

Unit 3 – Smiling back

Overcoming obstacles

resilience	Hana showed so much resilience after her injury, I'm so proud of her!	Widerstandsfähigkeit, Resilienz
determination	Mike has so much determination, he just won't give up.	Entschlossenheit
to motivate so.	The coach motivated Charlie by giving a big speech.	jmdn. motivieren
to inspire so.	If you run every day, you might inspire someone to exercise more too.	jmdn. inspirieren
to never give up	No matter what happens, you must never give up.	niemals aufgeben
to face challenges head-on	I prefer not to wait and face challenges head-on.	sich Herausforderungen direkt stellen
to turn sth. into opportunities for success	You need to learn to turn difficulties into opportunities for success.	etw. in Erfolgchancen umwandeln
to dream of following in the footsteps of so.	Shane is a comedian who dreams of following in the footsteps of Jon Stewart.	davon träumen, in die Fußstapfen von jmdm. zu treten
to become a professional football player	If you want to become a professional football player, you need to train every day.	ein Profi-Fußballspieler werden
to follow one's dream	Everyone should have the chance to follow their dream.	einem Traum folgen
to suffer injuries	The team struggled as several players suffered injuries during the game	Verletzungen erleiden
to be left with no money	Always invest wisely, because you don't want to be left with no money if the stock market crashes.	kein Geld mehr haben, ohne Geld dastehen
to change one's life	Meeting my girlfriend changed my life.	das Leben verändern
to start a career in sth.	He should start a career in politics because he is such a great speaker.	eine Karriere im Bereich von etw. beginnen
to mark an important moment in life	Living on your own for the first time marks an important moment in life.	einen wichtigen Moment im Leben markieren / bezeichnen
to demonstrate sth.	The coach needed to demonstrate how to hit the ball properly.	etw. demonstrieren / vorführen
to adapt to unforeseen challenges	I think the smartest people are able to adapt to unforeseen challenges without much difficulty.	sich an unvorhergesehene Herausforderungen anpassen
to deal with setbacks	Everyone has to deal with setbacks sometimes.	mit Rückschlägen umgehen
to become one of the best	Michael Jordan became one of the best basketball players in the world.	eine/r der Besten werden
to overcome obstacles	You need to overcome obstacles to achieve your goals.	Hindernisse überwinden
to achieve greatness	You can only achieve greatness if you keep trying.	Größe erreichen
to deal with challenges	You need to deal with challenges at university, but you learn a lot too.	mit Herausforderungen umgehen

Special moments in life

to be pretty exciting	It is pretty exciting to drive a car for the first time.	ziemlich aufregend sein
to have a great time	I had a great time travelling abroad last year.	eine tolle Zeit haben
to be stressful	It is stressful to take exams.	stressig sein

to feel worried	I feel worried whenever I drive in the city.	besorgt sein
to feel a little bit anxious	It's normal to feel a little bit anxious before a presentation.	sich ein wenig ängstlich fühlen
to be proud of oneself	Emma finished the half-marathon today. She should be proud of herself!	stolz auf sich selbst sein
to adapt to the new environment	Once I learned some of the local language, I quickly adapted to the new environment around me.	sich an die neue Umgebung anpassen
to meet so. for the first time (e.g. at the sports club)	I met Dillan for the first time at the sports club and now we're best friends!	jmdn. zum ersten Mal treffen (z. B. im Sportverein)
to vibe with each other right away	When we first met, my girlfriend and I really vibed with each other right away.	sofort miteinander harmonisieren / auf der gleichen Wellenlänge liegen
to get on well with each other	My brother-in-law and I get on well with each other.	gut miteinander auskommen
to start to hang out regularly	You know you're starting to become friends when you start to hang out regularly.	anfangen, sich regelmäßig zu treffen
to support each other through tough times	True friends are those who support each other through tough times.	sich gegenseitig in schwierigen Zeiten unterstützen
to trust each other	We need to learn to trust each other, or this friendship won't last.	einander vertrauen
to go on vacation to ... (holiday destination)	I can't wait to go on vacation to Salzburg this summer!	in den Urlaub fahren nach ... (Urlaubsziel)
to stay in a hotel / at a campsite	Can we please stay in a hotel once we get to the Alps?	in einem Hotel / auf einem Campingplatz übernachten
to play sports a lot	Jerry used to play sports a lot, but now he prefers video games.	viel Sport treiben
to relax on the beach	All I want to do this summer is relax on the beach with a good book.	am Strand entspannen
to sunbathe in the afternoon	When I was on vacation with my family in Florida, we would sleep all morning and sunbathe in the afternoon.	nachmittags sonnenbaden
to enjoy traditional food	I enjoyed traditional food in Taiwan but when I came back to Europe, I mostly ate fast food.	traditionelles Essen genießen
to throw a great birthday party	My girlfriend threw a great birthday party for me, and everyone had such a fun time!	eine tolle Geburtstagsparty veranstalten
to invite all of one's friends	Jaime invited all of her friends to her birthday party, and they almost ran out of food.	all seine Freunde einladen
to listen to loud music	I prefer to listen to loud music when I go out with friends.	laute Musik hören
to play video games	We played video games all night and had such a great time.	Videospiele spielen
to have one's favourite meal	We had her favourite meal to celebrate her birthday.	das Lieblingsessen essen
to get fantastic presents	I got fantastic presents for Christmas this year!	fantastische Geschenke bekommen
to stay up late	I love to stay up late at night and read.	lange aufbleiben
to have many options	We don't have many options for what to do tonight so I think we should just stay in.	viele Möglichkeiten haben
to make a decision	We need to make a decision about what to eat before the stores close.	eine Entscheidung treffen

to be in a tough spot	I was in a tough spot last year but things are much better now.	in einer schwierigen Lage sein
to have a strong opponent	Jerry was nervous because he knew once he made it to the finals he'd have a strong opponent.	einen starken Gegner / eine starke Gegnerin haben
to work up the courage	I finally worked up the courage to ask that girl out on a date and she said yes!	den Mut aufbringen
to play basketball	Mickey wants to play basketball at university.	Basketball spielen
to watch one's favourite TV show / series	I love to watch my favourite TV show after work.	die Lieblingsserie schauen
to study together	My friends and I sometimes study together, but we usually don't get much work done.	zusammen lernen
to hang out with so.	I prefer to hang out with my friends at the weekend rather than travel somewhere.	mit jmdm. abhängen
to practise skateboard tricks	Let's go to the park and practise skateboard tricks together.	Skateboard-Tricks üben
to bake cookies	Brie bakes cookies every Friday for her co-workers.	Kekse backen
to rehearse for a performance	The actors needed to rehearse for a performance that they had been preparing for months.	für eine Aufführung proben
to browse social media	I've decided to browse social media less this year.	in sozialen Medien stöbern
to text one's friends	Please text your friends and tell them the party has been moved.	Freunden/Freundinnen schreiben
to be hiking in the mountains	I was hiking in the mountains last year when I saw an eagle.	in den Bergen wandern gehen
to film a hilarious video for TikTok	The girls filmed a hilarious video for TikTok but unfortunately it was deleted.	ein lustiges Video für TikTok drehen

Linking words

and	I like sugar and milk in my coffee.	und
as a result	Alena didn't study and as a result she now has to retake the test.	infolgedessen
because	We went outside because it was so sunny.	weil
even though	Even though it was a really hot day, they went for a run.	obwohl
in the end	It was a difficult school year, but in the end, everything worked out fine.	am Ende
since	Since it was getting dark, we decided to camp for the night.	da, weil
so	He didn't eat lunch, so by dinner time he was starving.	also, folglich, daher
such as	I enjoy outdoor activities such as biking and hiking.	wie zum Beispiel

Theme park trip

to go on the annual end-of-year trip	I can't wait to go on the annual end-of-year trip with my classmates.	die jährliche Abschlussfahrt machen
to ride several rides	We rode several rides before we left the theme park.	mehrere Fahrten machen
to have to get up at 6 am	We had to get up at 6 am, which is too early for me.	um 6 Uhr morgens aufstehen müssen

to feel sick for the rest of the day	If I go on a spinning ride, I will feel sick for the rest of the day.	sich für den Rest des Tages krank fühlen
to be coming round the corner	Get ready, I'll be coming round the corner in just a minute.	um die Ecke kommen
to get stuck in traffic	I left work early, but I still somehow managed to get stuck in traffic anyway.	im Verkehr stecken bleiben, in einen Stau geraten
to decide to go to a theme park	After we were paid for the month, we decided to go to a theme park.	sich entscheiden, einen Freizeitpark zu besuchen
to keep on doing all the extreme rides	Monica is crazy, she wants to keep doing all the extreme rides.	weiterhin alle extremen Fahrten machen
to be screaming at the top of one's voice	He was screaming at the top of his voice when the roller coaster dropped.	aus voller Kehle schreien
to put a terrible photo online	Charles was upset when his mom decided to put a terrible photo online without asking him first.	ein schreckliches Foto online stellen