And how do you want to get them to understand this slogan, the old folks? |
| H | Provocando una discusión en las familias. | By provoking discussion in the families. |
| F | Eso es muy fuerte. | That's pretty strong. |
| H | Los viejos no se preocupan por el cambio climático. ¿Crees que les importa? Como mucho, dicen: "Después de mí, el diluvio". | You know, old people don't care about climate change. Do you think they feel concerned? Anyway, they say to themselves: "After me, the flood." |
| F | ¿Porque no estarán cuando todo se vaya al garete? ¿Porque llevarán mucho tiempo muertos? | Because they won't be around when it all goes to hell? Because they'll have been dead for a long time? |
| H | Sí, por eso debemos sacudirlos mientras estén vivos. Mientras haya tiempo. | Yes, so we have to shake them up while they are still alive. While there's still time. |
| F | ¿Quieres ganártelos para nuestra causa, para nuestras ideas? | You want to win them over to our cause, to our ideas? |
| H | Por supuesto. Abuelos y nietos unidos en la lucha contra el calentamiento global. | Absolutely! Grandparents and grandchildren united in the fight against global warming. |

Words

generación <i>nf</i>	generation
suicida <i>adj + nm/nf</i>	suicidal
noche <i>nf</i>	night, evening
compartir <i>v</i>	share
heredar <i>v</i>	inherit
triste <i>adj</i>	sad
en vez de	rather than
vivo <i>adj</i>	alive
peldaño <i>nm</i>	step
escalera <i>nf</i>	staircase
llevar <i>v</i>	lead
sala de estar	living room
mesa <i>nf</i>	table
lema <i>nf</i>	slogan
manifestación <i>nf</i>	demo
fuego <i>nm</i>	fire
en llamas	on fire
cundir el pánico	panic
actuar <i>v</i>	act
aburrido <i>adj</i>	boring
a la larga	in the long run
empeorar <i>v</i>	worsen
ayer <i>adv</i>	yesterday
proponer <i>v</i>	propose
imagen <i>nf</i>	image
impactar <i>v</i>	impact, strike
sacudir <i>v</i>	shake up
parece que	(it) looks like
rondar <i>v</i>	wander around; here: buzz
dudar <i>v</i>	doubt; here: hesitate
doler <i>v</i>	hurt
escupir <i>v</i>	spit
¡Escúpelo!	Spit it out!
acabar con	end
obvio <i>adj</i>	obvious

los mayores de 60 años	the over 60s
es decir	that is
un poco	slightly
mayor <i>adj</i>	here: older
padres <i>nmpl</i>	parents
asentir con la cabeza	nod
eslogan <i>nm</i>	slogan
provocar <i>v</i>	provoke
familia <i>nf</i>	family
muy <i>adv</i>	pretty
viejo <i>adj + nm</i>	old
no preocuparse por	not care about
diluvio <i>nm</i>	deluge
estar	here: be around
infierno <i>nm</i>	hell
ir al garete	go to hell
mientras <i>adv</i>	as long as, while
ganar <i>v</i>	here: win over
idea <i>nf</i>	idea
abuelos <i>nmpl</i>	grandparents
nietos <i>nmpl</i>	grandchildren
unido <i>adj</i>	united
calentamiento <i>nm</i>	warming

Coaching 19: Ear2Memory? Freedom!

The app Ear2Memory among other things, is able to record your voice, and will soon make it easier for you to study foreign languages. But Ear2Memory (see episode 16) offers you even more: it frees you from *aiolingua*. As the application allows you to cut *any* MP3 audio file, you can now use audio material from other publishers' language textbooks. Ear2Memory gives you an almost unlimited choice of languages.

One particularly extensive collection is that of **Assimil** (www.assimil.com/fr) with textbooks for Chinese, Korean, **French**, German, Italian, Japanese, Portuguese, Russian, Spanish, and many more. Unfortunately, the chapters don't include lists of newly presented words, grammar is short and some texts seem to be decades old. However, the audio files are generally excellent!

Another collection is the **Living Language** series with manuals for Mandarin, French, German, Italian, Japanese, Portuguese (Brazilian), Spanish and many more.

If you have a good knowledge of French, you can find other excellent language manuals published only in French. Some examples:

- Pocket: Langues pour tous, 40 leçons pour parler... – **allemand** (www.amazon.fr/dp/2266189123), anglais, espagnol, italien, portugais, le grec moderne.
- Pocket: Se perfectionner en anglais, espagnol, **allemand** (www.amazon.fr/dp/2266212125), italien.
- Pocket: ... au quotidien: anglais, américain, **español** (www.amazon.fr/dp/2266189018). Great audios ! These recordings are among the best in the world!

If you have a good knowledge of German, test the excellent Langenscheidt collection '**mit System**' (Spanish, French, Italian,

Portuguese, Dutch, Russian, Greek, Norwegian, Swedish, Danish, Czech, Polish, Turkish, Chinese, Latin, Arabic; www.langenscheidt.com/shop/mit-system). This collection is among the best language manuals in the world. It has audio files with normal and slow speaking speeds. For an example of text, translation, word list and glossary, see page 216.

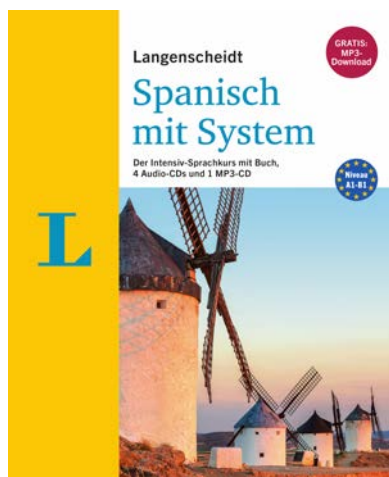


Figure 19.1 – *Spanisch mit System*. Manual of the Langenscheidt collection *mit System*: www.langenscheidt.com/shop/mit-system.

Learning a new language with books from another foreign language need not frighten you. It is not only a doable challenge, but also a fun one. See the appendix on page 212 for more.

Europe: Marseille, France



Credit:

<https://pixabay.com/photos/marseille-d%C3%A9confinement-june-summer-5271931>

20

20. Martina

{ Audio: www.aioLingua.com }

Martina

- *Leonardo y Alejandro llegan a Tiffany, un pequeño café-bar en el barrio de la Marina. Unas veinte personas hacen cola para conseguir una mesa. Nuestros amigos se ponen en la cola. Leonardo pide consejo a Alejandro, un estudiante de informática y mago de la programación.*

Leonardo and Alejandro arrive at Tiffany's, a small coffee bar in the Marina district. About twenty people are queuing for a table. Our friends get into the back of the line. Leonardo asks Alejandro, a computer science student and programming whiz, for advice.
- A ¿Qué? ¿Tus abuelos quieren publicar un libro sin pasar por una editorial? ¿A su edad?

What? Your grandparents want to publish a book without going through a publisher? At their age?
- L Sí. También les gustaría saber si es cierto que solo se pueden imprimir unos pocos ejemplares. Porque cuando eran jóvenes, tenían que imprimir al menos 300 o 500 ejemplares.

Yes, they do. They'd also like to know if it's true that you can only print a few copies. Because when they were young, they had to print at least 300 to 500 copies.
- A Por supuesto que es posible. Se llama impresión a demanda. Imprimes los ejemplares que quieres, incluso solo uno.

Of course it's possible. It's called print on demand. You print as many copies as you want, even just one.
- L ¿A un coste asequible?

At an affordable cost?

- | | |
|---|---|
| <p>A El precio depende del número de páginas. Un libro de cien páginas cuesta unos pocos euros, un libro de doscientas páginas cuesta aproximadamente el doble.</p> | <p>The price depends on the number of pages. A hundred-page book costs a few euros, a two-hundred-page book costs about twice that.</p> |
| <p>L ¿Te importaría venir un día a casa de mis abuelos y explicarles cómo funciona?</p> | <p>Would you mind coming to my grandparents' house one day and explaining them how it works?</p> |
| <p>A Para nada. Será un placer.</p> | <p>Not at all. My pleasure.</p> |
| <p>L Muy bien, entonces. Organizaré una reunión.</p> | <p>All right, then. I'll arrange a meeting.</p> |
| <p>. <i>Reflexiona un momento.</i></p> | <p><i>He thinks for a moment.</i></p> |
| <p>A Por cierto, ¿alguna noticia de Martina?</p> | <p>By the way, any news from Martina?</p> |
| <p>L Sí, me ha llamado esta mañana. Ya está, ya lo ha hecho. Todo ha ido bien.</p> | <p>Yes, she called me this morning. That's it, it's done. Everything went well.</p> |
| <p>A ¡Qué alivio! Así que no se dejó convencer por su madre.</p> | <p>What a relief! So she didn't let her mother convince her.</p> |
| <p>L Su madre hizo todo lo posible para hacerla cambiar de opinión. Y parece que su padre incluso la amenazó con echarla.</p> | <p>Her mother tried everything to change her mind. And it seems that her father even threatened to throw her out.</p> |
| <p>A En cualquier caso, eso no le va a pasar a Hannah.</p> | <p>In any case, that's not going to happen to Hannah.</p> |
| <p>L ¿Quieres decir con Raquel?</p> | <p>You mean with Raquel?</p> |

- A Esas dos, al menos, no corren el riesgo de quedarse embarazadas. Pueden enamorarse sin miedo. ¡Qué afortunadas! No necesitan preservativo.
- Those two, at least, are not at risk of getting pregnant! They can spin perfect love without fear. The lucky ones! No need for a condom.
- . *Alejandro ve que la mirada de Leonardo se oscurece.*
- Alejandro sees that Leonardo's eyes are darkening.*
- A Oh, perdona. Había olvidado que tuviste una relación con Hannah.
- Oh, excuse me. I forgot you had a relationship with Hannah.
- L No pasa nada. Pero, es cierto, no termino de creer que se haya acabado.
- It's nothing. But it's true, I still can't get myself to believe that it's over.

Words

café-bar <i>nm</i>	café-bar
unas veinte	about 20
hacer cola	queue <i>v</i>
cola <i>nf</i>	queue <i>n</i>
consejo <i>nm</i>	advice
informática <i>nf</i>	computer science
magó <i>nm</i>	whiz
programación <i>nf</i>	programming
pasar por <i>v</i>	go through
editorial <i>nf</i>	publisher
imprimir <i>v</i>	print
al menos <i>adv</i>	at least <i>adv</i>
trescientos <i>adj</i>	three hundred
quinientos <i>adj</i>	five hundred
llamar <i>v</i>	call
impresión a demanda	print on demand
precio <i>nm</i>	price
asequible <i>adj</i>	affordable
depender <i>v</i>	depend
página <i>nf</i>	page
doble <i>nm</i>	twice
te importaría	would you mind
funcionar <i>v</i>	here: work
¡Será un placer!	My pleasure!
muy bien	all right
entonces <i>adj</i>	so, then <i>conj</i>
organizar <i>v</i>	arrange
reflexionar <i>v</i>	think
eso es todo	it's done
ir bien	go well
alivio <i>nm</i>	relief
hacer cambiar de opinión a alguien	change someone's mind
parecer <i>v</i>	seem
 echar <i>v</i>	throw out

correr el riesgo	be at risk
quedar embarazada	get pregnant
perfecto <i>adj</i>	perfect
enamorarse <i>v</i>	fall in love; here: spin perfect love
¡las afortunadas!	the lucky ones!
oscurecerse <i>v</i>	darken
creer <i>v</i>	believe
ha acabado	it's over

Coaching 20: Phase III

Before we give you some advice on how best to learn a text by heart, let's briefly analyse why it is easier to understand a language (listening and reading) than to produce it (speaking and writing).

If you have ever learned a foreign language and no longer practise it regularly, you will have noticed that after 10 years even the simplest words escape you, such as a Portuguese “Adios! Goodbye!”). However, to your surprise, your listening and reading skills remain almost intact: you understand a TV news programme like before, you continue to read newspapers without difficulty. It seems that once you *understand* a language – both spoken and written – you don't forget it for the rest of your life, just as you don't forget how to ride a bike. Our ability to *speak*, however, is subject to severe erosion. It would seem that it is easier to get language into the brain than out.

There are two explanations for this phenomenon. The first is quantity. Unless you are incorrigibly talkative (‘logorrheic incontinence’), listening is the predominant function mode of your brain. As soon as you find yourself in a group of at least three people, the odds are that you will listen rather than speak. The bigger the group, the smaller your contribution. In some situations – at school, university, or during meetings at work – you could listen for hours, and nobody would expect you to contribute more than a word or two. As a result of years of listening, the part of your word brain that processes sounds is better trained than the part that produces speech.

The second reason is diversity. The words put into your brain are more diverse than the words coming out of it. You have only one life to tell – your own – while your co-humans make you listen to hundreds of different lives in different places and in different circumstances. What you know of the world is more than what you can say about it. You know words pronounced by

fascists, fundamentalists and populists that you wouldn't want to ever pass your lips. You know hundreds or thousands of words from listening to priests, rabbis, and imams, but, again, you would not want to use them yourself because, as a scientist, you feel that God and the gods exist because our ancestors had the wisdom to create them. This list can go on and on, including people from different professions, geographical regions, age groups, etc. Because of the huge variability of human biographies – sometimes disgustingly ugly, but most often creative, stimulating, and refreshing – you know thousands of words you will never utter.

Europe: Frankfurt, Deutschland



Credit:

<https://pixabay.com/photos/buildings-skyscrapers-coast-boats-5440219>

Season 3 and 4

The third and fourth seasons with episodes 21 to 40 will be published according to demand.

Appendix

Appendix 1 : Language manuals

It is not easy to find good language manuals. The complete package for training your ears and eyes includes ideally

1. Audio files
2. Texts (transcriptions of the audio files)
3. Translations of the texts
4. Word lists

Unfortunately, many language manuals have no audio files at all – in today's world with audio players on billions of smartphones, that's obscene. Don't buy them ever! Of those manuals that *do* come with audio files, most don't include the translations of the texts. Although these manuals can be used for Ear²Memory listening, you'll lose precious time figuring out the meaning of the texts.

Fortunately, there is a positive list, although shorter. Almost all of the following manuals offer at least audio files and the translation of the texts.

English native speakers

- **Assimil** series: Chinese, Korean, [French](#), German, Italian, Japanese, Portuguese, Russian, Spanish, and many more.

Unfortunately, the chapters don't include lists of newly presented words, grammar is short and some texts seem to be decades old. However, the audio files are generally excellent!

Link: www.Assimil.com

- **Living Language | Complete edition** series: Chinese (Mandarin), French, [German](#), Italian, Japanese, Portuguese (Brazilian), Spanish and many more.

Link: www.livinglanguage.com

German native speakers

- **Langenscheidt-Sprachreihe ‘mit System’** – [Englisch](#), Spanisch, Französisch, Italienisch, Portugiesisch, Niederländisch, Russisch, Griechisch, Norwegisch, Schwedisch, Dänisch, Tschechisch, Polnisch, Türkisch, Chinesisch, Latein, Arabisch.

Diese Sprachreihe bietet Audiodateien mit normaler und langsamer Sprechgeschwindigkeit. Ein Beispiel für Text, Übersetzung, Wortliste und Glossar finden Sie auf Seite 216. Die Bände der ‘mit System’-Sprachreihe gehören zu den besten Sprachlehrbüchern der Welt!

Link: www.langenscheidt.com

- **Assimil-Sprachreihe**: Chinesisch, Englisch, Französisch, Italienisch, Japanisch, Portugiesisch, Russisch, Spanisch und einige weitere Sprachen.

Link: www.assimilwelt.com

- **Langenscheidt-Sprachreihe ‘In 30 Tagen’** – [Englisch](#), Spanisch, Französisch, Italienisch, Niederländisch, Schwedisch, Japanisch, Türkisch, Russisch.

Link: www.langenscheidt.com

French native speakers

- **Assimil** – La methode intuitive, entre autres Chinois, Coréen, Français, Allemand, Italien, Japonais, Portugais, Russe, Espagnol, Suaheli.

Les chapitres n'incluent pas de listes de nouveaux mots, la grammaire est brève et certains textes pourraient dater de plusieurs décennies. Cependant, les fichiers audio sont dans l'ensemble EXCELLENTS!

Lien: fr.assimil.com

- Pocket: Langues pour tous, 40 leçons pour parler... – [allemand](#), anglais, espagnol, italien, portugais, le grec moderne.
- Pocket: Se perfectionner en anglais, espagnol, [allemand](#), italien.
- Pocket: ... au quotidien: anglais, americain, [espanol](#). Excellent audios ! Ces enregistrements sont parmi les meilleurs du monde !

Italian native speakers

- **Assimil** – Collana senza sforzo

Cinese, francese, giapponese, inglese, portoghese, russo, spagnolo, tedesco e altre lingue.

www.assimil.it

Spanish native speakers

- **Assimil** – El método intuitivo

[Alemán](#), Francés, Inglés, Italiano, Portugués de Brasil, Ruso, Árabe, Catalán.

fr.assimil.com

Portuguese native speakers

- **Assimil** – O método intuitivo

[Alemão](#), Espanhol, Francês, Italiano.

fr.assimil.com

Appendix 2: Langenscheidt mit System

The Langenscheidt 'mit System' manuals (see page 213) offer the perfect mix for efficient *Ear²Memory* learning (Audio + Transcription [= Text] + Translation + Word lists).

At a conference in Madrid ☺ 1/2,3

Bob Hello. You must be Tina Berger from Germany.

Tina Yes, that's right.

Bob Nice to meet you. I'm Bob Walker from the London office.

Tina Oh yes. Hello.

Bob Let me introduce you to the rest of the team. This is Juan Vargas from the US office. He's from Texas, but his office is in Florida.

Juan Hi. Nice to meet you.

Tina And you, Juan.

Bob Juan's boss is in New York, she's not here at the conference. And this is Sonia Walker. She's from the Toronto office. Her area is Canada.

Sonia Hi.

Tina So you're both Walkers. Are you related?

Sonia No, we're not related.

Bob Just colleagues.

Sonia Not good friends, Bob?

Bob Friends, too ...

Sonia Thanks, Bob.

Bob ... sometimes. Sonia and Juan are our two agents in North America. Their area is very big, but they're very good. They're experts ...

Juan Thanks for those compliments, Bob.

Bob ... sometimes.

Juan Hey!

Sonia Your English is very good, Tina.

Tina Well, my mother is English.

Sonia Oh right.

Tina Yes. My mother's English and my father's German.

Sonia I see. Well, welcome to the team.

Tina Thanks.



Figure 19.1 (previous page) – **ATTW package** (Audio + Transcription [= Text] + Translation + Word lists): **Text**. From *Englisch mit System*, Langenscheidt 2015, 352 pages. Reproduced with permission.

1 Auf einer Tagung in Madrid

Bob	Hallo. Sie müssen Tina Berger aus Deutschland sein.	Sonia	Nicht gute Freunde, Bob?
Tina	Ja, das ist richtig.	Bob	Freunde auch ...
Bob	Nett Sie kennenzulernen. Ich bin Bob Walker vom Londoner Büro.	Sonia	Danke, Bob.
Tina	Ach ja. Hallo.	Bob	... manchmal. Sonia und Juan sind unsere zwei Vertreter in Nordamerika.
Bob	Ich mache Sie mit dem Rest der Mannschaft bekannt. Das ist Juan Vargas vom US-Büro. Er ist aus Texas, aber sein Büro ist in Florida.		Ihr Gebiet ist sehr groß, aber sie sind sehr gut. Sie sind Experten ...
Juan	Hi. Nett Sie kennenzulernen.	Juan	Danke für diese Komplimente, Bob.
Tina	Und Sie, Juan.	Bob	... manchmal.
Bob	Juans Chefin ist in New York, sie ist nicht hier auf der Tagung. Und das ist Sonia Walker. Sie ist vom Büro in Toronto. Ihr Gebiet ist Kanada.	Juan	He!
Sonia	Hi.	Sonia	Ihr Englisch ist sehr gut, Tina.
Tina	Sie heißen also beide Walker. Sind Sie verwandt?	Tina	Nun, meine Mutter ist Engländerin.
Sonia	Nein, wir sind nicht verwandt.	Sonia	Ach so.
Bob	Nur Kollegen.	Tina	Ja. Meine Mutter ist Engländerin und mein Vater ist Deutscher.
		Sonia	Ich verstehe. Nun, willkommen in der Mannschaft.
		Tina	Danke.

Figure 19.2 – ATTW package (Audio + Transcription [= Text] + Translation + Word lists): Translation. From *Englisch mit System*, Langenscheidt 2015, 352 pages. Reproduced with permission.

Dialog		Canada	Kanada
at [æt]	an, auf	[ˈkænədə]	
conference	Tagung	both [bəʊθ]	beide
[ˈkɒnfərəns]		related	verwandt
hello [həˈləʊ]	guten Tag, hallo	[rɪˈleɪtɪd]	
must [mʌst]	müssen	we [wi:]	wir
be [bi:]	sein	we're (we are)	wir sind
Germany	Deutschland	[wɪə]	
[ˈdʒɔ:məni]		not [nɒt]	nicht
yes [jes]	ja	just [dʒʌst]	nur, einfach, gerade
that [ðæt]	das, jene(r, s)	colleague	Kollege, Kollegin
right [raɪt]	richtig	[ˈkɒliːg]	
that's right	das ist richtig, das stimmt	good [ɡʊd]	gut
[ˌðæts ˈraɪt]		friend [frend]	Freund(in)
nice [naɪs]	nett, schön	thanks [θæŋks]	danke
to [tə]	zu	our [ˈaʊə]	unser(e)
meet [mi:t]	kennenlernen, treffen	agent [ˈeɪdʒənt]	Vertreter(in)
you [ju:]	du, dich, dir, Sie, Ihnen, ihr, euch	North America	Nordamerika
		[ˌnɔ:θ əˈmerɪkə]	
nice to meet you	nett Sie / dich kennenzulernen	their Pl [ðeə]	ihr(e)
[ˌnaɪs tə ˈmi:t ju]		very [ˈveri]	sehr
I'm (I am) [aɪm]	ich bin	big [bɪg]	groß
office [ˈɒfɪs]	Büro	they're (they are)	sie sind
oh [əʊ]	ach, oh	[ðeɪə]	
let [let]	lassen	expert [ˈekspɜ:t]	Experte, Expertin
me [mi:]	mich, mir	those Pl [ðəʊz]	jene
Let me introduce	Ich mache Sie	compliment	Kompliment
you to ... [ˌlet mi ˌɪntrəˈdʒu:z ju: tə]	mit ... bekannt	[ˈkɒmplɪmənt]	
rest [rest]	Rest	Hey! [heɪ]	He! Hallo!
of [ɒv]	von	your [juə]	dein(e), Ihr(e), euer(e)
US [ˌju:ˈes]	US-, amerikanisch(e)	Well, ... [wel]	Nun, ...
he's (he is) [hɪz]	er ist	my [maɪ]	mein(e)
his [hɪz]	sein(e)	mother [ˈmʌðə]	Mutter
hi [haɪ]	hi, hallo	oh right [əʊ ˈraɪt]	ach so
boss [bɒs]	Chef(in)	father [ˈfɑ:ðə]	Vater
she [ʃi:]	sie	I see [ˌaɪˈsi:]	hier: ich verstehe
here [hɪə]	hier	welcome to ...	willkommen in / bei ...
her [hɜ:]	ihr(e)	[ˈwelkəm tə]	
area [ˈeəriə]	Gebiet		

Figure 19.3 – ATTW package (Audio + Tanscription [= Text] + Translation + Word lists): Word list. From *Englisch mit System*, Langenscheidt 2015, 352 pages. Reproduced with permission.

Glossar

A

@ ['æt] @ 2
 a [ə] ein(e) 1
 a bit [ə 'bɪt] etwas, ein bisschen 10
 a few [ə 'fjuː] ein paar 9
 a little [ə 'lɪtl] ein wenig, etwas 2, 9
 a little something [ə lɪtl 'sʌmθɪŋ]
 eine Kleinigkeit, etwas Kleines 12
 a long way [ə ,lɒŋ 'weɪ] weit;
 ein weiter Weg 10
 a lot (of) [ə 'lɒt (əv)] viel(e) 3
 a week [ə 'wiːk] die / pro Woche 4
 a.m. ['eɪ 'em] vormittags (Uhrzeit) 4
 ability [ə'bɪləti] Fähigkeit 13
 about [ə'baʊt] etwa, ungefähr 3
 above [ə'baʊv] über 8
 abroad [ə'brɔːd] ins / im Ausland 6
 accent ['æksnt] Akzent 17
 accident ['æksɪdnt] Unfall 11
 accident occurrence ['æksɪdnt ə,karəns]
 Unfallhergang 11
 accommodation [ə,kɒmə'deɪʃn]
 Unterkunft, Unterkünfte 6
 across [ə'krɒs] quer durch, überall in 15
 act [ækt] (schau)spielen 4
 act as ... ['ækt əz] als ... tätig sein 13
 activity [æk'tɪvəti] Aktivität, Tätigkeit 15
 actor ['æktə] Schauspieler 4
 actually Adv ['æktʃʊəli] eigentlich, wirklich,
 tatsächlich 7
 add [æd] hinzufügen 20
 address [ə'dres] Adresse 2
 Adirondacks [ˌædɪ'rɒndæks]
 Adirondack-Berge 16
 admit [əd'mɪt] zugeben 10
 adult ['ædʌlt] Erwachsene(r) 16
 adventure [əd'ventʃə] Abenteuer 6
 adventure holidays [əd'ventʃə hɒlɪdeɪz]
 Abenteuerurlaub 13
 advertisement [əd'vezɪtɪsmənt] Anzeige,
 Annonce 13
 advice [əd'veɪs] Rat(schlag), Ratschläge 15
 aerobics [ə'ɒrəbɪks] Aerobic 5
 Africa ['æfrɪkə] Afrika 6
 after ['ɑːftə] nach 3
 afternoon [ˌɑːftə'nʊn] Nachmittag 4
 afterwards ['ɑːftəwədz] hinterher 14
 again [ə'geɪn] wieder, noch einmal 2
 against [ə'geɪnst] gegen 11
 age [eɪdʒ] Alter 2
 age group ['eɪdʒ grʊp] Altersgruppe 13

agency ['eɪdʒnsɪ] Agentur 17
 agent ['eɪdʒnt] Vertreter(in) 1
 ago [ə'ɡəʊ] vor 6
 agree [ə'ɡriː] vereinbaren, beschließen;
 übereinstimmen, sich einigen 14
 ahead [ə'hed] vorn, vorwärts, voraus 13
 airbag ['eəbæg] Airbag 1
 airport ['eəpɔːt] Flughafen 1
 alarm [ə'lɑːm] Alarm(anlage) 15
 alarm clock [ə'lɑːm klɒk] Wecker 17
 alcohol ['ælkəhɒl] Alkohol 9
 alert Adj [ə'lɜːt] wachsam 14
 alert V [ə'lɜːt] alarmieren 20
 alive [ə'lɑːv] lebendig 18
 all [ɔːl] alle 1
 all ... [ɔːl] den / die / das ganze(n) ...
 (lang / über) [zeitl.] 13
 all day [ɔːl 'deɪ] den ganzen Tag 5
 all in one word [ɔːl ɪn wʌn wɜːd] zusammen-
 geschrieben, (alles) in einem Wort 2
 all right [ɔːl 'raɪt] gut, in Ordnung 9
 All the (very) best. [ˌɔːl ðə (veri) 'best]
 Alles (alles) Gute! 12
 all the time [ˌɔːl ðə 'taɪm]
 die ganze Zeit 6, 13
 all wrong [ɔːl 'rɒŋ] ganz falsch 6
 almost ['ɔːlməʊst] fast, beinahe 17
 along [ə'lɒŋ] entlang 3
 already ['ɔːlredi] bereits, schon 12
 also ['ɔːlsəʊ] auch 5
 although [ɔːl'ðəʊ] obwohl 17
 always ['ɔːlweɪz] immer 4
 amazing [ə'meɪzɪŋ] erstaunlich 17
 ambulance ['æmbjʊləns] Krankenwagen 11
 America [ə'merɪkə] Amerika 1
 American [ə'merɪkən] amerikanisch;
 Amerikaner(in) 1
 an [ən] ein(e) 1
 an hour and a half [ən 'aʊə ənd ə ,haːf]
 eineinhalb Stunden 8
 an hour late [ən aʊə 'leɪt] mit einer Stunde
 Verspätung 6
 and [ænd/ənd] und 1
 And the same to you. [ənd ðə ,seɪm tu 'juː]
 Gleichfalls. 12
 ankle ['æŋkl] Knöchel 11
 anniversary [æni'vɜːsəri] Jahrestag 12
 announcement [ə'naʊnsmənt] Ansage,
 Ankündigung 17
 another [ə'nʌðə] noch ein(e),
 schon wieder ein(e) 3

Figure 19.4 – Glossary. From *Englisch mit System*, Langenscheidt 2015, 352 pages. Reproduced with permission.

Index of Spanish words

(nos) toca a nosotros	it'll be our turn	11
¡aquí estamos!	here we are!	4
¡Déjalo estar!	Drop it!	7
¡Escúpelo!	Spit it out!	19
¡Exacto!	Exactly!	18
¡Lárgate!	Get out of here!	17
¡las afortunadas!	the lucky ones!	20
¡Mentira!	Bullshit!	1
¡Mierda!	Damn it!	1
¡Olvidalo!	Forget it!	3
¡Para!	Stop it!	1
¡Por supuesto che no!	Of course not!	15
¡Será un placer!	My pleasure!	20
¡vamos!	come on!	1
¡Vaya mierda!	Holy shit!	1
¡venga!	come on!	2
¿de verdad?	really?	3
¿está claro?	you got that?	13
¿estás bien?	are you okay?	8
¿Para que van?	here: Why are they going there?	14
¿Para qué?	What for?	18
¿Por qué te importa?	What do you care?	7
¿qué es?	what is?	3
¿Qué se pasa ahí?	What's going on?	12
¿También te vas a meter en esto ahora?	Are you on to this too?	8
¿Te suena?	Does that mean anything to you?	11
a bordo <i>adv</i>	on board	1
a la larga	in the long run	19
a lo largo <i>prep</i>	along	8
a mediodía	at noon	2
a menos que	unless	16

abandonar <i>v</i>	abandon	4
ablandar <i>v</i>	soften	1
abofetear <i>v</i>	slap	17
abogado <i>nm</i>	advocate	15
abortar <i>v</i>	abort	2
abortivo <i>adj</i>	abortive	6
abril <i>nm</i>	April	10
abuela <i>nf</i>	grandmother	5
abuelo <i>nm</i>	grandfather	1
abuelo <i>nm</i>	grandfather	2
abuelos <i>nmpl</i>	grandparents	19
aburrido <i>adj</i>	boring	19
acabar con	end	19
acabar <i>v</i>	end, finish; here: just	2
acabar <i>v</i>	end up	8
acceso <i>nm</i>	access	14
accionista <i>nm + nf</i>	shareholder	15
aceptable <i>adj</i>	acceptable	17
aceptar <i>v</i>	accept	13
acercar <i>v</i>	bring closer	13
acercarse a <i>v</i>	walk up to	17
acompañar <i>v</i>	accompany	2
acompañar <i>v</i>	accompany; here: put	11
acostarse con <i>v</i>	sleep with	3
actual <i>adj</i>	current; here: today's	5
actualmente <i>adv</i>	at the moment	11
actuar <i>v</i>	act, behave	1
actuar <i>v</i>	act	19
adecuado <i>adj</i>	appropriate; here: right	4
además <i>adv</i>	besides	8
además <i>adv</i>	in addition	9
adicción <i>nf</i>	addiction	9
adolescente <i>nm+nf</i>	kid	7
aeropuerto <i>nm</i>	airport	11
aficionado <i>nm</i>	fan	7
afirmar	claim	17
afortunadamente <i>adv</i>	fortunately	9

africano <i>nm</i>	African	17
agarrar <i>v</i>	grab	17
agosto <i>nm</i>	August	14
agua <i>nm</i>	water	12
agujero <i>nm</i>	hole	18
ahora <i>adv</i>	for now	3
ahora mismo <i>loc adv</i>	right now	11
aire <i>nm</i>	air	15
ajo <i>nm</i>	garlic	16
al fin y al cabo	here: still	8
al final	in the end	15
al menos <i>adv</i>	at least <i>adv</i>	20
al parecer <i>adv</i>	apparently	3
alcohol <i>nm</i>	alcohol	9
alegrarse <i>v</i>	be happy	11
alejarse nadando	swim away	14
alejarse <i>v</i>	walk away	3
alejarse <i>v</i>	here: walk away	13
alejarse <i>v</i>	move away, go away	14
alemán <i>adj</i>	German	15
aleta <i>nf</i>	fin	12
algo <i>pron</i>	something	3
algo <i>pron</i>	something	7
alguien <i>pron</i>	someone	2
algunos <i>adj</i>	some	6
algunos <i>adj</i>	few	9
algunos <i>adj</i>	few	14
algunos <i>pron pl</i>	a few	14
alivio <i>nm</i>	relief	20
allí <i>adv</i>	there, over there	11
alma <i>nf</i>	soul	17
alquilar <i>v</i>	rent	11
amarrado <i>adj</i>	moored	8
ambiente <i>nm</i>	atmosphere	15
ambulante <i>adj</i>	itinerant	4
amenazar <i>v</i>	threaten	13

amigo <i>nm</i>	friend	9
amoroso <i>adj</i>	loving	17
añadir <i>v</i>	add	16
anclar <i>v</i>	drop anchor	1
ángel <i>nm</i>	angel	1
año <i>nm</i>	year	3
ansiedad <i>nf</i>	anxiety	5
antes <i>adv</i>	here: earlier	2
antes de <i>adv</i>	before	16
antes de eso	before	1
anticoncepción <i>nf</i>	contraception	8
antiguo agente secreto	ex-secret agent	4
anual <i>adj</i>	annual	9
anunciar <i>v</i>	announce	15
apagar <i>v</i>	turn off	13
aparcamiento <i>nm</i>	parking lot	12
aparecer <i>v</i>	appear	5
apartar la mirada	look away	14
apetecer <i>v</i>	want to	11
apetecer <i>v</i>	like	16
apio <i>nm</i>	celery branch	6
aportar <i>v</i>	contribute	
apresurarse <i>v</i>	hurry	2
aproximadamente <i>adv</i>	about	16
aquí <i>adv</i>	here	10
aquí : son imaginaciones mías?	am I dreaming?	8
arena <i>nf</i>	sand	12
arena <i>nf</i>	sand	15
arma <i>nf</i>	arm	10
arquitectura <i>nf</i>	architecture	3
arrebatar <i>v</i>	snatch	13
arruinar <i>v</i>	spoil	10
arte <i>nf</i>	art	5
asamblea <i>nf</i>	assembly	15
asentir con la cabeza	nod	19
asequible <i>adj</i>	affordable	20

así que <i>conj</i>	so, therefore	3
atención <i>nf</i>	attention	17
atractivo <i>nm</i>	attraction	11
atrás <i>adv</i>	behind	12
atravesar <i>v</i>	pierce	14
aumento <i>nm</i>	increase	9
aún	still	
aunque <i>conj</i>	even if	4
auténtico <i>agg</i>	real	6
ayer <i>adv</i>	yesterday	19
ayudar <i>v</i>	help	14
bajar <i>v</i>	here: get out	12
balanza <i>nf</i>	balance	5
balcón <i>nm</i>	balcony	1
bañarse <i>v</i>	go swimming	12
barato <i>adj</i>	cheap	11
barco fantasma	ghost ship	10
barco <i>nm</i>	ship	1
barco <i>nm</i>	boat	8
barrio <i>nm</i>	district	1
básico <i>adj</i>	basic	16
bastar <i>v</i>	be enough, be sufficient	9
basura <i>nf</i>	waste	16
batalla <i>nf</i>	battle	5
biblioteca <i>nf</i>	library	5
biología <i>nf</i>	biology	14
blanco <i>adj</i>	white	3
bloque <i>nm</i>	brick	5
boceto <i>nm</i>	outline, sketch	17
bolsa de la compra	shopping bag	6
bolsa <i>nf</i>	bag	12
bonito <i>adj</i>	pretty, beautiful	12
borde <i>nm</i>	edge	10
brazo <i>nm</i>	arm	17
bucear <i>v</i>	go diving	12
bueno <i>adj</i>	good	1

burbuja <i>nf</i>	bubble	18
cabeza <i>nf</i>	head	1
cada <i>adj</i>	every	7
caer enfermo <i>expr</i>	fall ill	4
café-bar <i>nm</i>	café-bar	20
caja <i>nf</i>	packet	16
calentamiento <i>nm</i>	warming	19
callarse <i>v</i>	be quiet	8
cambiar <i>v</i>	change	7
cambio climático	climate change	2
canalla <i>nf</i>	rogue	18
cáncer <i>nm</i>	cancer	9
canción <i>nf</i>	song	1
cansado <i>adj</i>	tired	18
cantidad <i>nf</i>	quantity	16
capital <i>nf</i>	capital	1
capturar <i>v</i>	catch	4
carácter <i>nm</i>	character	18
carbón <i>nm</i>	coal	15
cardíaco <i>adj</i>	cardiac	9
cargarse <i>v</i>	screw up	13
casa <i>nf</i>	house	1
casa <i>nf</i>	house	5
casarse <i>v</i>	marry	5
casero <i>adj</i>	homemade	12
casi <i>adv</i>	almost	3
caso <i>nm</i>	case	1
católico	Catholic	17
causar <i>v</i>	cause	9
célula <i>nf</i>	cell	17
cenar <i>v</i>	dinner	16
cenicero <i>nm</i>	ashtray	1
centro <i>nm</i>	center	7
centro penitenciario	penitentiary	15
Cerdeña <i>nf</i>	Sardinia	1
cerebro <i>nm</i>	brain	1
chica <i>nf</i>	girl	5

chorlito <i>nm</i>	plover	2
cielo <i>nm</i>	sky	17
cien <i>adj</i>	hundred	1
cientos de	hundreds of	15
cigarrillo <i>nm</i>	cigarette	9
circular <i>v</i>	circulate	18
ciudad <i>nf</i>	town	2
claro che sí	sure	2
clasificar <i>v</i>	sort out	16
cocaína <i>nf</i>	cocaine	5
cocer <i>v</i>	cook	16
coche <i>nm</i>	car	5
coche <i>nm</i>	car	10
cocina <i>nf</i>	cooking	16
coger <i>v</i>	take	5
coitus interruptus	coitus interruptus	6
cola <i>nf</i>	queue <i>n</i>	20
comida <i>nf</i>	food	2
como <i>conj</i>	since	15
compartir <i>v</i>	share	19
compasión <i>nf</i>	compassion	17
comportarse <i>v</i>	behave	15
compra <i>nf</i>	cost; here: shopping	12
comprar <i>v</i>	buy	2
con incredulidad	in disbelief	17
con la condición	only if, on the one condition	1
con menos fervor	less fervently	11
concentrarse <i>v</i>	concentrate	1
concentrarse <i>v</i>	focus	5
conducir <i>v</i>	drive	10
conocer <i>v</i>	know	2
consejo <i>nm</i>	advice	20
consistir <i>v</i>	consist	15
construir <i>v</i>	build	15
consulta <i>nf</i>	consultation, office	8
consultorio <i>nm</i>	office	4

consumir <i>v</i>	consume; here: use	
consumo <i>nm</i>	consumption	9
contacto <i>nm</i>	contact	3
contaminar <i>v</i>	pollute	10
contexto <i>nm</i>	context	15
continuar <i>v</i>	continue; here: keep doing	18
contrario <i>nm</i>	contrary	16
convencer <i>v</i>	convince	8
conversación <i>nf</i>	conversation	9
convertir <i>v</i>	turn into	15
convertirse <i>v</i>	convert	4
convertirse <i>v</i>	turn into	8
corporal <i>adj</i>	bodily	3
correcto <i>adj</i>	right	2
correr el riesgo	be at risk	20
correr <i>v</i>	run	13
creativo <i>adj</i>	creative	15
crecer <i>v</i>	grow	8
crecer <i>v</i>	grow up	14
creer <i>v</i>	believe; here: think	4
creer <i>v</i>	believe	20
criar <i>v</i>	raise	4
criar <i>v</i>	here: raise	8
crisis <i>nf</i>	crisis	5
cristalino <i>adj</i>	crystal clear	12
crucero <i>nm</i>	cruise ship	1
crudo <i>adj</i>	raw	12
cruzar <i>v</i>	cross	8
cuando <i>conj</i>	when	9
cuánto tiempo	how long	14
cuarentena <i>nf</i>	quarantine	1
cuarto <i>adj + adv</i>	fourth	16
cuchara <i>nf</i>	spoon	16
cuello <i>nm</i>	collar	17
cuidado <i>nm</i>	care	6
cuidar <i>v</i>	take care of	3
cultivar <i>v</i>	grow	9

cundir el pánico	panic	19
curioso <i>adj</i>	curious	12
curioso <i>adj</i>	curious; here: funny	17
dado <i>adv</i>	given	11
dañino <i>adj</i>	harmful	9
daño <i>nm</i>	damage	10
dar a v	overlook	1
dar la vuelta	turn around	13
dar un festín	feast	13
darse prisa <i>expr</i>	hurry	2
de 25 años	25-year-old	4
de bronce	bronze	4
de color rosa	rosy	5
de madera	wooden	16
de repente <i>adv</i>	suddenly	5
de repente <i>adv</i>	suddenly	10
de verdad <i>adv</i>	really	12
deberse a	be due to	15
debía ser	was supposed to be	13
debilitar <i>v</i>	weaken	18
década <i>nf</i>	decade	9
decepcionar <i>v</i>	disappoint	12
decidido <i>adj</i>	determined	8
decidir <i>v</i>	decide	2
decidirse <i>v</i>	make up one's mind	2
decimosexto <i>adj</i>	sixteenth	17
decir <i>v</i>	tell	1
decir <i>v</i>	say	7
decisión <i>nf</i>	choice	2
dejar caer	drop	12
dejar en paz	leave alone	17
dejar <i>v</i>	let	1
dejar <i>v</i>	stop	2
dejar <i>v</i>	leave; here: drop off	5
dejar <i>v</i>	put down	9
demasiado <i>adv</i>	far too much	11

democracia <i>nf</i>	democracy	18
depende <i>v</i>	depend	20
deportivo <i>adj</i>	sport(s)	8
derecho <i>nm</i>	right	5
derecho <i>nm</i>	law	11
derramar <i>v</i>	spill	12
derrame cerebral <i>nm + adj</i>	stroke	9
desastre <i>nm</i>	mess	10
desconcertado <i>adj</i>	puzzled	17
desconfiar de <i>v</i>	be suspicious of	18
descubrir <i>v</i>	discover	5
desde que <i>conj</i>	since	2
desgraciado <i>nm</i>	trouble-maker	17
desintoxicación <i>nf</i>	detox, detoxification	7
desintoxicación <i>nf</i>	detox	13
desmantelar <i>v</i>	decommission	10
desperdicio <i>nm</i>	waste	16
despertar <i>v</i>	wake up	1
después <i>adv+prep</i>	after	6
destrucción <i>nf</i>	destruction	15
devolver <i>v</i>	give back	13
día <i>nm</i>	day	6
diablo <i>nm</i>	devil	15
dicho esto	having said that	6
dicho esto	that said	9
dieciséis <i>adj</i>	sixteen	12
diente (de ajo)	clove	16
diente <i>nm</i>	tooth	13
diferente <i>adj</i>	different	6
digital <i>adj</i>	digital	7
diluvio <i>nm</i>	deluge	19
Dios <i>nm</i>	God	9
directamente <i>adv</i>	directly	16
directo <i>adj</i>	direct	3
dirigente <i>nm + nf</i>	executive	15
dirigir <i>v</i>	direct	12
dirigirse hacia	head for	12

dirigirse hacia	head towards	14
disculparse v	apologize	11
discusión nf	discussion	11
discutir v	discuss, talk	18
disponerse a v	be about to	5
divertido adj	funny	15
dividir v	divide	18
doble nm	twice	20
docena nf	dozen	14
dólar nm	dollar	15
doler v	hurt	1
doler v	hurt	19
dolor de cabeza	headache; here: pisser	10
dondequiera que adv	wherever	10
dormir v	sleep	1
droga nf	drug	9
drogado adj	high	3
drogarse v	get high	5
dudar v	doubt; here: hesitate	19
duna nf	dune	14
durante prep	during	4
Ébola nm	Ebola	3
echar v	throw	16
echar v	throw	16
echar v	throw out	20
echarse a v	burst out	16
Edad Media nf	Middle Ages	8
edad nf	age	6
edición nf	edition	4
edificio nm	building	1
editorial nf	publisher	20
ejecutivo nm	head	15
ejemplar nm	copy	4
el mío pron	mine	7
Él no tiene nada que ver con esto.	He has nothing do do with it.	4

el otro día	the other day	12
elegir v	chose	15
elegir v	elect	18
elejir v	choose	6
eliminar v	suppress	17
élite nf	elite	18
embalaje nm	packaging	5
embarazada adj	pregnant	4
embarazar v	get pregnant	6
embarazo nm	pregnancy	8
embrión nm	embryo	17
emergencia nf	emergency	7
emocionado adj	excited	15
empeorar v	worsen	19
empezar v	start	7
empezar v	begin	12
empezar v	begin	17
empresa nf	company	10
En absoluto. Nunca.	Not at all. Never.	4
en casa	at home	7
en caso de	in case of	7
en cualquier caso loc adv	in any case	5
en cuanto a prep	as for	6
en llamas	on fire	19
en quinto lugar	fifthly	16
en un momento	at a time	8
en vez de	rather than	19
enamorarse v	fall in love; here: spin perfect love	20
encender v	turn on	13
encerrado adj	trapped	10
encontrarse v	meet	3
encontrarse v	find oneself	6
endibia nf	endive	6
enemigo nm	enemy	7
energía nf	energy	16
enfadarse v	get angry	17

enfermedad <i>nf</i>	illness	9
enorme <i>adj</i>	huge	6
enseñar <i>v</i>	show	5
entender <i>v</i>	understand	2
enterar <i>v</i>	hear	11
enterarse <i>v</i>	find out	14
entero <i>adj</i>	entire	7
entonar <i>v</i>	sing	10
entonces <i>adj</i>	so, then <i>conj</i>	20
entonces <i>adv</i>	then	3
entonces <i>conj+adv</i>	after which	6
entrada <i>nf</i>	entrance	1
entrar en contacto	come into contact	3
entrar <i>v</i>	enter	1
entre <i>prep</i>	between	6
entre <i>prep</i>	among	17
entregar <i>v</i>	hand	16
entusiasta <i>adj</i>	enthusiastic	15
envolver <i>v</i>	envelop	17
envuelto <i>adj</i>	involved	5
epidemia <i>nf</i>	epidemic	3
época <i>nf</i>	season	6
es decir	that is	19
es obvio que	obviously	8
esbozo <i>nm</i>	outline	8
escalera <i>nf</i>	staircase	19
escaparse <i>v</i>	escape	2
esclavo <i>nm</i>	slave	17
escribir <i>v</i>	write	5
escrito <i>adj</i>	written	18
escuchar <i>v</i>	listen	13
escupir <i>v</i>	spit	19
escurrir <i>v</i>	drain	16
eslogan <i>nm</i>	slogan	19
eso es todo	it's done	20
eso no es lo mío	it's not my thing	14

espaguetis <i>nmpl</i>	spaghetti	16
España <i>nf</i>	Spain	12
español <i>nm</i>	Spanish	4
especial <i>adj</i>	special	4
especialmente <i>adv</i>	especially	9
esperar <i>v</i>	expect	2
esperar <i>v</i>	wait	6
esperarse <i>v</i>	expect	12
esta mañana	this morning	14
estación <i>nf</i>	station	11
Estado <i>nm</i>	state	9
estado <i>nm</i>	state, condition	10
estar	here: be around	19
estar a punto de	be about to	16
estar de acuerdo en	agree on	7
estar de acuerdo en	agree on	13
estar de acuerdo <i>expr</i>	agree	4
estar de broma	joke	7
estar de broma	kid	14
estar en juego <i>expr</i>	be on the line	2
estar jodido	mess up	3
estar juntos	be together	6
estrago <i>nm</i>	ravage, havoc	3
estridente <i>adj</i>	shrill	14
estudiante <i>nm+nf</i>	student <i>m+f</i>	2
estudiar <i>v</i>	study	1
estúpido <i>adj</i>	stupid	7
etapa <i>nf</i>	stage	8
evolucionar <i>v</i>	evolve	5
exactamente <i>adj</i>	exactly	7
exasperado <i>adj</i>	exasperated	17
excelente <i>adj</i>	excellent	15
excursión <i>nf</i>	excursion	14
excusa <i>nf</i>	excuse	5
exento <i>adj</i>	exempt, without	9
exigir <i>v</i>	cry out for	17
existir <i>v</i>	exist	9

explicar <i>v</i>	explain	6
expresar <i>v</i>	express	11
extranjero <i>adj</i>	foreign	5
extraño <i>adj</i>	weird	8
extremo <i>nm</i>	here: end	13
fácil <i>adj</i>	easy	9
fácilmente <i>adv</i>	easily	3
falta <i>nf</i>	lack	5
familia <i>nf</i>	family	19
fantasioso <i>adj</i>	fanciful	15
farfalle	farfalle	16
favor <i>nm</i>	favour	5
feminista <i>nf</i>	feminist	8
fertilización <i>nf</i>	fertilization	17
fervor <i>nm</i>	fervor, zeal	11
feto <i>nm</i>	fetus	8
fijo <i>adj</i>	fixed	13
finales de abril	late April	12
financiar <i>v</i>	fund	15
fino <i>adj</i>	fine	12
flamenco <i>nm</i>	flamingo	10
fluido <i>nm</i>	fluid	3
fondo <i>nm</i>	bottom	18
fortuna <i>nf</i>	fortune	13
foto <i>nf</i>	photo	7
fragmento <i>nm</i>	excerpt	9
francés <i>adj</i>	French	5
frase <i>nf</i>	phrase	17
frecuencia	frequency	9
frente a <i>prep</i>	in front of	4
frente a <i>prep</i>	in front of	12
fresa <i>nf</i>	strawberry	6
fresco <i>adj</i>	fresh	6
frío <i>adj</i>	cold	12
frotarse <i>v</i>	rub	11
fruta <i>nf</i>	fruit	3

fuego <i>nm</i>	fire	19
fuera <i>adv+prep</i>	outside	7
fuera de la realidad	un-real	7
fuerte <i>adj</i>	strong	9
fumar <i>v</i>	smoke	1
funcionar <i>v</i>	here: work	20
furioso <i>adj</i>	furious	2
fusilli	fusilli	16
futuro <i>nm</i>	future	2
ganar <i>v</i>	here: win over	19
ganarse la vida	make a living	7
gay <i>nm</i>	gay	5
generación <i>nf</i>	generation	19
gente <i>nf</i>	people	2
girarse <i>v</i>	turn around	3
golfo <i>nm</i>	gulf	1
golpear <i>v</i>	beat	17
gota <i>nf</i>	drop	16
gracia <i>nf</i>	gift, flair; joke	5
gracias a <i>prep</i>	thanks to	5
gramo <i>nm</i>	gram	5
gran <i>adj</i>	large	4
gran cosa	much	6
grande <i>adj</i>	big	8
gravar <i>v</i>	tax	9
grave <i>adj</i>	serious	2
gripe <i>nf</i>	flu	3
gritar <i>v</i>	scream	2
gritar <i>v</i>	lay into	3
gritar <i>v</i>	scream	14
gritar <i>v</i>	scream	18
grito <i>nm</i>	cry	14
grupo <i>nm</i>	group	4
guiñar a <i>v</i>	wink at	14
gustar <i>v</i>	like	1
ha acabado	it's over	20
haber terminado con	be done with	11

habitación <i>nf</i>	room	10
habitante <i>nm+nf</i>	local	10
hablar <i>v</i>	tell, speak	2
hace mucho tiempo	a long time ago	17
hace tiempo <i>loc adv</i>	long	8
hace tres semanas	three weeks ago	3
hace una semana	a week ago	4
hacer autostop	hitchhike	5
hacer cambiar de opinión a alguien	change someone's mind	20
hacer cola	queue <i>v</i>	20
hacer enfadar	make mad	8
hacer marcha atrás	withdraw	6
hacer señas	beckon	15
hachís <i>nm</i>	hashish	9
hacia <i>prep</i>	towards	14
hambre <i>nf</i>	hunger	14
hasta la orilla	ashore	4
hasta las rodillas	here: knee-deep	13
hasta luego <i>expr</i>	see you later	3
hasta <i>prep</i>	up to	4
hasta <i>prep</i>	until	14
heces <i>nfpl</i>	faeces	3
helado <i>adj</i>	ice cold	14
helicóptero <i>nm</i>	helicopter	2
heredar <i>v</i>	inherit	19
hervir <i>v</i>	boil	16
hierba <i>nf</i>	weed	1
hierba <i>nf</i>	weed	1
hijo de puta <i>expr</i>	motherfucker	3
hijo <i>nm</i>	child	4
hijo <i>nm</i>	son, child	4
hinojo <i>nm</i>	fennel	6
hipócrita <i>nm</i>	hypocrite	11
hirviendo	boiling	16
histórico <i>adj</i>	historic	1

hoja <i>nf</i>	sheet	16
holandés <i>agg</i>	Dutch	7
hombre <i>nm</i>	man	8
hombro <i>nm</i>	shoulder; here: neck	17
hora <i>nf</i>	hour	2
horrorizado <i>adj</i>	horrified	16
hospital <i>nm</i>	hospital	2
humanidad <i>nf</i>	mankind	7
humano <i>adj</i>	human	8
hundir <i>v</i>	sink	10
idea <i>nf</i>	idea	10
idea <i>nf</i>	idea	19
idioma <i>nf</i>	language	5
idiota <i>nm</i>	idiot	8
iglesia <i>nf</i>	church	17
igual <i>adj</i>	equal	15
imagen <i>nf</i>	image	19
imaginación <i>nf</i>	imagination	8
imaginar <i>v</i>	imagine	4
impactar <i>v</i>	impact, strike	19
impedir <i>v</i>	prevent	1
importante <i>adj</i>	important	1
importar a <i>v</i>	import; here: be interested in	15
importar <i>v</i>	matter	2
impotencia <i>nf</i>	impotence	9
impresión a demanda	print on demand	20
impresión <i>nf</i>	impression	8
imprimir <i>v</i>	print	20
incluso <i>adv</i>	even	15
incomprensible <i>adj</i>	incomprehensible	17
indefenso <i>adj</i>	defenceless	17
indicar <i>v</i>	indicate	4
infarto <i>nm</i>	heart attack	9
infectado <i>adj</i>	infected	4
infectarse <i>v</i>	become contaminated	3
infierno <i>nm</i>	hell	19
influencia <i>nf</i>	influence	7

informar <i>v</i>	inform	18
informática <i>nf</i>	computer science	20
inglés <i>nm</i>	English	1
inmediatamente <i>adv</i>	immediately	16
Inquisición <i>nf</i>	Inquisition	8
instrumental <i>adj</i>	instrumental	6
intención <i>nf</i>	intention	4
intentar <i>v</i>	try	4
intercambio <i>nm</i>	exchange	7
interferir <i>v</i>	interfere	1
inútil <i>nm+nf</i>	dummy	6
investigación <i>nf</i>	research	15
invitar <i>v</i>	invite	7
ir al garete	go to hell	19
ir bien	go well	20
ir <i>v</i>	go	2
ir <i>v</i>	go	10
irresponsabilidad <i>nf</i>	irresponsibility	6
irritación <i>nf</i>	irritation	9
irse a la mierda <i>expr</i>	bunk off	4
irse a vivir	move in	5
irse al garete	go down the drain	18
isleño <i>nm</i>	islander	4
islote <i>nm</i>	islet	12
jamón <i>nm</i>	ham	12
jardín <i>nm</i>	garden	9
jefe de estado <i>nm</i>	head of state	18
joven <i>adj</i>	young	9
joven <i>nm + nf</i>	youngster	14
juicio <i>nm</i>	trial	5
julio <i>nm</i>	July	14
junio <i>nm</i>	June	4
junto <i>adv</i>	together	4
jurar <i>v</i>	swear	13
justificar <i>v</i>	justify	17
la semana que viene	next week	2

la verdad es que	actually	4
laguna <i>nf</i>	lagoon	10
lamer <i>v</i>	lick	15
lanzar <i>v</i>	throw	13
larva <i>nf</i>	larva	8
leal <i>adj</i>	loyal	7
lección <i>nf</i>	lesson	16
leer en voz alta	read aloud	9
leer en voz alta	read out loud	16
leer <i>v</i>	read	5
legalización <i>nf</i>	legalization	5
lema <i>nf</i>	slogan	19
lenteja <i>nf</i>	lentil	8
lesbiana <i>nf</i>	lesbian	5
levantar la vista	look up	16
libro <i>nm</i>	book	5
limón <i>nm</i>	lemon	6
litro <i>nm</i>	litre	16
llamar <i>v</i>	call	2
llamar <i>v</i>	call out	14
llamar <i>v</i>	call	20
llegar a <i>v</i>	go so far as to	15
llegar <i>v</i>	arrive	2
llegar <i>v</i>	reach	8
lleno <i>adj</i>	full	1
llevar de vuelta	bring back	4
llevar <i>v</i>	have been doing something since	2
llevar <i>v</i>	lead	19
lo de	here: this thing with	5
lo mismo	the same	8
Lo siento.	I'm sorry.	2
lobo <i>nm</i>	wolf	14
local <i>adj</i>	local	4
loco <i>adj</i>	crazy	14
los mayores de 60 años	the over 60s	19

los mismos	the very ones	18
los muelles del Sena	the quays of the Seine	11
lucha <i>nf</i>	struggle	5
lugar <i>nm</i>	place	12
madre <i>nf</i>	mother	13
maduro <i>adj</i>	mature	6
magnífico <i>adj</i>	magnificent	12
mago <i>nm</i>	whiz	20
mal <i>adj+adv</i>	bad	3
maletero <i>nm</i>	trunk	12
mañana <i>avv</i>	tomorrow	2
manejar <i>v</i>	manage	1
manejar <i>v</i>	handle	9
manifestación <i>nf</i>	march	2
manifestación <i>nf</i>	demonstration	3
manifestación <i>nf</i>	demo	19
mano <i>nf</i>	hand	11
mantener en vigor	keep in place	9
mantener <i>v</i>	maintain	9
manual <i>nm</i>	manual	9
mar <i>nm</i>	sea	13
marcar <i>v</i>	dial	2
marihuana <i>nf</i>	marijuana	1
Marsellesa <i>nf</i>	Marseillaise	10
más <i>adv</i>	more	8
más de	over, more than	7
más fuerte	stronger	9
más que nunca	more than ever	8
más simple	easier	16
más tarde <i>loc adv</i>	later	5
masacre <i>nm</i>	massacre	17
máscara <i>nf</i>	mask	12
mascular <i>v</i>	mumble	17
matar <i>v</i>	kill	2
matar <i>v</i>	kill	17
material <i>nm</i>	material	5

mayonesa <i>nf</i>	mayonnaise	12
mayor <i>adj</i>	here: older	19
me temo que sí	I'm afraid so	3
médico <i>nm</i>	doctor	1
médico <i>nm</i>	doctor	2
mejor <i>adv</i>	better	5
melodía <i>nf</i>	air	10
mencionar <i>v</i>	mention	5
menos <i>adv</i>	less	5
mentira <i>nf</i>	lie	18
mercado <i>nm</i>	market	2
mesa <i>nf</i>	table	19
método <i>nm</i>	method	6
metro <i>nm</i>	meter	12
mezcla <i>nf</i>	diversity	10
mezclar <i>v</i>	mix	16
mientras <i>adv</i>	as long as, while	19
mientras tanto <i>loc adv</i>	meanwhile	16
mierda <i>nf</i>	shit	1
Mierda! <i>expr</i>	Damn!	2
mil millones	billion	15
Milán	Milan	3
mina <i>nf</i>	mine	15
minuto <i>nm</i>	minute	17
mirada <i>nf</i>	gaze	13
mirar atrás	look back	13
mirar <i>v</i>	look	5
mirar <i>v</i>	look at	10
mismo <i>adj</i>	same	5
mochila <i>nf</i>	backpack	5
moderación <i>nf</i>	moderation	1
molesto <i>adj</i>	annoyed	18
momento <i>nm</i>	moment; here: time	4
momento <i>nm</i>	moment	8
monstruoso <i>adj</i>	monstrous	17
Montevecchio	Sardinian village	15
montón <i>nm</i>	pile, heap	

montón <i>nm</i>	pile	17
moralista <i>adj</i>	moralistic	8
moverse <i>v</i>	move	2
móvil <i>nm</i>	cell phone	2
mozzarella de búfala <i>nf</i>	buffalo mozzarella	6
mucho <i>adv</i>	much, many	9
mucho <i>avv</i>	very much	1
mucho más	far more	9
muchos/muchas <i>adj</i>	a lot of	9
muelle <i>nm</i>	quay	8
muerto <i>adj</i>	dead	3
muévete!	get moving!	2
mujer <i>nf</i>	woman	5
mundo <i>nm</i>	world	5
murmurar <i>v</i>	mutter	13
musculoso <i>adj</i>	muscular; here: robust	12
muy <i>adv</i>	pretty	19
muy bien	all right	20
muy pocos	very few	9
nació	he was born	4
nacionalidad <i>nf</i>	nationality	3
nada de eso	nothing like that	1
nada más	nothing more	10
nada <i>pron</i>	nothing	4
nadar <i>v</i>	swim	4
nadie <i>pron</i>	no one	15
necesidad <i>nf</i>	need	7
necesitar <i>v</i>	be required	3
necesitar <i>v</i>	need	11
negarse <i>v</i>	refuse	6
nevera <i>nf</i>	cooler	12
ni mucho menos	not by a long shot	5
nieto <i>nm</i>	grandson	5
nietos <i>nmpl</i>	grandchildren	19
niño <i>nm</i>	baby	8
no deberíamos, no debemos	we should not	7

no hace falta	no need to	7
no me extraña	no wonder	18
no podríamos	we couldn't	9
no preocuparse por	not care about	19
no ser divertido	be no joking matter	8
no tener ninguna gracia	here: be no picnic	5
no tienes ni idea	you're not there at all	16
noche <i>nf</i>	night	1
noche <i>nf</i>	night, evening	19
normal <i>adj</i>	normal	14
normalmente <i>adv</i>	normally	6
noticia <i>nf</i>	news	3
notoriedad <i>nf</i>	celebrity	15
novio <i>nm</i>	boyfriend	3
número <i>nm</i>	number	9
nunca <i>adv</i>	never	4
o ... o	either ... or	13
objetivo <i>nm</i>	aim	18
obligación <i>nf</i>	obligation	10
obligar <i>v</i>	force, compel	15
obtener <i>v</i>	obtain	5
obvio <i>adj</i>	obvious	19
ocultar <i>v</i>	shelter	15
ocuparse de <i>v</i>	take care of	3
oficial <i>nm</i>	officer	3
ofrecer <i>v</i>	offer	4
oír <i>v</i>	hear	2
oír <i>v</i>	hear	17
ojo <i>nm</i>	eye	16
ola <i>nf</i>	wave	14
Oliena	Sardinian village	6
olla <i>nf</i>	pot	16
olvidar <i>v</i>	forget	2
olvidar <i>v</i>	forget	3
opinión <i>nf</i>	opinion	2
oportunidad <i>nf</i>	opportunity	15
ordinario <i>adj</i>	ordinary, regular	5

organizar <i>v</i>	arrange	20
origen <i>nf</i>	origin	5
orina <i>nf</i>	urine	3
oscurecerse <i>v</i>	darken	20
oscuro <i>adj</i>	dark	15
otra vez	still	3
otro <i>adj</i>	other	9
otros <i>pron pl</i>	others	14
oveja <i>nf</i>	sheep	6
paciente <i>nm+nf</i>	patient	2
padre <i>nm</i>	father	4
padres <i>nmpl</i>	parents	19
pagar <i>v</i>	pay	10
página <i>nf</i>	page	20
país <i>nm</i>	country	9
pan carasau	carasau bread	6
pan <i>nm</i>	bread	3
pánico <i>nm</i>	panic	2
panini <i>nm</i>	panini	12
pantalla <i>nf</i>	screen	13
papel <i>nm</i>	paper	16
para	in order to	17
paraíso fiscal	tax haven	15
paranoia <i>nf</i>	paranoia	9
paranoico <i>adj</i>	paranoid	9
parar <i>v</i>	stop	1
parar <i>v</i>	stop	10
parece que	it looks like	12
parece que	(it) looks like	19
parecer <i>v</i>	resemble	8
parecer <i>v</i>	seem	20
pareja <i>nf</i>	couple	5
París	Paris	11
parisino <i>adj</i>	from Paris	2
parlamento <i>nm</i>	parliament	8
pasado mañana <i>avv</i>	the day after tomorrow	2

pasar por <i>v</i>	go through	20
pasar <i>v</i>	spend	1
pasar <i>v</i>	happen	1
pasar <i>v</i>	happen	2
pasar <i>v</i>	pass; here: walk together	4
paseo <i>nm</i>	walk	15
pasta <i>nf</i>	pasta	16
pastelería <i>nf</i>	pastry shop	6
peldaño <i>nm</i>	step	19
pelearse <i>v</i>	have a fight	12
peligro <i>nm</i>	danger	9
penne	penne	16
pensar <i>v</i>	think	3
pensarlo bien	think through	4
pequeño <i>adj</i>	little	8
pequeño <i>adj</i>	little	16
perder <i>v</i>	lose	5
perderse <i>v</i>	miss	3
perfecto <i>adj</i>	perfect	20
periódico <i>nm</i>	newspaper	4
periodista <i>nm+nf</i>	journalist	4
perjudicial <i>adj</i>	harmful	9
permanente <i>adj</i>	permanent	10
permitirse <i>v</i>	afford	8
persona <i>nf</i>	person	16
pez <i>nm</i>	fish	12
picar <i>v</i>	mince	16
picnic <i>nm</i>	picnic	2
pie <i>nm</i>	foot	18
píldora <i>nf</i>	pill	6
piso <i>nm</i>	floor	1
piso <i>nm</i>	apartment	2
placa <i>nf</i>	plaque	4
planear <i>v</i>	plan	4
plantar <i>v</i>	plant	9
plato <i>nm</i>	plate	16
playa <i>nf</i>	beach	2

pobre <i>adj</i>	poor	16
poder <i>v</i>	be able to	1
podría haber sido	he could have been	4
podría ser	might be	9
policía <i>nf</i>	police	4
poner los ojos en blanco	roll your eyes	16
por casualidad <i>adv</i>	by chance	11
por cierto	by the way	2
por debajo de <i>prep</i>	under	4
por delante	ahead of us	14
por desgracia <i>avv</i>	unfortunately	3
por ejemplo <i>adv</i>	for example	2
por favor	do me the favour	5
por favor <i>expr</i>	please	1
por fin <i>adv</i>	finally	10
por fin <i>adv</i>	finally	14
por lo tanto <i>loc adv</i>	therefore	
por no hablar de	not to mention	5
por no hablar de	not to mention	18
por nosotras mismas	here: alone	8
por <i>prep</i>	per	16
por todo el mundo	all over the world	18
porque <i>conj</i>	since, because	4
porro <i>nm</i>	joint	1
portugués <i>adj</i>	Portuguese	14
posible <i>adj</i>	possible	4
postre <i>nm</i>	dessert	12
potencia <i>nf</i>	potency	9
potencialmente <i>adv</i>	potentially	4
práctica <i>nf</i>	practice	17
precavido <i>adj</i>	cautious	14
precio <i>nm</i>	price	20
precisión <i>nf</i>	precision	5
preferir <i>v</i>	prefer	3
preguntar <i>v</i>	ask	6
preguntarse <i>v</i>	wonder	10

prensa <i>nf</i>	press	18
preocupar <i>v</i>	worry	5
prepararse para <i>v</i>	prepare	2
presentación <i>nf</i>	presentation	2
preservativo <i>nm</i>	condom	6
primero <i>adj</i>	first	5
principios <i>nmpl</i>	beginning	5
probablemente <i>adv</i>	probably	2
problema <i>nm</i>	problem; here: complication	9
proceso <i>nm</i>	process	15
programación <i>nf</i>	programming	20
progreso <i>nm</i>	progress	7
prohibición <i>nf</i>	ban	9
prohibir <i>v</i>	ban	9
prohibir <i>v</i>	prohibit	14
prometer <i>v</i>	promise	13
pronto <i>adv</i>	soon	7
propio <i>adj</i>	own	9
proponer <i>v</i>	propose	19
propuesta <i>nf</i>	proposal	15
provocar <i>v</i>	provoke	19
proyecto <i>nm</i>	project	2
prueba <i>nf</i>	evidence	9
prueba <i>nf</i>	test	13
publicar <i>v</i>	post	7
publicar <i>v</i>	publish	9
puerto <i>nm</i>	harbour	1
pulmón <i>nm</i>	lung	9
punto de vista	point of view	11
que no	of course not	1
qué tal	what if	10
qué te parece si	how about	14
quedar embarazada	get pregnant	20
quedarse con <i>v</i>	keep	8
quedarse <i>v</i>	have an appointment	1
quedarse <i>v</i>	remain; here: be	2
quedarse <i>v</i>	stay	13

quejarse <i>v</i>	complain	16
querer decir	mean	5
querer <i>v</i>	want	1
querer <i>v</i>	love	8
queso de cabra	goat cheese	6
queso <i>nm</i>	cheese	3
quince días	15 days; here: two weeks	11
quinientos <i>adj</i>	five hundred	20
quinto <i>adj</i>	fifth	8
radical <i>adj</i>	radical	10
rápidamente <i>adv</i>	in a hurry	14
rápidamente <i>adv</i>	quickly	16
razón <i>nf</i>	reason	9
razón <i>nf</i>	reason	13
razonable <i>adj</i>	reasonable	8
reacción <i>nf</i>	reaction	12
realidad <i>nf</i>	reality	7
receta <i>nf</i>	recipe	16
recién nacido <i>nm</i>	newborn	17
recipiente <i>nm</i>	container	12
recoger <i>v</i>	pick up	5
reconocer <i>v</i>	recognise; here: admit	12
reconvertir <i>v</i>	convert	10
recordar <i>v</i>	remember	5
recuperar <i>v</i>	want back	13
red <i>nf</i>	network	7
redes sociales	social media	7
reducir <i>v</i>	reduce	7
referirse a <i>v</i>	refer to	9
reflexionar <i>v</i>	think	20
regar <i>v</i>	water	9
registrar <i>v</i>	search	5
registro <i>nm</i>	search	5
regresar <i>v</i>	return	3
regularmente <i>adv</i>	regularly	16
reír <i>v</i>	laugh	15

reír <i>v</i>	laugh	15
relación <i>nf</i>	relationship	5
remover <i>v</i>	stir	16
repleto de <i>adj</i>	teeming with	12
resistente al agua	waterproof	13
respeto <i>nm</i>	respect	11
respetuoso <i>adj</i>	respectful	11
restaurar <i>v</i>	restore	15
resto <i>nm</i>	rest	1
retroceder <i>v</i>	step back	13
reunión <i>nf</i>	meeting	2
reunirse <i>v</i>	join	15
revelar <i>v</i>	reveal	5
reventar <i>v</i>	blow up	15
riesgo <i>nm</i>	risk	9
ritmo cardíaco	heart rate	9
rociar <i>v</i>	sprinkle	6
rodilla <i>nf</i>	knee	13
romper <i>v</i>	break	12
rondar <i>v</i>	wander around; here: buzz	19
rosa <i>agg</i>	pink	10
RU-486 (píldora abortiva)	RU-486 (abortion pill)	11

sábado <i>nm</i>	Saturday	10
saber <i>v</i>	know	1
sacar <i>v</i>	take	1
Sacré-Coeur <i>nm</i>	Sacré-Coeur	11
sacudir <i>v</i>	shake up	19
sala de estar	living room	19
salado <i>adj</i>	salted	16
salchichón <i>nm</i>	sausage	6
salir <i>v</i>	go out	1
salir <i>v</i>	leave	6
salir <i>v</i>	get out; here: work	6
salir <i>v</i>	come out	8
saliva <i>nf</i>	saliva	3

salsa de tomate	tomato sauce	16
salsa <i>nf</i>	sauce	16
salvar <i>v</i>	save	17
sangre <i>nf</i>	blood	3
sardo <i>nm</i>	Sardinian	16
sartén <i>nm</i>	pan	16
seco <i>adj</i>	dry	6
secreto <i>nm</i>	secret	16
seguidor <i>nm</i>	follower	7
seguir <i>v</i>	go on	3
seguir <i>v</i>	follow; here: stay, remain	4
seguir <i>v</i>	follow	17
seguir <i>v</i>	follow	17
segundo <i>adj</i>	second	1
seguro <i>adj</i>	secure	4
selfie <i>nm</i>	selfie	7
semana <i>nf</i>	week	2
semana <i>nf</i>	week	4
semen <i>nm</i>	semen	3
semicurado <i>adj</i>	semi-mature	6
semilla <i>nf</i>	seed	9
Sena <i>nf</i>	Seine	11
señal <i>nf</i>	sign	14
señalar <i>v</i>	point to	6
señalar <i>v</i>	point out	12
sencillo <i>adj</i>	simple	9
sentarse <i>v</i>	sit down	18
ser capaz de	be able to	9
ser humano	human being	8
ser puntual <i>expr</i>	be on time	2
serenidad <i>nf</i>	serenity	5
sereno <i>adj</i>	serene	5
sería mejor si	it would be better if	4
servicio de inteligencia	secret services	3
servir <i>v</i>	serve	16
sí	yes	8

si al menos	if only	5
si <i>conj</i>	if	2
si fuéramos	if we were	9
si no fuera for	if it weren't for	18
sida <i>nm</i>	AIDS	3
siempre <i>adv</i>	always	2
siete <i>adj</i>	seven	6
siglo <i>nm</i>	century	17
silencio <i>nm</i>	silence	14
sin	without	13
sin batería	discharged; here: dead	2
sin embargo <i>conj</i>	however	9
sin <i>prep</i>	without	4
Sinnai	Sardinian village	6
situación <i>nf</i>	situation	11
sobras <i>nfpl</i>	leftovers	16
sobre <i>adj</i>	here: around	17
sobre todo <i>adv</i>	above all	12
social <i>adj</i>	social	10
sociedad <i>nf</i>	society	5
sol <i>nm</i>	sun	9
soler <i>v</i>	in general, usually	11
solidaridad <i>nf</i>	solidarity	7
sombra <i>nf</i>	shade	12
sombrilla <i>nf</i>	parasol	12
somos 16	there are 16 of us	11
somos nosotras las que tenemos	it's up to us	8
sonreír <i>v</i>	smile	12
soplo de aire	breath of air	15
soportal <i>nm</i>	arcade	4
soportar <i>v</i>	stand	11
sospechar <i>v</i>	suspect	4
sospechoso <i>adj</i>	suspected	4
subsídios <i>nmpl</i>	welfare	15
sudor <i>nm</i>	sweat	3

sueño <i>nm</i>	dream	15
suficiente <i>adj</i>	enough	9
suicida <i>adj + nm/nf</i>	suicidal	19
sujetar <i>v</i>	hold	13
sumergirse <i>v</i>	dive	14
tabaco <i>nm</i>	tobacco	1
tal vez <i>adv</i>	maybe	9
tal vez no	maybe not	9
también <i>adv</i>	too	8
tampoco <i>adv</i>	not...either	9
tampoco <i>adv+conj</i>	not even	5
tan grande como	as big as	8
tarde <i>nf</i>	afternoon	11
te importaría	would you mind	20
tejado <i>nm</i>	roof	1
tener intención	plan, intend to	4
tener interés	have an interest	18
tener miedo a	be afraid of	5
tener que responder por	have to answer for	17
tener que <i>v</i>	must	1
tengo que ir	I have to go	2
tercero <i>adj</i>	third	11
terminar <i>v</i>	be over	8
texto <i>nm</i>	text	5
tiempo <i>nm</i>	time	5
tiempo <i>nm</i>	time	16
tinto <i>adj</i>	red	3
tipo <i>nm</i>	sort	11
tipo <i>nm</i>	guy	11
tirar <i>v</i>	throw	13
titular <i>nm</i>	headline	4
toalla <i>nf</i>	(beach) towel	12
toca a mí	it's up to me	11
todo <i>adj</i>	whole	14
todo el mundo	everyone	2
todo <i>pron</i>	everything	5

todos los demás	everyone else	7
tomate <i>nm</i>	tomato	6
torpe <i>adj</i>	klutz	12
Torre Eiffel <i>nf</i>	Eiffel Tower	11
totalmente <i>adj</i>	absolutely	12
totalmente <i>adv</i>	completely	2
totalmente <i>adv</i>	totally	7
trabajo esporádico	odd job	15
trabajo <i>nm</i>	job	4
tradicional <i>adj</i>	traditional, mainstream	18
traficante de armas	arms dealer	4
transmitirse <i>v</i>	transmit, spread	3
trasladar <i>v</i>	take	2
trata de esclavos	slave trade	17
tratar <i>v</i>	try	8
travesía <i>nf</i>	crossing	4
treinta <i>adj</i>	thirty	15
tren <i>nm</i>	train	11
trescientos <i>adj</i>	three hundred	20
tribu <i>nf</i>	tribe	7
triste <i>adj</i>	sad	19
turista <i>nm+nf</i>	tourist	3
últimamente <i>adv</i>	lately	11
último <i>adj</i>	last	16
un montón <i>expr</i>	here: to high heaven	10
un poco	a bit	2
un poco	slightly	19
una vez	once	10
unas veinte	about 20	20
único <i>adj</i>	unique	9
unido <i>adj</i>	united	19
unión <i>nf</i>	union	4
usar <i>v</i>	use	6
útil <i>adj</i>	useful	10
utopía <i>nf</i>	utopia	5
vaciar <i>v</i>	empty	12
vacilar <i>v</i>	here: hesitate	16

vacío <i>adj</i>	empty	12
valer <i>v</i>	be worth	17
vamos a ver	let's go and see	14
varias veces	several times	5
vaya que	well; here: in short	1
veinte <i>adj</i>	twenty	4
veinte años	twenties	9
vendedor <i>nm</i>	vendor	4
venir corriendo	run over	17
venir <i>v</i>	come	2
venir <i>v</i>	come	7
ver <i>v</i>	see	1
verano <i>nm</i>	summer	14
verdad <i>nf</i>	truth	18
verdadero <i>adj</i>	real	6
verdura <i>nf</i>	vegetable	3
verruga <i>nf</i>	wart	17
verter <i>v</i>	pour	16
vestirse <i>v</i>	get dressed	1
vez <i>nf</i>	time	5
viejo <i>adj</i>	old	5
viejo <i>adj + nm</i>	old	19
viento <i>nm</i>	wind	15
vientre <i>nm</i>	belly	8
viernes <i>nm</i>	Friday	3
vigor <i>nm</i>	strength, force	9
vino <i>nm</i>	wine	3
virulento <i>adj</i>	virulent	10
vivienda social	social housing	10
vivir <i>v</i>	live	4
vivo <i>adj</i>	alive	19
volar <i>v</i>	fly	11
volver a hacer algo	do something again	1
volver <i>v</i>	come back	15
vomit <i>v</i>	puke	18
vómito <i>nm</i>	vomit	3

ya <i>adv</i>	already	7
ya era hora <i>expr</i>	it was high time	10
ya está	there	16
ya no	not...anymore	5
ya... o...	whether... or...	16
yo también	me too	8
yo tampoco	neither did I	14
zanahoria <i>nf</i>	carrot	6
zona <i>nf</i>	area	3
zum <i>nm</i>	juice	6

Notes

Notes

Patricia Bourcillier

Bernd Sebastian Kamps

aioLingua Español

English Edition

TO LEARN A LANGUAGE, YOU NEED TEACHERS AND COACHES. First, teachers guide you through the maze of new grammar with hundreds of unknown words. Later, when you have mastered the basics, your coaches will introduce you to the principles of language learning and develop a learning strategy tailored to your needs.

We, Patricia Bourcillier and Bernd Sebastian Kamps, will be your coaches.

LET US START WITH ONE OF THE BASIC PRINCIPLES of adult language learning: read while you listen and listen while you read! In Chapter 2, we explain the anatomical reason for this recommendation. Your task for today:

1. Open www.AioLingua.com/esen001
2. Start the audio
3. Read and listen to *Holy Shit!* **at least three times**