

VocabExtra

*The new*  
**BEST  
SHOTS**  
HAK/HUM

MÜHLBÖCK  
KLAMMER  
GOLDER

Europäischer  
Referenzrahmen

A2

B1

1



Audiofiles  
inklusive

## Zum Konzept

Das *VocabExtra* zu *The New Best Shots – HAK/HUM* dient der **Festigung und Vertiefung der Key Vocabulary-Einheiten** im Buch, die das relevante Vokabular der einzelnen Units (1–11) thematisch strukturiert zusammenfassen:

- **Deutsche Übersetzung** zu sämtlichen Vokabeln / Phrasen
- Durchgehend mit **englischen Beispielsätzen** unterstützt
- **Lernvokabular** zu den verschiedenen Themenbereichen der einzelnen Units
- Gezielte **Erweiterung und Festigung des Basiswortschatzes**

Das Hauptaugenmerk liegt dabei viel mehr auf der Festigung von notwendigen sprachlichen Strukturen – **phrases, collocations** – als auf der Vermittlung von einzelnen, aus dem Kontext genommenen Wörtern.

Während die *Vocabulary Reference* im Anhang des Buches – mit farbig hinterlegtem Lernvokabular – als reines Nachschlageinstrument zu den Texten und Übungen der einzelnen Units konzipiert ist, macht das *VocabExtra*, ergänzend zu *LanguageBoxes*, *VocabBoosters* und Vokabelarbeit im Buch die Lernenden fit für den **aktiven Umgang mit dem englischen Wortschatz**.

### VocabExtra zu

SBNR Buch inkl. Audiofiles + E-Book: 225466  
SBNR Buch inkl. Audiofiles mit E-Book+: 225467

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## Unit 1 – Hi, my name is ...

### Introducing myself

first name / second name / nickname	The boy didn't like to go by his first or second name; he preferred his nickname, Danny.	Vorname / Nachname / Spitzname
to grow up in ...	I grew up in the United States.	aufwachsen in ...
to come from ...	She could tell by the way he talked that he came from Austria.	kommen aus ...
to be an only child	Joe was an only child because his parents never wanted more than one kid.	ein Einzelkind sein
to have siblings	I have three siblings named Erin, Ben and Keegan.	Geschwister haben
to enjoy doing sth.	I enjoy going to the park with my friends.	etwas gerne tun
to attend the commercial college / higher vocational college in ...	She attends the higher vocational college in Linz because she believes it's the best way to become an engineer.	die Handelsakademie / Berufsbildende höhere Schule in ... besuchen
grammar school	Kyle did not do well in grammar school but got much better grades when he went to university.	Gymnasium
higher secondary school	I want to go to a higher secondary school to learn skills I will need later in life.	weiterführende höhere Schule
to be a member of a (football) club / gym	Clive wanted to be a member of a football club so he searched online for one near him.	Mitglied in einem (Fußball-)Verein / Fitnessstudio sein
to spend one's weekend ... (verb + -ing)	Spending one's weekend reading a good book is very relaxing.	das Wochenende verbringen
to be interested in ... (noun / verb + -ing)	Kellan was interested in joining his school's weightlifting club.	sich interessieren für
to hang out with friends	I prefer to hang out with my friends at the weekend rather than travel somewhere.	mit Freunden/Freundinnen abhängen
to work out at the gym	Jake works out at the gym to deal with stress at work.	im Fitnessstudio trainieren
to do something twice / three times a week	Nicole takes a Czech class three times a week so that she will learn the language quickly.	etwas zwei- / dreimal pro Woche tun
to become one's own boss	If you become your own boss, you can create your own timetable.	der eigene Chef/die eigene Chefin werden
to pass the A-levels / school leaving exam	In order to pass the A-levels, students need to study a lot.	die Matura / Abschlussprüfung bestehen
to put a lot of effort into doing sth.	Kori put a lot of effort into painting her picture.	viel Mühe in etwas stecken
to be skilled at doing sth.	Jake is really skilled at playing the guitar.	geschickt sein in etwas
favourite subjects / hobbies	Most students get the best grades in their favourite subjects because it is what interests them most.	Lieblingsfächer / Hobbys
to get to school by bike / bus / tram / on foot	In America, most students need to get to school by bus.	mit dem Fahrrad / Bus / der Straßenbahn / zu Fuß zur Schule kommen
to decide to go to this school	Jamie decided to go to this school because of its excellent sports programme.	sich entscheiden, in diese Schule zu gehen
to want to run one's own business	Aileen wanted to run her own business so she could be her own boss.	ein eigenes Unternehmen führen wollen

## Describing a person – Style and looks

### Eyes

blue / green / brown / grey	Both my parents have blue eyes, so it makes sense that I do, too.	blau / grün / braun/ grau
fake lashes	Some girls like to put on fake lashes, but they don't seem very fashionable to me.	künstliche Wimpern
contact lenses	I would wear contact lenses, but I prefer glasses.	Kontaklinsen
eye shadow	She always has perfect eye shadow, I wonder how long it takes her to apply it.	Lidschatten

### Hair & style

dark / light	People from the southern part of Europe seem to have dark hair, while people from the northern part of Europe seem to have light hair.	dunkel / hell
blonde	Both of Abby's parents are blonde, so it makes sense that she is, too.	blond
red	Nicole has red hair, just like her mom.	rot
coloured	She had her hair coloured red for the costume, but it looked so good she decided to keep it.	gefärbt
brown	Her brown hair matches her beautiful brown eyes.	braun
ponytail	Aaron finally grew his hair long enough for a ponytail, it looks great!	Pferdeschwanz
bun	If my girlfriend doesn't have time to wash her hair, she usually puts it into a bun.	Dutt, Haarknoten
curly	Curly hair is beautiful, but sometimes difficult to manage.	lockig
straight	She brushed her long, straight hair before leaving the house.	glatt
braids	Her long braids went all the way down her back.	(geflochtene) Zöpfe
bangs	She brushed her bangs to the side so they wouldn't get in her eyes.	Stirnfransen, Pony

### Face

pale	I'm quite pale, so I have to apply sun cream every hour.	blass
tanned	Giacomo's tanned face made it clear that he had been at the beach.	gebräunt
freckles	My family is from Ireland, so naturally I have some freckles.	Sommersprossen
braces	I had to have braces for three years, but it was worth it because now my teeth are straight.	Zahnspange
piercing	Her mum wouldn't allow her to have any face piercings because she was only twelve.	Piercing
beard	I have to trim my beard every three days.	Bart
glasses	I need glasses to see, but I like them to be stylish too.	Brille

laughter lines	I don't mind having laughter lines on my face, it means I've spent a lot of my life happy!	Lachfalten
make-up	My daughter loves make-up tutorials on <i>YouTube</i> .	Schminke
light / medium / deep complexion	Lyra got her beautiful deep complexion from her mother.	heller / mittlerer / dunkler Hautton
<b>Body &amp; height</b>		
well-trained	The athlete's well-trained body made it clear that he took running seriously.	durchtrainiert
slim	He has a slim build, which makes him seem taller.	schlank
muscly	I'd love to be muscly, but it's so much work to go to the gym every day.	muskulös
curvy	The dress really showed off her curvy figure.	kurvig
tattooed	I think tattooed people are interesting because the tattoos they've chosen tell a story about their lives.	tätowiert
tall	He's so tall that I have to look up just to talk to him.	groß
short	She's so short I can rest my elbow on her head.	klein
average	Rehana is average height, which makes her very easy to shop for.	durchschnittlich
<b>Fashion</b>		
crop top	Jane wants to exercise more so that she feels more confident wearing a crop top.	bauchfreies Top
sweatpants	George wears sweatpants to run.	Jogginghose
baggy / skinny jeans	I don't like to wear skinny jeans because they're so tight, baggy jeans are much more comfortable.	weite / enge Jeans
cap	Jay had to wear a cap to keep the sun out of his eyes.	Kappe
sneakers	My new pair of sneakers are perfect for morning runs.	Turnschuhe
yoga pants	Yoga pants are popular because they are both comfortable and flexible.	Yogahose
hoodie	He wears a hoodie not only because it keeps him warm but also because it protects him from the rain.	Kapuzenpullover
oversized shirt	I prefer to sleep in an oversized shirt, it's just more comfortable.	übergroßes Shirt
<b>Describing a person – Character traits</b>		
to be anxious	Wendy was anxious about her presentation, but it went really well!	ängstlich sein
to be bossy	She tends to be bossy, always telling everyone what to do.	rechthaberisch, herrschsüchtig
to be curious	The dog was curious and stuck his nose in the bush.	neugierig sein
to be easy-going	Sabina is easy-going and calm, so nothing ever stresses her out.	gelassen / entspannt sein
to be entertaining	The comedian was entertaining.	unterhaltsam sein

to be fun-loving	Hubert is fun-loving and always makes the party more exciting.	lebensfroh sein
to be helpful	I believe I am helpful whenever my friends need support.	hilfsbereit sein
to be lazy	He's so smart but he's lazy and never does the homework.	faul sein
to be moody	Carol is moody this morning, she must not have slept well.	launisch sein
to be optimistic	I am optimistic because I like to stay positive.	optimistisch sein
to be outgoing	I am outgoing at parties but when I'm home I prefer not to talk to anyone.	kontaktfreudig / aufgeschlossen sein
to be sensible	Drew was sensible last night and decided to stay in.	vernünftig sein
to be sensitive	He was a sensitive child and quick to sense the moods of those around him.	einfühlksam / sensibel sein
to be shy	She is shy when someone first talks to her but after a few minutes she really opens up to people.	schüchtern sein
to be talkative	Sue is talkative but really nice, so no one minds listening to her.	gesprächig sein

#### My best mate

to count on so.	I can always count on Livi, she has never let me down.	sich auf jmdn. verlassen
to focus on economics	I want to focus on economics at university so that I can open a business one day.	sich auf die Wirtschaft konzentrieren
to share the same interests	It's so cool that my girlfriend and I share the same interests, it really brings us closer together.	dieselben Interessen teilen
to spend most of one's time together	My best friend and I spend most of our time together.	die meiste Zeit zusammen verbringen
to depend on one's mood	Our teacher may give us a lot of homework, but it usually depends on her mood during class.	von der Stimmung abhängen
to experience fantastic moments together	Lucia and I experienced fantastic moments together on our road trip to Dubrovnik.	fantastische Momente gemeinsam erleben
to create memories that will remain throughout one's life	Clive travelled the world and created memories that will remain throughout his life.	Erinnerungen schaffen, die ein Leben lang bleiben
to discuss the best solutions	The teachers discussed the best solutions they could think of for the difficult class.	die besten Lösungen besprechen
to appreciate so. or sth.	I really appreciate how Sarah tries to help people she does not know.	jmdn. oder etwas schätzen
to not take life too seriously	It's important to not take life too seriously and have fun when you can.	das Leben nicht zu ernst nehmen
to enjoy each other's company	It's really sweet how much they enjoy each other's company.	die Gesellschaft des/der anderen genießen

## Unit 2 – In and out of class

### Daily routine

#### Morning & school day

to get up quite early in the morning	I do not like the fact that I have to get up quite early in the morning for my job.	ziemlich früh am Morgen aufstehen
to usually get up at 6:30 am	I usually get up at 6:30 am so that I can catch the bus to school.	normalerweise um 6:30 Uhr aufstehen
to get ready for school	Hurry up, we need to get ready for school!	sich für die Schule fertig machen
to have breakfast	Every morning, I have breakfast with my girlfriend.	frühstücken
to have many different subjects	A good school needs to have many different subjects like Geography, Science and History.	viele verschiedene Fächer haben
to have a short school day	We had a short school day, so I decided to go shopping right after we left.	einen kurzen Schultag haben
to have a long school day	Denise had a long school day full of exams.	einen langen Schultag haben
to have a one-hour break	For every four hours you work, you should have a one-hour break so that you don't burn out.	eine einstündige Pause machen
to study for school	I study for school every night before bed.	für die Schule lernen
to do the homework	Adela did the homework for her French class but forgot about English.	Hausaufgaben machen
to prepare for the next day	I have the clothes I want to wear ready in the evening so that I can easily prepare for the next day.	sich auf den nächsten Tag vorbereiten
to go home by public transport	I want a car, but I'm happy to just go home by public transport.	mit öffentlichen Verkehrsmitteln nach Hause fahren
to listen to music on one's way home	Do you prefer to listen to music on your way home or read a book?	auf dem Heimweg Musik hören
to end differently every day	Mr. Richard's lessons seem to end differently every day, sometimes with a test and sometimes with a fun game.	jeden Tag anders enden

#### Free time & evening

to sleep in	My favourite part of the weekends is that I get to sleep in.	ausschlafen
to do sports	Chad does sports because he loves to be active.	Sport betreiben
to meet friends	School is a great place to meet friends.	Freunde/Freundinnen treffen
to spend some time online	Carl spends some time online every day after school.	etwas Zeit online verbringen
to watch TV	Harry watches TV while he eats his dinner.	fernsehen
to stream series / movies	I don't enjoy going to the cinema, I prefer to stream movies at home.	Serien / Filme streamen
to read a book	You should read a book before bed, don't be on your phone.	ein Buch lesen
to have dinner	Emma and Susan had dinner last night.	zu Abend essen
to put on fancy clothes	Part of the fun of going out is putting on fancy clothes first.	schicke Kleidung anziehen
to work at the weekend	All I want is a job where I don't have to work at the weekend.	am Wochenende arbeiten

to call it a day at around half past nine	Jenny worked really hard in the evening but called it a day around half past nine.	den Tag gegen halb zehn beenden
to stay up late	Jerry likes to stay up late, so he's usually tired in the morning.	lange aufbleiben
to never go to bed later than 10 pm	I never go to bed later than 10 pm, so I always wake up feeling refreshed.	niemals später als um 22 Uhr ins Bett gehen
to go to bed early	She wasn't feeling well so she went to bed early to get a good night's sleep.	früh ins Bett gehen

#### Chores & personal care

to tidy up one's room	Please tidy up your room, we have guests coming!	das Zimmer aufräumen
to do the dishes	She did the dishes and it really made me feel happy!	den Abwasch erledigen
to take out the rubbish / waste	Mom and dad want you to take out the rubbish, it's starting to smell.	den Müll rausbringen
to take a shower	I'm so sweaty after that run, I should take a shower.	duschen
to brush one's teeth	You need to brush your teeth twice a day.	die Zähne putzen
to comb one's hair	Oliver combed his hair so that he would look good before his big concert.	sich die Haare kämmen

#### Informal email phrases

Thanks for your last email.	Thanks for your last email, it was very informative.	Danke für deine letzte E-Mail.
It was good to hear from you.	It was good to hear from you, I hope we can write each other more often in the future.	Es war schön, von dir zu hören.
I haven't heard from you for such a long time.	I haven't heard from you for such a long time, and I was beginning to worry.	Ich habe so lange nichts von dir gehört.
Please say hello to your parents.	Please say hello to your parents, I hope they are doing well.	Grüße bitte deine Eltern von mir.
Hope you write back soon.	Hope you write back soon, always feel free to get in touch!	Ich hoffe, du schreibst bald zurück.
See you soon	See you soon, David.	Bis bald
All the best	All the best, Mark.	Alles Gute

#### School life in different countries

to start at two different times	School always ends at 3:15 pm, but my sister and I start at two different times in the morning.	zu zwei verschiedenen Zeiten beginnen
to solve the problem of overcrowding	In order to solve the problem of overcrowding, my school recently built more classrooms.	das Problem der Überfüllung / Überbevölkerung lösen
to send one's children to private institutions	Marvin only sends his children to private institutions in order to get the best education possible for them.	die Kinder auf Privatschulen schicken
to be held outside or in the stairwell	The really cool classes are held outside or in the stairwell so students can get out of the classroom.	draußen oder im Treppenhaus abgehalten werden
to take life-changing tests	Students who take life-changing tests often lose a lot of sleep due to the stress.	lebensverändernde Prüfungen ablegen
to be categorised into higher- and lower-achieving groups	The fifth grade English class has been categorised into higher- and lower-achieving groups so that students can learn with others at their level.	in leistungsstärkere und leistungsschwächere Gruppen eingeteilt werden

to include the interests of each student	Mr. Connors began each class with a survey so that he could include the interests of each student throughout the semester.	die Interessen jedes Schülers / jeder Schülerin berücksichtigen
to teach in different ways	They both teach in different ways, but they are both still amazing teachers.	auf unterschiedliche Weise unterrichten
to focus on skills needed for the job market	My uncle believes that universities need to focus on skills needed for the job market more than anything else.	sich auf für den Arbeitsmarkt notwendige Fähigkeiten konzentrieren
<b>Balancing school and free time</b>		
to make small changes to one's weekend routine	If you make small changes to your weekend routine, you will feel much better overall.	kleine Änderungen an der Wochenendroutine vornehmen
to improve one's productivity	Learning to focus on one task at a time can really help improve your productivity.	die eigene Produktivität steigern
to be extremely important for one's brain's health	Getting eight hours of sleep a night is extremely important for your brain's health.	äußerst wichtig für die Gesundheit des Gehirns sein
to have negative effects on one's mood	Staying up late all the time can have negative effects on your mood.	negative Auswirkungen auf die Stimmung haben
to not get enough sleep during the week	Chelsea does not get enough sleep during the week but tries to sleep more on the weekend to make up for it.	unter der Woche nicht genug Schlaf bekommen
to benefit one's brain	Greg believes that eating healthy food benefits your brain, but I think sleep is better.	das Gehirn fördern
to make a big difference	Studying at least one hour a night can really make a big difference for your grades.	einen großen Unterschied machen
to experience the benefits	If you only get six hours of sleep, you won't experience the benefits of a full night's rest.	die Vorteile erleben
to break the routine with sth. fun	After studying, I like to break the routine with something fun like playing video games.	die Routine mit etwas Lustigem durchbrechen

## 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 Erfolgschancen 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 harmonieren / 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.	lauter 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 <i>TikTok</i>	The girls filmed a hilarious video for <i>TikTok</i> but unfortunately it was deleted.	ein lustiges Video für <i>TikTok</i> 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

## Unit 4 – Free time action

Spending my time		
to be less / very active	I used to be less active until I started gaining a lot of weight.	weniger / sehr aktiv sein
to be one's favourite hobby	Surfing is my favourite hobby and has been since I was a boy.	jmds. Lieblingshobby sein
to join the local football / tennis / gymnastic / rural youth club	If you really want to test your skills, you should join the local tennis club.	dem örtlichen Fußball- / Tennis- / Turn- / Landjugendverein beitreten
to become a member of the fire brigade / Red Cross	My Austrian friend Samuel became a member of the fire brigade when he was just 18 years old.	Mitglied der Feuerwehr / des Roten Kreuzes werden
to do sports three times per week	If you want to be fit, you need to do sports three times per week.	dreimal pro Woche Sport treiben
to work out / train / practise regularly	You need to train regularly if you want to run a marathon.	regelmäßig trainieren / üben
to stay healthy	I eat carrots every day because I want to stay healthy.	gesund bleiben
to grow more muscles	The only way to grow more muscles is to eat a lot of protein.	mehr Muskeln aufbauen
to get in shape	I can't wait to go to the gym every day so I can get in shape this summer!	in Form kommen
to get challenged	I love to get challenged by a difficult book so I can improve my language skills.	herausgefordert werden
to get better at sth.	I need to get better at skiing before it snows again.	besser werden in etw.
to meet friends	At the weekend, I love to meet friends at the mall.	Freunde/Freundinnen treffen
to relax	I try to relax on my days off.	sich entspannen
to clear one's mind	Kelsey decided to leave the city and clear her mind.	den Kopf frei bekommen
to balance out the exhausting school day	Hannah decided to balance out the exhausting school day by taking a nice bath.	den anstrengenden Schultag ausgleichen
to play an instrument	I want to learn to play an instrument, but it sounds like a lot of work.	ein Instrument spielen
to play video games	I can't wait to go home and play video games.	Videospiele spielen
to enjoy creative tasks	She has always enjoyed creative tasks, which is why art is her favourite subject.	kreative Aufgaben genießen
to spend time online / on social media	You don't need to spend time on social media to meet new friends.	Zeit online / in sozialen Medien verbringen
to spend most of one's free time studying for school	Julie spends most of her free time studying for school, which is probably why she's so excited for summer.	den Großteil seiner Freizeit mit Lernen für die Schule verbringen
My favourite pastime		
to build connections	Joining a local club can help to build connections with people who share similar interests.	Verbindungen aufbauen
to become more self-confident	The speech class allowed him to become more self-confident overall.	selbstbewusster werden
to improve one's emotional well-being	Spending time in nature is a great way to reduce stress and improve one's emotional well-being.	das emotionale Wohlbefinden verbessern

to gain muscles	Mike couldn't wait to gain muscles so he could impress all the girls at his work.	Muskeln aufbauen
to improve endurance	Running a few times a week is a great way to improve endurance before a big race.	die Ausdauer verbessern
to improve communication skills	Learning a new language is a great way to improve communication skills.	die Kommunikationsfähigkeiten verbessern
to become a team player	You need to become a team player if we have any chance at getting first place.	ein Teamplayer werden
to feel good about oneself	He really feels good about himself after a workout.	sich gut fühlen
to increase physical activity	Joining a gym is a great way to increase physical activity and improve yourself overall.	die körperliche Aktivität steigern
to reduce stress	I meditate to reduce stress.	Stress abbauen
to learn new skills	YouTube is a surprisingly easy way to learn new skills.	neue Fähigkeiten erlernen
to increase the risk of injury	Lifting weights without a trainer around can increase the risk of injury for people new to the gym.	das Verletzungsrisiko erhöhen
to have better time management skills	Setting alarms on one's phone can help to have better time management skills.	die Zeitmanagement-Fähigkeiten verbessern
to boost one's energy levels	Boosting one's energy levels may require more exercise.	das Energieniveau verbessern
to experience pressure to perform well	Some teens experience pressure to perform well in sports from their parents.	Leistungsdruck erleben
to get fit and healthy	I want to get fit and healthy, but I don't know how.	fit und gesund werden
to be able to deal with challenges	One thing I pride myself on is that I am able to deal with challenges without getting too stressed.	mit Herausforderungen umgehen können
to be time-consuming	Learning German is time-consuming but worth it in the end.	zeitaufwändig sein
to have less time for other important tasks	Extra English homework means that I have less time for other important tasks tonight.	weniger Zeit für andere wichtige Aufgaben haben
to learn to behave in a group	Games are a great way for kids to learn to behave in a group and develop social skills.	lernen, sich in einer Gruppe gut zu benehmen
to have games or tournaments at the weekend	We cannot have games or tournaments at the weekend anymore because they use the court for something else.	am Wochenende Spiele oder Turniere haben
to form new friendships	Many people play sports to form new friendships.	neue Freundschaften schließen
to become more creative	I want to write a story in order to become more creative.	kreativer werden
to feel a sense of belonging	A lot of people join clubs to feel a sense of belonging.	sich zugehörig fühlen

<b>Extreme hobbies</b>		
to be dangerous	Surfing can be dangerous if you don't know what you're doing.	gefährlich sein
to connect with nature	I hike in the mountains so that I can connect with nature more.	eine Verbindung zur Natur aufbauen
to escape routine	We decided to get out of the city to escape routine and enjoy the fresh mountain air.	der Routine entkommen
to cost a lot of money	It costs a lot of money to buy a boat.	viel Geld kosten
to lead to addiction	For some people, extreme sports are so thrilling that they can lead to addiction, as they constantly seek more excitement.	zur Sucht führen
to feel alive	Most people try extreme sports because they want to feel alive.	sich lebendig fühlen
to experience adrenaline rushes	If you don't enjoy experiencing adrenaline rushes, skydiving isn't for you.	Adrenalinschübe erleben
to damage the environment	If people scuba dive too much, it can really damage the environment.	die Umwelt schädigen
to be illegal	In the United States, it is illegal to drink alcohol before you turn 21.	illegal sein
<b>Couch potatoes</b>		
to clear one's mind	Sometimes you need to go outside and just clear your mind.	den Kopf frei bekommen
to reduce stress	Meditation helps me to reduce stress.	Stress reduzieren
to experience a change to the routine	In school, it's sometimes nice to experience a change to the routine, like when the teacher lets us have class outside.	eine Abwechslung zur Routine erleben
to sit less at school	We all wish we could sit less at school and move around more.	in der Schule weniger sitzen
to have little free time	I'm really busy with school, so I have little free time to spend with my friends.	wenig Freizeit haben
to have to study for exams	I can't believe that I have to study for exams all weekend!	für Prüfungen lernen müssen
to have long school days	I've heard that it's normal to have long school days in Japan.	lange Schultage haben
to need expensive equipment	You need expensive equipment if you want to play video games professionally.	teure Ausrüstung benötigen
to rather chill with friends	I would much rather chill with friends than do homework.	lieber mit Freunden entspannen
to get enough exercise	It was clear he didn't get enough exercise when none of his old shirts fit.	genügend Bewegung bekommen
to have the highest percentage of active boys	My city has the highest percentage of active boys in the country.	den höchsten Anteil an aktiven Jungen haben
to meet exercise recommendations	You'll need to meet exercise recommendations if you want to be on the basketball team.	die Bewegungsempfehlungen erfüllen
to spend at least three hours a day in sedentary activities	If you spend at least three hours a day in sedentary activities, you should make sure to balance it out by increasing your daily step count.	mindestens drei Stunden pro Tag mit sitzenden Aktivitäten verbringen

to have physical education classes	We never had physical education classes when I was in school and I think we really missed out.	Sportunterricht haben
to educate students about the importance of exercise	It's important for parents to educate students about the importance of exercise.	Schüler über die Bedeutung von Bewegung aufklären
to have a huge problem with physical inactivity among schoolchildren	The United States has a huge problem with physical inactivity among schoolchildren.	ein großes Problem mit Bewegungsmangel bei Schülern/Schülerinnen haben
to be too exhausted after a school day	Teens often don't want to work out because they are too exhausted after a school day.	nach einem Schultag zu erschöpft sein
to keep on gaining weight	If you don't swap sugary drinks for water, you will keep on gaining weight.	weiterhin an Gewicht zunehmen
to feel more comfortable	I always feel more comfortable at home than at school.	sich wohler fühlen
to pay attention to a healthy diet	If you don't pay attention to a healthy diet, you will not feel well.	auf eine gesunde Ernährung achten
to lose social contacts	I don't want to lose social contacts by only staying in my house.	soziale Kontakte verlieren
to feel more relaxed	He only feels more relaxed once he's in his room.	sich entspannter fühlen
to have no adequate physical activity	Sitting in school all day can lead to health problems if you have no adequate physical activity.	keine ausreichende körperliche Aktivität haben
to get depressed easily	Karl gets depressed easily, especially in the winter.	leicht depressiv werden
to be in good shape	You need to be in good shape if you want to win the race.	in guter Form sein
to watch the news to gain general knowledge	He watches the news to gain general knowledge, even if it's sometimes depressing.	die Nachrichten schauen, um Allgemeinwissen zu erlangen

## Unit 5 – New horizons

### Different types of tourism

adventure tourism	Adventure tourism attracts thrill-seeking people who want to try something like mountain climbing or skydiving.	Abenteuertourismus
cultural tourism	Cultural tourism is for travellers who are interested in the history of a city.	Kulturtourismus
dark tourism	Dark tourism involves visiting somewhere associated with death and tragedy, such as battlefields.	dunkler Tourismus
food tourism	Food tourism is about trying new types of food from different cultures.	Gastronomietourismus
medical tourism	Medical tourism has grown in popularity as people try to find new health care services abroad.	Medizintourismus
relaxation tourism	Relaxation tourism is for travellers who want to spend most of their time on a beach or in a spa.	Erholungstourismus, Entspannungstourismus
sports tourism	People travelling from another country to see the Olympics is a good example of sports tourism.	Sporttourismus
to learn about different cultures and traditions	I travel a lot to learn about different cultures and traditions.	über verschiedene Kulturen und Traditionen lernen
to relax in peaceful surroundings	Jordan went to the beach to relax in peaceful surroundings.	in einer ruhigen Umgebung entspannen
to try adventurous activities	The advertisement said we are allowed to try adventurous activities.	abenteuerliche Aktivitäten ausprobieren
to explore delicious cuisine	On our trip to China, we were excited to explore delicious cuisine at local street markets.	köstliche Küche / Kulinarik erkunden
to stay at hotels / guest-houses / luxury resorts / spas / camping sites / bed-and-breakfasts	I prefer to stay in luxury resorts, but usually I only have the money for bed-and-breakfasts.	in Hotels / Pensionen / Luxusresorts / Spas / Campingplätze / Bed-and-Breakfasts übernachten
to use public transport	People in the USA do not use public transport as much as Europeans.	öffentliche Verkehrsmittel nutzen
to bike or hike	I would love to bike or hike around the Alps, as long as we're doing something active.	Fahrrad fahren oder wandern
to take guided tours	If I'm in a new city, I like to take guided tours so I can get to know the place better.	geführte Touren machen
to rent a private car	I would love to rent a private car in Morocco, but I don't think we can afford it.	ein privates Auto mieten
to visit museums and historical sites	James loves history, so whenever we go to a new city, we visit museums and historical sites with him.	Museen und historische Stätten besuchen
to relax by the pool or beach	I don't want to feel stressed on vacation, so I prefer to relax by the pool or beach when we travel.	am Pool oder Strand entspannen
to explore local markets and food stalls	If you want to find the best food in Taiwan, you need to explore local markets and food stalls.	lokale Märkte und Essensstände erkunden

to take photos	My parents love to take photos when they travel.	Fotos machen
to film videos	You are not allowed to film videos in some parts of the Vatican.	Videos drehen

#### Awesome adventures

to be ready for an amazing adventure	After packing everything she needed, Astrid was ready for an amazing adventure hiking around Norway.	bereit für ein unglaubliches Abenteuer sein
to be pumped to explore sth. new	Daniel was pumped to explore the caves in northern Michigan.	total gespannt sein / Lust haben, etwas Neues zu erkunden
to be so worth it	Eating the spicy food hurt my stomach, but it was so worth it.	es absolut wert sein
to share the experience with so.	I don't like to solo travel because I prefer to share the experience with someone I love.	das Erlebnis mit jmdm. teilen
to make some awesome memories together	My girlfriend and I both agreed that we couldn't wait to make some awesome memories together on our trip.	gemeinsam tolle Erinnerungen schaffen
to step out of one's comfort zone	It's important to step out of your comfort zone occasionally and try something new.	die Komfortzone verlassen
to have the most incredible holiday experience	I had the most incredible holiday experience in Croatia last year.	das unglaublichste Urlaubserlebnis haben
to feel a mix of nervousness and excitement	It's normal to feel a mix of nervousness and excitement when you get on an airplane.	eine Mischung aus Nervosität und Aufregung fühlen
to push past one's fears	You need to push past your fears if you're going to try something fun like skydiving.	die eigenen Ängste überwinden

#### Benefits of travelling as a teen

to teach meaningful life skills	Travel teaches meaningful life skills like problem-solving and communication.	wichtige Lebenskompetenzen vermitteln
to provide an opportunity to meet new people	Claudie stays in hostels when she travels because it provides an opportunity to meet new people.	eine Gelegenheit bieten, neue Leute kennenzulernen
to teach the ability to adapt to new environments	Travelling can be educational because it teaches the ability to adapt to new environments.	die Fähigkeit lehren, sich an neue Umgebungen anzupassen
to learn how to save and budget money	I had to learn how to save and budget money before I could go to Australia.	lernen, Geld zu sparen und zu budgetieren
to be a savvy problem-solver	My uncle is a savvy problem-solver, and it's helped him get out of a lot of difficulties throughout his life.	ein/e clevere/r Problemlöser/in sein
to become an independent and responsible person	It was only after I moved away from home that I became an independent and responsible person.	eine unabhängige und verantwortungsbewusste Person werden
to take responsibility for one's own actions	It's important to take responsibility for your own actions instead of always blaming other people.	Verantwortung für das eigene Handeln übernehmen
to look out for others	My uncle has five younger brothers, so he had to learn how to look out for others at a young age.	auf andere aufpassen
to be eager to learn about so.'s culture	It's normal to be eager to learn about other people's culture as a teenager.	begierig / erpicht sein, andere Kulturen kennenzulernen
to miss a train / bus / plane connection	My sister and I missed a train connection in Stuttgart, but it wasn't our fault!	einen Zug- / Bus- / Fluganschluss verpassen
to lose one's passport or travel documents	If you lose your passport or travel documents, ask your embassy for help.	den Pass oder die Reisedokumente verlieren

to get lost in an unfamiliar city or area	I hope you never get lost in an unfamiliar city or area because that can be terrifying.	sich in einer unbekannten Stadt oder Gegend verlaufen
to fall ill or get injured during one's trip	You need travel insurance in case you fall ill or get injured during your trip.	während der Reise krank werden oder sich verletzen
to have one's luggage or belongings stolen	It's common in some countries to have your luggage or belongings stolen, which is why I'm always very careful.	an Gepäck oder Wertsachen bestohlen werden
to have an unclean hotel room	I had an unclean hotel room in Cairo once, but they sent someone up to clean it right away.	ein schmutziges Hotelzimmer haben
to run out of money	I never run out of money when I travel because I plan exactly how much I need ahead of time.	kein Geld mehr haben
to feel homesick	I've never felt homesick abroad because I'm so excited for my next adventure!	Heimweh haben

#### **The ultimate travel package**

to watch the sunrise / sunset	John loves to watch the sunrise early in the morning.	den Sonnenaufgang / Sonnenuntergang beobachten
to go hiking	I can't wait to go hiking in the Alps.	wandern gehen
to ride a scooter	Camille loves to ride a scooter around the city.	Roller fahren
to do water sports	I've never wanted to do water sports but water skiing looks really fun!	Wassersport betreiben
to go surfing	We should go surfing after lunch, the waves look incredible!	surfen gehen
to visit museums / ancient temples	Jake preferred to visit museums and ancient temples when he visited Japan.	alte Tempel / Museen besuchen
to spend time on the beach	We need to relax and spend time on the beach.	Zeit am Strand verbringen
to road trip a country	We really want to road trip a country, but we're not sure which one yet.	eine Autoreise quer durchs Land machen
to do winter sports	We should go to Austria because I want to do winter sports.	Wintersport treiben
to explore a city	When Jan explores a city, he makes sure to find the best hidden restaurants.	eine Stadt erkunden
to go on a river boat cruise	I've always wanted to go on a river boat cruise, but I don't think my stomach can handle it.	eine Flusskreuzfahrt machen
to have a good time with friends	I don't want to go anywhere this summer. All I want to do is to have a good time with friends.	eine gute Zeit mit Freunden/Freundinnen haben
to meet new people from all over the world	Staying in a hostel is really fun because you get to meet new people from all over the world.	neue Leute aus aller Welt kennenlernen
to go snorkelling / diving	We're by the water, so we might as well go snorkelling and see some fish.	schnorcheln / tauchen gehen
to go parachuting	I'm too scared of heights to go parachuting.	Fallschirmspringen gehen
to go horseback riding	The worst part of going horseback riding is that you smell like horse afterwards.	reiten gehen
to watch a fire show	We got to watch a fire show in Hawaii.	eine Feuershow anschauen
to go on a safari	If we ever go to Africa, I want to go on a safari and see the animals up close.	auf Safari gehen
to enjoy exotic beverages	I can't wait to enjoy exotic beverages on the beach in Bali.	exotische Getränke genießen

to taste the local cuisine	An important part of any trip is to taste the local cuisine.	die lokale Küche probieren
to learn more about the culture	If you travel to a foreign country, you need to learn more about the culture.	mehr über die Kultur lernen
to enjoy the stunning view / scenery / landscape	We enjoyed the stunning view from the top of the mountain.	die atemberaubende Aussicht / Szenerie / Landschaft genießen
<b>At the travel agent's</b>		
to go on holiday	I can't wait to go on holiday in Croatia this summer!	in den Urlaub fahren
to book a hotel	We decided to book a hotel early to save some money.	ein Hotel buchen
check-out date	Our check-out date is the 15 <sup>th</sup> , what's yours?	Abreisedatum
holiday camp	We spent two weeks at a holiday camp by the lake and made a lot of new friends.	Ferienlager
childcare facilities	We need to check the childcare facilities at the hotel because Tim is bringing his son along.	Kinderbetreuungseinrichtungen
youth hostel	We stayed at a cool youth hostel in Bratislava and met so many interesting people.	Jugendherberge
to be booked out	That flight is booked out, can we find another for you?	ausgebucht sein
self-catering flat	We booked a self-catering flat for the vacation because we like to cook together.	Selbstversorgerwohnung
shared bathroom	I don't mind having a shared bathroom as long as the other person is neat and tidy.	gemeinschaftliches Badezimmer
available rooms	There are only three more available rooms left for tomorrow, let's book one fast!	verfügbare Zimmer
to book a flight / room	I booked a flight and a room at the same time.	einen Flug / ein Zimmer buchen
package holiday	It was an amazing package holiday that included flights, a hotel and a guided tour of the city.	Pauschalreise
travel documents	Nick reminded Ike to have all his travel documents before he left for the airport.	Reisedokumente
luxurious accommodation	We had a luxurious accomodation in Croatia, it was magical.	luxuriöse Unterkunft
tourist guide	A local tourist guide helped us find our way around Boston.	Reiseführer/in
discounted price	I got the tickets at a discounted price, so let's use the money we saved to get a better hotel.	vergünstigter Preis
tourist attractions	There are too many tourist attractions at Niagara Falls.	Touristenattraktionen
nearby bars and restaurants	There are plenty of nearby bars and restaurants, so we should have no trouble finding something good.	nahegelegene Bars und Restaurants
special activities	Are there any special activities we should try after dinner?	besondere Aktivitäten
entertainment for tourists	There is plenty of entertainment for tourists in Paris, but I prefer to find places the locals like to go.	Unterhaltung für Touristen/Touristinnen
to finalise travel plans	We should finalise travel plans soon or the prices will go up.	Reisepläne abschließen
to look for a budget-friendly option	I think we should look for a budget-friendly option because otherwise I'll run out of money.	eine preisgünstige Option suchen

## Unit 6 – Exploring tomorrow

### Future aims, dreams and concerns

to attend a music festival / event	I've never attended a music festival, but they look really fun!	ein Musikfestival / eine Veranstaltung besuchen
to own the latest smartphone	I don't need to own the latest smart—phone. I just need something that can make calls.	das neueste Smartphone besitzen
to pass this school year / the A-levels	Sean is worried about passing the A-levels this year because he hasn't had much time to study.	dieses Schuljahr / die Matura bestehen
to travel the world	I love that my job allows me to travel the world.	die Welt bereisen
to become a caring and successful person	He became a caring and successful person by staying kind and working hard.	eine fürsorgliche und erfolgreiche Person werden
to always be a good friend	No matter how far away we are from each other, Nick will always be a good friend.	immer ein guter Freund / eine gute Freundin sein
to get on well with family members	It's important to get on well with family members if you don't want to be stressed at home.	gut mit Familienmitgliedern auskommen
to work out more	I need to work out more because my old shirts don't fit me anymore.	mehr trainieren
to read more books	If you want to expand your vocabulary, you should read more books.	mehr Bücher lesen
to own an expensive car / home	I want to own an expensive car when I get older so I can impress people.	ein teures Auto / Haus besitzen
to be respected	If you are a teacher, you should be respected by all your students.	respektiert werden
to always work on oneself	If you want to grow as a person, you should always work on yourself both physically and mentally.	ständig an sich selbst arbeiten
to get a good education	Getting a good education is the first step to getting a good job.	eine gute Ausbildung erhalten
to stay healthy	I try to stay healthy when I travel by running every day.	gesund bleiben
to get on well with one's parents	I think it's important to get on well with one's parents as they age.	gut mit den Eltern auskommen
to experience a lot of freedom	Teens who move out of their parents' house for the first time experience a lot of freedom right away.	viel Freiheit erleben / erfahren
to find a dream partner	The goal of a dating app should be to find a dream partner.	einen Traumpartner/eine Traumpartnerin finden
to start a family and have kids	Julia always wanted to start a family and have kids with her husband.	eine Familie gründen und Kinder haben
to attend awesome events	Living in Prague gives me the chance to attend awesome events every weekend.	großartige Veranstaltungen besuchen
to get old	Getting old should be considered a privilege and something to celebrate.	alt werden
to become rich	He became rich by playing professional football.	reich werden
to do good in the world	Emmalee became a teacher to do good in the world.	Gutes in der Welt tun
to be happy	Everyone wants to be happy and live their lives in peace.	glücklich sein

to have supportive friends and family	I am so lucky to have supportive friends and family because it makes me feel like I can do anything.	unterstützende Freunde/Freundinnen und Familie haben
to be successful in job life	He is successful in job life but not in his personal life.	im Berufsleben erfolgreich sein
to connect with the outdoors and nature	Sometimes I need to turn off the computer and connect with the outdoors and nature.	eine Verbindung zur Natur aufbauen
to be able to express oneself	Art allowed Tammy to finally be able to express herself.	sich selbst ausdrücken können
to follow one's true passion	Kathleen left business school to follow her true passion, which is teaching English literature.	der wahren eigenen Leidenschaft folgen
to look into a bright future	After completing university, she was happy and ready to look into a bright future.	in eine vielversprechende Zukunft blicken
to be unsure about the future	With the world changing so much, many people are unsure about the future.	unsicher über die Zukunft sein
to be worried about global conflicts	With so much talk about war, it's understandable that teens are worried about global conflicts affecting them.	sich über globale Konflikte Sorgen machen
to be concerned about global warming	Many young people are concerned about global warming because it will affect their lives.	besorgt sein wegen der Erderwärmung

#### Education in the future

to be sustainable	In order for schools to be sustainable in the future, they must use resources wisely and adapt to changing educational needs.	nachhaltig sein
to create energy-efficient environments	Schools need to create energy-efficient environments that reduce waste and promote environmental awareness.	energieeffiziente Umgebungen schaffen
to explore faraway worlds	Through books and digital tools, education allows students to explore faraway worlds and expand their imagination.	ferne Welten erkunden
to connect globally	Modern education allows students to connect globally and collaborate across cultures.	sich global / weltweit vernetzen
to share knowledge	In a connected world, people share knowledge across borders and generations.	Wissen teilen / austauschen
to become a lifelong journey	Education is no longer limited to the classroom – it has become a lifelong journey.	zu einer lebenslangen Reise werden
to offer opportunities for personal growth	School should not only teach academic skills and knowledge, but also offer opportunities for personal growth.	Möglichkeiten zur persönlichen Weiterentwicklung bieten
to reduce the use of resources	It's important for companies to reduce the use of resources to help the environment.	den Ressourcenverbrauch reduzieren
to teach students to take care of our planet	Teachers have to teach students to take care of the planet because parents sometimes do not.	Schüler/innen lehren, auf unseren Planeten zu achten
to save resources and money	Companies can save resources and money if they switch to sustainable energy.	Ressourcen und Geld sparen
to get in touch with students from all over the world	The Internet makes it easy to get in touch with students from all over the world.	mit Schülern/Schülerinnen aus aller Welt in Kontakt treten

to be more motivated to learn	Teachers should make classes fun so that students are more motivated to learn.	motivierter sein zu lernen
to make learning more interesting	Teachers can make learning more interesting by using videos in class.	das Lernen interessanter gestalten
to help someone study more efficiently	Flashcards can help students study more efficiently and boost their grades.	jmdm. helfen, effizienter zu lernen
to have more time to explain	Smaller class sizes allow teachers to have more time to explain the things to students.	mehr Zeit zum Erklären haben
to manage dates and deadlines	Using a planner allowed me to manage dates and deadlines easily.	Termine und Fristen verwalten

#### The world in the 2100

to see some significant changes	I hope we will see some significant changes in the future.	bedeutende Veränderungen sehen
to get smarter and more energy-efficient	I hope that in the next 20 years technology will get smarter and more energy-efficient.	intelligenter und energieeffizienter werden
to connect cities in a matter of minutes	It would be really cool to have trains that could connect cities in a matter of minutes.	Städte innerhalb von Minuten miteinander verbinden
to have fleets of electronic, autonomous drones zipping around	Most people do not want to have fleets of electronic autonomous drones zipping around, no matter how quickly it will mean they get their products.	Flotten elektronischer, autonomer Drohnen herumschwirren lassen
to fly with electric airplanes and supersonic jets	In the future, people may be able to fly with electric airplanes and supersonic jets, which would be faster and better for the environment.	mit elektrischen Flugzeugen und Überschalljets fliegen
to sit at the same virtual table	Technology now allows people from all over the world to sit at the same virtual table to work out problems.	am gleichen virtuellen Tisch sitzen
to manage administrative tasks, analysing data	AI could be useful to manage administrative tasks such as analysing data and organising it for people to understand.	administrative Aufgaben verwalten, Daten analysieren
to assist in the decision-making process	AI can also assist in the decision-making process, but people should check the results.	den Entscheidungsprozess unterstützen
to focus on more creative and strategic tasks	Technology can take care of repetitive and boring jobs while people can focus on more creative and strategic tasks.	sich auf kreativere und strategische Aufgaben konzentrieren
to free up human workers	Robots are increasingly designed to free up human workers from repetitive tasks, allowing them to focus on higher-level work.	menschliche Arbeitskräfte entlasten
to be both high-tech and eco-friendly	The goal of scientists should be to create technology that is both high-tech and eco-friendly.	sowohl hochtechnologisch als auch umweltfreundlich sein

#### Revolutionising the future market

to be punctual	He is always punctual, arriving at 8:00 am every day.	pünktlich sein
to be reliable	The most reliable workers always get their work done on time.	zuverlässig sein
to learn quickly	Masha didn't know much about the work she had to do, but she learned quickly.	schnell lernen

to be motivated	A motivated worker will often do more than is asked of them.	motiviert sein
to be a great team-player	A great team-player is someone who always supports their co-workers.	ein großartiger Teamplayer/eine großartige Teamplayerin sein
to not to be perfect	It's ok to not be perfect as long as you do your best.	nicht perfekt sein
to still have to learn a lot	I've been at the company for a month now, but I still have to learn a lot about the job.	noch viel lernen müssen
to need guidance and help from co-workers	If you need guidance and help from co-workers, all you need to do is ask.	Anleitung und Hilfe von Kollegen/Kolleginnen benötigen
to have just recently started with business education	Calvin has just recently started with business education, but he already feels like he's learned so much about the corporate world.	erst vor Kurzem mit der Wirtschaftsausbildung begonnen haben
to only have a little experience	Although she only had a little experience in sales, she wanted to keep learning more.	nur ein wenig Erfahrung haben
to learn about doing business	The internship helped me to learn about doing business in the real world.	etwas über Wirtschaft / Geschäftstätigkeit lernen
to experience real life work	The first time I experienced real life work, I realised just how useful school had been.	praktische Berufserfahrung sammeln
to find out about my likes and dislikes	In my first year of university, I took a lot of different classes to find out about my likes and dislikes before choosing something.	meine Vorlieben und Abneigungen herausfinden
to pass the commercial college / higher vocational college	I finally passed the commercial college exams and soon I'll start my new job.	die Handelsakademie / Berufsbildende höhere Schule abschließen
to become a manager	He became a manager because he liked helping people find their role in the team.	Manager/in werden
to go to university	I want to go to university so I can study History.	auf die Universität gehen
to run one's own business	It takes a lot of work to run one's own business.	ein eigenes Unternehmen führen

## Unit 7 – Wanna be a *YouTube* star?

### Talking about *YouTube*

to create content for <i>YouTube</i>	My dream job is not to work in an office but to create content for <i>YouTube</i> .	Inhalte für <i>YouTube</i> erstellen
to subscribe to a channel	I subscribed to a channel on <i>YouTube</i> that teaches viewers how to fix up their houses.	einen Kanal abonnieren
to increase the number of views	If you have a creative thumbnail, you can increase the number of views your video gets.	die Anzahl der Aufrufe erhöhen
to post tutorials	He started to post tutorials on <i>YouTube</i> to teach people the basics of technology.	Tutorials hochladen
to stream gaming videos / games	Professional gamers often stream games so they can talk to their audience as they play.	Gaming-Videos / Spiele streamen
to watch reaction clips	Carmen loves to watch reaction clips of people seeing movie trailers for the first time.	Reaktionsvideos ansehen
to do product reviews	Morgan creates videos where she does product reviews for the latest technology.	Produktbewertungen machen
to enjoy funny content	I think everyone loves to enjoy funny content after a difficult day at work.	lustige Inhalte genießen
to monetise your content	Once you have enough followers, you can begin to monetise your content through advertisements.	die Inhalte zu Geld machen

### How to become a successful *Youtuber*

data analysis	Riley's data analysis showed how many people watched the video.	Datenanalyse
professional equipment	As his channel grew, he invested in professional equipment to improve the audio and video quality of his content.	Profi-Ausrüstung
ring lamp	The ring lamp provided even lighting for the product shot.	Ringleuchte
thumbnail	She spent an extra hour designing a catchy thumbnail to make sure her video stood out in the search results.	Vorschaubild
tripod	Using a tripod helped her keep the camera steady while filming her make-up tutorial.	Stativ
video editing	Video editing takes a lot of time, especially when you add music, text and simple effects.	Videobearbeitung
to require a variety of skills	Being a successful influencer requires a variety of skills that many people do not have.	eine Vielzahl von Fähigkeiten erfordern
to master sth.	Using resources online helps, but it still takes years to master a foreign language.	etw. meistern / schaffen
to be good at storytelling	Duke is good at storytelling, which makes him very fun at parties.	gut im Geschichtenerzählen sein
to grow one's channel	To grow one's channel, content needs to be produced at least every week.	den Kanal vergrößern / ausweiten
to shoot a video	He shot a video of his friend pranking people on the street.	ein Video drehen
to increase watch time	He added fun introductions to increase watch time on his videos.	die Wiedergabezeit erhöhen
to cut out scenes	Martin had to cut out scenes from the video to make it two minutes long.	Szenen herausschneiden

to add transitions	Adding transitions will make your videos more fun.	Übergänge hinzufügen
to design a thumbnail	Mark designed a thumbnail that would make more new viewers watch the video.	ein Vorschaubild entwerfen
to make one's content attractive	If you want to make your content attractive to younger viewers, try to make it less serious.	die Inhalte ansprechend gestalten
to find inspiration online	If you're not sure what to make your next video about, you can find inspiration online.	Inspiration online finden
to build a community	Once you've built a community of followers, it is much easier to get views on your videos.	eine Community aufbauen

#### **Being a YouTube star**

to turn oneself into a product	Influencers sometimes try to turn themselves into a product to boost their popularity.	sich selbst zu einem Produkt machen
to boost one's self-confidence	Taking a public speaking course is a great way to boost one's self-confidence.	das Selbstvertrauen stärken
to be well-received	The video was well-received by his followers.	gut aufgenommen werden
to top oneself	After the success of her last video, she knew it would be difficult to top herself and make an even better one.	sich selbst übertreffen
to satisfy an audience	Some creators find it difficult to satisfy an audience because they always want more content.	ein Publikum zufriedenstellen
to chase success	Kim is always chasing success, which is why someday I'll think she'll achieve it.	dem Erfolg hinterherjagen
to be authentic	Her success as a YouTuber comes from being authentic – what you see on camera is who she really is.	authentisch sein
to fix a problem	It took the whole IT team to fix a problem with my computer.	ein Problem beheben
to maintain one's career	Being able to take criticism and learn from it is important to maintain one's career.	die Karriere aufrechterhalten
to transform one's life	Becoming a YouTube star transformed his life in so many ways, both positive and negative.	sein Leben verändern
to be into sth.	She's really into art and spends most of her free time painting her friends.	sich für etw. begeistern
to manage to balance sth.	Walter managed to balance his work and personal life and now he's much happier.	es schaffen, etw. auszubalancieren / in Einklang zu bringen
to plan and think ahead	The most successful people I know plan and think ahead before they do anything.	planen und vorausschauend denken
to update subscribers	You should update subscribers if there's going to be a big change to your channel.	Abonnenten/Abonnentinnen auf dem Laufenden halten
to struggle to do sth.	Simon struggled to create his latest video but once it was finished, he was proud of it.	sich schwertun, etw. zu tun
to put effort into doing sth.	You need to put effort into doing your best, because it's easy to simply not try hard.	sich Mühe geben, etw. zu tun / viel Aufwand in etw. stecken
to push one's boundaries	Taking on new challenges helps to push your boundaries and achieve amazing things.	die Grenzen erweitern
to have a pure passion for sth.	He has a pure passion for French history and always reads about it in his free time.	eine echte Leidenschaft für etw. haben
to affect many people's lives	An influencer can affect many people's lives and not even know it.	das Leben vieler Menschen beeinflussen

## Unit 8 – Obeying the rules?

### A world of rules

to respect other people's privacy	It's important to respect other people's privacy by not posting pictures of them without permission.	die Privatsphäre anderer respektieren
to not cheat	Schools expect you to not cheat on exams.	nicht schummeln
to keep noise down during late hours	You need to keep noise down during late hours or the neighbours may call the police.	nachts leise sein
to handle private data secretly	Tech companies should handle private data secretly and make sure no one can get a hold of it.	private Daten vertraulich behandeln
to do your job properly	If you do your job properly, you should have no difficulty with management.	die Arbeit ordentlich erledigen
to dress according to the company's dress code	It is expected that you dress according to the company's dress code, or you may be sacked.	sich gemäß der Kleiderordnung des Unternehmens kleiden
to do household chores	Kids and parents should both do household chores.	Hausarbeit erledigen
to separate waste	Separating waste is a great way to help the environment.	Müll trennen
to behave professionally at work	You need to behave professionally at work, which means treating others with respect.	sich am Arbeitsplatz professionell verhalten
to complete tasks on time	Students and workers must both complete tasks on time.	Aufgaben fristgerecht / rechtzeitig erledigen
to arrive on time	If you arrive on time at the office, you can get your work done sooner.	pünktlich ankommen
to support older people	It's important that we support older people by helping them in any way we can.	ältere Menschen unterstützen
to help people in need	If you want to help people in need, consider giving away clothes you never wear.	Menschen in Not helfen
to keep places clean and tidy	One way to keep places clean and tidy is to make sure to take out the rubbish every few days.	Orte sauber und ordentlich halten
to wait patiently for one's turn in queues	Customers need to wait patiently for their turn in queues, or they'll never get their food.	geduldig in der Schlange warten, bis man an der Reihe ist
to tidy up one's room	I need to tidy up my room because it's really messy at the moment.	das Zimmer aufräumen
to start work on time	If you start work on time, you'll most likely finish it on time.	pünktlich mit der Arbeit beginnen
to show respect to family members	You should show respect to family members, particularly elderly relatives.	Familienmitgliedern Respekt erweisen
to respect teachers, staff, and fellow students	It is expected at this school that you will respect teachers, staff, and fellow students.	Lehrer, Personal und Mitschüler respektieren
to respect public property and facilities	We should all respect public property and facilities by picking up any rubbish we find.	öffentliches Eigentum und Einrichtungen respektieren
to obey school rules	Some students don't like to obey school rules, but they need to for safety reasons.	Schulregeln befolgen
to attend classes regularly	Attending class regularly will ensure that you succeed academically.	regelmäßig am Unterricht teilnehmen

### Going the extra mile

to be exhausting	I have to wake up every day at 6 am and it's exhausting.	anstrengend sein
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to go the extra mile	She always goes the extra mile at work, which is why she's being promoted.	etw. über das erwartbare Maß hinaus machen, sich besonders anstrengen
to pretend to do sth.	He pretended to do work but secretly he was listening to music.	vortäuschen, etw. zu tun
to be predictable	My timetable is predictable, but that means I can wake up at the same time every day.	vorhersehbar sein
to have obligations	I leave work at five pm because I have obligations at home too.	Verpflichtungen haben
to be overwhelming	The work I had last week was overwhelming, but it's much better now.	überwältigend sein
to get on so.'s nerves	My flatmate talks too much, and it really gets on my nerves.	jmdm. auf die Nerven gehen
to develop a schedule	I developed a schedule that balanced my work and free time.	einen Zeitplan erstellen
to be consistent	If you want to be healthy, you need to be consistent in your workout routine.	konsequent / beständig sein
to boost one's grades	He boosted his grades by doing an extra credit project.	die Noten verbessern
to procrastinate	I procrastinate too much and always finish big projects the night before.	aufschieben
to accomplish sth.	We all felt proud of Ioanna and Maarten when they finally accomplished their goal of completing the half-marathon.	etw. erreichen
to trick so. into thinking sth.	He tricked his boss into thinking he had finished everything and left work early.	jmdn. dazu bringen (täuschen), etw. zu glauben

#### Rules and regulations at work

to guarantee safety	We have fire drills to guarantee safety for all the workers in the building.	Sicherheit garantieren
to treat everyone equally	Managers should treat everyone equally, no matter who they are.	alle gleich behandeln
to run well with good rules	Most offices can run well with good rules that are fair for everyone.	mit guten Regeln gut funktionieren
to make perfect sense	What the boss said made perfect sense as soon as he explained it again.	absolut sinnvoll sein
to get so.'s approval	She got Diana's approval once she started showing up to work on time.	jmds. Zustimmung erhalten
to inform oneself about one's rights and responsibilities	It's important to inform yourself about your rights and responsibilities before you take the job.	sich über Rechte und Pflichten informieren
to result in a change	Employee anger resulted in a change to the uniform policy.	zu einer Veränderung führen
to be considered as a compliment	I was told that being in charge of the new interns should be considered as a compliment because it means they trust me.	als Kompliment betrachtet werden

#### Compulsory internships

to get hands-on experience	Internships are the best way to get hands-on experience at a worksite.	praktische Erfahrung sammeln
to be under pressure and stress	A lot of employees are under pressure and stress just before Christmas because of the increased workload.	unter Druck und Stress stehen
to build a network	If you want to be successful, you should build a network of people in your field.	ein Netzwerk aufbauen
to develop personally	Teaching doesn't pay very well, but it's really helped me to develop personally.	sich persönlich weiterentwickeln

to do boring tasks	When you first start your internship, don't be surprised if you have to do boring tasks at first.	langweilige Aufgaben erledigen
to earn only little money	You may earn only little money from your internship, but it's better than nothing.	nur wenig Geld verdienen
to get in touch with potential employers	People you work with during your internship may help you to get in touch with potential employers in the future.	mit potenziellen Arbeitgebern/Arbeitgeberinnen in Kontakt treten
to get insights into the working world	Your internship may help you get insights into the working world and help you decide on a career path.	Einblicke in die Arbeitswelt erhalten
to have less leisure time	Sadly, having a summer internship means having less leisure time overall.	weniger Freizeit haben
to have less time to prepare for exams	If you have an internship while attending school, you will have less time to prepare for exams.	weniger Zeit zur Prüfungsvorbereitung haben
to improve communicative skills	Working in marketing helped him improve his communicative skills.	kommunikative Fähigkeiten verbessern
to not be interesting	Some parts of the internship will not be interesting, but they are still part of the job.	nicht interessant sein

#### Getting ready for your internship

to answer the phone	My job is to answer the phone at work and direct the caller to someone who can help them.	Anrufe entgegennehmen / beantworten
to work together with colleagues	I love to work together with colleagues from different parts of the world.	mit Kollegen/Kolleginnen zusammenarbeiten
to communicate the company's vision	A manager's job is to communicate the company's vision to the employees under them.	die Vision des Unternehmens kommunizieren
to complete tasks within deadlines	You need to complete tasks within deadlines, or we will all get behind on work.	Aufgaben innerhalb der Fristen erledigen
to contribute ideas	Everyone should contribute ideas during the meeting.	Ideen einbringen
to enter data	The last thing I do before the end of the day is enter data into the company database.	Daten eingeben
to file data	I think we should use AI to file data because it takes a very long time otherwise.	Daten speichern / archivieren
to help create content for social media	We hired someone to help create content for social media, and it really helped our sales numbers.	bei der Erstellung von Social-Media-Inhalten helfen
to communicate with customers and clients	It's important to be patient and kind when you communicate with customers and clients.	mit Kunden und Klienten/Kundinnen und Klientinnen kommunizieren
to make important decisions	I think being a manager would be stressful because you need to make important decisions all the time.	wichtige Entscheidungen treffen
to check the company's performance	Our boss checks the company's performance twice a year.	die Leistung des Unternehmens überprüfen
to participate in team meetings	Everyone is expected to participate in team meetings and share their opinions.	an Team-Meetings teilnehmen
to represent the company at big events	He had to represent the company at big events even though he didn't like attending them.	das Unternehmen bei großen Veranstaltungen vertreten

to set goals for the whole company	The CEO is the one who sets goals for the whole company.	Ziele für das gesamte Unternehmen setzen
to shadow experienced employees	Interns should shadow experienced employees.	erfahrene Mitarbeiter/innen begleiten
to lose one's focus at work	It's normal to lose one's focus at work, especially if there are lots of distractions.	die Konzentration bei der Arbeit verlieren
to make the best out of one's internship	You're not there for very long, so you need to make the best out of your internship.	das Beste aus dem Praktikum machen
to be relevant to one's position	You should only ask questions that are relevant to your position in the company.	für die eigene Position relevant sein
to introduce oneself to everyone	On your first day as an intern, you should introduce yourself to everyone.	sich allen vorstellen
to keep oneself busy	As an intern, you should keep yourself busy so that everyone knows you're a hard worker.	sich selbst beschäftigen, ständig beschäftigt sein
to uphold a certain standard of professionalism	No matter how fun the office is, you're expected to uphold a certain standard of professionalism.	einen bestimmten Standard an Professionalität wahren
to avoid talking about personal matters	It's best to avoid talking about personal matters during a meeting because it's not very professional.	vermeiden, über persönliche Angelegenheiten zu sprechen
to do sth. to the best of one's ability	Our last intern always did everything to the best of his ability, which impressed us.	etw. nach bestem Können tun

#### **Dos and don'ts at work**

to be polite	You should be polite to everyone, no matter who they are.	höflich sein
to prepare for meetings	You need to prepare for meetings, even if they seem unimportant.	sich auf Meetings vorbereiten
to speak at an acceptable sound level	If you can't speak at an acceptable sound level, you will be asked to step outside.	in angemessener Lautstärke sprechen
to show up on time	If you don't show up on time, you will be expected to stay later.	pünktlich erscheinen
to offer help to others	It's polite to offer help to others, no matter how long they've worked at the company.	anderen Hilfe anbieten
to double-check emails for spelling errors	Tina always double-checks emails for spelling errors because she wants to sound intelligent.	E-Mails auf Rechtschreibfehler überprüfen
to use formal language with customers	You should use formal language with customers so they know they are speaking to a professional.	formelle Sprache mit Kunden/Kundinnen verwenden
to vape in the office	You are not allowed to vape in the office, even when no one is there.	im Büro (E-Zigaretten) dampfen
to dress too casually	I always wear a suit to work to avoid dressing too casually.	sich zu locker / leger kleiden
to give away confidential data	If you give away confidential data, you should be sacked.	vertrauliche Daten preisgeben
to brag about achievements	If you brag about your achievements, don't expect anyone to want to talk to you for long.	mit Leistungen angeben
to play games on one's phone	Ryan likes to play games on the phone, but only during his breaks.	Handyspiele spielen
to send snaps	I love to send snaps to my co-workers, even when they're right in front of me.	Snaps verschicken
to check personal messages	It's ok to check personal messages at work, but you shouldn't take very long.	persönliche Nachrichten überprüfen

## Unit 9 – The way I live

### Types of houses

block of flats	The block of flats near my house has a lot of amazing apartments at very affordable prices.	Wohnblock
bungalow	My grandparents bought a bungalow by the sea because they didn't want to have to worry about climbing stairs.	Bungalow
condominium (condo)	I bought a great condo in the city centre that offers an amazing view of the city.	Eigentumswohnung
cottage	We went to our cottage on the lake for the weekend.	Landhaus
detached house	I want a detached house so that I can also have a large backyard.	freistehendes Haus
semi-detached house	A semi-detached house is perfect for those who want privacy but also some sense of community.	Doppelhaushälfte
terraced house / row house	The Johnsons live in an amazing terraced house in a quiet neighbourhood, with just enough room for a garden in the backyard.	Reihenhaus
tiny house	I don't need much space, so I think it would be fun to live in a tiny house.	Tiny House, sehr kleines Haus

### Living in a house vs. living in a flat

to have a lot of freedom	In this apartment, you have a lot of freedom to design the rooms as you like.	viel Freiheit haben
to have shared facilities	I don't mind having shared facilities as long as everyone cleans up after themselves.	gemeinsame Einrichtungen haben
to have hardly any privacy	My last apartment had a window facing the street, so I felt like I had hardly any privacy at all.	kaum Privatsphäre haben
to be cost-intensive	Fixing up houses is really cost-intensive, but worth it in the end.	teuer / kostenintensiv sein
to benefit from the community	Living in a village allows you to benefit from the community, because everyone always tries to help each other.	von der Gemeinschaft profitieren
to deal with noisy neighbours	Living in an apartment, I always have to deal with noisy neighbours.	mit lauten Nachbarn/Nachbarinnen umgehen
to require little time for maintenance	Thanks to smart home technology, this apartment requires little time for maintenance.	wenig Zeit für die Wartung/Instandhaltung erfordern
to have limited space	My apartment has limited space, but I don't have a lot of stuff anyway.	begrenzten Platz haben
to have a lot of (storage) space	I need a lot of storage space for all my books.	viel Platz (Stauraum) haben
to be a lot of work	Owning a house is a lot of work.	viel Arbeit sein
to be comfortable	It's a small but comfortable flat that feels like home.	komfortabel sein
to have to follow certain house rules	In this apartment complex, you have to follow certain house rules to make living together pleasant for everyone.	bestimmte Hausregeln befolgen müssen
to need intensive care	Living in the city is more convenient if you need intensive care.	intensive Pflege benötigen

to know your neighbours	In rural areas, it is common to know your neighbours, which can lead to feelings of belonging.	die Nachbarn/Nachbarinnen kennen
to be very expensive	Buying a house can be very expensive.	sehr teuer sein
to be located close to the city centre	My apartment in Prague is located close to the city centre, which means I have to deal with tourists every day.	zentral gelegen sein

### At a real estate showing

#### rooms

basement	We added a couch and TV to the basement, which made it very comfortable.	Keller
bathroom	The tile in my bathroom looks really nice.	Badezimmer
bedroom	Her bedroom has posters of bands that she likes.	Schlafzimmer
gym / spa room	Jeff loved his new gym and spa room, which had exercise equipment and a sauna.	Fitnessraum / Spa-Raum
open kitchen	My open kitchen allows me to cook while still speaking to my guests.	offene Küche
open living-dining room	The open living-dining room is perfect for hosting big parties.	offenes Wohn-Esszimmer
study	I love to read in my study.	Arbeitszimmer

#### indoor features

acoustic panels	A lot of music studios have acoustic panels to help with the sound.	Akustikpaneele
carpet	Carpet is sometimes difficult to clean, but it makes the room much cosier.	Teppich
curtain	I keep a curtain over my window to block any light from coming in.	Vorhang
(glass) fireplace	The new glass fireplace looked really modern, and made the room feel cosier.	(Glas-)Kamin
LED lights	The LED lights blinked and changed colours.	LED-Lichter
mirror	Steve has a big mirror on the wall so he can make sure he looks good before he goes out.	Spiegel
Painted walls	Our freshly painted walls looked really nice.	gestrichene Wände
window bench	Mina uses her window bench to sit and read on nice summer days.	Fensterbank

#### outdoor features

balcony	I love to start each morning by drinking coffee on my balcony.	Balkon
carport / garage	We need a garage because the heavy snow in the winter might damage our car.	Carport / Garage
hammock	I love to read a book in my hammock on summer afternoons.	Hängematte
outdoor kitchen	Stef's outdoor kitchen was the perfect place to grill for people in the summer.	Außenküche
pool	I love to visit the pool on hot summer days.	Pool, Schwimmbecken
raised bed	The raised bed in the backyard is the perfect place to grow vegetables.	Hochbeet

solar panels	Our school has solar panels to help with electricity costs.	Solarpaneel
sunbed	I stay away from sunbeds because I burn easily.	Liegestuhl
trampoline	I don't want to buy a trampoline because I think they are unsafe.	Trampolin
<b>appliances</b>		
dishwasher	I decided to get a dishwasher because I was tired of washing everything by hand.	Geschirrspüler
freezer	Put that ice cream in the freezer before it melts, please.	Gefrierschrank
kitchen appliances	I love to cook, so I have a lot of kitchen appliances.	Küchengeräte
oven	Let me know when the cookies need to come out of the oven.	Backofen
refrigerator	I have so much food in my refrigerator.	Kühlschrank
smart home	My smart home can keep track of how much food I have left in the house.	Smart Home; intelligentes Zuhause
stove	Please clean the stove for me and I'll make us some stir fry.	Herd
washing machine	I need to put my clothes in the washing machine, could you please tell me when they are finished?	Waschmaschine
<b>furniture</b>		
armchair	I have a comfortable armchair where I do most of my reading.	Lehnstuhl, Polstersessel
blinds	Hannah made sure the blinds were closed before she changed her clothes.	Jalousien
bedside table	I keep my phone on my bedside table so it can wake me up in the morning.	Nachttisch
bookshelf	I needed to get a second bookshelf because I was running out of space.	Bücherregal
drawer	I have a drawer for each type of clothing I wear.	Schublade
kitchen island	The kitchen island is a great place to arrange breakfast for the whole family.	Kücheninsel
sink	Will had to wash all the pots and pans in the kitchen sink.	Waschbecken, Spülbecken
TV console	The TV console is where we put all our gaming equipment.	TV-Schrank / Regal
walk-in closet / wardrobe	Julianne's walk-in closet is so big, she can finally store all her clothes.	begehbarer Kleiderschrank
to be accessible from the bedroom	The bathroom is accessible from my bedroom, which is convenient for me.	vom Schlafzimmer aus zugänglich sein
to be state-of-the-art	My house is state-of-the-art and has the latest smart technology.	auf dem neuesten Stand der Technik sein
to do public showings	Real estate agents do public showings of houses all the time.	öffentliche Besichtigungen durchführen
to have enough storage room and counter space	I want my new kitchen to have enough storage room and counter space.	genügend Stauraum und Arbeitsfläche haben
to pay a security deposit	Lukas had to pay a security deposit before he moved into his new apartment, but he will get it back if nothing is damaged.	eine Kaution zahlen
to hear other tenants	The worst part of my building is that I can hear other tenants through the walls.	andere Mieter/innen hören

to be quite sensitive to noise	I am quite sensitive to noise, which makes living next to a busy street really difficult.	geräuschempfindlich sein
to buy a property	I really want to buy a property in my favourite part of Prague.	eine Immobilie kaufen
to become available for sale	The house will become available for sale within the next month.	zum Verkauf verfügbar werden
to be a first-time homeowner	As a first-time homeowner, he really had no idea of how to take care of the house.	zum ersten Mal Hausbesitzer/in sein
to reduce the running costs	My smart house automates everything, which helped to reduce the running costs of the house.	die Betriebskosten senken
to get a mortgage from the bank	After he started work, he got a mortgage from the bank to help pay for his house.	eine Hypothek von der Bank erhalten
to be well-insulated	His house is well-insulated, which means it's really warm and comfortable in the winter.	gut isoliert sein
to view the site	We decided to view the site before buying the house.	die Immobilie besichtigen

#### Tiny houses

to downsize living spaces	The Smith family wanted to downsize living spaces to make their lives easier.	den Wohnraum verkleinern
to matter more than sth. else	The people in your life matter more than the money you make.	wichtiger als etw. anderes sein
to live in natural surroundings	She bought a house in the forest because she always wanted to live in natural surroundings.	in natürlicher Umgebung leben
to be comparable	The blue house is comparable to the white house in size, but not in quality.	vergleichbar sein
to be a significant contrast	The big house is a significant contrast to the small apartment where I used to live.	ein erheblicher Unterschied sein
to get rid of unnecessary belongings	Kayla wanted to get rid of unnecessary belongings because her house felt cluttered.	unnötigen Besitz loswerden
to afford sth.	I was finally able to afford a car after saving my money for a couple of months.	sich etw. leisten können
to be friendlier to one's budget	Buying a tiny house is friendlier to one's budget.	günstiger / budgetfreundlicher sein
to play a crucial role	The quality of your house plays a crucial role in how happy you are.	eine entscheidende Rolle spielen
to use reclaimed materials	The eco-friendly house was built using reclaimed materials.	wiederverwertete Materialien / aufbereitete Baustoffe nutzen
to reduce the environmental footprint	Joey hopes he can reduce the environmental footprint of his house by installing solar panels.	den ökologischen Fußabdruck reduzieren
to pick up the minimalist lifestyle	Tracy wanted to pick up the minimalist lifestyle after reading about it in a magazine.	den minimalistischen Lebensstil übernehmen

#### Vanlife

to renovate a van	Tamar decided to renovate a van so she could live in it and travel across England.	einen Van renovieren
to be a digital nomad	Kyle is a digital nomad, which means he works remotely from anywhere in the world.	ein digitaler Nomade / eine digitale Nomadin sein
to live with less	When I didn't have a job, I had to learn to live with less.	mit weniger leben

to make a living	Ban makes a living by travelling around the world and posting videos about his adventures.	den Lebensunterhalt verdienen
to live on the road	The worst part of living on the road is probably not being able to shower every day.	ein Leben auf Reisen führen
to work from the road	I don't mind working from the road, as long as I have a good Internet connection.	von unterwegs aus arbeiten
to be tough	Living in a van can be tough if you don't know what you're doing.	hart / schwer sein
to end up somewhere	We were driving to Poland but ended up in Austria, which was a nice surprise.	irgendwo landen
to do assignments	Taira was able to do assignments on the road and finish her degree early.	Aufträge erledigen
to be handy	Knowing how to change a tire is handy once you get out onto the open road.	praktisch / nützlich sein
to not have any privacy	You do not have any privacy if you live in a van with someone, so I hope you know them well.	keine Privatsphäre haben
to take on a lot of debt	I took on a lot of debt to travel abroad, but it worked out well in the end.	sich stark verschulden

## Unit 10 – Keep calm and go shopping

### At the shop

to be in stock	Those pants will be in stock next week at the latest, would you like me to reserve a pair for you?	auf Lager sein
to pay cash	I prefer to pay cash so I don't accidentally spend too much.	bar bezahlen
to pay by card / mobile phone	It's convenient that I can pay by mobile phone now because I always have it on me.	mit Karte / Handy bezahlen
to like a brand	It's common for teens to like a brand they think is cool.	eine Marke mögen
to be a reasonable price	The dress is a reasonable price, but that's about it.	einen angemessenen Preis haben
to wait in a queue	I had to wait in a queue for an hour before I could finally buy my items.	in einer Schlange warten
to get a discount on a product	If you have the app, you can get a discount on a product of your choice.	einen Rabatt auf ein Produkt bekommen
to offer a wide range of sth.	The thrift store offers a wide range of used clothing.	eine große Auswahl an etw. bieten
to return sth.	I had to return the shirt because it was too small for me.	etw. zurückgeben
to give professional advice	The shop assistant gave me professional advice on what colours matched my style most.	professionelle Beratung geben
to have a huge shopping bill	I had a huge shopping bill this month, but I look amazing, so it was worth it.	eine hohe Einkaufsrechnung haben
to pay at the cash desk	You need to pay for those at the cash desk just over there.	an der Kasse bezahlen
to use a shopping trolley	I'll need to use a shopping trolley for all these items.	einen Einkaufswagen benutzen
to take advantage of a special offer	Toby decided to take advantage of a special offer and buy four extra pairs of pants.	ein Sonderangebot nutzen
to ask a shop assistant for help	If you need help, please ask the shop assistant for help.	eine/n Verkäufer/in um Hilfe bitten
to use the changing room	I'm not sure if this will fit me, so I need to use the changing room please.	die Umkleidekabine benutzen
to restock the shelves	They needed to restock the shelves after the big sale.	die Regale auffüllen
to look at the price tag	It's important to look at the price tag before you buy anything.	auf das Preisschild schauen

### Going shopping

sale	I wasn't planning on buying anything, but it was such a good sale that I had to.	Abverkauf
rip-off	It's \$20 more here than at the other store, what a rip-off!	Abzocke
receipt	If you want to return the item, I'll need to see the receipt.	Kassenbon, Quittung, Rechnung
junk	The store had so much junk in it, I can't believe we found anything useful.	Ramsch, altes Zeug
window shopping	Even if I don't have a lot of money, I like to go window shopping and look at all the clothes.	Schaufensterbummeln
credit note	I returned the pants and got a credit note for my next purchase at the store.	Gutschrift

to be worth	The dress is worth \$ 400.	wert sein
to be broke	Could you please pay for lunch, I'm broke right now.	pleite sein

### Dress for success

#### clothes

(high-waist) jeans	I used to think high-waist jeans were for older people, but they are really in fashion now.	Jeans (mit Bund auf der Taille)
jacket	It looked a little chilly out, so I grabbed a jacket just in case.	Jacke
jumper	I love to wear a cosy jumper on a cool autumn day.	Pullover
jumpsuit	I like to wear a belt with my jumpsuit to show off my waist.	Overall, einteiliger Hosenanzug, Jumpsuit
leggings	I like to wear leggings at home because they are so comfortable.	Leggings
(mini) skirt	Katie wore a cute mini skirt to the party.	(Mini-)Rock
suit / ladies' suit	I received lots of compliments on the suit I wore to the wedding.	Anzug / Hosenanzug
(graphic) tee	Tim's graphic tee had a cool logo on it.	T-Shirt (mit Aufdruck)

#### shoes

flip-flops	I'll only wear flip-flops when I'm at the beach.	Flip-Flops
(football) boots	I feel like I run faster on the pitch when I wear football boots.	(Fußball-)Schuhe / Stiefel
high heels	Leia likes how high heels look, but she knows she will never be able to wear them comfortably.	High Heels
high tops	High tops are better if you play sports because they protect your ankles.	hohe Sneaker / Turnschuhe
loafers	I like loafers because I can pair them with casual or formal outfits.	Slipper, Schuhe zum Reinschlüpfen
sandals	I need sandals in the summer because otherwise my feet start to smell.	Sandalen
slippers	I wear slippers while I'm in the house.	Hausschuhe
sneakers / trainers	I like to wear sneakers because they're so comfortable.	Sneaker / Turnschuhe

#### pattern / style

checked	I love my checked flannel shirt, especially in the winter.	kariert
dotted	The dotted shirt had blue dots on a white background.	gepunktet
floral print	The floral print skirt made her feel like spring had come.	Blumenaufdruck, Blumenmuster
long-sleeved	It was chilly this morning, so I wore my long-sleeved shirt.	langärmelig
short-sleeved	It was hot today, I'm so glad I wore my short-sleeved shirt.	kurzärmelig
striped	Tyler wore a red and blue striped shirt.	gestreift
turtleneck	Matt doesn't like to wear turtlenecks because it sometimes feels like he can't breathe.	Rollkragenpullover

v-neck	I prefer to wear a shirt under my v-neck jumper, but I know that's not everyone's style.	V-Ausschnitt
<b>trends</b>		
athleisure	My brothers have an athleisure style inspired by their time playing basketball in high school.	bequeme, sportliche Outfits, alltagstaugliche Sportkleidung
boho (bohemian)	Her loose-fitting dress gave her a boho style look.	Boho (lockerer Kleidungsstil, der unterschiedliche Farben, Muster und Texturen miteinander kombiniert, mit Wurzeln u.a. in der Kleidung der Hippie-Bewegung)
colour blocking	Her colour blocking outfit was so noticeable that people stared at her on the street.	Kleiderkombination mit Kontrastfarben
neon colours	I only see people wearing neon colours at music festivals.	leuchtende Farben
retro	His retro shirt from the 60s was so cool.	retro, an alte Designs angelehnt
sustainable fashion	Teens prefer sustainable fashion because they want to feel like they are making a difference.	nachhaltige Mode
vintage	I want to find a vintage 80s jacket at the thrift store.	vintage, alt
<b>accessories</b>		
bandana	Tanya puts a bandana in her hair to keep it out of her eyes.	Stirnband, Halstuch
belt bag	I carry everything I need in my belt bag.	Gürteltasche, Bauchtasche
cap	He wears a cap to protect his eyes from the sun.	Kappe
choker	Her black choker made her outfit trendy and cool.	enganliegendes Halsband
headphones / earbuds	I wear headphones when I go to work so that people don't talk to me on the bus.	Kopfhörer / Ohrstöpsel
necklace / bracelet	Her necklace and bracelet were both gold and really complimented her outfit.	Halskette / Armband
rings	Sonya wears rings on all her fingers.	Ringe
(smart)watch	My smart watch keeps track of all my steps.	(Smart-)Uhr
(sun)glasses	Without sunglasses, it's hard to see what's happening on a sunny day.	(Sonnen-)Brille
business attire	My business attire includes a tie, dress shoes and a suit.	Geschäftskleidung
blouse	Her blouse was pink and had long sleeves.	Bluse
dress shoes	He had black dress shoes to go with his tie.	Anzugschuhe
shirt	He wore a navy blue shirt that matched his eyes.	Hemd
smart casual	We are allowed to wear smart casual clothing to work events because it helps everyone have more fun.	Smart Casual: lässig-elegant
blazer	My blazer really helped me look a bit more professional.	Blazer
business casual	On Wednesday we need to wear business casual clothing, which means no jeans.	Business Casual: professionell, aber wenig formell

leather belt	He added a leather belt to his outfit because the pants were a little loose.	Ledergürtel
slacks	He put on slacks because it was a more formal event.	Stoffhose
tie	His tie had a cool pattern on it.	Krawatte
to be a timeless choice	A suit and tie are a timeless choice no matter what event you go to.	eine zeitlose Wahl sein
to land a job	She finally landed a job as an analyst.	einen Job bekommen
to select an outfit	You need to select an outfit because the show starts soon.	ein Outfit auswählen
to be a nerve-racking experience	My first day at work was a nerve-racking experience.	eine nervenaufreibende Erfahrung sein
to stick to neutral colours	I try to stick to neutral colours because I don't know much about fashion.	bei neutralen Farben bleiben
to convey / showcase professionalism	Wearing a nice outfit for an interview conveys professionalism and confidence.	Professionalität vermitteln / zeigen
to boost one's confidence	A good outfit can boost one's confidence before a difficult meeting.	sein Selbstvertrauen stärken
to avoid flashy patterns	If you aren't sure what to wear, avoid flashy patterns.	auffällige Muster vermeiden
to be a useful accessory	A simple leather bag is a useful accessory that can add style to a professional outfit.	ein nützliches Zubehör / Accessoire sein
to take on responsibilities	He took on responsibilities as a manager that he didn't know he would have to do.	Verantwortung übernehmen

#### Quantities

bag	I brought my grocery bag to the store with me.	Tüte
barrel	The company sent their best barrel of whisky for the party.	Fass
bottle	I brought my bottle of water to class.	Flasche
box	I bought a box of chocolates to enjoy on the train.	Schachtel
can	All I had left in my kitchen was a can of beans, so it was time to go shopping.	Dose
carton	All I need is one carton of milk.	Karton
cup	I drank a cup of water because I was thirsty.	Tasse
jar	I should have a jar of pickles around here somewhere.	Glas, Einweckglas
tin	The tin of biscuits was nearly empty.	Blechdose, Konservendose

#### Shopping trends

to embrace online shopping	So many people have embraced online shopping because of how easy it is.	Online-Shopping gerne / bereitwillig nutzen
to encourage so. to do sth.	Our boss encouraged us to talk to customers in a friendly way.	jmdn. ermutigen, etw. zu tun
to make a purchase	Before you make a purchase, double check the price.	einen Kauf tätigen
to leave the comfort of one's home	I used food delivery apps so that I don't have to leave the comfort of my home.	den Komfort des eigenen Zuhause verlassen
to choose from a wide range of sth.	The thrift shop let us choose from a wide range of old jackets.	aus einer großen Auswahl von etw. wählen
to be fake and misleading	Some online products have descriptions that are fake and misleading.	gefälscht und irreführend sein

to connect with one's audience	Influencers need to connect with their audience if they want to sell products.	zu seinem Publikum eine Verbindung aufbauen
to make a purchasing decision	You do not need to make a purchasing decision right away; you can wait until later.	eine Kaufentscheidung treffen
to matter most	For me, style matters most when I buy clothing.	am wichtigsten sein
to pay back in small rates	If you shop online, some stores have the option to pay back in small rates instead of buying everything all at once.	in kleinen Raten zurückzahlen
to have high living costs	Capital cities have high living costs, but usually people who work in the city make enough to live comfortably.	hohe Lebenshaltungskosten haben
to have a good price-performance ratio	Smart technology is expensive, but it has a good price-performance ratio.	ein gutes Preis-Leistungs-Verhältnis haben

#### A restaurant review

to ask for the bill	Kellan asked for the bill after eating his meal.	nach der Rechnung fragen
to give a tip	In the United States, it is normal to give a tip of around 15-20%.	Trinkgeld geben
to give sth. a try	I usually don't eat spicy food, but I'll give wasabi a try.	etw. ausprobieren
to look at the menu	I did not need to look at the menu because I knew exactly what I wanted.	die Speisekarte ansehen
to make a reservation	That place is popular, so you'll need to make a reservation.	eine Reservierung vornehmen
to choose today's special	Bob recommended choosing today's special for dinner: a spaghetti dish.	das Tagesgericht wählen
to order a side of sth.	I ordered a side of crisps because I knew I'd still be hungry later.	eine Beilage zu etw. bestellen
to order takeaway	I prefer to order takeaway so I can eat my food at home.	Essen zum Mitnehmen bestellen
to pick a main course	I think it's easiest just to pick a main course dish.	ein Hauptgericht wählen
to taste delicious	The fish tasted delicious, but it made me sick later.	köstlich schmecken
to be perfectly seasoned	The meat was perfectly seasoned with a secret mix of spices.	perfekt gewürzt sein

## Unit 11 – A digital life

Means of communication		
carrier pigeon	The post is so slow that you might as well send your letter by carrier pigeon.	Brieftaube
face-to-face conversation	I prefer to have a face-to-face conversation instead of texting.	persönliches Gespräch
fax machine	I can't believe my company still uses a fax machine when email is so much easier.	Faxgerät
letter	Belle was excited to receive a letter from her friend, who is travelling the world.	Brief
morse code	We had to learn morse code in the boy scouts, but it doesn't seem that useful to me.	Morseschrift
personal computer	I use a personal computer at work and my smartphone at home or on the road.	Computer (PC)
text message	I received a text message from Sally asking if we could meet up later instead.	Textnachricht, SMS
video conference / call	We had a video conference to make sure the project was going well.	Videokonferenz / Videoanruf
wired telephone	I can't believe we still have a wired telephone when everyone in the family has a mobile phone.	Festnetztelefon
The evolution of technology		
to immensely influence the way we get knowledge	The Internet has immensely influenced the way we get knowledge.	die Art und Weise, wie wir Wissen erlangen, enorm beeinflussen
to be state-of-the-art these days	Smart phones are state-of-the-art these days and can do anything from search the Internet to pay your bills.	heutzutage auf dem neuesten Stand der Technik sein
to bring groundbreaking innovations	New technology could bring groundbreaking innovations to science and medicine.	bahnbrechende Innovationen bringen
to unlock the device	My smartphone needs to scan my face to unlock the device.	das Gerät entsperren
to profoundly change education	AI may profoundly change education by replacing teachers.	Bildung grundlegend verändern
to have access to educational opportunities	More people than ever have access to educational opportunities.	Zugang zu Bildungsmöglichkeiten haben
to be available through the Internet	A lot of books are available through the Internet, for instance as e-books via apps like <i>Kindle</i> .	über das Internet verfügbar sein
to be the primary source of information	<i>Instagram</i> is the primary source of information for my friends, which is a big problem.	die vorrangige Informationsquelle sein
to have a huge impact on society and education	Smart phones had a huge impact on society and education when they came out, so I wonder what will happen with AI.	einen enormen Einfluss auf Gesellschaft und Bildung haben
Are digital textbooks the future?		
to get a headache	I can't read electronic books because I always gets a headache when I do.	Kopfschmerzen bekommen
to be outdated quickly	In the fast-paced world of technology, new devices tend to be outdated quickly.	schnell veraltet sein
to be space-saving and light	E-readers are space-saving and light, making them easy to take anywhere.	platzsparend und leicht sein
to have no search function	Traditional textbooks have no search function, so finding information can take longer.	keine Suchfunktion haben

to increase screen time	Teens usually increase screen time when they're bored or stressed.	die Bildschirmzeit erhöhen
to deal with technical problems	The IT department deals with technical problems like that all the time.	mit technischen Problemen umgehen
to be distracted more easily	People who use their phones a lot are distracted more easily.	leichter abgelenkt werden
to be heavy	My computer is heavy compared to his.	schwer sein
to run out of battery	Tatiana's phone is old and quickly runs out of battery.	keinen Akku mehr haben
to have up-to-date material	It's important to have up-to-date material for any technology presentation.	aktuelles Material haben
to be available everywhere	The new <i>iPhones</i> are available everywhere now.	überall verfügbar sein
to be interactive	AI programmes are interactive and can answer almost any question.	interaktiv sein
to be environmentally-friendly	I only buy products that are environmentally-friendly so I can help save the planet.	umweltfreundlich sein
to be easy to take notes	Tablets are easy to take notes on during online classes.	leicht Notizen machen können
to be independent from technology	Using paper textbooks allows you to be independent from technology and means you don't need batteries or the Internet.	Technologie-unabhängig sein
to have a tactile learning experience	Many students prefer textbooks because they let you to have a tactile learning experience by touching and flipping pages.	eine tactile Lernerfahrung machen, durch Anfassen lernen
to be more focused	She needs to get rid of her smart phone and be more focused in class!	konzentrierter sein
to require space	Newer apps tend to require space on your phone, which may mean deleting something.	Platz benötigen
to have high production costs	Printed textbooks may have high production costs because of paper and printing, but manufacturing electronic devices may also involve expensive components.	mit hohen Produktionskosten einhergehen
to be easier to read	Skyler finds e-readers easier to read because the font size can be adjusted.	leichter zu lesen sein

#### Too old for innovation?

to affect the quality of life of so.	Technology can affect the quality of life people live in both positive and negative ways.	die Lebensqualität beeinflussen
to keep in touch with so.	I think it's great that you've kept in touch with Dave, he's a great guy.	mit jmdm. in Kontakt bleiben
to be tech-savvy	Dan is tech-savvy and smart, so he decided to start his own software company.	technisch versiert sein
to struggle with sth.	Jane struggles with responding to emails because she's so forgetful.	mit etw. kämpfen, sich mit etw. schwortun
to feel incompetent	Sometimes I feel incompetent compared to my younger co-workers.	sich inkompetent / nicht qualifiziert fühlen
to become more confident with technology	Richard became more confident with technology the more he used it.	sicherer im Umgang mit Technologie werden
to develop basic IT skills	Anyone can develop basic IT skills if they try hard.	grundlegende IT-Fähigkeiten entwickeln

to value sth.	Travelling helped me to value the simple things in life.	etw. wertschätzen
to provide support	My company provides support for anyone who needs it.	Unterstützung bieten

### The role of IT

to be of utmost importance nowadays	Being able to communicate with people is of utmost importance nowadays.	heutzutage von größter / äußerster Bedeutung sein
to communicate online with so.	It's amazing that we can communicate online with someone almost anywhere in the world.	mit jmdm. online kommunizieren
to depend on sth.	I depend on my smartphone to get to work in the morning.	von etw. abhängig sein
to provide lessons for elderly people	Ian was kind enough to provide lessons for elderly people about how to use the Internet.	Unterricht für ältere Menschen anbieten
to connect so. with the rest of the world	The goal of social media is to connect people with the rest of the world.	jmdn. mit dem Rest der Welt verbinden
to stay in touch with so.	I use <i>Instagram</i> to stay in touch with friends I met at music festivals.	mit jmdm. in Kontakt bleiben
to live for / with / without sth.	Amy lives for helping animals and volunteers at the local shelter.	für / mit / ohne etw. leben
to benefit from sth.	A lot of people could benefit from free education.	von etw. profitieren
to share one's story on the Internet	Jenna moved to Austria and decided to share her story on the Internet.	die eigene Geschichte im Internet teilen
to share one's experience with so.	He was excited to share his experience with someone who was his own age.	Erfahrungen mit jmdm. teilen
to add value to sth. / so.'s life	Volunteering allows me to add value to someone's life by providing care and support.	etw. / jmds. Leben bereichern
to protect so. from dangers	It's very natural that parents want to protect their children from dangers online.	jmdn. vor Gefahren schützen
to have access to endless opportunities	The Internet really has allowed us to have access to endless opportunities.	Zugang zu unzähligen Möglichkeiten haben
to feel isolated from the world	If you work from home and never get to work in an office, it's easy to feel isolated from the world.	sich von der Welt isoliert fühlen
to miss out on nice things	His goal is to not work so hard that he misses out on nice things.	schöne Dinge verpassen

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