

VocabExtra

The new

BEST

GOTTINGER
PARGFRIEDER
GOLDER

SHOTS

FACHSCHULE

Europäischer
Referenzrahmen

A2

B1

2

Zum Konzept

Das *VocabExtra* zu *The New Best Shots – Fachschule* dient der **Festigung und Vertiefung der Key Vocabulary-Einheiten** im Buch, die das relevante Vokabular der einzelnen Units (1–10) thematisch strukturiert zusammenfassen:

- **Deutsche Übersetzung** zu sämtlichen Vokabeln / Phrases
- 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

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Unit 1 – The louder, the better?

Talking about music

to be one's favourite genre	Rock is my favourite genre, I've been listening to it since I was a kid.	jemandes Lieblingsgenre sein
to spend about one hour / two hours ... listening to music every day	Joshua spends about two hours listening to classical music every day.	jeden Tag ein / zwei Stunden damit verbringen Musik zu hören
to listen to music during the breaks at school / while studying / to fall asleep / when using public transport	It takes me a while to get to work, so I like to listen to music when using public transport.	während der Pausen in der Schule / während des Lernens / um einzuschlafen / bei der Nutzung öffentlicher Verkehrsmittel Musik hören
to have an average playlist of ... songs	Most teens have an average playlist of 500 songs.	eine durchschnittliche Playlist von ... Liedern haben
to use music streaming services every day	Lucia uses music streaming services every day to help her focus on her homework.	Musikstreamingangebote jeden Tag nutzen
to listen to music on YouTube / Spotify ...	Young people like to listen to music on Spotify because it gives good recommendations.	Musik auf YouTube / Spotify ... hören
to listen to music on the radio	They listen to music on the radio every morning before school.	Musik im Radio hören
to buy vinyl records	Jim buys vinyl records because he believes they sound better.	Schallplatten kaufen
to download music from online stores	The easiest option for most people is to download music from online stores instead of buying CD's.	Musik von Internet-Shops herunterladen
to access online radio stations	I can only access online radio stations if I have a strong WiFi connection.	auf digitale Radiosender zugreifen

Going to a concert / music festival

Reasons / motivation for going to a concert / music festival

to have the chance to see one's favourite singer / band	I had the chance to see my favourite singer / band last year, it was an amazing performance.	die Chance haben jemandes Lieblingssänger/-in /-band zu sehen
to experience a sense of independence	Most teens do not experience a sense of independence until they are allowed to see a concert on their own.	ein Gefühl von Unabhängigkeit erleben
to create unique experiences	When performing, certain artists create unique experiences that people will remember for a lifetime.	einzigartige Erlebnisse schaffen
to socialise with friends	I like to go to concerts not only to see my favourite artists but also to socialise with friends.	mit Freunden/Freundinnen zusammenkommen
to meet others who share the same music taste	Music festivals are a great opportunity to meet others who share the same music taste.	andere treffen, die den gleichen Musikgeschmack haben

Possible risks / parents' concerns when going to a concert / music festival

to not know what the teenagers do at the festival	Many parents are worried because they do not know what the teenagers do at the festival once they have no supervision.	nicht wissen, was Jugendliche auf dem Festival machen
to worry about the influence of peer pressure	Teens often worry about the influence of peer pressure and how it could affect them.	sich Sorgen wegen des Einflusses von Gleichaltrigen / Gruppenzwangs machen
to have various safety risks (e.g. crowded space, alcohol / substance use, etc.)	Concerts are fun but also have various safety risks that people should be aware of.	verschiedene Sicherheitsrisiken haben (z.B.: überfüllte Plätze, Alkohol / Einnahme von Suchtmitteln, etc.)

the concert venue / festival environment might not be clean enough (<i>bathroom facilities, etc.</i>)	My friends and I always worry that the concert venue / festival environment might not be clean enough, but so far we've been pleasantly surprised.	der Konzertveranstaltungsort / das Festivalgelände könnte nicht sauber genug sein (<i>Sanitär-einrichtungen, etc.</i>)
personal items (<i>e.g. smartphones, money, etc.</i>) might be stolen	Security warned us that personal items might be stolen if we do not watch them carefully.	persönliche Gegenstände (<i>z. B. Smartphones, Geld, etc.</i>) könnten gestohlen werden
to not fully trust a teen's ability to make responsible decisions	It is very common for a parent not to fully trust a teen's ability to make responsible decisions.	nicht vollständig auf die Fähigkeit eines Teenagers vertrauen, verantwortungsvolle Entscheidungen zu treffen
Talking about hearing loss		
to wear earbuds	It's important to wear earbuds when listening to music in public so you don't disturb others.	Kopfhörer tragen
to cause permanent hearing loss	Not wearing ear protection at a construction site can cause permanent hearing loss.	einen dauerhaften Hörverlust verursachen
inner ear damage never heals	It's important to protect your hearing because inner ear damage never heals.	Schäden am Innenohr heilen nie
to protect one's hearing	It is important to protect one's hearing, especially for teens who like to attend live performances.	das Gehör schützen
noise-induced hearing loss is preventable	Noise-induced hearing loss is preventable if one is cautious.	lärmbedingter Hörverlust ist vermeidbar
to turn down the volume	You need to turn down the volume, I can hear your music from all the way over here.	die Lautstärke verringern
Symptoms of hearing loss		
to not be able to understand others	It is a bad sign if you are not able to understand others after listening to loud music.	nicht in der Lage sein, andere zu verstehen
to turn up the TV / radio	If you normally need to turn up the TV / radio in order to hear it, you may need to have your hearing checked.	den Fernsehapparat / das Radio lauter stellen
to ask people to repeat themselves	After the concert, Sam had to keep asking people to repeat themselves.	andere Leute bitten, sich zu wiederholen
to have a constant ringing in the ear / head	I had a constant ringing in my ear / head after the all-day techno event.	ein ständiges Klingeln im Ohr / Kopf haben
to speak loudly in noisy environments	My friend Dave has hearing problems and speaks loudly in noisy environments.	in einer lauten Umgebung laut sprechen
Ear protection required		
to be exposed to loud noise	Kyle was exposed to loud noise as a child and now has hearing difficulties.	lauten Geräuschen ausgesetzt sein
to stop damage from noise	To stop damage from noise, consider listening to loud music less often.	Schäden durch Lärm verhindern
to live in a noisy environment	Those who live in a noisy environment often have higher rates of hearing loss.	in einer lauten Umgebung leben
to lead to hearing loss / tinnitus	Jake warned Luke that going to too many metal concerts can lead to hearing loss / tinnitus.	zu Hörverlust / Tinnitus führen
to create stress	Being unable to hear one's coworkers can create stress for everyone.	Stress verursachen
to cause workplace injuries / hearing loss	Being unaware of your surroundings can cause workplace injuries / hearing loss.	Arbeitsunfälle / Hörverlust verursachen

to make it difficult to hear warning signals	Temporary hearing loss may not sound too dangerous, but it can make it difficult to hear warning signals on construction sites.	es schwierig machen, Warnsignale zu hören
to reduce productivity / noise levels	For the good of all employees, it is important to reduce noise levels in the workplace. / Too much noise in the office can reduce productivity.	die Produktivität / den Lärmpegel reduzieren
to work in the construction branch / manufacturing branch	When you work in the construction branch / manufacturing branch of a company, hearing protection is essential.	in der Baubranche / Produktionsbranche arbeiten
to be a factory worker	Kellan is a factory worker who takes safety very seriously.	Fabrikarbeiter/in sein
to work at the airport / construction site	Nicole works at the airport, so she needs to make sure she's updated on all the newest safety measures.	am Flughafen / auf der Baustelle arbeiten
to spend time around heavy machinery	Maarten spends a lot of time around heavy machinery because he works in a factory.	Zeit in der Nähe von Schwermaschinerie verbringen
to operate noisy machinery	Leah operates noisy machinery and has to be careful not to damage her hearing.	laute Maschinen bedienen
to prevent damage / hearing loss	There's a lot of things people can do to prevent damage / hearing loss.	Schäden / Hörverlust vorbeugen
to be very much at risk	Construction workers are very much at risk when it comes to hearing loss.	stark gefährdet sein
to protect workers	It's important to protect workers from preventable accidents.	Arbeiter/innen schützen
to provide hearing protection	Employers have to provide hearing protection for their employees.	einen Gehörschutz bereitstellen
to wear proper ear protection	Some jobs require workers to wear proper ear protection every day.	einen geeigneten Gehörschutz tragen
to take regular breaks when using noisy power tools / machinery	It's important to take regular breaks when using noisy power tools / machiner, otherwise you could lose your hearing at a young age.	regelmäßige Pausen machen, wenn laute Werkzeuge / Maschinen benutzt werden
to increase one's distance from the source of noise	Increasing one's distance from the source of noise at work is one small measure employees can take to prevent hearing loss.	den Abstand zur Lärmquelle vergrößern
to keep hearing protection in proper condition	Employers need to keep hearing protection in proper condition and provide new hearing protection regularly.	den Gehörschutz in einwandfreiem Zustand halten
Noisy classrooms		
the collective sound of human voices	The collective sound of human voices often makes it hard to focus on schoolwork.	der kollektive Klang menschlicher Stimmen
open doors / windows	Opening doors / windows can let in a lot of unnecessary noise.	offene Türen / Fenster
sounds from outside the building	Sounds from outside the building are often distracting.	Geräusche von außerhalb des Gebäudes
students talking loudly in class	The teacher cannot stand students talking loudly in class, especially when he is trying to teach a lesson.	die Schüler/innen sprechen laut im Klassenzimmer
noise in the corridor	Teachers often close their classroom doors because of noise in the corridor.	Lärm am Gang
to do group work	Students often do not like to do group work because it is possible they will have lazy group members.	Gruppenarbeit machen

to lose concentration	I often lose concentration if the class is too loud.	die Konzentration verlieren
to distract someone	Loud students will not always stop the lesson, but they almost always distract someone else in the class who is trying to learn.	jemanden ablenken
to have a negative effect on the students' performance	Loud noise will often have a negative effect on the students' performance in the classroom.	eine negative Auswirkung auf die Leistung der Schüler/innen haben
to be unhealthy	Being permanently exposed to loud noise can be very unhealthy.	ungesund sein
to get a headache	I get a headache whenever my class is too loud.	Kopfschmerzen bekommen
to have strict rules	Ms Miseta has strict rules but is an excellent teacher.	strenge Regeln haben
to keep students busy	Teachers often assign work just to keep students busy.	Schüler/innen beschäftigt halten
to provide students with interesting tasks	Excellent teachers know to provide students with interesting tasks so they learn more.	Schülern/Schülerinnen interessante Aufgaben anbieten

Unit 2 – Are you a big-city person?

What is a megacity?

to be the capital city of ... (name of federal state / country)	Vienna is the capital city of Austria.	die Hauptstadt von ... (Name des Bundes/Landes) sein
to have about ... inhabitants	Taipei City has about 9 million inhabitants.	etwa ... Einwohner/innen haben
to have a population of ... (number)	The American state of Michigan has a population of 10 million people.	eine Einwohner/innenzahl von ... haben
to experience new cultures	Many people travel to large cities to experience new cultures.	neue Kulturen erleben
to meet people from all over the world	Larger cities are a great way to meet people from all over the world.	Menschen aus der ganzen Welt treffen
to try different foods	It is important to try different foods if you travel abroad.	verschiedene Speisen / Gerichte probieren
to learn about traditions and festivities	Learning about traditions and festivities when studying abroad is a part of the experience.	über Traditionen und Feste lernen
to visit interesting sights	Jim loves to walk around a new city and visit interesting sights recommended by guidebooks.	interessante Sehenswürdigkeiten besuchen
the city never sleeps	Many who visit New York believe that the city never sleeps.	die Stadt schläft nie
there are many entertainment options (e.g. cinema, theatre, museum, etc.)	Living in the centre of a city is great for young people because there are many entertainment options all over.	es gibt viele Unterhaltungsmöglichkeiten (z. B. Kino, Theater, Museum, etc.)
to have a good transportation system	It is important to Steve that any city he visits has a good transportation system.	ein gutes Verkehrssystem haben
to be a green city / a tourist-friendly city	Our town wants to be a green city in the near future by planting more trees. / Prague is a tourist-friendly city that makes people feel safe when they visit.	eine grüne / umweltfreundliche Stadt / eine touristenfreundliche / touristinnenfreundliche Stadt sein

Talking about the 15-minute city

to afford the rent	If people cannot afford the rent in a neighbourhood, it is often only populated by very rich people.	sich die Miete leisten können
to rethink a new vision of a city	City planners often want to rethink a new version of a city to make it more liveable.	eine neue Vision einer Stadt durchdenken
to travel in from the suburbs	Workers often travel in from the suburbs to their jobs in the city centre.	aus den Vororten in die Stadt pendeln
to meet someone's basic needs within a short walk / cycle ride	The goal of the 15-minute city is to meet someone's basic needs within a short walk or cycle ride.	die Grundbedürfnisse von jemandem in kurzer Gehzeit / Fahrradentfernung decken
to create a lot of opportunities	A big city can create a lot of opportunities for jobs and education.	viele Möglichkeiten schaffen
to reduce air pollution / transport emissions	When cities reduce air pollution, rates of asthma begin to go down. / The city wants to reduce transport emissions to have cleaner air.	Luftverschmutzung / Verkehrsemissionen reduzieren
to ghettoise poorer people	Building expensive houses in the city can ghettoise poorer people by forcing them to live in certain areas.	ärmere Menschen in Ghettos abdrängen
to promote interaction between residents	Community organisers wanted to promote interaction between residents and create a closer community.	den Austausch zwischen Bewohnern/Bewohnerinnen fördern

to not have enough infrastructure	Some cities that experience a large growth in population simply do not have enough infrastructure for the increased number of people.	nicht genügend Infrastruktur haben
improve the quality of life / the air quality	The Danish government improved the quality of life in Copenhagen and people were much happier living there. / City planners should plant more trees to improve the air quality in megacities.	die Lebensqualität / die Luftqualität verbessern
to boost the local economy (e.g. shops, restaurants, etc.)	Many politicians want to boost the local economy by opening more small businesses.	die lokale Wirtschaft ankurbeln (z. B. Geschäfte, Restaurants, etc.)
to create public spaces / parks	Creating public spaces / parks are a great way to encourage young families to move to the city.	öffentliche/n Raum / Parks schaffen
to have easy access to hospitals, schools, etc.	Young families also look for easy access to schools when they are looking for a new house.	einfachen Zugang zu Krankenhäusern, Schulen, etc. haben
to reduce the hours lost by commuting	The CEO decided to reduce the hours lost by commuting by allowing more days of home office.	die durch das Pendeln verlorene Zeit reduzieren
London – a sustainable megacity?		
to become a sustainable city / car-free city	Becoming a sustainable / car-free city would be great for the environment but not very realistic for many cities.	eine nachhaltige Stadt / autofreie Stadt werden
to make streets easier to access	Many city planners want to make streets easier to access to help the flow of traffic.	Straßen zugänglicher machen
to encourage young people to walk	Lisa wants to encourage young people to walk by designing paths around the city.	junge Menschen dazu ermutigen, zu Fuß zu gehen
to improve someone's overall health / someone's well-being	In order to improve someone's overall health, both air and water need to be clean.	die allgemeine Gesundheit / das Wohlbefinden verbessern
decision-makers should include young people's views in city planning	Decision-makers should include young people's views in city planning or fewer people will want to live there.	Entscheidungsträger/innen sollten die Meinungen junger Menschen in die Stadtplanung einbeziehen
to end air pollution	Ending air pollution in a big city is unthinkable for many people.	die Luftverschmutzung beenden
to build a greener city	Erin wants to build a greener city by selling more electric cars.	eine grünere / umweltfreundlichere Stadt bauen
to get involved in policy creation	Keegan decided to get involved in policy creation so he could make a difference in his community.	sich an der Politikgestaltung beteiligen
to engage in direct action	If more people engaged in direct action, so much more could be accomplished.	sich an einer Protestkundgebung beteiligen
to contact local elected politicians	It is important to contact local elected politicians if you want to bring about change in your neighbourhood.	lokal gewählte Politiker/innen kontaktieren
to save money	Creating greener cities would actually save money.	Geld sparen
to avoid car accidents	There are lots of visible road signs so that drivers can avoid car accidents.	Autounfälle vermeiden
to reduce air pollution / noise pollution / traffic jams	Reducing air pollution / noise pollution / traffic jams would improve the quality of life in my hometown.	Luftverschmutzung / Lärmbelästigung / Staus reduzieren
to create green space	Sofie wants to create green space in her city so her dog Nala can go on long walks.	Grünflächen schaffen

to make youth voices heard	Politicians often promise to make youth voices heard.	die Stimmen der Jugend hörbar machen
to boost one's self-confidence	Being able to easily travel around a city is a great way to boost one's self-confidence.	das Selbstvertrauen stärken
to reflect the needs of a community	Laws should be created to reflect the needs of a community, not just a few powerful people.	die Bedürfnisse einer Gemeinschaft widerspiegeln
to learn about policy making	The university student learned about policy making because she wanted to help her community.	etwas über die Politikgestaltung lernen
to make someone (more) aware of current issues	Ioanna's goal was to make the principal more aware of current issues facing her hometown in Greece.	jemanden auf aktuelle Probleme aufmerksam(er) machen
to bring the community together	A local event can bring the community together and help people make new friends.	die Gemeinschaft zusammenbringen
to preserve traditions / history	Even in megacities it is important to preserve traditions / history so that we can remember our past.	Traditionen / Geschichte bewahren

Big city life or countryside?

Advantages of living in the city

there are many entertainment options (<i>e.g. museum, theatre, cinema, gym, etc.</i>)	One main benefit of living in a big city is that there are many entertainment options.	es gibt viele Unterhaltungsmöglichkeiten (<i>z. B. Museum, Theater, Kino, Fitnessstudio, etc.</i>)
there are more shops and restaurants	In my hometown, there are more shops and restaurants the closer you get to the centre.	es gibt mehr Geschäfte und Restaurants
medical care is better	Medical care is better in the city than in the country.	die medizinische Versorgung ist besser
the infrastructure is usually better (<i>e.g. cycle lanes, pedestrian crossings, street lamps, etc.</i>)	The infrastructure is usually better in cities, which allows for more movement for people living there.	die Infrastruktur ist normalerweise besser (<i>z. B. Fahrradwege, Zebrastreifen, Straßenlaternen, etc.</i>)
there are more public transport options to get around	In Prague, there are more public transport options to get around than in Brno.	es gibt mehr Auswahl an öffentlichen Verkehrsmitteln, um herumzukommen
it is easier to find a job	It is easier to find a job in Linz than Graz.	es ist einfacher, einen Job zu finden
it is easier to meet people from different cultural backgrounds	It is easier to meet people from different cultural backgrounds in a big capital city like Berlin.	es ist einfacher Menschen mit verschiedener kultureller Herkunft zu treffen

Advantages of living in the countryside

there is less noise and air pollution	You should move to the countryside because there is less noise and air pollution than in the city.	es gibt weniger Lärmverschmutzung und Luftverschmutzung
it is quiet and peaceful there	I prefer the countryside because it's quiet and peaceful there.	es ist dort ruhig und friedlich
there is more space to live	Karin grew up on a farm and misses it because there is more space to live out there.	es gibt mehr Platz zum Leben
the cost of living are lower	The cost of living are lower the further away you get from the big city.	die Lebenshaltungskosten sind niedriger
there is a lot of green space	There is a lot of green space right outside of Vienna.	es gibt viel Grünfläche
there is usually a strong	In most villages there is usually a strong	es gibt normalerweise ein starkes

sense of community	sense of community because more people tend to know each other.	Gemeinschaftsgefühl
there is less traffic	There is less traffic in the countryside because there are fewer people.	es gibt weniger Verkehr
the crime rate is lower	Emmalee likes living away from New Jersey because the crime rate is lower.	die Kriminalitätsrate ist niedriger

Unit 3 – Welcome to the business world

First impressions count

to always stay positive	Even if your interview did not go well, it's important to always stay positive and hope for the best.	immer positiv bleiben
to check the dress code	If you check the dress code of an office ahead of time, you will know what clothes you need to buy.	den Dresscode (über)prüfen
to dress neatly	The first step for any interview is to dress neatly and look professional.	sich ordentlich kleiden
to be mindful of what you say	It is important to be mindful of what you say both at work and in your social life.	darauf achten, was man sagt
to be respectful / friendly / honest	It is important to be respectful / friendly when talking to your colleagues. / It is most important to be honest about your work experience.	respektvoll / freundlich / ehrlich sein
to learn the office rules	Learning the office rules before you even start work will impress your boss.	sich die Bürovorschriften aneignen
to get to know one's colleagues better	Once you have a job, getting to know your colleagues better is a great way to make friends.	die Kollegen/Kolleginnen besser kennenlernen
to not cross one's arms	Sara was taught not to cross her arms during a job interview because it might make her seem less confident.	die Arme nicht verschränken
to give a firm handshake	Giving a firm handshake at a job interview can make a big difference in your chances of getting the job.	einen festen Händedruck geben
to be aware of personal space	Suzie is aware of personal space and how it can affect how comfortable people are around you.	auf den persönlichen Abstand achten
to listen carefully	Tom should have listened carefully to the interviewer; he did not get the job.	aufmerksam zuhören
to maintain eye contact in the conversation	Katie decided to maintain eye contact in the conversation with the interviewer to show that she was interested.	während des Gesprächs Augenkontakt halten
to not use one's smart-phone when being with others	It is just common sense to not use one's smartphone when being with others, it can be seen as rude.	das Smartphone nicht benutzen, wenn man mit anderen beisammen ist

Business talk

I'm not happy with the way you ...	"I'm not happy with the way you treat other people in the office."	Ich bin nicht zufrieden damit, wie Sie / du ...
Can I have a word with you?	"Can I have a word with you?" the new employee asked.	Kann ich (kurz) mit Ihnen / dir sprechen?
I'll come straight to the point.	"I'll come straight to the point, you will no longer work here if you keep acting disrespectfully."	Ich komme gleich zum Punkt.
I've seen very little change.	I've seen very little change in his attitude since he got his promotion.	Ich habe kaum eine Veränderung gesehen.
I'm doing my job quite well.	I'm doing my job quite well despite what others may say.	Ich mache meine Arbeit ziemlich gut.
Can I speak to ... (name of the person)?	"Can I speak to Kaja in person or do I need to leave a message?"	Kann ich mit ... (Name der Person) sprechen?
I'm afraid he / she is in a meeting.	"I'm afraid she is in a meeting but I know she will be free in about 15 minutes."	Es tut mir leid, er / sie ist in einer Besprechung.
Could you hold on for a minute?	"Can you hold on for a minute? I have several other people waiting."	Können Sie / Kannst du kurz dranbleiben?

to get a promotion	Lucia got a promotion because she is the best employee at the company.	befördert werden
to be allowed to take leave	You will be allowed to take leave after three months working for the company.	Urlaub nehmen dürfen
to be out of office	"I am out of office right now, but if you leave a message, I'll get back to you as soon as I can."	außer Haus sein / nicht im Büro sein
I could make it after ... (time) / on ... (date).	"I could make it after 9 am on July 4 th if that works for you."	Ich könnte es nach ... (Uhrzeit) / am ... (Datum) schaffen.
When would it be convenient for you?	"When would it be convenient for you? Most times next week are fine with me."	Wann wäre es Ihnen / dir recht?
Would next Wednesday be okay?	"Would next Wednesday be okay or is that too soon?"	Wäre nächster Mittwoch in Ordnung?
Successful teamwork		
to be more efficient	To be more efficient, the team wrote down each person's tasks.	effizienter sein
to be easier to solve problems	It is easier to solve problems if your employees communicate effectively.	leichter sein, Probleme zu lösen
to have conflicts with team members / different opinions / ideas	Steve has conflicts with team members because he usually has different opinions / ideas and will not change his mind.	Konflikte mit Teammitgliedern / unterschiedliche Meinungen / Ideen haben
to have different work styles	Amy believes that just because people have different work styles does not mean that one is better than the other.	unterschiedliche Arbeitsstile haben
to (not) participate actively in the team	Andrew did not participate actively in the team and as a result, the final presentation was not very good.	(nicht) aktiv im Team mitarbeiten
to feel frustrated / exploited	Too many workers these days feel frustrated / exploited at work.	sich frustriert / ausgenutzt fühlen
to address the problem	If you have a problem with someone at work, it is best to address the problem immediately.	das Problem ansprechen
to work accurately	It is important to work accurately and quickly in this job.	genau arbeiten
to listen to other team members	If you do not listen to other team members, you will miss valuable information.	anderen Teammitgliedern zuhören
to be helpful	Katka always tries to be helpful when there are new team members at her job.	hilfsbereit sein
to always give one's best	It's important to always give one's best when starting a new job.	immer das Beste geben
to achieve a goal	I always try to achieve a goal I choose at the beginning of the year.	ein Ziel erreichen
to take everyone's ideas into consideration	A good manager knows to take everyone's ideas into consideration before making a big decision.	auf die Ideen aller Bedacht nehmen
to work for the good of the group	A team member who does not work for the good of the group is not as valuable as a team player.	zum Wohl der Gruppe arbeiten
to have a say	Arthur wants to have a say in how the company is run, that's why he applied to be a manager.	etwas zu sagen haben / mitreden
to share responsibilities	Good teams share responsibilities as well as their successes and failures.	Verantwortung teilen
to make a team great	What really makes a team great is their ability to produce good work.	ein Team großartig machen

to complete tasks and projects	If you complete tasks and projects on time, you will most likely be considered for a promotion.	Aufgaben und Projekte abschließen
to improve one's teamwork skills	It is possible to improve one's teamwork skills, but it takes a lot of listening and patience.	die Teamfähigkeit verbessern
to work on one's strengths	It is important to work on one's strengths as well as one's weaknesses.	an den Stärken arbeiten
Bullying in the workspace		
bullying has become an increasing problem for employees and employers	New studies show that bullying has become an increasing problem for employees and employers, but employees still tend to get bullied more often.	Mobbing ist zu einem zunehmenden Problem für Arbeitnehmer/innen und Arbeitgeber/innen geworden
to be a bully / a victim of bullying	If someone is a bully, it is likely that they have also been a victim of bullying at some point in their lives.	ein Tyrann/eine Tyrannin / ein Mobbingopfer sein
to witness a bullying incident	If you witness a bullying incident, you should stop it or report it.	einen Mobbingvorfall mitbekommen
to hurt someone by words / actions	Many people do not understand that it is still bullying if you hurt someone by words / actions.	jemanden durch Worte / Taten verletzen
to lack emotional intelligence	Bullies often lack emotional intelligence, which is necessary to interact normally with people.	keine emotionale Intelligenz haben
to experience social / verbal / physical bullying / cyber-bullying	Many people experienced social / verbal / physical bullying / cyberbullying in school.	soziales / verbales / körperliches / Cyber-Mobbing erleben
to not deserve what is happening	Victims of bullying do not deserve what is happening to them.	nicht verdienen, was passiert
to be treated with respect	Everyone should be treated with respect no matter who they are.	mit Respekt behandelt werden
to talk to someone	If you need to talk to someone, I'm always here.	mit jemandem sprechen
to develop a plan how to respond to the situation	If you are being bullied in the workplace, you need to contact your manager and develop a plan for how to respond to the situation.	einen Plan entwickeln, wie man auf die Situation reagieren kann
to stand up to the bully	Many find it difficult to stand up to the bully in their workplace.	dem Tyrannen/der Tyrannin die Stirn bieten
to not accept bullying behaviour	My boss will not accept bullying behaviour and I really admire her for it.	Mobbingverhalten nicht akzeptieren
to confront the bully at the first incident	If you confront the bully at the first incident, it is unlikely the bullying will continue.	den Tyrannen/die Tyrannin beim ersten Vorfall konfrontieren
to document the behaviour	If you are bullied, it is important to document the behaviour.	das Verhalten dokumentieren / festhalten
experts provide training and advice on bullying	Experts provide training and advice on bullying but people often do not think to contact them.	Experten/innen bieten Schulungen und Beratung zum Thema Mobbing an

Unit 4 – Surrounded by technology

Speaking about your favourite piece of technology

to be one's favourite piece of technology	The smart hub is my brother's favourite piece of technology in our smart home.	jemandes Lieblingsgerät / bevorzugtes technisches Gerät sein
to make one's life easier by ... (+ verb + -ing)	A smart phone makes one's life easier by keeping track of appointments automatically.	das Leben einfacher machen, indem man ...
to help someone do things faster	Smart technology can help someone do things faster, especially older people who may need extra help.	jemandem helfen, Dinge schneller zu erledigen
to make things more convenient	I use a smart speaker to make things more convenient in my daily routine.	Dinge bequemer machen
to need technology for...	Astrid needs technology for finding articles she can use for her presentation.	Technologie / Technik für ... benötigen
to stay connected	It is important to stay connected to friends when you live far away.	verbunden bleiben
to look up solutions online	If you are having problems with your new smartphone, it is easy to look up solutions online.	online nach Lösungen suchen
to ask someone for help	I sometimes need to ask my girlfriend for help.	jemanden um Hilfe bitten
to fix a problem by ... (+ verb + -ing)	I often fix a problem by finding out if anyone else online had the same problem.	ein Problem lösen, indem man ...
to contact technical support	Sometimes I need to contact technical support so they can fix my work computer.	den technischen Support kontaktieren

My home

Types of houses

apartment	I love my apartment in Prague, I was really lucky to find such a nice one!	Apartment, Wohnung
block of flats	People from many different cultures live in this block of flats.	Wohnhaus
bungalow	My grandparents live in a bungalow away from the city because it has no stairs and is easier for them to move around.	Bungalow
cottage	We have a cottage by a lake in central Bohemia, it is very beautiful there.	Ferienhaus, Landhaus
council flat	My friend Liv grew up in a council flat but wants to live in the countryside when she is older.	Gemeindewohnung, Sozialwohnung
detached house	I think I would prefer to live in a detached house because I need my privacy.	Einfamilienhaus
semi-detached house	My grandmother grew up in a semi-detached house, so she got to know her neighbours very well.	Doppelhaushälfte
skyscraper	I think it would be fun to live in a skyscraper so I could have a beautiful view of the city.	Hochhaus, Wolkenkratzer
terraced house (BE) / row house (AE)	My friend Tamar lived in a terraced house / row house in Cardiff while she finished her studies.	Reihenhaus
villa	My friend's family has a villa outside of the city and he lets me stay there sometimes.	Villa

Rooms of a house		
attic	There is a lot of storage space up in the attic of my house.	Dachboden
basement / cellar	The basement is really nice in the summer because it's not as hot as the rest of the house.	Keller
bathroom	I love how big my bathroom is but it does make it harder to clean.	Badezimmer
dining room	The dining room is her favourite part of the house because it is large enough to host dinner parties.	Esszimmer
DIY room	I have a DIY room where I make simple crafts and decorations.	Heimwerker/innenraum
hallway	The hallway has a lot of interesting portraits.	Flur / Gang
kitchen	I have a large kitchen, so it is easy to try out different recipes.	Küche
living room	Lucia sometimes does her homework in the living room.	Wohnzimmer
main bedroom	I could not believe how big the master bedroom was, they could have fit two more beds in it!	Hauptschlafzimmer
storeroom	I put the cleaning tools in the storeroom.	Abstellraum
study	Lucy loves her study because it is a quiet place to read.	Arbeitszimmer
walk-in closet	I don't know how I got dressed in the morning before I had my walk-in closet, now I can easily see all my clothes!	begehbbarer Kleiderschrank
In and around the house		
balcony	Sam's balcony overlooked the park.	Balkon
ceiling	I love how high the ceilings are in my new house, it really makes the place feel bigger.	Decke, Plafond
chimney	The chimney needs to be cleaned or the next time we light a fire there will be smoke in the house.	Rauchfang
driveway	I can park two cars in my driveway.	Einfahrt, Zufahrt
entrance / front door	The entrance / front door is painted green to make guests feel welcome.	Eingang, Eingangstüre
fire sensors	Fire sensors save lots of lives because they can alert people to danger.	Feuermelder
furniture	I need more furniture for my house, it looks really empty!	Möbel
garage	My neighbour keeps all his tools in his garage in case he needs to fix his car.	Garage
motion sensors	Because I have motion sensors in my house, I know no one will try to break in.	Bewegungsmelder
roof	My family decided to add solar panels to the roof to be more environmentally friendly.	Dach
satellite dish	The satellite dish was damaged during the storm and now the TV is not working properly.	Satellitenschüssel
shutters	Please close the shutters, it's too bright outside.	Fensterläden / Rollläden

sprinklers	I'm so happy I bought those sprinklers for my yard, the grass is so green now!	Beregner / Berieselungsanlage
staircase	The staircase is so long that people often need to pause to catch their breath before they reach the top.	Stiege / Treppe / Treppenhaus
terrace / patio	There are so many plants on my terrace / patio that it looks like a garden.	Terrasse, Veranda
tiled floor	The kitchen has a beautiful tiled floor.	Fliesenboden
triple-glazed window	Installing triple-glazed windows is a great way to keep your home warm in the winter.	dreifach verglastes Fenster
wooden floor	The living room has a warm wooden floor.	Holzboden
Speaking about smart homes		
to use devices connected to the Internet	Gerald uses devices connected to the Internet to change settings for his smart home.	Geräte verwenden, die mit dem Internet verbunden sind
to use a smart home app	Most people would love to use a smart home app to control basic functions in their house.	eine Smart-Home-App verwenden
to connect different smart home devices	It is very useful to connect different smart home devices to a single app on your phone.	verschiedene Smart-Home-Geräte verbinden
to remotely control smart home devices	Because she is often away, Petra's favourite feature is that she can remotely control smart home devices.	Smart-Home-Geräte fernsteuern
to automate everyday tasks	Jenna is worried that if her smart home automates everyday tasks, she will become lazy.	alltägliche Aufgaben automatisieren
to help save energy / time	The ability of smart homes to help save energy will be good for the environment. / Smart home devices help the homeowner save time.	helfen, Energie / Zeit zu sparen
to increase comfort	Smart homes often increase comfort for those who cannot move around on their own very well.	den Komfort erhöhen
to offer a helping hand with cleaning / cooking	She likes it when people offer a helping hand with cleaning around the house / cooking.	beim Putzen / beim Kochen helfen
to monitor one's home	The ability to monitor one's home activity is why many parents are interested in smart homes.	das Zuhause überwachen
to be an environmentally-friendly house	A house that uses alternative energy is an environmentally-friendly house.	ein umweltfreundliches Haus sein
to significantly reduce cooling and heating requirements	By just using shutters, smart homes can significantly reduce cooling and heating requirements in the summer and winter.	den Kühl- und Heizbedarf deutlich reduzieren
photovoltaic panels provide more energy than the house needs	Photovoltaic panels provide four to six times more energy than the house needs so Jim does not have to try to conserve power.	Photovoltaikmodule erzeugen mehr Energie, als das Haus benötigt
hot water is provided by solar panels	Our hot water is provided by solar panels so I do not mind taking long showers.	Warmwasser wird durch Solarpaneele generiert
to use a grey water circuit for washing dishes and clothing	His parents thought he was crazy to use a grey water circuit for washing dishes and clothing, but you can't even tell the difference.	einen Schmutzwasserkreislauf zum Geschirrspülen und Wäschewaschen verwenden

to collect rainwater	The house automatically collects rainwater for anyone to use.	Regenwasser sammeln
to include a roof deck as well as a garden terrace	The new place included a roof deck as well as a garden terrace so Caroline knew it would be perfect for her plants.	eine Dachterrasse sowie eine Gartenterrasse inkludieren
solar panels can be used for sun and rain protection	A lot of people do not know that solar panels can be used for sun and rain protection depending on the weather.	Solarpaneele können als Sonnen- und Regenschutz verwendet werden
Advantages of living in a smart home		
to support the older generation / people with special needs	Smart homes are most useful to support the older generation / people with special needs because they can easily contact emergency services.	die ältere Generation / Menschen mit besonderen Bedürfnissen unterstützen
to save energy costs in the long run	Smart homes will save energy costs in the long run, but it will take a lot of time before that happens.	langfristig Energiekosten sparen
to fit one's preferences	Smart homes can be customised to fit one's preferences, especially for when it gets too hot or cold.	den eigenen Vorlieben entsprechen
to be able to control the home from everywhere	Because you are able to control the home from anywhere, people feel much more secure.	das Zuhause von überall aus steuern können
to make life easier	The goal of a smart home should be to make life easier for everyone.	das Leben einfacher machen
to make one's home safer	Smart houses have a lot of features in order to make one's home safer.	das Zuhause sicherer machen
Disadvantages of living in a smart home		
to need a reliable Internet connection	To work from home, you need a reliable Internet connection.	eine zuverlässige Internet-Verbindung benötigen
setting up / repairing smart home devices can be expensive	Setting up / Repairing smart home devices can be expensive but it's worth it when you consider how much you save on heating and cooling.	das Einrichten / Reparieren von Smart-Home-Geräten kann teuer sein
to not always be secure from hackers / cyber attacks	Smart homes are not always secure from hackers / cyber attacks, but they are still very safe.	nicht immer vor Hackern / Cyberangriffen sicher sein
technology becomes outdated quickly	Once you buy a smart home, be ready for regular updates because technology becomes outdated quickly.	Technologie / Technik veraltet schnell
to need a specialist in case something does not work	You will need a specialist in case something does not work in your smart home but luckily there are many people who can help.	einen Spezialisten/eine Spezialistin benötigen, falls etwas nicht funktioniert
smart home devices collect / analyse personal data	Many people are worried because smart home devices collect / analyse personal data, but that's just to make it easier to run the house.	Smart-Home-Geräte sammeln / analysieren persönliche Daten
Speaking about robots		
to think and feel like a human	I think it's creepy that robots can think and feel like a human.	wie ein Mensch denken und fühlen
to learn from experience / from each other	That AI can learn from experience is something we should be worried about.	aus Erfahrung / voneinander lernen
to interact with people in a meaningful way	Robots could be used to help with loneliness because they interact with people in a meaningful way.	auf eine sinnvolle Weise mit Menschen interagieren
to work together to solve	I believe humans and robots can work	zusammenarbeiten, um Probleme

problems	together to solve problems neither of them could do alone.	zu lösen
to be much smarter than the average human being	While robots are much smarter than the average human being, humans can do many things that robots cannot.	viel intelligenter als der durchschnittliche Mensch sein
to deserve to be treated with respect	No matter who you are, you deserve to be treated with respect.	es verdienen, mit Respekt behandelt zu werden
to (not) be capable of causing people harm	Many people are not worried because robots are not capable of causing people harm.	(nicht) in der Lage sein, Menschen Schaden zuzufügen
to be scared of the unknown	When developing new technology, it is very normal to be scared of the unknown.	Angst vor dem Unbekannten haben
to be here to solve problems	We should be happy AI technology is here to solve problems and not create them.	hier sein, um Probleme zu lösen
to provide companionship	AI could provide companionship to older people.	Kameradschaft / Gemeinschaft bieten

Unit 5 – Think before you click!

Internet key terms

cloud computing	Cloud computing is a great way to store lots of data.	Cloud-Computing, Datenwolke
cookie	Before entering a website, you usually need to select your cookie preferences.	kleine Textdatei, Cookie
cybersecurity	In the 21 st century, cybersecurity is more important than ever.	Internetsicherheit
firewall	You need to update your firewall or you will get viruses.	Sicherheitssystem eines Computers / Netzwerks
hashtag	I believe teens use hashtags too much.	Stichwort, Schlagwort
link	Did you get the link I sent you? It's to a really funny video.	Internetlink
meme	I shared a funny meme with my friends yesterday.	(lustiger) Medieninhalt mit Wiedererkennungswert, der sich im Internet verbreitet
phishing	Susan tries very hard to make sure older people do not fall for phishing scams.	betrügerisches Entlocken sensibler Daten
search engine	I don't know how I would find anything if I didn't have a search engine.	Suchmaschine
streaming	Has that new show started streaming yet? I'm really excited to watch it.	Datenübertragungsverfahren
to go viral	Bree went viral with her makeup tutorials.	viral gehen, sich (in den sozialen Medien) rasant schnell verbreiten
trending	The president was trending for something he said on TV.	Trending (in den sozialen Medien zu einem bestimmten Zeitpunkt am häufigsten genannt werden)

Talking about my online behaviour

to usually spend ... hours a day online	Mimi usually spends 3 hours a day online, but hopes she can reduce that number.	normalerweise ... Stunden am Tag online verbringen
to like chatting / playing online games / streaming (music) videos ... the most	I like chatting / playing online games the most because it's a great way to connect to my friends who live far away.	am Chatten / Online-Spiele-Spielen / Streamen von Musikvideos ... den größten Gefallen finden
to use voice calls / instant messaging ... to communicate with friends	It is strange that the younger generation does not use voice calls to communicate with friends, they prefer instant messaging.	Sprach- / Sofortnachrichten verwenden, um mit Freunden/ Freundinnen zu kommunizieren
to receive lessons on how to do research on the Internet / use artificial intelligence responsibly / stay safe on the Internet	I believe older people should receive lessons on how to do research on the Internet / use artificial intelligence responsibly / stay safe on the Internet.	Unterricht darin erhalten, wie man im Internet recherchiert / künstliche Intelligenz verantwortungsvoll benutzt / im Internet sicher unterwegs ist
to use trustworthy sources	The teacher warned the kids that they needed to use trustworthy sources in their research paper.	vertrauenswürdige Quellen verwenden
to compare information	If you want to find out whether something is fake news, compare the information in the article with other sources.	Informationen vergleichen
to look for up-to-date sources	Ella looks for up-to-date sources so she is never behind on the news.	nach aktuellen Quellen suchen
AI does not always produce correct answers	Adela is careful when using <i>ChatGPT</i> because she knows that AI does not always produce correct answers.	künstliche Intelligenz nicht immer korrekte Antworten produziert
to evaluate information provided by AI critically	I always evaluate information provided by AI critically because I do not trust it completely.	Information, die von künstlicher Intelligenz erzeugt worden ist, evaluieren / einschätzen

How to stay safe on the Internet		
hacker / spammer / predator	Hackers / Spammers / Predators often try to get passwords from people by pretending to be their friend.	Hacker/in / Verfasser/in von Spammails / Räuber/in
to steal someone's identity	All a criminal really needs is some basic information to steal someone's identity.	jemandes Identität stehlen
to attack someone in the digital world	If you attack someone in the digital world, it is still a crime.	jemanden in der digitalen Welt angreifen
to not share any private information	It's important to not share any private information with someone you have never met.	keine privaten Informationen teilen
to figure out one's identity	Only a few pieces of information are needed to figure out one's identity online.	jemandes Identität herausfinden
to pretend to be someone else	Predators often pretend to be someone else online to get information from you.	vorgeben, jemand anderes zu sein
to get in trouble with the law	I don't download films illegally because I don't want to get in trouble with the law.	mit dem Gesetz in Konflikt geraten
posts will not disappear	Please remember that posts will not disappear – once they are online, anyone can find them.	Postings werden nicht verschwinden
to have to live with what someone posts	Amy will have to live with what she posts, no matter how much she regrets it later.	damit leben müssen, was jemand postet
to illegally download music / videos	I used to illegally download music / videos but stopped because my computer kept getting viruses.	Musik / Videos illegal herunterladen
to (not) hide behind a screen name	Bullies hide behind a screen name so they can say whatever they want to people online.	sich (nicht) hinter einem Benutzernamen verstecken
to trust one's gut instinct	It is important to trust one's gut instinct when deal with scammers.	dem Bauchgefühl vertrauen
to be traceable on the Internet	Everyone, no matter how careful, is traceable on the Internet.	im Internet auffindbar / aufspürbar sein
to be impossible to delete something	Parents need to teach their kids that it is impossible to delete something once it's online.	unmöglich sein, etwas zu löschen
to use one's personal information	Websites will use one's personal information to provide targeted advertisements.	persönliche Daten verwenden
to not click on suspicious links	It is just common sense to not click on suspicious links sent to you by strangers.	keine verdächtigen Links anklicken
to update one's software regularly	In order to update your software regularly, you need to restart your computer once a day.	die Software regelmäßig aktualisieren
to not believe everything one reads online	Kimmy does not believe everything she reads online because she knows there is a lot of fake news out there.	nicht alles glauben, was man online liest
to change passwords once in a while	If you change passwords once in a while, your personal information will be much more secure.	ab und zu das Passwort ändern
to install an antivirus programme	Abe installed an antivirus programme on his computer to keep it running smoothly.	ein Antivirenprogramm installieren
to not download attachments from unknown sources	Jackie knows not to download attachments from unknown sources because they often have viruses in them.	keine Anhänge von unbekannten Quellen herunterladen
to not use weak passwords	Bo does not use weak passwords and so he has never been hacked.	keine schwachen Passwörter verwenden

to respect copyright laws	Companies that respect copyright laws have fewer difficulties with the law.	Urheberrechtsgesetze respektieren
to only browse secure websites	I think it is common sense to only browse secure websites because anything else could give you a virus.	nur sichere Websites besuchen
to use a password that is easy to guess	If you use a password that is easy to guess, it is very likely your account will be hacked.	ein Passwort verwenden, das leicht zu erraten ist
What makes a password safe?		
to hack someone's bank account / private files	It is a crime to hack someone's private files.	ein Bankkonto / private Dateien hacken
to cause terrible damage	Hackers can cause terrible damage to both governments and regular people.	schrecklichen Schaden verursachen
to know what makes a password strong / weak	If you do not know what makes a password strong or weak, you should ask.	wissen, was ein Passwort stark / schwach macht
to be very good at guessing passwords	Hackers are very good at guessing passwords so not making them a real word is the best option.	sehr gut darin sein, Passwörter zu erraten
to be easy to discover	If you use your birthday as a password, it will be easy to discover for hackers.	leicht zu entdecken sein
to add upper case letters / numbers / special characters	One way to keep hackers from guessing your password is to add upper case letters / numbers / special characters.	Großbuchstaben / Zahlen / Sonderzeichen hinzufügen
to be a scam	Do not answer that call, it is a scam.	ein Betrug sein
to log in / log out of an account	If you are a registered user, please log in. / Remember to always log out of an account you use outside of your home.	sich in ein Konto einloggen / sich aus einem Konto ausloggen
to feel a little more secure	Changing my passwords every week makes me feel a little more secure.	sich ein bisschen sicherer fühlen
Are you a good digital citizen?		
What should a good digital citizen do?		
to think about how one's comments / posts will make someone feel	Kristina always thinks about how her comments / posts will make someone feel before she posts them.	darüber nachdenken, was Kommentare / Beiträge bei anderen auslösen
to keep one's passwords secret	In order to keep your passwords secret, you should not even tell your friends what they are.	seine Passwörter geheim halten
to ask before posting someone's pictures	It's important to ask before posting someone's pictures online.	fragen, bevor man die Bilder von jemandem postet
to always think carefully about what one says / posts online	Teens do not always think carefully about what they say / post online.	immer genau darüber nachdenken, was man online sagt / postet
to always follow a country's laws online	Even if you are abroad, you must always follow a country's laws online.	die Gesetze eines Landes online immer befolgen
to not judge too fast	Try to not judge too fast when someone posts something embarrassing.	nicht zu schnell urteilen
What should a good digital citizen not do?		
to trust everyone online	Mina trusts everyone online, she should be more careful.	jedem / jeder online vertrauen
to share personal information online	If you share personal information online, you may be hacked or bullied.	persönliche Informationen online teilen
to do illegal things like downloading music, videos or films without authorisation	Doing illegal things like downloading music, videos or films without authorisation is something Kelsey would never do because she scared of getting caught.	illegale Dinge tun, wie Musik, Videos oder Filme ohne Erlaubnis herunterladen

to believe everything one sees / reads online	Doris believes everything she sees / reads online and it's become a big problem for her friends and family.	alles glauben, was man online sieht / liest
to forward offensive messages	Never forward offensive messages, even if it's a joke for your friends.	beleidigende Nachrichten weiterleiten
to open emails from people one does not know	Rita opens emails from people she does not know all the time so her son had to explain to her why that is dangerous.	E-Mails von unbekannten Personen öffnen
Sharing information online		
to share photos / memes / funny videos / updates about one's life / inspirational quotes	I mostly use social media to share photos / memes / funny videos with my friends / updates about my life / inspirational quotes.	Fotos / Memes / lustige Videos / Updates / inspirierende Zitate teilen
to get likes / comments / shares / supportive messages	Sometimes I think people just post things online to get likes / comments / shares and supportive messages.	Likes / Kommentare / Shares / unterstützende Nachrichten erhalten
to receive positive reactions to one's post(s)	It always feels nice to receive positive reactions to one's post.	positive Reaktionen auf einen Beitrag / Beiträge erhalten
to appreciate someone's content	I only appreciate someone's content if they provide sources for the information they post.	jemandes Inhalt/e wertschätzen
to help people feel connected	Social media is not perfect, but it does help people feel connected to each other.	Menschen helfen, sich verbunden zu fühlen
to feel upset / anxious / confused	It makes George feel upset when he sees people on social media having fun without him. / Some people feel anxious about online safety, but there are ways to stay safe. / My grandparents feel confused about online safety, but there are easy ways to protect yourself.	verärgert / ängstlich / verwirrt sein
to have a negative impact on people's mood	Too much social media can have a negative impact on people's mood.	eine negative Auswirkung auf die Stimmung der Menschen haben
to check if the information is true	Social media sites use AI to check if the information is true in the articles they post.	überprüfen, ob die Informationen wahr sind
to report content	You need to report content online that you know is not true.	Inhalte melden
to correct the information	Some websites try to correct the information they know is false.	Angaben korrigieren
to (not) share the misinformation further	Every good digital citizen should not share misinformation further, they should just report it.	Falschinformationen (nicht) weiterverbreiten

Unit 6 – Break the habit

Addictions among teenagers

smoking addiction	We had to talk to Jauna about her smoking addiction; she was having a pack of cigarettes every day!	Nikotinsucht, Tabakabhängigkeit
shopping addiction	I had a shopping addiction when I was younger, now I'm happier with what I already have.	Kaufsucht
alcohol addiction	I do not have an alcohol addiction, I just like to meet my friends for a drink sometimes.	Alkoholsucht, Alkoholkrankheit
chocolate addiction	Children may develop a chocolate addiction if parents aren't careful with their kids' sugar intake.	Schokoladensucht
drug addiction	Too many teens struggle with drug addiction these days because they feel pressured to fit in.	Drogenabhängigkeit
Internet addiction	Internet addiction is often not taken seriously because so many people use their phones every day.	Internetsucht, Onlinesucht
to relieve stress	A good way to relieve stress is to do sports.	Stress abbauen / verringern
to feel good	I always feel good in the mornings when I get a lot of sleep.	sich gut / wohl fühlen, gut drauf sein (ugs.)
to fit in	Some kids find it difficult to fit in at school.	(sich) einfügen / eingliedern
to overcome problems	It's easier to overcome problems if you talk about them with someone.	Probleme bewältigen / überwinden
to perform better	I perform better in school when I eat breakfast, as it gives me more energy and helps me focus.	eine bessere Leistung erbringen
to be curious	I am curious about how other people find the time to exercise.	neugierig sein
to boost one's self-esteem / self-confidence	Having supportive friends is important in order to boost one's self-esteem.	den Selbstwert / das Selbstwertgefühl stärken / erhöhen
to be under peer pressure	Ignore him, he's under a lot of pressure at school so he's not in a good mood.	Gruppenzwang ausgesetzt sein, unter Gruppenzwang stehen
to inform someone about the risks and consequences	Nafsika informed her friend about the risks and consequences of drunk driving.	jemanden über die Risiken und Konsequenzen informieren
to have an active social life	Richard has an active social life even though he lives in a small village.	ein aktives Sozialleben haben / führen
to be proud of oneself	I am proud of myself for eating better this year.	stolz auf sich sein
to increase the price of legal drugs	Some politicians believe that if they increase the price of legal drugs, people will be healthier overall.	den Preis für legale Drogen erhöhen
to raise the smoking and drinking age	If we raise the smoking and drinking age, teens may be less likely to start these habits at a young age.	das Mindestalter für Zigaretten- und Alkoholkonsum erhöhen
to have someone to talk to	You need to have someone to talk to about your problems.	jemanden haben, mit dem/der man sprechen kann
to have someone who cares	I am so lucky to have someone who cares about me.	jemanden haben, der/die sich kümmert / sorgt

Addictions and the consequences

to be broke	He's broke after spending all his money on expensive watches.	kein Geld mehr haben, pleite sein
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to get physically and psychologically addicted	It's possible to get both physically and psychologically addicted to drugs.	physisch (körperlich) und psychisch abhängig werden
to gain weight	He gained weight after eating too much chocolate.	(an Gewicht) zulegen, zunehmen
to become a criminal	He had to become a criminal to survive, as he had no other means of supporting himself.	straffällig werden
to lose one's friends	It's common to lose one's friends because of addiction.	die Freunde/Freundinnen verlieren
one's heart rate and blood pressure rise	One of the physical symptoms of doing drugs is that one's heart rate and blood pressure rise.	der Puls / die Herzschlagfrequenz und der Blutdruck erhöhen sich
one's school / work performance suffers	Your work performance suffers if you drink alcohol at work.	die schulische Leistung / Arbeitsleistung leidet / wird in Mitleiden-schaft gezogen
to cause lung cancer	It is well known that smoking causes lung cancer.	Lungenkrebs verursachen, zu Lungenkrebs führen
to get bad eyesight	You can get bad eyesight from diabetes.	zu verminderter / schlechterer Sehkraft führen
to suffer from diabetes	Many Americans suffer from diabetes because of their poor diet.	an Diabetes leiden
to cause memory loss	Being an alcoholic may cause memory loss no matter the age.	zu Gedächtnisverlust führen, Gedächtnisverlust verursachen
to overdraw one's bank account	Eve often overdraws her bank account because of her expensive habits.	das Bankkonto überziehen
to have high cholesterol levels	Eren has high cholesterol levels, so his doctor recommended him to go on a diet.	hohe Cholesterinwerte haben
to have bad breath	Mark had bad breath because of his diet.	Mundgeruch haben
to suffer from serious withdrawal symptoms	People who have taken drugs for a long time often suffer from serious withdrawal symptoms once they try to quit.	unter schweren Entzugserscheinungen leiden
to get aggressive more easily	Hank has a long-term drinking problem and tends to get aggressive more easily.	schneller / leichter aggressiv werden
to suffer from obesity	Unsurprisingly, those who are addicted to eating often suffer from obesity.	an/unter Fettleibigkeit leiden
to start to shiver	You may start to shiver if you're addicted to something and haven't taken it in a while.	zu zittern beginnen
to get a headache	I get a headache every time I take my medication.	Kopfschmerzen / Kopfweg bekommen

Why addictions are more likely among teens

to be likely to do something	Teens are likely to harm themselves by taking drugs because they lack experience yet.	etwas wahrscheinlich tun
to experiment with drugs	Teens who experiment with drugs often do not know the risks involved.	mit Drogen experimentieren
to develop an addiction	You can develop an addiction at any age.	eine Abhängigkeit / Sucht entwickeln
substance abuse / use	Substance abuse is something you can find in almost any country.	Drogen- / Suchtmittelmissbrauch
to overreact to criticism	Teens often overreact to criticism about their habits.	auf Kritik überreagieren / heftig auf Kritik reagieren
to be pleasurable	Once teens experience something that is pleasurable, they will probably try to do it again.	angenehm / vergnüglich sein
judgement is often poor	Because teens do not have much life experience, their judgement is often poor.	das Urteilsvermögen ist oft schlecht / unzureichend

to lack willpower	Leah knows she lacks the willpower to quit smoking on her own, so she's considering seeking professional help to overcome her addiction.	an Willenskraft mangeln, keine / wenig Willenskraft haben / besitzen
to resist doing something	People who think about the consequences usually find it easier to resist making poor decisions.	sich dagegen wehren, etwas zu tun
to overcome an addiction	It is difficult to overcome an addiction, but not impossible.	eine Sucht / Abhängigkeit überwinden / bewältigen
to get proper treatment	Once Harvey got proper treatment, he no longer felt like he needed alcohol to survive.	eine geeignete Behandlung bekommen
to make a full recovery	Harold made a full recovery after a crazy night of bad decisions.	vollständig genesen, sich vollständig erholen
Ready to quit		
to develop an excessive behaviour / habit	Those who have developed an excessive habit may find it difficult to stop.	eine exzessive / übertriebene Verhaltensweise / Gewohnheit entwickeln
to not be able to think of anything else	Once you've tried something addictive, you may not be able to think of anything else.	nicht (mehr) in der Lage sein an irgendetwas anderes zu denken, an nichts anderes mehr denken können
to be controlled by something	It is common to think that addiction feels like you are being controlled by something.	von etwas kontrolliert werden
to become a top priority in one's life	Maya allowed drugs to become a top priority in her life, and she knew that had to change.	zu einer obersten Priorität im Leben werden
to talk to a person you trust / a teacher / a professional	If you feel unable to stop your addiction, you should talk to a person you trust like a teacher or other trained professional.	mit einer Person sprechen, der man vertraut / mit einem Lehrer/einer Lehrerin sprechen / mit einem Experten/einer Expertin sprechen
to admit an addiction	Once you admit to yourself that you have an addiction, overcoming it becomes easier.	sich eine Sucht / Anhängigkeit eingestehen
to ask for help	Mike had the courage to ask for help with his gambling problem.	um Hilfe bitten, Hilfe anfordern
to (not) realise the consequences of one's actions	Many addicts do not realise the consequences of their actions until it is too late.	die Konsequenzen von Handlungen (nicht) erkennen
to lack knowledge	Many teenagers try drugs because they lack knowledge of the risks.	keine Kenntnis haben, an Wissen mangeln
to be naïve	It's naïve to believe that addiction can be overcome with willpower alone, without support or treatment.	naiv sein
to overcome mental health issues	Many people can overcome mental health issues with professional help.	psychische Probleme überwinden
to escape from problems with one's parents / school	Kellan turned to drugs to escape from problems with his school.	sich Problemen mit Eltern / Schule entziehen, vor Problemen mit Eltern / Schule flüchten
Teen Internet addiction		
to respond to a survey	Over 300 people responded to a survey about their Internet use.	an einer Umfrage teilnehmen, eine Umfrage beantworten
a high / low percentage	A high percentage of boys reported spending over 5 hours online every day.	ein hoher / niedriger Prozentsatz

to be a serious threat	Because of smart phones, Internet addiction is now a serious threat for young people.	eine ernsthafte Bedrohung sein
to lead to mental health issues	Scrolling online may seem harmless, but it can lead to mental health issues.	zu psychischen Problemen führen
to develop a compulsive behaviour	There are many reports of how Internet addiction has led teens to develop a compulsive behaviour they cannot stop.	ein zwanghaftes Verhalten entwickeln
to be moody	Teens can be moody sometimes, especially when they don't get enough sleep.	launisch / launenhaft sein
to be an escape from reality	Social media can be a way for teens to temporarily escape from reality and explore who they want to be.	eine Flucht / ein Rückzugsort vor der Realität sein
to suffer from poor social skills	Those who suffer from poor social skills often feel safer online.	über mangelnde / schwache soziale Kompetenzen verfügen
to feel insecure	Sharon feels insecure in the real world because she lacks confidence in social situations.	sich unsicher fühlen
a form of punishment	Parents taking away their teen's smart-phone is a form of punishment many young people find very difficult.	eine Art der Bestrafung

Unit 7 – Life as a teen

What it's like to be a teenager

to be fun	Being a teenager is fun because you have more freedom and start doing things on your own.	Spaß machen
to be stressful	School is stressful, but it can also be enjoyable.	stressig sein
to be relaxing	It's relaxing to come home and have a shower after a long day at school.	entspannend sein
to be hard / tough	It can be really hard to deal with responsibilities and expectations.	hart / schwierig/zäh sein
to be intense	High school can be intense but you also make lifelong friends.	intensiv / heftig / stark sein
to spend a lot of time at school / on studying	I spent a lot of time at school when I was a teenager.	viel Zeit in der Schule / mit Lernen verbringen
to hang out with one's friends	Karl loves to hang out with his friends at the weekend.	mit den Freunden / Freundinnen abhängen
to (not) do odd jobs	I do odd jobs during the summer to earn a little more pocket money.	(keine) Gelegenheitsarbeiten verrichten
to be optimistic / pessimistic	I am optimistic about the future now that I have a good job.	optimistisch / pessimistisch sein
to be willing to take risks	You must be willing to take risks if you want to get your dream job.	bereit / gewillt sein, Risiken einzugehen
to be creative	She is creative and loves to write, she should be an author.	kreativ sein
to have a good sense of humour	People say I have a good sense of humour but I don't think that's true.	einen guten Sinn für Humor haben / besitzen
to (not) earn one's own money	It feels very good to earn one's own money from a new job.	(nicht) das eigene Geld verdienen
to become a victim of bullying	No one should ever become a victim of bullying, so I encourage people to stand up to the bully.	ein Mobbingopfer werden
to be dependent on one's parents	To be dependent on one's parents for money can make it difficult to feel grown-up and responsible.	von den Eltern abhängig sein
to be scared of not fitting in	It is normal for teens to be scared of not fitting in when they start attending a new school.	Angst haben, nicht reinzupassen
to shape teenagers' opinions and positions	Social media posts often shape teenagers' opinions and positions on politics.	die Meinungen und Standpunkte / Haltungen von Jugendlichen formen / prägen
to manipulate teens	Fake news can manipulate teens into believing almost anything.	Jugendliche manipulieren
to portray the negative rather than the positive	TV series about high school often portray the negative rather than the positive parts of teen life.	eher das Negative als das Positive abbilden / darstellen
to influence the way young people eat / think / dress / behave	Celebrities often influence the way young people dress and behave.	die Art, wie junge Menschen essen / denken / sich anziehen / sich verhalten beeinflussen
to have fewer responsibilities	Teens have fewer responsibilities than adults.	weniger Verantwortlichkeiten / Verbindlichkeiten haben
to become successful	Most teens worry about whether they will become successful after school or not.	erfolgreich werden
to have one's own family	Julia wants to have her own family someday.	eine eigene Familie haben

to find a job you love doing	You should find a job that you love doing, even if the pay is low.	einen Beruf finden, den man gerne ausübt
to be healthy / happy	It is important to be both healthy and happy, whatever you decide to do.	gesund / glücklich sein
to look forward to having a settled life	After constantly travelling abroad, Marvin looked forward to having a settled life.	sich auf ein geregeltes Leben freuen
Hopes, dreams and fears of teenagers		
to grasp the world around you	As a teen, you are still learning to grasp the world around you.	die Welt um sich herum begreifen / verstehen
to be an external influence	<i>Instagram</i> is an external influence that can be harmful to teens.	ein äußerer / externer Einfluss sein
to figure out what's going on inside a teenager's mind	In order to figure out what's going on inside a teenager's mind, you need to talk to them like you would talk to an adult.	ergründen / herausfinden, was vor sich geht / was los ist im Kopf eines/r Jugendlichen
to be eye-opening	It is eye-opening for a lot of adults when they realise how much stress teens are under.	aufschlussreich sein
to fill in a questionnaire	Robin was asked to fill in a questionnaire about how much homework she does every week.	einen Fragebogen ausfüllen
to get a response from someone	Ronny sent out his request and hoped to get a response from someone who is in his field.	eine Rückmeldung / Antwort von jemandem erhalten
to be predictable	Timo applied for a job he was not qualified for, and the results were predictable.	vorhersehbar / berechenbar sein
to split up with someone	If you are going to split up with someone, it is better to do it in person.	sich von jemandem trennen
to remind someone of something	The office reminded him of university because it was full of young people, all busy with their work and always in a rush.	jemanden an etwas erinnern
to be wealthy	Some people are wealthy and can afford to study abroad with no difficulties.	wohlhabend / reich sein
ethnicity	Universities often ask for your ethnicity when you apply, but it's only for their records.	Ethnie, ethnische Zugehörigkeit
to (not) be willing to do something	You must be willing to work some evenings if you want to be employed here.	(nicht) bereit / willens sein, etwas zu tun
to have a fulfilling career	Most people do not want a lot of money, but they do want to have a fulfilling career.	eine erfüllende Karriere / berufliche Laufbahn haben
to get / gain an insight	The internship helped him gain an insight into the employers' expectations.	einen Einblick gewinnen
Wishful thinking		
to suffer from high expectations / pressure from one's parents	Too many teens cannot relax at school because they suffer from high expectations from their parents.	unter den hohen Erwartungen / dem Druck der Eltern leiden
to suffer from depression	He suffered from depression for years but after going to therapy, he felt much better.	an Depressionen leiden
to be / feel stressed out	McKayla feels stressed out whenever she enters the classroom.	völlig gestresst / abgehetzt sein
to lack motivation / concentration	Some teens are really smart but do not do well in school because they lack motivation to do schoolwork.	an Motivation / Konzentration mangeln
to struggle with schoolwork / teachers / marks	Teens who cannot focus often struggle with schoolwork and receive poor marks.	sich mit Schulaufgaben / Lehrern/Lehrerinnen / Noten herumquälen / abmühen

to be discriminated against	Members of minority groups know what it feels like to be discriminated against.	diskriminiert werden
to experiment with alcohol / cigarettes / drugs	It is normal, but unhealthy, for teens to experiment with cigarettes and alcohol.	mit Alkohol / Zigaretten / Drogen (herum)experimentieren
to be under negative peer pressure	Many teens who were under negative peer pressure developed some form of destructive behaviour.	unter negativem Gruppenzwang stehen / leiden
to have an eating disorder	She had an eating disorder in her teens.	eine Essstörung haben
to worry about getting a job	Stephen has no degree and worries about getting a job in the future.	sich Sorgen machen, ob man einen Job bekommt
to be concerned about climate change	Younger people tend to be concerned about climate change.	sich Sorgen / Gedanken um den Klimawandel machen
to care about financial security	Teens should not have to care about financial security; that should be a parent's job.	sich um finanzielle Sicherheit bemühen
to be afraid of political changes	The older generation is afraid of political changes.	Angst vor politischen Veränderungen haben
A perfect day in the life of a teenager		
to be on a desert island	If you were on a desert island, what three things would you bring?	auf einer einsamen Insel sein
to be in untouched nature	Some people prefer to go on holiday in cities and some people prefer to be in untouched nature.	in der unberührten Natur sein
to be on a sandy beach	Bridget would love to be on a sandy beach right now but she has work to do.	an einem Sandstrand sein
to go sightseeing / enjoy city life	When I'm in a new city, I like to go sightseeing and see all the historical places.	eine Besichtigungstour machen / das Stadtleben genießen
to be in the mountains	I would love to go to Austria and be in the mountains again.	in den Bergen sein
to be in a beautiful winter landscape	Walking around Salzburg when it is snowy outside makes you feel like you are in a beautiful winter landscape from a fairytale.	in einer (wunder)schönen Winterlandschaft sein
to enjoy the wonderful slopes on a mountain	They are enjoying the wonderful slopes on the mountain and taking in the breathtaking views of the surrounding landscape.	die tollen / wundervollen Pisten auf einem Berg genießen
to be a bright, sunny day	I'd love just one bright, sunny day this week.	ein klarer und sonniger Tag sein
to be snowy	It is snowy in Michigan this week.	verschneit / schneereich sein
to go sunbathing	I need to go sunbathing soon, I'm looking really pale.	ein Sonnenbad nehmen
to ride a jet ski	I'm going to ride a jet ski as soon as we get to the lake.	Jetski fahren
to go hiking	Can we go hiking in the Alps soon?	wandern gehen
to go surfing	Melissa wants to try surfing but is scared of falling.	surfen gehen
to do parasailing	Homer wants to do parasailing but it's so expensive.	parasegeln / gleitschirmsegeln
to go snowboarding	I'll go snowboarding as soon as the first snow falls.	snowboarden gehen
to go diving	It is dangerous to go diving off a waterfall.	tauchen gehen
to do climbing	We can do climbing either at the climbing gym or a nice place outside.	klettern gehen

to have dinner at the beach	It sounds romantic to have dinner at the beach.	am Strand zu Abend essen
to go partying / clubbing / dancing	We can go clubbing in Berlin this weekend.	feiern gehen / tanzen gehen
to read a good book	There's nothing I'd enjoy more than reading a good book on the beach.	ein gutes Buch lesen
to have fun with one's friends	For the next holiday, I just want to stay home and have fun with my friends.	mit den Freunden/Freundinnen Spaß haben
to listen to music	I could listen to music all day.	Musik hören
to be with one's family	Sabrina loves being with her family and is looking forward to going to Moravia with them this weekend.	Zeit mit der Familie Zeit verbringen
to enjoy the day with your loved ones	There is not a better feeling in the world than enjoying the day with your loved ones.	den Tag mit den Liebsten / nahestehenden Menschen verbringen
to enjoy being on your own	If you enjoy being on your own, a solo holiday is right for you.	es genießen alleine zu sein
to be overwhelmed	If you feel overwhelmed by life, some time off work would really help.	überwältigt / überfordert sein
to feel fantastic	I slept for 9 hours, and I feel fantastic today.	sich fantastisch fühlen
to be grateful	He is grateful for the opportunity to travel abroad.	dankbar sein
to be at peace with someone or something	He is at peace with the idea of not being able to go on holiday until summer.	im Reinen sein mit
Expressing yourself through fashion		
to care about one's public image	Celebrities have to care about their public image more than other people.	das Fremdbild / die Außenwirkung wichtig nehmen
to get inspired by someone / something	He got inspired by something he read online.	von jemandem / etwas inspiriert werden
to follow a fad	When you follow a fad, make sure it's not unhealthy or destructive.	einem Modetrend / einer Modeerscheinung folgen
to be a copycat version	There is a copycat version of that shirt that costs 50 % less.	eine Nachahmung sein
to try to keep up with someone / something	I try to keep up with fashion trends but they change too quickly.	mit jemandem mithalten können, sich über etwas auf dem Laufenden halten
to purchase fashion items	I will never purchase fashion items over \$100.	Modeartikel kaufen
to be up-to-date	Martha is always up-to-date with the latest fashion.	auf dem neuesten Stand sein
to stay on track	Jess wants to stay on track and continue her fashion career.	auf Kurs bleiben
to impress someone	Trina impressed me with her excellent style of clothing.	jemanden beeindrucken

Unit 8 – Tolerance is a mindset

What it takes to be tolerant

to show sympathy	It's not that hard to show sympathy for other human beings.	Mitgefühl zeigen
to be open-minded	I consider myself to be an open-minded person who is willing to accept anyone the way they are.	unvoreingenommen / weltoffen / vorurteilsfrei sein
to accept other people's opinions and preferences	Just because you accept other people's opinions and preferences does not always mean that you agree with them.	die Meinungen / Einstellungen und Vorlieben anderer Menschen akzeptieren
to be curious about / interested in other people's lifestyle / culture	It is natural to be curious about other people's lifestyle and culture, I think that's why travelling to foreign countries is so popular.	auf den Lifestyle / die Kultur anderer Menschen neugierig sein / am Lifestyle und an der Kultur von anderen Menschen interessiert sein
to practise respect	You can practise respect everyday by being kind to people.	respektvoll handeln, Respekt zeigen
to be empathetic	If we are empathetic, we can better understand the challenges people from different cultures face.	einfühlsam, empathisch sein
to treat others the way you would like to be treated	Treating others the way you want to be treated is a great way to live your life.	andere so behandeln, wie man selber gerne behandelt werden möchte
to (not) feel superior to others	Dave tries to not feel superior to others, even if he has more informed opinions.	sich anderen gegenüber (nicht) überlegen fühlen / vorkommen
to be fair-minded	Being fair-minded allows us to appreciate cultural differences.	gerecht, unvoreingenommen sein
to rely on one's own worldview	You cannot simply rely on your own worldview; you need to learn about other people's as well.	auf die eigene Weltsicht bauen / vertrauen
to (not) be patient enough to learn to understand other people	Sarah is not patient enough to learn to understand other people, so she doesn't go out much.	(nicht) geduldig genug sein, um andere Menschen verstehen zu lernen
to have difficulty doing something	It's common for one person to have difficulty doing something that another person finds easy.	Schwierigkeiten haben etwas (Bestimmtes) zu tun
to want to be right	Jim wants to be right about everything, which makes him very difficult to talk to.	Recht haben wollen
to live a happy and fulfilled life	All most people want is to live a happy and fulfilled life in peace.	ein glückliches und erfülltes Leben führen
to appreciate another person's thoughts and perspectives	It is not always easy to appreciate another person's thoughts and perspective, but you need to try.	die Gedanken und Sichtweisen anderer Menschen wertschätzen
to bring greater peace	Learning to understand and accept other cultures will bring greater peace around the world.	mehr Frieden bringen
to work together with people from different cultures	In the business world, you need to work together with people from different cultures quite a lot.	mit Menschen aus anderen Kulturen zusammenarbeiten

All different, all equal

to be disabled	Margaret is disabled but can still get around the city quite easily.	arbeitsunfähig, beeinträchtigt sein
to be homeless	He was homeless a few years ago but now he's a millionaire.	obdachlos sein
to be homosexual / gay	It was much more difficult to be gay in the 1970s.	homosexuell sein

to have a different cultural background	People may behave differently from you if they have a different cultural background.	einen anderen kulturellen Hintergrund / eine andere kulturelle Herkunft haben
to have a pigmentation disorder	It's more common than you think to have a pigmentation disorder, but many people still face discrimination because of it.	eine Pigmentstörung haben, unter einer Pigmentstörung leiden
to use a wheelchair	Winston's grandmother uses a wheelchair when she has to travel long distances.	einen Rollstuhl benutzen
to feel frightened / scared	Fake news makes people feel frightened of refugees from different cultures.	Angst haben, sich fürchten
to feel insecure / not confident	Lindsey is not confident in her spoken Arabic.	sich unsicher / nicht selbstsicher fühlen
to be intolerant	Clive used to be intolerant of some groups of people but after getting to know them, he discovered they had lots in common.	intolerant sein
to feel stress and discomfort	She felt stress and discomfort at the thought of applying for a visa.	sich gestresst und unbehaglich fühlen
to accept other people's viewpoints	Luke sometimes finds it difficult to accept other people's viewpoints.	die Ansichten anderer Menschen akzeptieren
to understand other people's behaviour / lifestyle	Sometimes understanding how a language works can help you understand other people's behaviour.	den Lebensstil / das Verhalten anderer Menschen verstehen / nachvollziehen können
to feel inferior	No one should have to feel inferior because they are foreign.	sich minderwertig / unterlegen fühlen
to lack knowledge	Even though I have two degrees in history, I still lack knowledge in some areas.	keine Kenntnisse haben, an Wissen mangeln
to boost one's self-esteem	Being able to speak a foreign language can really boost one's self-esteem when you visit another country.	das Selbstbewusstsein steigern
to get information about a topic	In order to get information about a topic in Chinese, I asked my friend Majd, who lived in China for two years.	Informationen zu einem Thema erhalten / erlangen
Tolerance is a life skill		
to reject something	I reject the idea that people need to completely integrate to live somewhere.	etwas ablehnen / verwerfen
to be childish	It is childish to hate someone for where they were born.	kindisch sein
to show some degree of conformity	The first generation of immigrants usually show some degree of conformity.	einen gewissen Grad an Konformität zeigen / aufweisen
to be a worst-case scenario	Getting deported is a worst-case scenario for anyone.	ein Worst-Case-Szenario sein
to raise one's voice	Please don't raise your voice when we get into the immigration office.	die Stimme erheben (gegen)
to bully someone	It is never ok to bully someone.	jemanden mobben
to handle a difficult situation	The best way to handle a difficult situation is to talk it through.	eine schwierige Situation meistern / bewältigen
to remain	Lucia's grandma remained in Croatia throughout the war in the 1990s.	bleiben, verbleiben, übrigbleiben
to be disappointed	Amy was disappointed that her visa was denied.	enttäuscht sein
to draw the line	I can forgive disliking people you disagree with, but I draw the line at hating anyone.	die Grenze ziehen
to be harmful	Fake news is harmful because it can convince people of almost anything.	schädlich / gefährlich sein
to be offended by someone / something	He didn't agree with them, but he wasn't offended by their point of view.	sich von jemandem / durch etwas beleidigt fühlen

to be involved in something	Nicole was involved in helping refugees find a home in Canada.	an / bei etwas beteiligt sein
to do an internship	If you're considering a job, do an internship first to gain valuable experience.	ein Praktikum machen
to have the liberty to speak one's native tongue	English speakers have the liberty to speak their native tongue almost anywhere on the planet.	die Freiheit haben die Erstsprache / Heimatsprache / Muttersprache zu sprechen
to have one's own property	It is expensive to have one's own property abroad.	Eigentum besitzen
Living in a diverse society		
age	It is surprising that age discrimination is still common in many places.	Alter
appearance	Someone's appearance tells me very little about who they really are.	Erscheinungsbild, Aussehen
culture	Mario's culture is also a part of his identity.	Kultur
food	Czech food is known for often having potatoes in it.	Essen
gender (male / female / diverse)	Gender is a spectrum, so people should be open to and respect all kinds of gender identities, not just what we know as male and female.	(soziales) Geschlecht (männlich / weiblich / divers)
hair colour	She has a really interesting hair colour, but no one can tell if it's red or blonde.	Haarfarbe
skin colour	You should never judge someone simply because of their skin colour.	Hautfarbe
social class	Sadly, social class often determines how successful someone will be in life.	gesellschaftliche Schicht
tradition	It is a tradition in my family that we celebrate Christmas together.	Tradition
respect for authority / elderly people	Respect for elderly people seems to be a value most cultures share.	Respekt gegenüber Autorität / älteren Menschen
importance of religion	The importance of religion is very obvious in a lot of cultures.	die Wichtigkeit / Bedeutung von Religion
gender role(s)	Remember that gender roles may be different from the ones in Europe.	Geschlechterrolle(n)
relationship to time	When Dave went to Morocco, he found out that people have a different relationship to time there because everyone was 20 minutes late to parties.	Verhältnis / Beziehung zur Zeit
work ethics	Different work ethics mean different expectations in the job market.	Arbeitsmoral / Arbeitsethik
rituals and ceremonies	Japanese rituals and ceremonies might seem strange to outsiders, but they are fascinating to watch.	Rituale und Zeremonien
behaviour in public	Bad behaviour in public is something many cultures will judge foreigners for.	das Verhalten in der Öffentlichkeit
personal space	In Austria, personal space does not seem to be something people consider; they will stand very close to you.	Diskretionsabstand, (persönliche) Distanzzone
sense of humour	Monty believed Germans didn't have a sense of humour until he visited the country.	Sinn für Humor
level of politeness	The level of politeness I experienced in Taiwan was amazing; they were very kind to everyone.	Grad an Höflichkeit

attitude towards education	The attitude towards education in East Asia is very positive.	Einstellung gegenüber Bildung
to be more innovative / creative	Being more creative with how you approach problems is something Americans encourage.	innovativer / kreativer sein
to lead to economic growth	Encouraging immigration may lead to economic growth.	zu wirtschaftlichem Wachstum führen
to gain an understanding of other people's worldviews / values / beliefs	Travelling is the best way to gain an understanding of other people's worldviews, values and beliefs.	ein Verständnis für die Weltsicht / Weltanschauung / Werte / Überzeugungen / Glaubensvorstellungen von anderen Menschen erlangen
to hear new viewpoints	It is a sign of an intelligent person if they want to hear new viewpoints about something they do not know much about.	neue Ansichten / Gesichtspunkte hören
to be more peaceful	People tend to be more peaceful to each other when they know more about each other.	friedlicher sein
to learn from each other	There is so much we can learn from each other if we give it a chance.	voneinander lernen
to create stereotypes and biases	Not understanding other cultures can lead people to create stereotypes and biases about them.	Klischees und Vorurteile schaffen / kreieren / erzeugen
to lead to misunderstandings	Tony's lack of cultural awareness led to misunderstandings at work.	zu Missverständnissen führen
to result in unequal treatment at school / work	Maria's cultural background was misunderstood, which resulted in unequal treatment at school.	zu ungleicher Behandlung in der Schule / am Arbeitsplatz führen
to organise workshops	I really admire Stefanie, she organised workshops for new immigrants so they could start learning English.	Workshops organisieren
to point out what / how much we can learn from one another	Branden pointed out how much we can learn from each other if we communicate better.	darauf hinweisen / aufzeigen wie viel wir voneinander lernen können
to be a role model of tolerance and respect	Harvey is my favourite student; he's a role model of tolerance and respect no matter who he talks to.	ein Vorbild für Toleranz und Respekt sein
to involve students in projects	If you involve students in projects that encourage them to explore a new culture, they usually surprise you with how hard they work.	Schülerinnen und Schüler in Projekte einbinden/einbeziehen
to teach someone about other cultures, traditions and religions	In order to teach someone about other cultures, traditions and religions, you need to do more than just make them do some research online.	jemandem etwas über andere Kulturen, Traditionen und Religionen beibringen
Teen refugees in Australia		
to be forced to leave one's home country	Being forced to leave one's home country must be terrifying.	gezwungen sein / werden, das Heimatland zu verlassen
to lack language skills	If you move abroad, it is likely you will lack language skills at first, which makes it hard to live there.	nicht genug Sprachkenntnisse haben, an Sprachkenntnissen mangeln
to face racism and discrimination	It is not always easy to face racism and discrimination, but we must still try.	mit Rassismus und Diskriminierung konfrontiert sein
to suffer from trauma	Refugees often suffer from trauma caused by war.	unter / an einem Trauma leiden

to have limited access to education	Teen refugees with limited access to education often surprise people with their knowledge of the world.	limitierten / begrenzten Zugang zu Bildung haben
to be lonely	It can be lonely if you're far away from home and don't speak the local language very well.	einsam sein
to be caught in the middle of a war	The refugees were caught in the middle of a war but thankfully made it to safety.	sich im Krieg / Kriegszustand befinden
to lead to political unrest	Economic inequality can lead to political unrest when people feel they have limited access to basic needs and opportunities.	zu politischen Unruhen führen
to face an economic crisis	We would face an economic crisis if every foreigner left the country.	mit einer Wirtschaftskrise konfrontiert sein
due to environmental factors	Many refugees are forced to leave their homes due to environmental factors like floods.	aufgrund von Umweltfaktoren
to have / suffer from poor living / work conditions	The refugees had to suffer from poor living conditions for a few months because there just was not enough space for them.	schlechte Lebensverhältnisse / Arbeitsbedingungen haben / unter schlechten Lebensverhältnissen / Arbeitsbedingungen leiden
to receive a permit of residence	It took so long for Zach to receive his permit of residence, but he finally got it!	eine Aufenthaltsgenehmigung erhalten
to deal with language barriers	When applying for a visa in the Czech Republic, you need to deal with language barriers constantly because many older Czech people do not speak English.	mit Sprachbarrieren umgehen / fertig werden
there is a lot of uncertainty about something	When you move to a new country, there is a lot of uncertainty about what will happen to you.	es gibt viel Unsicherheit über etwas
to feel like you belong	It takes a long time to feel like you belong when you move abroad.	sich zugehörig fühlen
to be confronted with another way of thinking	I believe it is healthy to be confronted with another way of thinking because you can learn a lot.	mit einer anderen Denkart / Denkweise konfrontiert sein
to speak one's mother tongue	Learning languages is fun, but it feels amazing to speak one's mother tongue again.	die Muttersprache sprechen
to adjust to a new culture	It will take a few years to adjust to a new culture.	sich an eine neue Kultur anpassen
to do an odd job	Doing an odd job will help you earn some pocket money.	einen Gelegenheitsjob machen
to seek asylum in another country	Many people seek asylum in another country to escape danger in their homeland.	Asyl in einem anderen Land suchen / beantragen
to feel secure and safe	No matter who you are, everyone deserves to feel secure and safe.	sich geborgen und sicher fühlen
to appreciate the help you received	While you did a lot of things yourself once you moved abroad, it is important to appreciate the help you received as well.	die Hilfe, die man bekommt, wertschätzen
to get a scholarship at a university	You're lucky if you get a scholarship at a university because it can make a huge difference in your life.	ein Stipendium an der Universität bekommen

Unit 9 – The evolution of media

How young people get their news

to be healthy for one's mind	Limiting screen time is healthy for one's mind, especially before going to bed.	gesund für den Geist / Verstand sein
to subscribe to a newspaper	I subscribe to a newspaper online for all my world news.	eine Zeitung abonnieren
to inform someone about current events	Joe informed Caroline about current events in Eastern Europe and she was shocked.	jemanden über aktuelle Ereignisse / Geschehnisse informieren
to get information from different news sources	If you get information from different news sources, you will have a more informed opinion.	Informationen aus verschiedenen Nachrichtenquellen beziehen
to be reliable	Some news channels are reliable and trustworthy, but many are not.	zuverlässig / verlässlich sein
to mislead people	Fake news articles mislead people into thinking they are under attack, even when they're not.	Menschen täuschen / irreführen
to find news about upcoming TV series / shows	I only read articles online to find news about upcoming TV series I'm interested in.	Neuigkeiten zu kommenden Fernsehserien finden
to be tedious	Finding good news sources can be tedious but worth it.	langweilig / mühsam sein
to be repetitive	Fake news is repetitive, but that's also part of the reason why people start to believe it.	wiederholend / monoton sein
the news broadcast also has a social media account	The news broadcast also has a social media account so people can comment what they think.	die Nachrichtensendung hat auch einen Social-Media-Account
to be useless	It is useless to delete people's comments, they'll just write more.	nutzlos / sinnlos sein
to be ancient	Newspapers are ancient to young people who grew up with smartphones.	antik / uralt sein

How do you access the news?

to make the news	Those who make the news should be careful and check all their facts.	Schlagzeilen machen
to hear the news	You can still hear the news on the radio.	die Nachrichten hören
to celebrate the news	Everyone celebrated the news that the war had ended.	die Nachrichten / Neuigkeiten feiern
to send a message	She sent a message to her boyfriend telling him to hurry up.	eine Nachricht schicken / senden
to take a message	Ms Striebich is in a meeting right now, may I take a message?	etwas ausrichten, eine Nachricht aufnehmen
to leave a message	Please leave a message after the beep, thank you.	eine Nachricht hinterlassen
to access the media	In some countries, it is difficult for people to access the media and get reliable news.	auf Medien zugreifen
to criticise the media	We all love to criticise the media, but we need to remember how difficult it is to report the news objectively.	die Medien kritisieren
to form opinions	I never form opinions on something until I've checked all the facts.	Meinungen bilden
to blame the media	I blame the media for how divided my country is right now.	die Medien verantwortlich machen, den Medien die Schuld geben
to spread false messages / wrong beliefs	Spreading false messages is an easy way to make people upset.	falsche Nachrichten / Botschaften / Überzeugungen verbreiten

to lead to violent behaviour	Reporting false stories can lead to violent behaviour.	zu gewalttätigem Verhalten führen
to spend too much time in front of a screen	If you spend too much time in front of a screen, your eyes will begin to hurt.	zu viel Zeit vor einem Bildschirm verbringen
to provide someone with well-researched information	If you provide me with well-researched information, I am more likely to believe your news story.	jemandem gut-researchierte Informationen zur Verfügung stellen
to create awareness of something	Even a short news story can create awareness of a larger problem.	Bewusstsein schaffen für etwas
to manipulate / control someone	The politician controlled the news organisation for a long time and had them report only nice stories about him.	jemanden manipulieren / kontrollieren
to lead to prejudice / bias	Only reading news from sources that share your political beliefs can lead to prejudice against people you don't even know.	zu Vorurteilen / Voreingenommenheit führen
to present shocking news	When online articles present shocking news, the title is sometimes in all capital letters.	schockierende Neuigkeiten präsentieren
to use catchy headlines	Using catchy headlines will make your stories more memorable.	einprägsame / prägnante / zündende Schlagzeilen verwenden
to use algorithms to tailor content and target audiences	Many websites use algorithms to tailor content and target audiences based on their interests and behaviour.	Algorithmen verwenden, um Inhalte anzupassen / zuzuschneiden und Zielgruppen anzusprechen
to relate to a person's emotions	Good news stories often try to relate to a person's emotions to grab their attention.	sich auf die Emotionen einer Person beziehen
to use special colours / typography	I always thought that using special colours in your headline was a cheap way to get someone's attention.	spezielle Farben / Typografie (Schriftbild) verwenden
to grow personally	Learning what people who disagreed with me really thought allowed me to grow personally and think about other people's problems.	persönlich wachsen, an Persönlichkeit gewinnen
to expand one's knowledge	There's no harm in expanding one's knowledge on something, even if it seems boring.	das Wissen / den Wissensstand erweitern
to broaden one's horizons	Broadening one's horizons can help you discover something new you didn't even know you were interested in.	den Horizont erweitern
to get a better understanding of the world around you	To get a better understanding of the world around you, read as much as you can.	ein besseres Verständnis von der Welt um sich herum erlangen
to learn critical thinking	Schools should make you learn critical thinking before you can graduate.	kritisches Denken lernen
to take part in meaningful conversations	I was able to take part in meaningful conversations as soon as I actually started listening to what people had to say.	sich an bedeutungsvollen Gesprächen beteiligen
Digital versus print school magazine		
to have a strong tradition	The newspaper has a strong tradition of always telling the truth.	eine lange / feste Tradition haben
no waste is being created	No waste is being created now that the paper has completely switched to digital.	es wird kein Müll produziert
to have a loyal readership	A school newspaper means you will always have a loyal readership because you are publishing stories related to them.	eine loyale Leserschaft haben
to cost a lot of money	It may cost a lot of money to start a newspaper, but it's worth it.	viel Geld kosten

to (not) be environmentally friendly	It will not be environmentally friendly to start another print paper.	(nicht) umweltfreundlich sein
students want to hold the paper in their hands	Newspapers may seem old-fashioned, but students want to hold the paper in their hands to feel more connected to the news and escape from screens.	Schülerinnen und Schüler möchten die Zeitung in Händen halten
you can cut out articles and save them	People like print papers because you can cut out articles and save them; it's great for scrapbooking!	man kann Artikel ausschneiden und sie aufbewahren / behalten
to be more / less expensive	It is less expensive to publish news online.	teurer / kostengünstiger sein
you can access it from anywhere in the	Nowadays, when you travel and want to read news from your local newspaper, you can go online to access it from anywhere in the world.	man kann von überall auf der Welt darauf zugreifen
articles are well-researched and well-documented	When articles are well-researched and well-documented, it's always a pleasant surprise.	Artikel sind gut recherchiert und gut dokumentiert / gut belegt
to be updated regularly	Online newspapers should be updated regularly to provide the latest information to their readers.	regelmäßig aktualisiert werden
to be online 24/7	No one can be online 24/7; everyone needs to sleep at some point.	24/7 online sein
to be harder to read	It can be harder to read the news on your phone because of the small font.	schwieriger zu lesen sein
to be easy to change / delete the content	Online newspapers are convenient for readers because they can be quickly updated with new information.	einfach sein, den Inhalt zu ändern / zu löschen
to save space	Online newspapers save space because you do not need to store them anywhere.	Platz sparen
The fake news problem		
to be referred to as fake news	The paper was referred to as fake news by its rivals.	als Fake News bezeichnet werden
to intentionally spread incorrect information	The president intentionally spread incorrect information to gain popularity.	absichtlich falsche / fehlerhafte Informationen verbreiten
to change a societal outcome	Fake news can change a societal outcome more easily than people realise.	ein gesellschaftliches Ergebnis / einen gesellschaftlichen Ausgang verändern
to serve a very specific purpose	Fake news stories serve a very specific purpose, usually to help some political movement.	einem sehr speziellen Zweck dienen
to contain misinformation	Articles that contain misinformation should be taken down.	falsche / fehlerhafte Informationen enthalten
to go viral	Sadly, a lot of fake news goes viral.	viral gehen
to spread rumours	Spreading rumours at school is an easy way to lose friends.	Gerüchte verbreiten
to debate about the quality of online sources	People love to debate about the quality of online sources, but that doesn't mean those sources don't get used.	über die Qualität von Online-Quellen diskutieren / debattieren
to keep oneself well-informed about something	Erik keeps himself well-informed about fashion so he can always look good.	gut informiert über etwas bleiben
to cross-check something with other sources	Maria cross-checked the article with other sources and found that it was fake news.	etwas noch einmal mit anderen Quellen überprüfen, etwas mit anderen Quellen vergleichen

Unit 10 – The value of internships

What interns should know about

to (have to) do grunt work	Interns sometimes have to do grunt work, like organising files or making coffee, before they can take on more meaningful tasks.	Routinearbeiten erledigen (müssen)
to make a good (first) impression	Try to make a good first impression on your first day by dressing formally.	einen guten (ersten) Eindruck hinterlassen
to be a senior manager	Ralf is a senior manager and it's obvious that everyone respects him.	Eine leitende Führungskraft / Bereichsleiter/in sein
to have nice and helpful co-workers	I am so lucky to have nice and helpful co-workers around the office who are my age, we're becoming good friends!	nette und hilfsbereite Kolleginnen / Kollegen haben
to require certain tools and equipment	My job requires certain tools and equipment that are hard to find.	spezielle Werkzeuge und Ausrüstung benötigen
to get first-hand information and advice	Doing an internship means you can get first-hand information and advice from experienced people.	Informationen und Ratschläge aus erster Hand erhalten
to have permission to do something	The intern had permission to leave work early.	die Erlaubnis haben, etwas zu tun
to have duties	You have duties in the company that you should take seriously.	Aufgaben / Pflichten haben
to work in a department	I work in a department that's really social and I like it a lot.	in einer Abteilung arbeiten
to be independent	The company trusted me to be independent and work on my own only two weeks after I started.	unabhängig sein
in one's career field	If you're lucky, you can meet famous people in your career field while you're doing your internship.	im eigenen Berufsfeld

My internship experience

company culture	A good company culture is one that is friendly and professional.	Firmenkultur / Unternehmenskultur
to learn time-management skills	I learned time-management skills during my internship that allow me to finish my work early now.	(sich) Zeit-Managementfähigkeiten aneignen / lernen
to improve one's communication skills	I was able to improve my communication skills during my internship because they had me present my work every week.	die Kommunikationsfähigkeiten verbessern
to work together with others	You need to learn how to work together with others or you won't make it very far in this internship.	mit anderen zusammenarbeiten
to learn problem-solving skills	During my internship, I learned problem-solving skills that are useful anywhere.	Problemlösefähigkeiten (er)lernen
to become more self-confident	Because I could work on my own projects, I became more self-confident in both work and my personal life.	selbstbewusster werden
to be equally important	Aside from finishing your work, it is equally important that you try to chat with people in the office.	gleich wichtig sein, von gleicher Wichtigkeit sein
to get a deeper understanding of something	By the end of your internship, you should have a deeper understanding of the work.	ein tieferes / umfassenderes Verständnis für etwas erlangen / bekommen
to learn through doing and experiencing something in a real-work setting	Internships let you learn through doing and experiencing something in a real-work setting, and for that reason they are priceless.	durch Praxis und Erfahrungen in einer realen Arbeitsumgebung lernen

to need theoretical knowledge and practical skills for a successful career	My boss always says that you need theoretical knowledge and practical skills for a successful career.	theoretisches Wissen und praktische Fähigkeiten für eine erfolgreiche Karriere benötigen
to regret something	You don't want to regret missing out on a good internship, so sign up early.	etwas bedauern / bereuen
to be busy	You should be busy at your internship so you can learn as much as possible.	beschäftigt sein
to socialise with others	Learning how to socialise with others is also part of the internship experience.	mit anderen Kontakt pflegen / Kontakte knüpfen
to be dedicated	If you are dedicated to the work, people will remember you.	engagiert sein
to purchase something	I worked hard and was allowed to purchase something for the construction company; it's a big responsibility!	etwas kaufen
to work in accounting	I worked in accounting for a few years, but I changed to something more active recently.	in der Buchhaltung(sabteilung) arbeiten
to help with warranty and maintenance calls	I was able to help with warranty and maintenance calls; it may not sound fun, but it was really useful.	mit Garantie / Gewährleistung und Wartungsabruf (aus)helfen
to coordinate vendors	Coordinating vendors for my boss was difficult but satisfying.	Veräufner/innen koordinieren
to join the site manager for a meeting	On the last day I joined the site manager for a meeting, I was so excited.	den Bauleiter/die Bauleiterin zu einem Treffen begleiten
Phrasal verbs		
to be involved in	I never want to be involved in politics, it sounds awful.	involviert sein in, beteiligt sein an
to cheer someone up	My coworkers would sometimes bring snacks to cheer me up during stressful days.	jemanden aufheitern
to contribute to	I contributed an article to the local newspaper and I'm really proud of what I wrote.	beitragen zu
to get over something	I finally got over my fear of speaking in meetings.	über etwas hinwegkommen, etwasbewältigen
to look back	When Karen looked back on her years at university, she was really glad she went.	zurückblicken, zurückschauen
to put up with	During my internship, I had to put up with long hours and strict deadlines.	dulden, sich abfinden mit, ertragen
to relate to	I can relate to Sana being nervous on the first day of her internship.	betreffen, sich beziehen auf
to respond to	Sorry I did not have time to respond to your email yet, I will do it today.	antworten auf
to take part in	My favourite part of the internship was taking part in office activities.	teilnehmen, mitmachen, beteiligt sein
to talk to	I enjoy talking to new people, you never know if you'll make a friend.	sprechen mit
Why internships are important for your career		
to find a starting role within a company	If you can find a starting role within a company, even a difficult internship is worth it.	eine Startposition in einer Firma finden
to take the first steps in the working world	Internships allow you to take the first steps in the working world and prepare yourself for success.	die ersten Schritte in der Arbeitswelt machen
to adjust to different work patterns and norms	It takes time to adjust to different work patterns and norms, but it's not that difficult.	sich an verschiedene Arbeitsweisen / Arbeitsmuster und Normen anpassen

to apply classroom knowledge to real-life work situations	You are lucky if you get the chance to apply classroom knowledge to real-work situations, most of what I learned was on the job.	erlerntes Schulwissen in realen Arbeitssituationen anwenden
to sell one's personal brand	Internships allow you to sell your personal brand as a way for people to remember you.	die eigene Person als Marke verkaufen
to get a full-time job later on	If you want to get a full-time job later on, work hard now.	später / zu einem späteren Zeitpunkt eine Vollzeitstelle bekommen
to be someone's mentor	Mr Haynes was my mentor, and he was a fantastic teacher.	jemandes Mentor/in sein
to guide someone through work-related situations	Steve guided Leigh through work-related situations that might have been difficult for her otherwise.	jemanden durch berufsbezogene Situationen begleiten / führen
to open the doors for future employment	If you're lucky, an internship will immediately open the doors for future employment, and you'll easily find a job.	die Türen für zukünftige Arbeitsverhältnisse / Beschäftigung öffnen
to take initiative	If you take initiative and get work done well, your boss may write you a great letter of recommendation.	die Initiative ergreifen
to work in an environment where mistakes are expected	It is healthy to work in an environment where mistakes are expected because it will obviously happen at some point.	in einer Umgebung arbeiten, wo Fehler erwartet werden
to get a head start on one's job search	Colin got a head start on his job search because his internship was so well-regarded.	einen Vorsprung bei der Arbeitsplatzsuche bekommen

The pros and cons of doing an internship

internships look good on one's CV	Internships look good on one's CV, so try to get as many as possible!	Praktika machen einen guten Eindruck auf dem Lebenslauf
it may be hard to build up a relationship with other members of staff	It may be hard to build up a relationship with other members of staff at first, but over time they'll warm up to you.	es könnte schwierig sein, eine Beziehung mit anderen Mitarbeitern/Mitarbeiterinnen aufzubauen
one's role at the company may be confusing	Diana's role at the company may be confusing for her, but she's still doing a great job.	die eigene Rolle in der Firma könnte verwirrend sein
to find out which skills one is lacking	Think of it as a positive thing if you find out which skills you're lacking while doing your internship.	herausfinden, an welchen Fertigkeiten / Fähigkeiten es einem mangelt
to form a network of professionals	If you can form a network of professionals, getting a job in the future will be much easier.	ein Netzwerk von Fachkräften bilden / aufbauen
to gain hands-on experience	She gained hands-on experience, which was a pleasant surprise because she expected to be stuck in an office all day.	praktische Erfahrungen sammeln
to gain real work experience	An internship is not a fake job, you can gain real work experience.	echte / wirkliche Arbeitserfahrung sammeln
to get the chance for personal development	Not everyone gets the chance for personal development when they do an internship, but Amanda learned a lot about herself.	die Möglichkeit zur persönlichen Weiterentwicklung bekommen
to get to know different departments	Thanasis got to know different departments in the office so by the time he left his internship, he could ask for a reference from anyone.	viele verschiedene Abteilungen kennenlernen
to have better job chances	There is no doubt that you will have better job chances after doing an internship.	bessere Berufsaussichten haben

to learn more about one's field of specialisation	If you do not learn more about your field of specialisation, you should not recommend that company as a place to intern.	mehr über das eigene Spezialgebiet lernen
to learn something for life	Even if you don't get a job in the company later, it is almost guaranteed that you will learn something for life.	etwas für's Leben lernen
to not be treated like an equal member of staff	If you are not treated like an equal member of staff, talk to someone you trust about it to seek help.	nicht als gleichwertiges Mitglied des Personals behandelt werden
to not get any payment for the internship	It is sadly common to not get any payment for the internship you worked so hard for.	keine Bezahlung für das Praktikum erhalten
to work on a variety of tasks and projects	Masha's boss allowed her to work on a variety of tasks and projects, which prepared her very well for her career.	an einer Vielzahl von Aufgaben und Projekten arbeiten
to work with a lot of different people	You will work with a lot of different people, but not all of them will be easy to get along with.	mit vielen unterschiedlichen Menschen arbeiten
Describing a product		
to be a great relief	It was a great relief once he was finally able to get the computer working again.	eine große Erleichterung sein
to be adjustable / adaptable	The chair is adjustable for people with bad backs.	anpassbar / anpassungsfähig sein
to be easy to use	Thankfully my computer is easy to use because usually I'm not really good with technology.	einfach zu verwenden / zu benutzen sein
to be efficient to run / maintain	It is efficient to maintain a consistent temperature in your house.	effizient zu betreiben / zu warten sein
to be fragile / breakable	The solar panels are beautiful, but they may be fragile.	brüchig / bruchanfällig sein
to be functional	The bathroom was functional, but not very large.	funktionell / praktisch sein
to be green / sustainable	Daria wants to be green, so she never buys products that contain plastic.	umweltfreundlich / nachhaltig sein
to be heavy / lightweight	This lightweight suitcase is perfect for short trips abroad.	schwer / leicht (aus leichtem Material) sein
to be high-quality	The computer was high-quality, so it could run any video game Nick wanted to play.	von hoher Qualität sein
to be huge	The shirt is huge but it's also really cosy.	riesig sein
to be long-lasting	The material may not be pretty, but it's long-lasting; in fact it will probably last a lifetime!	langlebig / von dauerhafter Beschaffenheit sein
to be multi-functional	The couch is multi-functional, it also has storage space beneath it.	multifunktional sein
to be reasonably priced / expensive / cost-efficient	The drone is reasonably priced, I think I'll get it.	preiswert / teuer / kostengünstig sein
to be reliable	This carpet cleaner is really reliable, it always gets stains out.	zuverlässig / verlässlich sein
to be resistant	The boots are resistant to water so you can wear them anywhere.	widerstandsfähig sein
to be solid	The foundation of the building is solid, ensuring it will stand strong for many years.	fest / stabil sein
to be supportive / convenient	The travel bag my friend bought me is convenient for holding my sneakers and bathroom essentials.	unterstützend / praktisch sein

to be timeless	The car may be old-fashioned to some, but to me it's timeless.	zeitlos sein
to be tough	These socks are so tough, they'll last you ten years.	hart / robust / zäh sein
to be trendy	The trousers are trendy enough, but are you sure about those colours?	modern / modisch sein
to be tried and tested	The recipe book is tried and tested, making it a perfect gift.	ausprobiert und getestet worden sein, erprobt / bewährt sein
to be up-to-the-minute	The phone is up-to-the-minute secure and cannot be hacked.	zeitnah / aktuell sein
to be useful	The bag is useful because it has many pockets.	nützlich / brauchbar sein
to be well-built	It was such a well-built building that it was difficult to tear down.	gut gebaut / kräftig gebaut sein
to be well-constructed	The gym equipment is well-constructed and hasn't needed to be replaced yet.	gut konstruiert / gebaut sein
to be well-designed	I don't care what anyone says, I think <i>IKEA</i> furniture is well-designed.	formschön / gut konzipiert sein

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