

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