

VocabExtra

The new

BEST

SHOTS

GOTTINGER
PARGFRIEDER
VINCENT

HTL/HUM

Europäischer
Referenzrahmen **A2** **B1**

2



Zum Konzept

Das *VocabExtra* zu *The New Best Shots* dient der **Festigung und Vertiefung der Key Vocabulary-Einheiten** im Buch, die das relevante Vokabular der einzelnen Units (1–12) 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**.

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1 Make a difference!

Talking about being different

to see things from another perspective	Georgia could always see things from another perspective	Dinge aus einer anderen Perspektive betrachten
to lack knowledge	Humans lack knowledge about the oceans.	über kein Wissen / zu wenige Kenntnisse verfügen
to be intolerant	Jack is intolerant of people who don't like classical music.	intolerant sein
to not care what other people think	It can be liberating to not care what other people think of you.	sich nicht darum kümmern, was andere Leute denken
to be grateful for something	Sierra is grateful for her warm jacket whenever she goes skiing.	für etwas dankbar sein
to be good at taking criticism	Waiters and waitresses have to be good at taking criticism.	gut mit Kritik umgehen können
to be disabled	Not all buildings are accessible to those who are disabled.	beeinträchtigt / körperbehindert sein
to use a wheelchair	After being paralysed in a car accident, Sarah uses a wheelchair.	im Rollstuhl sitzen
to be homeless	Jeff used to be homeless before he moved here.	obdachlos sein
to be homosexual / gay	Iris considers herself to be homosexual / gay and is attracted to women.	homosexuell sein
to have a different cultural background	Most people at my school have a different cultural background than I do.	einen anderen kulturellen Hintergrund haben
to have a pigmentation disorder	Even if you have a pigmentation disorder, you can still become a supermodel.	eine Pigmentstörung der Haut haben
to cause insecurities	Making fun of someone can cause insecurities.	Unsicherheiten auslösen
to feel frightened	Gina felt frightened by the large dog.	sich verängstigt fühlen, ängstlich sein
to want to be right	Tianna always wants to be right.	recht haben wollen
to look down on someone	It's easier to look down on those who you don't understand.	auf jemanden (von oben) herabsehen
to feel stress and discomfort	Matt feels stress and discomfort when people at work put him under pressure.	Stress und Unbehagen empfinden
to accept other people's viewpoints	It's a necessary skill to accept other people's viewpoints.	die Standpunkte / Meinungen anderer Menschen akzeptieren
to understand other people's behaviour	Psychologists understand other people's behaviour far better than I do.	das Verhalten anderer Menschen verstehen
to feel inferior	Hristo used to feel inferior around people who had written more books than he had.	sich minderwertig / unterlegen fühlen

Talking about teenagers that changed the world

to address the problem of violence	The city is taking action to address the problem of violence.	das Thema „Gewalt“ ansprechen / thematisieren / behandeln / angehen
to motivate someone to act	Maybe this will motivate more people to act.	jemanden zum Handeln motivieren

to create an awareness campaign	Last year, my sister created an awareness campaign for mental health issues.	eine Sensibilisierungskampagne starten
to (not) be a tech geek	Ruby is definitely a tech geek.	ein (kein) Technikfreak sein
to design an app	Nick designed a fantastic app last year.	eine App entwickeln
to get people to recycle	The town offered incentives to get people to recycle.	Menschen zum Recyclen bewegen / anspornen / motivieren
to have someone use an / the app	If someone doesn't understand how the website works, Erdene has them use the app.	jemanden eine/die App ausprobieren / benutzen lassen
to be seen as a violent no-go zone	Kabul, Afghanistan was seen as a violent no-go zone in August 2021.	als gewaltbeherrschtes Sperrgebiet deklariert werden
to try to expose the problem	Kara tried to expose the problem with the information she already had.	versuchen, das Problem darzulegen / zu enthüllen

Talking about volunteerism

to donate one's time, talents and energy	Ida is always looking for ways to donate her time, talents and energy to good causes.	Zeit, Talente und Energie schenken
to support charitable activities	Hannah supports charitable activities in her city.	wohltätige Aktivitäten unterstützen
to get a financial reward	Elena thought she should get a financial reward for participating.	eine finanzielle Belohnung erhalten
to volunteer	Daniela volunteers at a local food shelf every Thursday.	sich ehrenamtlich engagieren
to dedicate one's time and effort	Last summer, he dedicated his time and effort to helping children in Tanzania.	Zeit und Mühe widmen / investieren
to grow up in a wealthy country	Adrian knows that he grew up in a wealthy country.	in einem wohlhabenden Land aufwachsen
to give something back	Yolanda wanted to give something back to the community she grew up in.	etwas zurückgeben, einen eigenen Beitrag leisten
to have an impact on society	My goal is to have a positive impact on society.	einen Einfluss auf die Gesellschaft haben
to be supportive	His mother was supportive of his career choices.	unterstützend sein
to be completely dependent on volunteers	Some organisations are completely dependent on volunteers.	zur Gänze / vollständig von Freiwilligen abhängig sein
to deal with stressful situations	Jason deals with stressful situations every day as an ER nurse.	mit stressigen Situationen umgehen
to express one's feelings	Ray expresses her feelings very openly.	Gefühle ausdrücken, Gefühle zum Ausdruck bringen
to spark a passion in someone	A conversation with a friend about travel sparked a passion in him that's still going strong.	in jemandem eine Leidenschaft entfachen
to take the initiative	Sometimes you just have to take the initiative and do it.	die Initiative ergreifen
to share excitement for a project	Marlene and Edward share excitement for a project they started together.	die Begeisterung für ein Projekt teilen
to communicate a message	Every organisation wants to communicate a message.	eine Botschaft vermitteln

to take something to a higher level	Joan encouraged her sister to take her start-up business to a higher level.	etwas auf ein höheres Niveau bringen
to be a team player	Morgan is always a team player.	ein/e Teamplayer/in sein
to be reliable	Kim is reliable in everything she does.	zuverlässig sein
to be helpful and sociable	Employees should be helpful and sociable.	hilfsbereit und kontaktfreudig sein
to be a good communicator	To live in a shared apartment, it's necessary to be a good communicator.	ein guter/eine gute Kommunikator/in / Sprecher/in sein
to have time-management skills	Oliver has excellent time-management skills.	ein gutes Zeitmanagement haben
to have problem-solving skills	Ian has good problem-solving skills, especially when working with a team.	über Problemlösungskompetenz verfügen
to be patient	Sandra was always patient with her younger brother.	geduldig sein
to have a good command of English	Every student at this school has a good command of English.	die englische Sprache gut beherrschen
to be compassionate	Chinua is very compassionate and always understands what his friends are going through.	mitfühlend sein
to have leadership skills	Tilmon knew that his father had good leadership skills.	Führungsqualitäten besitzen
to be open-minded	Robert is very open-minded.	aufgeschlossen / offen sein

Talking about respect and tolerance

to discriminate against someone	It's easier to discriminate against someone if you don't know them personally.	jemanden diskriminieren
to have prejudices against someone	When I first moved to the US, I had quite a few prejudices against Americans.	Vorurteile gegenüber jemandem haben
to judge someone	Beatrice judged the mother pretty harshly for yelling at her baby on the subway.	jemanden bewerten / beurteilen / verurteilen
a culturally diverse society	We live in a culturally diverse society.	eine kulturell vielfältige Gesellschaft
to have different styles of music	People from different corners of the world have different styles of music.	verschiedene Musikstile haben
to have traditional food from all around the world	At a summer festival in Cambridge, we had traditional food from all around the world.	traditionelle Speisen aus der ganzen Welt (zur Verfügung) haben
to learn from each other	It's important to learn from each other.	voneinander lernen
to get to know new traditions and cultures	I want to get to know as many new traditions and cultures as possible.	neue Traditionen und Kulturen kennenlernen
to gain insight into other people's behaviour	While studying psychology, I gained insight into other people's behaviour.	einen Einblick in das Verhalten anderer Menschen erhalten
to hear new viewpoints	Listening to the radio allows one to hear new viewpoints.	neue Standpunkte / Sichtweisen hören
to organise workshops	Gorata organises workshops for young women in her small town.	Workshops organisieren / veranstalten

to teach someone about other cultures, traditions and religions	One of my favourite professors taught me a lot about other cultures, traditions and religions.	jemanden über andere Kulturen, Traditionen und Religionen unterrichten
to be a role model of tolerance and respect	Leonie is absolutely a role model of tolerance and respect.	ein Vorbild für Toleranz und Respekt sein
to involve students in projects	It helps the whole class learn when the teacher involves students in projects.	Schüler/innen in Projekte einbeziehen
to inform someone about school exchange opportunities	At a study-abroad fair, a man informed me and my friend about school exchange opportunities.	jemanden über Schüleraustauschmöglichkeiten informieren

Things used to be different from what they are today

to interview someone about their teenage years	I interviewed my grandmother about her teenage years during the war.	jemanden über die Jugendzeit interviewen / befragen
to compare someone's experiences with one's own	Often, it is impossible to compare someone's experiences with your own.	die Erfahrungen von jemand anderem mit den eigenen vergleichen
to identify a number of similarities and differences	The longer you talk to someone, the more you identify a number of similarities and differences	eine Reihe von Gemeinsamkeiten und Unterschieden erkennen / herausfinden
to be the most important rule to follow in one's childhood	For Simone, respecting other people was the most important rule to follow in her childhood.	die wichtigste Regel sein, die es in der Kindheit zu befolgen gilt
to be a "must" in one's life	Regular hugs are a "must" in my life.	ein „Muss“ im Leben sein
to differ strongly	Eva's opinions differ strongly from those of her family.	sich stark unterscheiden
to describe the relationship with one's parents as loving	Some children describe the relationship with their parents as loving.	die Beziehung zu den eigenen Eltern als liebevoll beschreiben
to associate going out with having fun / a good time	Because of my incredible group of friends, I associate going out with having fun.	Ausgehen mit Spaß / guter Laune in Zusammenhang bringen / assoziieren
to hang out with friends	Luis hangs out with friends at least twice a week.	mit Freunden/Freundinnen abhängen
to socialise	Maria socialises with the other students in the library every time she goes there.	Kontakte knüpfen, Umgang pflegen
to meet up with friends	Everett met up with his friends to play basketball last week.	sich mit Freunden/Freundinnen treffen
to go to a dance	My grandpa went to a dance when he was 17 and met my grandma for the first time.	auf eine Tanzveranstaltung gehen

Character traits that earn / do not earn respect

to be adventurous	Charlotte has been to 180 cities and is very adventurous.	abenteuerlustig sein
to be aggressive	Her dog is always aggressive.	aggressiv sein
to be bossy	My older sister is bossy.	rechthaberisch sein
to be brave	Emma is extremely brave in the face of danger.	mutig / tapfer sein
to be a real bully	In middle school, Joey was a real bully.	ein/e echte/r Tyrann/in sein
to be caring	Precious wants to hire someone who is caring.	fürsorglich sein
to be crazy	I can be a bit crazy when I haven't eaten breakfast.	verrückt sein

to be critical	She tried not to be critical at the modern art exhibit.	kritisch sein
to be different	Even though my background is different, my friends still accept me.	anders sein
to be egoistic	Do Yoon thinks her father is a bit egoistic.	eigennützig / egoistisch sein
to be empathetic	Whenever I talk to Hanna, I notice how empathetic she is because she makes me feel heard and tries to understand my feelings.	einfühlsam / mitfühlend sein
to be fair	His grandmother wasn't always nice, but she was fair.	gerecht / fair sein
to be forward-thinking	Gene is forward-thinking when it comes to creating apps.	vorausdenkend / zukunftsorientiert sein
to be helpful	Lena is always helpful.	hilfsbereit sein
to be honest	Li is the most honest person I know.	ehrlich sein
to be humorous / funny	Will used to be a pretty humorous guy.	humorvoll / witzig sein
to be innovative	Hugo is an innovative scientist.	erfinderisch / innovativ sein
to be manipulative	Devin was very manipulative and his date threw her drink in his face.	manipulativ sein
to be mean	Her cousin is mean to her sometimes.	gemein / niederträchtig sein
to be optimistic	Darleen is an optimistic entrepreneur.	optimistisch sein
to be self-confident	Many people want to be more self-confident.	selbstbewusst sein
to be sensitive to other people's feelings	It's important that you are sensitive to other people's feelings.	sensibel gegenüber den Gefühlen anderer Menschen sein
to be smart	Kokoro and her brother are extremely smart.	klug / intelligent sein
to be straightforward	My friend is very straightforward; he tells me exactly what he's thinking.	direkt / freimütig sein
to be strong	My mother is a very strong person.	stark sein
to be stubborn	My dad is stubborn as a mule.	stur sein
to be trustworthy	Jim is very trustworthy.	vertrauenswürdig sein

Dos and don'ts for victims of bullying

to stay calm	In an emergency, you should stay calm.	ruhig bleiben
to take the situation lightly	Sometimes it is difficult to take the situation lightly.	eine Situation auf die leichte Schulter nehmen
to report the bullying	Always report the bullying.	Mobbing melden / zur Anzeige bringen
to talk to the bully	Ben wanted to talk to the bully.	mit dem Mobber/der Mobberin sprechen
to keep a record of bullying incidents	It can be helpful to keep a record of bullying incidents.	Aufzeichnungen über Mobbingvorfälle führen
to stand up to the bully	Alexander finally stood up to the bully.	sich dem Mobber/der Mobberin entgegenstellen, dem Mobber/der Mobberin die Stirn bieten
to show assertive body language	He showed assertive body language.	eine selbstbewusste Körpersprache haben / demonstrieren

to be confident	Franz is confident in almost every situation.	selbstsicher / selbstbewusst sein
to justify the bullying behaviour	Many people justify the bullying behaviour by saying the victim deserved it.	das Mobbingverhalten rechtfertigen
to develop problem-solving skills	Sam developed problem-solving skills in high school.	Problemlösungsstrategien entwickeln
to seek professional help	Sometimes, it is necessary to seek professional help.	professionelle Hilfe suchen
to fight back	Maria fought back against discrimination.	sich wehren / verteidigen, ankämpfen gegen
to believe the bully	The school authorities believed the bully the first time.	dem Mobber/der Mobberin glauben/Glauben schenken
to save all the evidence of bullying	Timo saved all the evidence of bullying so he could prove it later.	alle Beweise für Mobbing sichern / aufbewahren / sammeln

2 The sound of music

Different music styles/genres		
alternative	There's a lot of alternative music played at festivals.	Alternative (Musikgenre)
black metal	Black metal is not for everybody.	Black Metal
classical	Not as many people appreciate classical music as pop.	klassische Musik
country	Country is the only type of music Robin will never listen to.	Countrymusik
grunge	Grunge music interests me, but I've never been to a concert.	Grunge
heavy metal	Heavy metal is my boyfriend's favourite type of music.	Heavy Metal
hip-hop	Hip-hop is one of the most interesting genres.	Hip-Hop
jazz	Jazz is played a lot at fancy restaurants.	Jazz
pop	Many people have a love-hate relationship with pop.	Pop
punk	My little brother loves punk.	Punk
rap	Rap is an art form.	Rap
rock	Heroshi's band plays rock music.	Rock
The importance of music in our world		
to listen to music individually	I like listening to music individually.	individuell / als Einzelne/r Musik hören
to enjoy music with others	Many people enjoy music more with others.	Musik mit anderen genießen
to have a wonderful community experience	At the last concert Liesel attended, she had a wonderful community experience.	ein wunderbares Gemeinschafts-erlebnis haben
to connect with others through music	It's easy to connect with others through music.	mit anderen durch Musik in Kontakt treten
to decrease one's stress level	Certain harmonies can decrease your stress level.	den Stresspegel senken
to increase happiness	Songs can even increase happiness.	das Glücksgefühl steigern
to have fun	We had fun at the singing competition.	Spaß haben
to get to know new people	Every year I get to know new people at the music school.	neue Leute kennenlernen
to be at peace with oneself	After finding a good group of friends, Sylvia is finally at peace with herself.	mit sich selbst im Reinen sein
to enjoy the moment	Try to enjoy the moment whenever you can!	den Moment genießen
to experience something special	Todd knew that he was experiencing something special when he saw his favourite band play live.	etwas Besonderes erleben
to associate a moment with music / a song	She associates her first kiss with music / a song from a movie.	einen Moment mit Musik / einem Lied verbinden
to create an unforgettable memory	My family created an unforgettable memory while at a concert together.	eine unvergessliche Erinnerung schaffen

to increase self-awareness	Practising a music instrument increases self-awareness.	die Selbstwahrnehmung steigern
to create a feeling of togetherness	Singing with my friends while in the car creates a feeling of togetherness.	ein Gefühl der Zusammengehörigkeit schaffen
The benefits of music		
to play a musical instrument	Every year, Greg has played a musical instrument for the marching band.	ein Musikinstrument spielen
to have an ear for / be able to read music	Joan has a great ear for classical music, and she's able to read almost any music written for the piano.	ein musikalisches Gehör haben und Noten lesen können
to have a good sense of rhythm	Laura has a good sense of rhythm, which is really helpful when she has to teach people how to dance.	ein gutes Rhythmusgefühl haben
to be able to sing in tune / on pitch	Mel didn't know if she would be able to sing in tune / on pitch when she first joined the choir.	richtig singen können (Melodie, Tonlage)
to be a good dancer	Felix is a good dancer, but only when he's surrounded by his friends.	ein guter Tänzer/eine gute Tänzerin sein
to decrease depression and anxiety	The right kind of music can help calm people down and decreases depression and anxiety.	Depressionen und Ängste vermindern
to increase happiness	The more Sarah listens to upbeat folk music, the more she thinks that it increases happiness.	Glückseligkeit erhöhen / Lebensfreude steigern
to boost creativity	Listening to background music while working boosts creativity and can help some people concentrate better.	Kreativität anregen
to improve one's language skills	Howie knew that he could improve his language skills if he listened to classical musical while memorising vocabulary words.	die eigenen Sprachfähigkeiten verbessern
to reduce stress	Dancing and listening to music can both significantly reduce stress.	Stress vermindern / abbauen
The risks of earbuds		
to blast the music while wearing headphones	If Nicole blasts the music while wearing headphones, she might damage her ears.	die Musik über Kopfhörer voll aufdrehen
to loudly play music through headphones	My brother loudly plays music through headphones while he does homework.	über Kopfhörer laut Musik spielen
to transmit sound impulses to the brain	Your eardrums transmit sound impulses to the brain.	Schallimpulse an das Gehirn übertragen
to find out about the potentially devastating effects	Ying found out about the potentially devastating effects of headphone use.	Kenntnis über die verheerenden Auswirkungen erlangen
to increase the sound level by three decibels	Caroline increased the sound level by three decibels.	den Schallpegel um drei Dezibel erhöhen
to place a large noise burden on one's hearing	Loud rock concerts always seem to place a large noise burden on my hearing.	das Gehör einer hohen Lärmbelastung aussetzen
to refuse to turn down the music	Many teenagers refuse to turn down the music.	sich weigern, die Musik leiser zu stellen

to raise awareness about noise-induced hearing loss	My organisation raises awareness about noise-induced hearing loss.	das Bewusstsein für lärmbedingten Hörverlust schärfen
to have a loud music dependency disorder	Some teens have a loud music dependency disorder.	eine Abhängigkeitsstörung von lauter Musik haben
to expose oneself to loud music	The danger depends on how often you expose yourself to loud music.	sich lauter Musik aussetzen
to interfere with sleep	Problems with your ears can interfere with sleep.	den Schlaf / Schlafrhythmus stören
to be resistant to warnings about loud music	My father is resistant to warnings about loud music; he never listens.	resistent gegen Warnungen vor lauter Musik sein
to cause permanent damage to one's hearing	The last thing you want to do is cause permanent damage to your hearing.	das Gehör dauerhaft schädigen
Noise pollution at work		
to be exposed to excessive noise levels	It's not fun to be exposed to excessive noise levels on the job.	übermäßigen Lärmpegeln ausgesetzt sein
to take measures to prevent long-term damage from noise	One must take measures early to prevent long-term damage from noise.	Maßnahmen ergreifen, um langfristigen Schäden aufgrund von Lärm vorzubeugen
to put one's hearing at risk	If you don't wear ear protection while mowing the lawn, you put your hearing at risk.	das Gehör gefährden
to be surrounded by loud equipment	Dave is constantly surrounded by loud equipment at his job.	von lauten Geräten umgeben sein
to cause hearing loss	Fireworks can cause hearing loss.	Gehörverlust verursachen
to provide Personal Protective Equipment (PPE)	Employers should provide Personal Protective Equipment (PPE).	persönliche Schutzausrüstung (PSA) bereitstellen
to educate the workforce about long-term damage	The company's CEO wants to educate the workforce about long-term damage so they stay healthy.	die Belegschaft über Langzeitschäden aufklären
to monitor the effectiveness of special measures	Employers monitor the effectiveness of special noise prevention measures at work.	die Wirksamkeit von speziellen Maßnahmen überwachen
to reduce noise levels	The most important step is to reduce noise levels.	Lärmpegel senken
to use quieter pieces of equipment	Brad now uses quieter pieces of equipment.	leisere Ausrüstungsgegenstände verwenden
to isolate vibrating machinery	Steven's boss isolated vibrating machinery.	vibrierende Maschinen isolieren
Noise pollution at school		
the collective sound of human voices	The collective sound of human voices is louder than one might think.	der kollektive Klang von menschlichen Stimmen
students talking loudly in class	Sometimes it's hard to concentrate when you hear students talking loudly in class.	lautes Sprechen von Schülern/Schülerinnen im Unterricht
sounds from outside the building	Other sounds from outside the building like traffic can also be annoying.	Geräusche von außerhalb des Gebäudes
to do group work	We do group work at least twice per week.	in (Klein-)Gruppen arbeiten
noise in the corridor	If there's a noise in the corridor, everyone wants to see what it was.	Lärm im Gang / Flur
moveable furniture that scrapes the floor	The moveable furniture that scrapes the floor makes a horrible sound.	bewegliche Möbel, die über den Boden kratzen
open doors / windows	Open doors / windows let in both more air and more noise.	offene Türen / Fenster

noisy equipment	I always ask my father not to use the noisy equipment in his workshop when we have guests.	laute Geräte
to distract someone	It's easy to distract someone with loud music.	jemanden ablenken
to lose concentration	Suzy loses concentration very easily when there's a lot of background noise.	die Konzentration verlieren
to get a headache	Fanny gets a headache if people talk to her too loudly.	Kopfschmerzen bekommen
to cause stress	The constant buzzing of phones can cause stress in the classroom.	Stress verursachen
to have a negative effect on the students' memory and performance	Too much noise has a negative effect on the students' memory and performance.	sich negativ auf das Gedächtnis und die Leistung der Schüler/innen auswirken
to be unhealthy	Listening to loud music every day can be unhealthy.	ungesund sein
to have strict regulations	Many schools have strict regulations about the noise levels in the school building.	strenge Vorschriften haben
to let students know that every choice has a consequence	Educators need to let students know that every choice they make in school has a consequence.	die Schüler/innen darüber in Kenntnis setzen, dass jedes Verhalten / jede Entscheidung Konsequenzen hat
to keep students busy	Activities that keep students busy also keep noise levels low.	die Schüler/innen beschäftigen / auf Trab halten
to motivate and engage the students	Working in a quiet environment helps motivate and engage the students.	die Schüler/innen motivieren und miteinbeziehen
to provide students with interesting tasks and assignments	Teachers provide students with interesting tasks and assignments to prevent them from getting bored and making too much noise.	den Schülern/Schülerinnen interessante Aufgaben und Arbeitsaufträge geben

3 Only one Earth

How to protect the environment		
to live with less meat, fuel and shopping	Humans should live with less meat, fuel and shopping to shrink their carbon footprint.	mit weniger Fleisch, Benzin und Einkaufen leben
to become a member of a car-sharing club	Last year my cousin became a member of a car-sharing club.	Mitglied in einem Carsharing-Club werden
to restore the green balance of our Earth	It's crucial that humans restore the green balance of our Earth.	das grüne Gleichgewicht unserer Erde wiederherstellen
to use jute or cotton bags for shopping trips	My roommates always use jute or cotton bags for shopping trips.	Jute- oder Baumwolltaschen für Einkäufe verwenden
to plant trees and organic food in one's garden	It's always been my dream to plant trees and organic food in my garden.	Bäume pflanzen und biologische Lebensmittel im Garten anbauen
to take the stairs instead of the elevator	Ayesha always takes the stairs instead of the elevator.	die Treppe anstelle des Fahrstuhls / Lifts nehmen
to dispose of waste in an environmentally-friendly way	Sometimes it's difficult to dispose of waste in an environmentally-friendly way.	den Abfall umweltfreundlich entsorgen
to be responsible for the waste you produce	Everyone is responsible for the waste they produce.	für den selbst produzierten Abfall verantwortlich sein
to make sure to offer pollution-free food	Forward-thinking schools make sure to offer pollution-free food.	sicherstellen, dass schadstofffreie Lebensmittel angeboten werden
to look for high-quality durable products.	Zaki always looks for high-quality durable products for his family.	auf hochwertige und langlebige Produkte achten
to let nature run its course	It can be helpful sometimes if people step back and let nature run its course.	der Natur ihren freien Lauf lassen
to set the air-conditioning at a reasonable temperature	Fatima sets the air conditioning in her house at a reasonable temperature.	die Klimaanlage auf eine angemessene Temperatur einstellen
Environmental threats / impacts		
water pollution	Water pollution threatens marine life as well as human life.	Wasserverschmutzung
air pollution	Cities often have bad cases of air pollution.	Luftverschmutzung
soil pollution	Dumping chemicals on land results in soil pollution.	Bodenverschmutzung
radioactive pollution	If there's leakage from a nuclear plant, radioactive pollution can occur.	radioaktive Verschmutzung
plastic pollution	Plastic pollution is particularly bad because it takes a long time to break down.	Plastikverschmutzung
loss of biodiversity	The loss of biodiversity can be devastating to ecosystems.	Verlust der Artenvielfalt, Verlust des Artenreichtums
climate change	Climate change is already happening more quickly than people think.	Klimawandel
desertification	When there is no more water, a region can go through desertification.	Wüstenbildung, Versteppung, Desertifikation
water scarcity	In some countries, water scarcity is the number one problem for inhabitants.	Wasserknappheit

deforestation	Deforestation is often directly caused by large companies.	Abholzung der Wälder
to pollute the oceans with plastic	Disposable containers pollute the oceans with plastic.	die Ozeane mit Plastik verschmutzen
to cause global warming	Many human actions have caused global warming.	globale Erwärmung verursachen
to contaminate the soil	Drilling for natural gas contaminates the soil.	den Boden verseuchen / verunreinigen / kontaminieren
to lead to floods and droughts	More extreme temperatures can lead to floods and droughts.	zu Überschwemmungen und Dürreperioden führen
to be wiped out by floods	Lots of communities are wiped out by floods every year.	durch Überschwemmungen ausgelöscht / vernichtet werden
to run out of crude oil	Eventually, the planet will run out of crude oil.	kein Erdöl mehr haben
to cut down the rainforests	Some governments cut down the rainforests in spite of the harm that causes.	die Regenwälder abholzen
to take a million years to be broken down	Many man-made substances take a million years to be broken down.	eine Million Jahre brauchen, um abgebaut zu werden
to use up the world's resources	We are in danger of using up the world's resources.	die Rohstoffvorräte der Welt aufbrauchen
to ravage a country	Natural disasters can ravage a country very quickly.	ein Land verwüsten
to intensify extreme weather events	Climate change intensifies extreme weather events.	extreme Wetterereignisse verstärken
to die out	Many species may die out if not protected.	aussterben
to throw away litter	Don't throw away litter where it doesn't belong!	Müll wegwerfen / entsorgen
to deal with the destruction brought on by a cyclone	It takes a lot of resources to deal with the destruction brought on by a cyclone.	die durch einen Wirbelsturm verursachte Zerstörung bewältigen

Possible solutions to environmental threats

to use alternative power	Mary said her family uses alternative power.	alternative Energiequellen nutzen
to use renewable sources of energy	Christopher's home town uses renewable sources of energy to power the town offices.	erneuerbare Energiequellen nutzen
to build eco-homes / eco-friendly homes	Carpenters should begin building more eco-homes / eco-friendly homes.	Öko-Häuser bauen
to use public transport	I use public transport whenever I can.	öffentliche Verkehrsmittel benutzen
to reduce the quantity of garbage	José wants to reduce the quantity of garbage his shared flat produces.	die Abfallmenge reduzieren
to care about one's ecological footprint	Nima cares about her ecological footprint more than anything else.	sich um den ökologischen Fußabdruck kümmern
to recycle properly	Cities should make sure residents recycle properly.	richtig recyceln
to travel sustainably	Reese travels sustainably wherever she goes.	nachhaltig / umweltverträglich reisen
to prefer eco-tourism	More travellers now prefer eco-tourism.	Ökotourismus / umweltfreundlichen Tourismus bevorzugen
to replace light bulbs with energy-saving lamps	You can help reduce your electricity use by replacing light bulbs with energy-saving lamps.	Glühbirnen durch Energiesparlampen ersetzen

to refill water bottles	The campaign encouraged people to refill water bottles to work towards a plastic-free city.	Wasserflaschen nachfüllen
Fridays for Future / Young environmental activists		
to decline to join a movement	Some young people decline to join a political movement.	es ablehnen, sich einer Bewegung anzuschließen
to express pity and bemusement at the sight of someone	Adults expressed pity and bemusement at the sight of the young activist demonstrating by herself.	Mitleid und Verwunderung bei jemandes Anblick zum Ausdruck bringen
to become a model of determination, inspiration and positive action	In time, she became a model of determination, inspiration and positive action.	ein Vorbild an Entschlossenheit, Inspiration und positivem Handeln werden
to be stuck in one's head	The pictures I saw of a starving polar bear are stuck in my head.	im Gedächtnis haften bleiben / etwas nicht aus dem Kopf kriegen können
to take environmental issues seriously	Governments should take environmental issues seriously.	Umweltthemen ernst nehmen
to tell someone about one's worries and concerns about the climate crisis	Saanvi told her sister about her worries and concerns about the climate crisis.	jemandem von seinen Sorgen und Bedenken betreffend die Klimakrise erzählen
to get something off one's chest	Thanks for listening; I had to get that off my chest.	sich etwas von der Seele reden
to raise awareness about climate change	Young people are raising awareness about climate change as we speak.	ein Bewusstsein für den Klimawandel schärfen
to deliver a message in flawless English	Marie delivered a message in flawless English to the entire university faculty.	eine Botschaft / Nachricht in einwandfreiem Englisch übermitteln
to spread the message through social media	Teens spread the message through social media.	die Botschaft / Nachricht über soziale Medien verbreiten
to be diagnosed with <i>Asperger's</i>	Greta was diagnosed with <i>Asperger's</i> when she was quite young.	mit dem Asperger-Syndrom diagnostiziert werden
to be lauded at the UN	She was lauded at the UN.	im Rahmen eines UNO-Gipfels gelobt werden
to be endorsed by the German chancellor	It is quite an honour to be endorsed by the German chancellor.	vom deutschen Bundeskanzler/von der deutschen Bundeskanzlerin befürwortet / unterstützt werden
to take responsibility for our planet's future	Humans must take responsibility for our planet's future.	Verantwortung für die Zukunft unseres Planeten übernehmen
to take action for the climate	Steve finally wants to take action for the climate.	etwas für das Klima unternehmen, für das Klima aktiv werden
to be one important part of the whole	One activist is one important part of the whole.	ein wichtiger Teil des Ganzen sein
to stand up and act	Individuals need to stand up and act.	aufstehen und handeln
to be an inspiration for a whole generation	One person can be an inspiration for a whole generation.	ein Vorbild für eine ganze Generation sein
to prevent future generations from experiencing irreparable environmental harm	Reducing greenhouse gases will prevent future generations from experiencing irreparable environmental harm.	verhindern, dass künftige Generationen mit irreparablen Umweltschäden konfrontiert werden
to convince someone to follow one's example	Harvey convinced his elder brother to follow his example.	jemanden überzeugen, dem eigenen Beispiel zu folgen
to become a role model for environmental protection	My little sister became a role model for environmental protection in our family.	ein Vorbild für den Umweltschutz werden

to capture global attention	The demonstration captured global attention.	weltweite Aufmerksamkeit erlangen
to organise school strikes	Many countries organised school strikes.	Schulstreiks organisieren
to be active in implementing climate projects	Educators are more active in implementing climate projects.	sich aktiv an der Umsetzung von Klimaprojekten beteiligen
to practise resilience and determination	Each person must practise resilience and determination to deal with tough circumstances.	Resilienz / Widerstandsfähigkeit und Entschlossenheit üben
to contribute to the climate crisis	Everyone contributes to the climate crisis a little bit, but large companies are often much worse.	zur Klimakrise beitragen
to speak on behalf of the vulnerable and marginalised communities	Many politicians speak on behalf of the vulnerable and marginalised communities.	sich für gefährdete Gruppen und Randgruppen einsetzen
to protest against the government's inaction on climate change	Students wanted to fight back and protest against the government's inaction on climate change.	gegen die Untätigkeit der Regierung in Bezug auf den Klimawandel protestieren
to become an active force in showing what GenZ is able to do	Ultimately, these teens became an active force in showing what GenZ is able to do.	eine treibende Kraft für die Leistungsfähigkeit der GenZ werden
Going green at schools		
to use reusable water bottles	Fatemeh uses reusable water bottles every day for school.	nachfüllbare Wasserflaschen verwenden
to adjust the temperature in the classroom	Teachers can adjust the temperature in the classroom.	die Temperatur im Klassenzimmer regulieren
to switch off appliances / electronic devices	Mona switches off appliances / electronic devices when she's not using them.	Geräte / elektronische Geräte ausschalten
to have LED computer monitors	Our school now has LED computer monitors.	LED-Computermonitore haben
to separate the waste / trash	It's essential to separate the waste / trash and recyclables.	den Müll / Abfall trennen
to make use of daylight	Instead of relying on artificial lighting, we should make use of daylight.	das Tageslicht nutzen
to reduce the number of copies	Schools should reduce the number of copies they make for the students.	die Anzahl der Kopien reduzieren
to avoid food waste	Bringing your own lunch and only eating what you need avoids food waste.	Lebensmittelverschwendung vermeiden
to look for power-saving alternatives like LED light bulbs	Anyone can look for power-saving alternatives like LED light bulbs.	nach stromsparenden Alternativen wie LED-Glühbirnen suchen
to offer vegetarian / vegan meals in the school canteen	The college offers vegetarian / vegan meals in the school canteen.	vegetarische / vegane Mahlzeiten in der Schulkantine anbieten
to use recycled products	I used mostly recycled products.	recycelte Produkte verwenden
to use one's own cups for the coffee vending machine	We encourage students to use their own cups for the coffee vending machine.	eigene Becher für den Kaffeeautomaten verwenden
to have plants in the classroom	Zena's school has plants in the classrooms.	Pflanzen im Klassenzimmer haben
to start green projects at school	The principal has just started green projects at her school.	Umweltprojekte in der Schule starten
to plant trees in the schoolyard	One of the classes wants to plant trees in the schoolyard.	Bäume im Schulhof pflanzen

4 Ready to quit

Types of addiction

alcohol addiction	It's not always obvious that someone has an alcohol addiction.	Alkoholsucht, Alkoholkrankheit
chocolate addiction	Sometimes I think I may have a chocolate addiction.	Schokoladensucht
drug addiction	A drug addiction can be dangerous for your health	Drogensucht
gambling addiction	No one knew Carl had a gambling addiction until he lost all his money.	Glücksspielsucht
gaming addiction	Teddy has a gaming addiction; he hardly leaves his room.	(Video-)Spielsucht
Internet addiction	Samara has an Internet addiction.	Internetsucht
shopping addiction	Katrina has a shopping addiction – she buys new clothes every single weekend!	Kaufsucht
smoking addiction	My uncle had a smoking addiction for 20 years before he quit.	Nikotinabhängigkeit

Reasons for addiction

to relieve stress	I take bubble baths to relieve stress.	Stress abbauen
to feel good	Sam feels good after he's gone for a run.	sich gut fühlen
to fit in	Brian just wants to fit in with the music students.	sich einfügen / anpassen
to overcome problems	Talking about it can help you overcome problems.	Probleme bewältigen
to perform better	When Frederic sleeps well, he performs better.	eine bessere Leistung erbringen
to be curious	Daria is curious about everything.	neugierig sein
to experiment	Many teens learn the hard way that it's dangerous to experiment with drugs.	experimentieren
to boost one's self-esteem	Accomplishing his goal of becoming class president boosted Otto's self-esteem.	das Selbstwertgefühl stärken
to be under peer pressure	Rita is under peer pressure every day to wear certain clothes.	unter sozialem Druck / Gruppenzwang stehen

How to prevent addiction

to inform oneself about the risks and consequences	Before you start doing something, inform yourself about the risks and consequences!	sich über die Risiken und Konsequenzen informieren
to have an active social life	Tamara has an active social life.	ein aktives gesellschaftliches Leben führen
to increase the price of legal drugs	The government might increase the price of legal drugs.	den Preis für legale Drogen erhöhen
to raise the smoking and drinking age	Some people want to raise the smoking and drinking age.	das Mindestalter für Zigaretten- und Alkoholkonsum anheben
to have someone to talk to	Thank goodness I have someone to talk to.	jemanden haben, mit dem man reden kann
to have someone who cares	Maximilian knows that he has someone who cares.	jemanden haben, der sich um einen kümmert

to be proud of oneself	Kirsten is proud of herself for completing her degree.	auf sich selbst stolz sein
to build resilience	Dealing with difficult situations builds resilience.	die Widerstandsfähigkeit / Resilienz stärken
to develop a positive self-image	It takes a lot of work for one to develop a positive self-image.	ein positives Selbstbild entwickeln
to set a good example	My mother told me to set a good example for my nephew.	ein gutes Vorbild sein
to provide professional support	Therapists provide professional help.	professionelle Hilfe anbieten
to build up trust	Not being judged for your actions helps build up trust between two people.	Vertrauen aufbauen
to establish rules and consequences	Parents establish rules and consequences for their children's behaviour.	Regeln aufstellen und Konsequenzen festsetzen
to have a positive mindset	Nicole has a very positive mindset.	eine positive Einstellung haben
Risks and dangers of addiction		
to get physically and psychologically addicted	It's possible to get physically and psychologically addicted to something.	physisch und psychisch abhängig werden
to gain weight	Valerie gains weight every winter when she's less active.	an Gewicht zunehmen
to be broke	I can't come visit you at the moment; I'm broke.	pleite sein
to become a criminal	It didn't take long for him to become a criminal.	kriminell werden
to lose one's friends	After the disagreement, Tom lost his friends.	Freunde/Freundinnen verlieren
one's heart rate and blood pressure rise	In a stressful situation, Zena notices that her heart rate and blood pressure rise.	die Herzfrequenz und der Blutdruck steigen an
one's work performance suffers	His work performance suffered when he was constantly thinking about his next cigarette.	die Arbeitsleistung leidet
to cause lung cancer	Smoking causes lung cancer.	Lungenkrebs verursachen
to get bad eyesight	Certain individuals get bad eyesight as a consequence of many hours spent in front of a computer screen.	Sehkraft lässt nach / verschlechtert sich
to suffer from diabetes	Many people suffer from diabetes around the globe.	an Diabetes erkranken
to be lonesome	It's hard not to feel lonesome when none of your friends are available.	einsam sein
to be depressed	Ivan was severely depressed for almost a year.	depressiv sein
to reduce social contacts	The pandemic certainly reduced social contacts.	soziale Kontakte einschränken
to perform poorly at school	Students perform poorly in school if they are not well-prepared.	schlechte Leistungen in der Schule erbringen
to have money issues	Almost everyone has had money issues in the past.	Geldprobleme haben
to have arguments with one's parents	When I was younger, I had arguments with my parents every weekend.	Streit mit den Eltern haben

to cause memory loss	Drinking too much causes memory loss.	zu Gedächtnisverlust führen
to overdraw one's bank account	I don't want to overdraw my bank account this month.	Bankkonto überziehen
to have high cholesterol levels	Many overweight individuals have high cholesterol levels.	einen hohen Cholesterinspiegel haben
to have bad breath	Before Nellie went to the dentist today, she had bad breath.	Mundgeruch haben
to suffer from serious withdrawal symptoms	If someone is addicted to heroin, they suffer from serious withdrawal symptoms.	unter schweren Entzugserscheinungen leiden
to get aggressive more easily	Many addicts get aggressive more easily.	leichter aggressiv werden
to be threatened with a knife	Once, Jim was threatened with a knife on the subway.	mit einem Messer bedroht werden
to suffer from obesity	Unfortunately, many young children also suffer from obesity.	an Fettleibigkeit leiden
to start to shiver	When it's cold, Lindsey starts to shiver.	zu zittern beginnen
to get a headache	I get a headache every time I don't drink enough water.	Kopfschmerzen bekommen
Online addiction		
to define gaming addiction as a mental health disorder	Not many people define gaming addiction as a mental health disorder.	(Video-)Spielsucht als psychische Störung definieren
to be weaned off the Internet	My friend Savannah had to be weaned off the Internet slowly.	vom Internet entwöhnt werden
to know the extreme social pressure of being on social media	Parents don't necessarily know the extreme social pressure of being on social media.	den extremen sozialen Druck kennen, auf sozialen Medien aktiv sein zu müssen
to suffer from severe sleep deprivation	Mark suffers from severe sleep deprivation.	unter starkem Schlafentzug leiden
to use online learning tools	Quentin uses online learning tools almost every day.	Online-Lernprogramme nutzen
to be more likely to spend more time on the Internet	Those who are depressed are more likely to spend more time on the Internet.	mit größerer Wahrscheinlichkeit mehr Zeit im Internet verbringen
to put a burden on someone's health	Not getting enough sleep puts a burden on your health.	eine Belastung für jemandes Gesundheit sein
to empower teens to use the Internet well	Educators should empower teens to use the Internet well.	Jugendliche befähigen, das Internet positiv (für sich) zu nutzen
to go cold turkey	When Horace wanted to quit smoking, he went cold turkey.	einen kalten Entzug machen
to take precedence over other life interests	An addiction often takes precedence over other life interests.	Priorität gegenüber anderen Lebensinteressen haben
to meet with friends in real life	I prefer to meet with friends in real life.	sich mit Freunden/Freundinnen im wirklichen Leben treffen
to spend many hours in front of a screen	Julie spends many hours in front of a screen every day.	viele Stunden vor einem Bildschirm verbringen
to reduce one's daily screen time	Zoë wants me to reduce my daily screen time so we can talk more in person.	die tägliche Bildschirmzeit reduzieren
to look up words in an online dictionary	Eduard looks up words in an online dictionary in every class.	Vokabel in einem Online-Wörterbuch nachschlagen
to do online research	We did online research for our project last week.	Online-Recherchen durchführen

to check the validity of information online	It's good to check the validity of information online.	die Richtigkeit von Informationen online überprüfen
to cross-check information	Journalists constantly cross-check information with other sources.	Informationen aus verschiedenen Quellen gegenchecken
to find other leisure time activities	When Pat's parents took away his phone, he found other leisure time activities.	andere Freizeitaktivitäten finden
to have face-to-face chats	I much prefer having face-to-face chats.	persönliche Gespräche (von Angesicht zu Angesicht) führen
to set oneself strict rules on screen time	To be productive, it's helpful to set oneself strict rules on screen time.	die Zeit vor dem Bildschirm selbst strikt reglementieren
to be disciplined	Maddie is extremely disciplined and turns off her phone after 8 pm.	diszipliniert sein
to put away one's phone	Richard puts away his phone whenever he is on a date.	das Handy weglegen
to do an online detox once in a while	Peter does an online detox once in a while.	ab und zu einen Online-Entzug machen
to rethink one's online habits	Robin wants to rethink her online habits, so she doesn't spend all her free time in front of a screen.	die Online-Gewohnheiten überdenken
to do sports	Yasmin does sports to distract herself from school.	sich sportlich betätigen

Teens' risk for addiction

prescription drugs	Prescription drugs should not be taken if they haven't been prescribed to you.	verschreibungspflichtige Medikamente
to be prone to developing an addiction	Children of addicts are prone to developing an addiction as well.	anfällig für ein Suchtverhalten sein
to develop a substance use issue	Logan developed a substance use issue in high school.	ein Drogenproblem entwickeln
to learn destructive behaviours	Ben will learn destructive behaviours if his friends are doing them.	destruktive Verhaltensweisen erlernen
to produce pleasurable experiences	Drugs and addictive substances sometimes produce pleasurable experiences.	angenehme Erfahrungen hervorrufen / erzeugen
to lack willpower	Many people lack willpower and can't say no.	keine Willenskraft haben, Willenskraft vermissen lassen
to resist doing drugs	Greg resisted doing drugs while he was in college.	dem Drogenkonsum widerstehen
to undo the damage	It's difficult to undo the damage from many years of drug abuse.	den Schaden wiedergutmachen
to suffer from anxiety disorders	Former addicts often suffer from anxiety disorders.	unter Angstzuständen leiden
to recover from an addiction	Romeo recovered from an addiction last year with the support of his friends and family.	sich von einer Suchterkrankung erholen

Consumerism

to boost one's self-confidence	Wearing designer brands boosts some people's self-confidence.	das Selbstvertrauen stärken
to not be able to live without something	My mother says she is not able to live without her favourite perfume.	ohne etwas nicht leben können
to be less expensive	Clothing from second-hand shops is often less expensive.	preisgünstiger sein
to be less work	It's less work to go out to eat than it is to cook at home.	weniger arbeitsintensiv sein

to be more relaxed	I have been much more relaxed since I started meditating.	entspannter sein
to be less time-consuming	Irene's new job is less time-consuming.	weniger zeitaufwendig sein
to have less responsibility	Sam has less responsibility at work than he does at home with his family.	weniger Verantwortung haben
to be a waste of time	The movie was a waste of time.	eine Zeitverschwendung sein
to have more time for the really important things in life	Since he retired, Ralph has had more time for the really important things in life.	mehr Zeit für die wirklich wichtigen Dinge im Leben haben
to express one's personality	Fred expresses his personality through his retro choices.	die eigene Persönlichkeit zum Ausdruck bringen
to impress other people	Samson tried to impress his crush by wearing designer sneakers.	andere Menschen beeindrucken
to blend in with the crowd	If you have an <i>iPhone</i> , you will probably blend in with the crowd.	zur Masse gehören, sich in die Masse einfügen / integrieren
to show off	The flamenco dancer was showing off her beautiful costume after the performance.	zur Schau stellen, angeben, prahlen
to have a positive experience	Some people have a positive experience when they go shopping, others do not.	eine positive Erfahrung haben / machen
to have good / positive associations with something	Vera has good / positive associations with certain brands, because she's known about them her whole life.	gute Erinnerungen mit etwas verbinden, positive Assoziationen mit etwas haben
to get used to something	Finnigan got used to buying lunch every day at his internship, and had trouble cooking for himself when the summer was over.	sich an etwas gewöhnen
to feel sad	Mia felt sad when she didn't get a chance to buy early-bird tickets for her favourite band.	traurig sein
to feel guilty	Markus felt guilty that he hadn't bought his girlfriend anything for her birthday.	sich schuldig fühlen
to be afraid of change	Many older people are afraid of change, so they always purchase the same type of product over and over.	Angst vor Veränderungen haben
to be unsure if you want to use something again	Phillippe was unsure whether he wanted to use the vending machine on the train platform again.	unsicher sein, ob man etwas noch einmal benutzen möchte
to have a feeling of failure	Perfectionists have a feeling of failure even if only something small goes wrong.	ein Gefühl des Versagens haben
to feel wrong	It felt wrong to ask my grandfather for money after he had paid for my birthday dinner.	sich falsch anfühlen
to own / buy stuff to compensate for a lack of something	Many people own / buy stuff to compensate for a lack of something.	Dinge besitzen / kaufen, um einen Mangel (an etwas) zu kompensieren

Phrasal verbs to talk about addiction

to cut down on caffeine	My dad wants to cut down on caffeine.	den Koffeinkonsum reduzieren
to depend on social media	Jana depends heavily on social media.	von sozialen Medien abhängig sein
to devote one's time and effort to something	Mac devotes almost all of his time and effort to playing the guitar.	Zeit und Mühe für etwas aufwenden
to do something about an addiction	It's necessary to do something about an addiction and not just talk about it.	etwas gegen eine Sucht unternehmen
to get by despite a gambling addiction	Johannes gets by despite a gambling addiction, but he still needs help.	trotz Spielsucht (finanziell) zurechtkommen
to get over an addiction	Bettina successfully got over a smoking addiction over five years ago.	eine Sucht / Abhängigkeit überwinden
to give up drinking energy drinks	Clemens gave up drinking energy drinks last year.	das Trinken von Energydrinks aufgeben
to long for a cigarette	Denise longs for a cigarette after a hard day at work.	sich nach einer Zigarette sehnen
to put on weight	Phil has put on weight since I last saw him.	an Gewicht zulegen

Overcoming an addiction

to be determined	River is determined to break his addiction to online gaming.	zielstrebig / entschlossen / gewillt sein
to really want something	If you really want something, you can achieve it.	etwas wirklich wollen
to take responsibility for oneself	When she decided to stop smoking, she took responsibility for herself.	Selbstverantwortung / Eigenverantwortung übernehmen
to be honest with oneself	Zane was honest with himself about needing to find help.	ehrlich zu sich selbst sein
to change one's daily routine	Katie changed her daily routine to force herself to keep busy and stay away from cigarettes.	den Tagesablauf ändern, die Alltagsroutine ändern
to have simple goals	People who have simple goals are often more successful.	einfache Ziele haben
to find out the reason for an addiction	James found out the reason for an addiction he had, and it helped him understand and overcome the problem.	den Grund für eine Sucht herausfinden
to be scared of withdrawal symptoms	Many people are scared of withdrawal symptoms.	Angst vor Entzugserscheinungen haben
to show physical symptoms	She showed significant physical symptoms of a smoking addiction.	körperliche Symptome / Reaktionen zeigen
to replace the addiction with a positive activity / habit	It's good to replace the addiction with a positive activity / habit like writing in a journal.	die Sucht durch eine positive Aktivität / Angewohnheit ersetzen
to change one's circle of friends	Judy completely changed her circle of friends while fighting an addiction, which really helped her.	seinen Freundeskreis verändern
to rethink one's actions and decisions	Since she has stopped drinking, Sophie has been rethinking her actions and decisions constantly.	die eigenen Handlungen und Entscheidungen überdenken

5 The joy of diversity

Taking a gap year

to talk to someone for a minute	It's easy to talk to someone for a minute.	mit jemandem eine Minute lang reden
to not be used to eating something	Nozomi was not used to eating so much cheese.	nicht gewohnt sein, etwas Bestimmtes zu essen
to add herbs and spices	Many cultures add herbs and spices to everything they cook.	Kräuter und Gewürze dazugeben
to not like fatty and greasy foods	Xaver doesn't like fatty and greasy foods.	keine fettigen und öligen Speisen mögen
to miss freshly cooked meals	When I'm away from home, I miss freshly cooked meals.	frisch gekochte Mahlzeiten vermissen
to hang out with someone in one's room	Jessie hung out with her host brother in her room and played cards.	mit jemandem in seinem Zimmer abhängen / herumlungern
to invite someone for dinner	Macy invited us for dinner tomorrow night.	jemanden zum Essen einladen
to be understanding	I am always understanding when someone can't make it to an appointment.	verständnisvoll sein
to feel bored	Vicki feels bored when she sits around the house all day.	sich langweilen
to experience a new culture	Martin went on a trip abroad and experienced a new culture.	eine neue Kultur kennenlernen
to see more of the region / country	I definitely want to see more of the region / country.	mehr von der Region / dem Land sehen
to learn more about the country's traditions	Ivana learns more about the country's traditions each day.	mehr über die Traditionen des Landes erfahren
to get to know each other better	As the two girls spent more time together, they got to know each other better.	sich gegenseitig besser kennenlernen
to gain new skills	Tatiana gained new skills during her internship in Peru.	neue Fähigkeiten erwerben
to adopt new viewpoints	The twin brothers adopted new viewpoints once they saw what life was like in India.	neue Sichtweisen aufnehmen; neue Standpunkte übernehmen
to have an ID with you	When you travel, you need to have an ID with you.	einen Ausweis dabei haben
to visit famous places / sights	When I am in a foreign country, I like to visit famous places / sights.	berühmte / bekannte Plätze besuchen, Sehenswürdigkeiten besichtigen

Doing an internship abroad

to be polite	Tamar is overly polite sometimes.	höflich sein
to be reliable	Myra is the most reliable person I know.	zuverlässig sein
to be open-minded	Keara is open-minded when it comes to other cultures.	aufgeschlossen sein, weltoffen sein, unvoreingenommen sein
to be talkative	John is a talkative guy.	gesprächig / redselig sein
to be well-informed about the local culture / traditions	Before she travels to a new place, Helen makes sure she is well-informed about the local culture / traditions.	gut über lokale Kultur / Traditionen informiert sein
to know the rules of etiquette	It's essential to know the rules of etiquette in a foreign country.	die Verhaltensregeln kennen

to not be afraid of making the first move	Dylan was not afraid of making the first move.	keine Angst haben, den ersten Schritt zu machen
to have sufficient language skills	Scott has sufficient language skills to move to Spain.	über ausreichende Sprachkenntnisse verfügen
to be hard-working	My father is extremely hard-working.	(sehr) fleißig sein, hart arbeiten
to be committed	Mario was committed to getting the job done.	engagiert sein
to focus on the positives	Brigitte always focuses on the positives.	sich auf das Positive konzentrieren
to keep in touch with one's family / friends back home	Sometimes it can be difficult for exchange students to keep in touch with their family / friends back home.	den Kontakt zu seiner Familie / seinen Freunden/Freundinnen in der Heimat halten
to keep oneself busy	Amir keeps himself busy by playing video games and reading.	sich beschäftigen
to be ready to take risks	Tanja is ready to take risks and have cool experiences.	bereit sein Risiken einzugehen
to be able to work independently	Paul is able to work independently as well as with others.	selbstständig arbeiten können
to test one's limits	Raúl tested his limits on the ropes course.	die eigenen Grenzen austesten
to improve / enhance one's foreign language skills	Diana improved / enhanced her foreign language skills while living abroad.	die eigenen Fremdsprachenkenntnisse verbessern / erweitern
to adopt new working methods and strategies	Nathaniel had to adopt new working methods and strategies at his new job.	sich neue Arbeitsmethoden und Strategien aneignen
to learn new ways of thinking	Kyle learns new ways of thinking from each challenge that comes his way.	neue Denkweisen erlernen
to boost one's CV	Experiencing life in another culture will boost your CV.	den Lebenslauf aufwerten

Austria's got a lot to offer

to be friendly and charming	Many communities are very friendly and charming.	freundlich und charmant sein
to look each other in the eyes	When you greet someone, you should look each other in the eyes.	sich gegenseitig in die Augen schauen
to hug someone	I hugged my grandmother hello.	jemanden umarmen
to kiss someone on both cheeks	The French will often kiss someone on both cheeks when they first meet.	jemanden auf beide Wangen küssen
to greet in a friendly way	In rural areas, it's polite to greet everyone in a friendly way, even if you don't know them.	jemanden freundlich begrüßen
to not chew with one's mouth open	You should not chew with your mouth open.	nicht mit offenem Mund kauen
to not make any loud noises when eating	Damien does not make any loud noises when eating.	beim Essen keine lauten Geräusche von sich geben
to not overload one's fork or plate	Don't overload your fork or plate at mealtimes.	die Gabel oder den Teller nicht überladen
to use a napkin	If you need to wipe your mouth, use a napkin.	eine Serviette benutzen
to keep one's smartphone off the table	Jerry takes care to keep his smartphone off the table during family dinners.	das Smartphone nicht auf den Esstisch legen

to enjoy the beautiful scenery	Wren sat there and enjoyed the beautiful scenery.	die schöne Landschaft genießen
to visit Austria's capital city	It's a good idea to visit Austria's capital city.	Österreichs Hauptstadt besuchen
to hide Easter eggs	My family used to hide Easter eggs for me and my cousin every spring.	Ostereier verstecken
to participate in a Krampus run	I've never participated in a Krampus run, but I want to!	an einem Krampuslauf teilnehmen
to visit a Christmas market	Luna visits a Christmas market every chance she gets.	auf einen Weihnachtsmarkt gehen
to not smoke under the age of 18	Legally, you are not allowed to smoke under the age of 18 in Austria.	nicht unter 18 rauchen
to be punctual for the lesson	It's important to be punctual for the lesson to show respect for your classmates and the teacher.	pünktlich zum Unterricht kommen
to participate in the lesson	Trevor often participates in the lesson – he's always raising his hand.	sich (aktiv) am Unterricht beteiligen
to do the assignments / homework	Ying knew she should do the assignments / homework on time.	die Aufgaben / Hausübungen machen
to be respectful and listen to your teachers	In order to learn something in class, you must be respectful and listen to your teachers.	respektvoll sein und den Lehrern/ Lehrerinnen zuhören / auf die Lehrer/innen hören

Global awareness and cultural understanding

to communicate in astonishing levels of complexity	Some children can communicate in astonishing levels of complexity from a young age.	in erstaunlich komplexen Zusammenhängen kommunizieren
to interpret different cultures through language	It's Elaina's job to interpret different cultures through language.	andere Kulturen mittels Sprache interpretieren
to broaden one's horizons	Amelia wanted to learn a new language so that she could broaden her horizons.	den Horizont erweitern
to get out of one's comfort zone	Harper gets out of her comfort zone every time she goes mountain biking.	die eigene Komfortzone verlassen
to bring a little bit of abroad into the classrooms	Talking about other cultures brings a little bit of abroad into the classrooms.	ein Stückchen Ausland in die Klassenzimmer bringen
in today's increasingly interconnected and globalised world	Tolerance and understanding are especially important in today's increasingly interconnected and globalised world.	in der zunehmend vernetzten und globalisierten Welt von heute
to be bilingual	The vast majority of the world's population is bilingual.	zweisprachig sein
to explore new ideas and adopt new viewpoints	By going to university, Jan was able to explore new ideas and adopt new viewpoints.	neue Ideen erforschen und neue Standpunkte einnehmen
to develop more understanding and tolerance	Working with children forces one to develop more understanding and tolerance.	mehr Verständnis und Toleranz entwickeln
to discover new problem-solving strategies	At the workshop, Heather discovered new problem-solving strategies.	neue Problemlösungsstrategien entdecken
to open up a whole new world	Knowing sign language opens up a whole new world.	eine ganz neue Welt erschließen

to immerse oneself in a completely different culture	It's challenging to immerse oneself in a completely different culture.	in eine völlig andere Kultur eintauchen
to have easy access to a world of information through the Internet	In the modern world, everyone has easy access to a world of information through the Internet.	über das Internet leichten Zugang zu einer Welt voller Informationen haben
to encourage the need to put learning into context	Teachers should encourage the need to put learning into context.	die Notwendigkeit, Lernen in einen Kontext einzubinden, fördern / vorantreiben
to enhance cross-cultural understanding	Communications with students from different backgrounds enhances cross-cultural understanding.	das interkulturelle Verständnis verbessern / fördern
to operate on an international scale	Many companies operate on an international scale.	international vertreten sein / operieren / arbeiten

Differences and similarities between different cultures

to learn tolerance	Children learn tolerance by the examples set by adults in their lives.	Toleranz lernen
to enrich one's culture	Olivia felt that living and especially cooking with international students while studying at Cambridge enriched her own culture.	die eigene Kultur bereichern
to gain knowledge of foreign languages	Brett gained knowledge of foreign languages by writing letters with friends from other countries.	Fremdsprachenkenntnisse erwerben
to get an understanding of new cultures	It's crucial for your personal development to get an understanding of new cultures.	ein Verständnis für neue Kulturen entwickeln
to acquire experience	Every intern wants to acquire the necessary experience he or she will need to get a job in the future.	Erfahrungen sammeln
to have the chance to grow personally	Jin felt she'd had the chance to grow personally while abroad.	die Möglichkeit haben, sich persönlich weiterzuentwickeln
to experience various ways of looking at the world	Harry wanted to experience various ways of looking at the world.	unterschiedliche Sichtweisen erfahren, wie man die Welt betrachten kann
to lead to innovation and creativity	Communication leads to innovation and creativity.	zu Innovation und Kreativität führen
to show respect	The young boy bowed to show respect to his elders.	Respekt zeigen
to learn from one another	It's important that humans learn from one another.	voneinander lernen

Being forced to leave

to be forced to leave one's home country	In times of war, many people are forced to leave their home country.	gezwungen sein, das Heimatland zu verlassen
to flee one's home country	Amahle fled her home country over two years ago.	aus dem Heimatland fliehen
to seek asylum in another country	Many citizens of middle eastern countries seek asylum in Europe.	in einem anderen Land Asyl suchen
to be in a state of war	A country that is constantly in a state of war is often unstable.	sich in einem Kriegszustand befinden
to escape from a natural disaster	It's difficult to escape from a natural disaster without help.	vor einer Naturkatastrophe fliehen
to face human rights violations	Prisoners of war face countless human rights violations.	Menschenrechtsverletzungen ausgesetzt sein
to escape an oppressive government	It's an admirable accomplishment to escape an oppressive government.	einer repressiven / unterdrückenden Regierung entfliehen

to be persecuted for one's ethnicity / nationality / political opinion	Many citizens of divided countries are persecuted for their ethnicity / nationality / political opinion.	aufgrund der ethnischen Zugehörigkeit / der Nationalität / der politischen Meinung verfolgt werden
to search for better job opportunities	Many families cross the border to search for better job opportunities.	nach besseren Berufsaussichten / Arbeitsmöglichkeiten suchen
to look for higher living standards	Isabella and her mother are looking for higher living standards.	auf der Suche nach einem höheren Lebensstandard sein
to have no access to health care	Many small communities in central America have no access to health care at all.	keinen Zugang zu Gesundheitsversorgung haben
to have no money / employment	Immigrants risk having no money / employment when they arrive.	kein Geld / keine Arbeit haben
to become a victim of human trafficking	Nalia almost became a victim of human trafficking.	ein Opfer von Menschenhandel werden
to have to overcome the language barrier	Everyone who travels to another country has to overcome the language barrier.	die Sprachbarriere überwinden müssen
to have to adapt to a new culture	After he had moved to Peru, Jakob had to adapt to a new culture.	sich an eine neue Kultur anpassen müssen
to be discriminated against	Yoruba was discriminated against for being the only black student in his class.	diskriminiert werden
to be an outsider	When I first moved to Germany, I was an outsider.	ein Außenseiter/eine Außenseiterin sein

A refugee's story

to pack all your belongings	We had to pack all our belongings and leave quickly.	alle Habseligkeiten packen
to become a life-changing journey	The next three months in Chile became a life-changing journey.	sich zu einer lebensverändernden Reise entwickeln
to practise one's second language skills	Going on a holiday to France was a perfect chance to practise my second language skills.	die Kenntnisse der Zweit-Fremdsprache auffrischen / üben
to be home to hundreds of residents from different countries and cultures	Big cities are home to hundreds of residents from different countries and cultures.	ein Zuhause für Hunderte von Bewohnern/Bewohnerinnen aus verschiedenen Ländern und Kulturen sein
to constitute a sense of home and belonging	Gathering the family all together constitutes a sense of home and belonging.	ein Gefühl von Heimat und Zugehörigkeit vermitteln
to live the life of a valuable human being	I want to be able to live the life of a valuable human being.	das Leben eines wertvollen Menschen leben
to take the opportunity to further one's education	Daphne knew she had to take the opportunity to further her education.	die Chance nutzen, sich weiterzubilden
to not fight the change	Rickey didn't fight the change as his home city became more international.	sich nicht gegen die Veränderung(en) wehren
to integrate into a new society	Maria had trouble integrating into a new society at first.	sich in eine neue Gesellschaft / Kultur integrieren
to help rebuild one's homeland	After conflict, people work together to help rebuild their homeland.	beim Wiederaufbau des Heimatlandes mithelfen

6 Innovation through dedication

Workshop tools		
hand level	Using the hand level, I made sure the shelf wasn't leaning right or left.	Handnivellierinstrument, Handwaage
handsaw	A handsaw is practical for small jobs.	Handsäge
measuring tape	If you're a carpenter, a measuring tape is an absolute must.	Maßband
pipe tongs	Pipe tongs are used by plumbers to screw or unscrew lengths of pipe.	Rohrzange
round file	I bruised my fingernail on the round file today.	Rundfeile
screw	Screws have many different shapes.	Schraube
screwdriver	There are many different types of screwdrivers.	Schraubenzieher
shovel	I dug up the flowers with a shovel.	Schaufel
side cutter	My brother uses a side cutter at work almost every day.	Seitenschneider
sledge hammer	Sledge hammers are incredibly heavy.	Vorschlaghammer
slide gauge	The slide gauge is a useful measuring tool.	Schublehre, Schieblehre
vice	The vice held the two pieces of wood together very nicely.	Schraubzwinde, Schraubstock
What different tools are used for		
to level work	I need to level this beam.	Gegenstände ausrichten / nivellieren
to cut hard materials such as wood or metal	A buzz or power saw cuts hard materials such as wood or metal.	harte Materialien wie Holz oder Metall schneiden
to measure distances	It's hard to measure distances accurately just by looking at them.	Abstände messen
to unscrew lengths of pipe	In order to repair a drainage system, you need to unscrew lengths of pipe.	Rohrverbindungen auseinander-, aufschrauben
to file down wooden or metal objects	Sometimes we have to file down wooden or metal objects in the school workshop.	Holz- oder Metallgegenstände abfeilen
to join things together	Industrial glue can be used to join things together.	Gegenstände / Dinge miteinander verbinden
to insert screws and remove them	A screwdriver inserts screws and removes them.	Schrauben setzen und entfernen
to move, hold or pick up loose material	Many tools can be used to move, hold or pick up loose material.	loses Material bewegen, halten oder aufheben
to cut wire	Side cutters can cut wire very easily.	Draht schneiden
to hit things	Hammers are used to hit things.	auf Gegenstände hämmern
to measure the thickness of metal or wire	A slide gauge measures the thickness of metal or wire.	die Stärke / Dicke von Metall oder Draht messen
to hold pieces of wood or metal	A vice holds pieces of wood or metal.	Holz- oder Metallstücke halten

Lab instruments		
beaker	The beaker was overflowing, but luckily the liquid that spilled wasn't dangerous.	Messbecher, Becherglas
burette	The burette had exact measurement markings.	Bürette, Messglas
centrifuge	A centrifuge allows you to separate heavy particles from lighter particles in a solution.	Zentrifuge, Trennschleuder
dropper	My hands always shake when I hold the dropper.	Tropfpipette, Tropfflasche
funnel	Funnels make pouring liquids from a big container into a smaller container much easier.	Trichter
pipette	Pipettes are used for measuring and transferring small amounts of liquid.	Pipette
test tube	I've broken so many test tubes in the lab.	Reagenzglas
thermometer	Thermometers used to have mercury in them.	Thermometer
tongs	Tongs are useful in many different situations.	Zange
volumetric flask	Volumetric flasks are often used to measure large amounts of liquid in a laboratory.	Messflasche, Messkolben, Mischzylinder
Innovative ideas for schools		
to work on different assignments	Each student is working on different assignments at the moment.	an verschiedenen Aufgabenstellungen arbeiten
to provide supervision	Teachers provide supervision in the classroom.	Beaufsichtigung / Betreuung gewährleisten
to adapt to individual learning styles online	Educators adapt to individual learning styles online.	sich an individuelle Lernstile online anpassen
to save a lot of resources	Online textbooks can save a lot of resources.	viele Ressourcen sparen
to allow students to develop more self-responsibility	Designing their own schedules allows students to develop more self-responsibility.	Schüler/Schülerinnen ermöglichen, mehr Eigenverantwortung zu entwickeln
to rely more on digital technology	Today's students rely more on digital technology.	mehr auf digitale Technologien setzen
to be closely linked with one's teachers and fellow classmates	Online platforms allow students to be closely linked with their teachers and fellow classmates.	eng mit den Lehrern/Lehrerinnen und Mitschülern/Mitschülerinnen verlinkt / verbunden zu sein
to explore advanced training in a field someone is truly interested in	Certain elective classes give students the chance to explore advanced training in a field someone is truly interested in.	sich in einem Bereich weiterbilden, für den man sich wirklich interessiert
to build up teens' social competencies	New ways of communicating build up teens' social competencies	soziale Kompetenzen von Jugendlichen aufbauen
to focus on students' personal, social, and self-management skills	Early education should focus on students' personal, social and self-management skills.	sich auf die persönlichen und sozialen Kompetenzen sowie das Selbstmanagement der Schüler/innen konzentrieren
to tinker in one's garage	Uncle Jonah likes to tinker in his garage and build things at the weekends.	in der eigenen Werkstatt herumbasteln

Pros and cons of Austrian Higher Technical / Vocational Colleges

to have better job chances	One generally has better job chances with a degree.	bessere Jobchancen haben
to gain practical knowledge	Students gain practical knowledge during summer internships.	Praxiswissen erwerben
to be taught subjects by teachers working in one's field of specialisation	Everett found it reassuring to be taught subjects by teachers working in his field of specialisation.	von Lehrern/Lehrerinnen mit Berufserfahrung in der jeweiligen Fachrichtung unterrichtet werden
to be well-prepared for the job market	Joe wants to be well-prepared for the job market.	auf den Arbeitsmarkt gut vorbereitet sein
to have a completed vocational education	My mother has a completed vocational education.	eine abgeschlossene Berufsausbildung haben
to be ready to start work right after college	Samuel is ready to start work right after college.	bereit sein / gerüstet sein, nach dem Studium sofort mit der Arbeit zu beginnen
to be very stressful	Work life is often very stressful.	sehr anstrengend / stressig sein
to last for five years	Vocational training can last for five years.	fünf Jahre dauern
to not be taught in some specific subjects	Presentation or public-speaking skills are not taught in some specific subjects.	in bestimmten Fächern nicht unterrichtet werden
to have more students in one class	Subject teachers often have more students in one class than foreign language teachers.	mehr Schüler/Schülerinnen in einer Klasse haben
to be more expensive	In the US, private schools are often more expensive than public schools.	teurer sein
to complete compulsory internships	My brothers both completed compulsory internships last summer.	Pflichtpraktika absolvieren
to have long school days	Most Higher Technical College students have long school days.	lange Schultage haben

School workshop / school lab

to have regular lessons in the school workshop / lab / kitchen.	Niko's class has regular lessons in the school workshop / lab / kitchen.	regelmäßig Unterricht in der Schulwerkstatt / am Bauhof / im Schul-labor / in der Schulküche haben
to do hands-on work in one's field of specialisation	Leo wanted to do hands-on work in his field of specialisation.	praktische Arbeit im eigenen Fachgebiet verrichten
to have to write work reports	Jeremy has to write work reports every week.	Arbeitsberichte schreiben müssen
to be taught in small groups	I enjoy being taught in small groups.	in Kleingruppen unterrichtet werden
to have specialised instructors	Some subjects have specialised instructors who worked in the field before they started teaching.	fachlich spezialisierte Ausbilder/innen haben, Fachlehrer/innen haben
to gain insight into daily work life	Felix gained insight into daily work life during his internship.	Einblicke in den Arbeitsalltag erhalten
to learn about the tasks and duties in one's field of specialisation	While completing an internship, Franz learned about the tasks and duties in his field of specialisation.	die Aufgaben und Pflichten der Arbeit in der eigenen Fachrichtung kennenlernen
to carry out experiments in the lab	Sidney likes carrying out experiments in the lab.	Experimente im Labor durchführen
to gain problem-solving skills	Every student gains problem-solving skills while doing practical work.	Problemlösungskompetenz erwerben

Innovation trends in society

healthcare	Healthcare is always an incredibly controversial topic.	Gesundheitswesen
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education	My education is of utmost importance.	Bildung, Ausbildung
digitalisation	The digitalisation of our world has led to many changes.	Digitalisierung
mindfulness	Mindfulness and self-awareness allow one to stay calmer while being productive.	Achtsamkeit, Aufmerksamkeit
transportation	Transportation continues to be a political issue.	Verkehrswesen, Transportwesen
new technologies	New technologies cause concerns about privacy.	neue Technologien
renewable energy	The government wants to focus more on renewable energy.	erneuerbare Energien
emancipation of women	The emancipation and empowerment of women is still a current issue.	Emanzipation der Frauen
globalisation	Globalisation is occurring at a very fast rate, partly due to the Internet	Globalisierung
women's right to vote	Women's right to vote is a fundamental right.	Frauenwahlrecht
tolerance	There are still many people who have no tolerance for change.	Toleranz
to be solar-powered	Many modern heating systems are solar-powered.	solarbetrieben sein
to be computer-aided	An increasing number of jobs are computer-aided.	computergestützt sein
to improve gas mileage	Reducing air resistance on a vehicle can improve gas mileage.	den Benzinverbrauch optimieren / verbessern
Chances of innovation and change		
to lead to success	Thinking positive helps lead to success.	zum Erfolg führen
to break a habit	Gregory finally broke his habit of clicking his pen in class.	eine Gewohnheit ablegen
to grow personally and professionally	My current job forced me to grow personally and professionally.	persönlich und beruflich wachsen
to become more flexible	Working hours became more flexible during the series of lockdowns.	flexibler werden
to gain strength and self-confidence	After dealing with hardship, you gain strength and self-confidence.	an Stärke und Selbstvertrauen gewinnen
to learn to think outside the box	Modern workers learn to think outside the box.	lernen über den Tellerrand zu schauen
to improve one's living standards	Valerie thinks that even small changes could improve her living standards.	den Lebensstandard verbessern
to enhance one's marks / school performance	Independently studying significantly enhanced Timo's marks / school performance last year.	die Noten / schulischen Leistungen verbessern
to face new opportunities	Kyle faces new opportunities with every new job he applies for.	sich neuen Möglichkeiten stellen
to escape from one's daily routine	Pam loves to escape from her daily routine once in a while.	der täglichen Routine / Alltagsroutine entfliehen
to lead to progress	Self-reflection leads to progress.	zu Fortschritt führen
to boost the economy	A more educated workforce boosts the economy.	die Wirtschaft ankurbeln
to change one's mindset	Last summer, it only took one conversation to change Mona's mindset about her career plans.	die eigene Denkweise ändern

7 Career coaching

Different jobs		
architect	Architects plan and design a lot of different building types.	Architekt/in
artist	I wanted to be an artist when I was little.	Künstler/in
bartender	It's tough working as a bartender on Saturday nights.	Barkeeper/in
bricklayer	My uncle is a bricklayer.	Maurer/in
carpenter	Carpenters work with wood a lot.	Zimmerer/Zimmerin, Tischler/in
chef	Alex is an incredible chef.	Koch/Köchin
civil engineer	Tyrell has been a civil engineer for over 20 years.	Bautechniker/in
cleaner	My dad used to work as a cleaner at a car garage.	Reinigungskraft
dietician / nutritionist	I used to see a dietician / nutritionist more frequently when I was a professional athlete.	Ernährungsberater/in, Diätologe/Diätologin, Ernährungswissenschaftler/in
doctor	My grandmother was a doctor.	Arzt/Ärztin
electrician	It's surprising how much electricians have to know about the structure of buildings.	Elektriker/in
firefighter	Bernd is a professional firefighter.	Feuerwehrmann/-frau
flight attendant	Bonnie loves travelling the world as a flight attendant.	Flugbegleiter/in
food technologist	Food technologists are extremely important for public health.	Lebensmitteltechniker/in
gardener	As a gardener, you need to be ok with working with dirt.	Gärtner/in
hairdresser	Marc is the best hairdresser ever.	Friseur/in
IT programmer / technician	Gina is studying to become an IT programmer / technician.	IT-Programmierer/in, IT-Techniker/in
lawyer	Being a lawyer is often morally difficult.	Anwalt/Anwältin
mechanic	Her brother is the best mechanic in town.	Mechaniker/in
mechanical engineer	Steven was a mechanical engineer before he opened his own business.	Maschinenbauingenieur/in
mechatronics engineer	Mechatronics engineers use a combination of mechanical knowledge and computer skills to do their jobs.	Mechatroniker/in
medical engineer	Being a medical engineer sounds fascinating.	Medizintechniker/in
musician	Anne is a fantastic musician – she should play her guitar for bigger audiences.	Musiker/in
nurse	My best friend is a nurse.	Krankenpfleger/in
pharmacist	Pharmacists know a lot about diseases even though they aren't doctors.	Apotheker/in

pilot	Pilots must have perfect vision.	Pilot/in
police officer	Andi became a police officer when he was 30.	Polizeibeamter/-beamtin, Polizist/in
scientist	Scientists publish a lot of articles.	Wissenschaftler/in
secretary	I used to work as a secretary at a law firm.	Büroangestellte/r
shop assistant	Naomi works as a shop assistant.	Verkäufer/in
site manager	Sheryl is the site manager for the new building project.	Bauleiter/in
software developer	Bowen works as a software developer in San Francisco.	Softwareentwickler/in
soldier	My cousin was a soldier in Iraq.	Soldat/in
teacher	Teachers do their best to make class material interesting for their students.	Lehrer/in
vet	Our vet is always gentle with the animals.	Tierarzt/-ärztin
waiter/waitress	Kevin works as a waiter at a local restaurant.	Kellner/in
web designer	My little sister wants to be a web designer.	Web-Designer/in

Skills and qualifications needed for a job

to be a fast learner	Trisha was always a very fast learner.	eine schnelle Auffassungsgabe haben
to be creative	Judy is a very creative person.	kreativ sein
to be a team player	It's good to always be a team player.	ein/e Teamplayer/in sein, Teamfähigkeit besitzen
to be a good communicator	Meredith is a good communicator.	gute Kommunikationsfähigkeiten haben
to be a good negotiator	I strive to be a good negotiator.	gute Verhandlungsfähigkeiten haben
to be quick to understand (a topic)	Lin is quick to understand any new topic he encounters.	schnell in der Auffassungsgabe sein
to be confident	I admire how confident Samantha is.	selbstbewusst sein
to be prepared to travel	He is prepared to travel for an entire year.	bereit sein zu reisen
to be ambitious	Caro is one of the most ambitious people I've ever met.	ehrgeizig sein
to be willing to take on responsibility	Travis is always willing to take on responsibility in his job.	bereit sein, Verantwortung zu übernehmen
to be determined	Tim is determined to set a new personal record in the 400m sprint.	zielstrebig sein, entschlossen sein
to be capable of independent work	Olivia is capable of independent work.	fähig sein, selbstständig zu arbeiten
to be patient	I am very patient.	geduldig sein
to be decisive	My boss is decisive when I'm not sure what to do.	entscheidungsfreudig sein
to be reliable	All of Sarah's co-workers are reliable.	zuverlässig sein
to be fluent in English	Harold is fluent in English after getting his degree in the US.	fließend Englisch sprechen

to be highly motivated	Employees who are highly motivated are more likely to get promoted.	hoch motiviert sein
to have good computer skills	It's essential to have good computer skills in almost every job.	über gute Computerkenntnisse verfügen
to be flexible	Barbara is flexible with appointment scheduling.	flexibel sein
to be good at leading groups	Ronald is good at leading groups.	Führungsqualitäten haben
to be physically fit	Bajan is physically fit because he works with horses.	körperlich fit sein
Work life		
to employ someone	The company employs my sister as well as her husband.	jemanden anstellen / beschäftigen
employee	To be a good employee, she makes sure everything is organised.	Arbeitnehmer/in
employer	Our employer came up with a new workplace policy last week.	Arbeitgeber/in
employment	Someone's ability to find employment is often dependent on his or her educational background.	Beschäftigung, Arbeitsplatz
to promote someone	His boss promoted him this past spring.	jemanden befördern
promotion	I'm trying to impress my boss to get a promotion soon.	Beförderung
to resign from a company	Skylar resigned from a company that paid very well.	eine Stelle / einen Job kündigen
resignation	He's considering resignation; the job just isn't working for him anymore.	Kündigung, Rücktritt
to train someone	It takes a few months to train someone properly for a new job.	jemanden ausbilden
trainer	Cody worked with a trainer when he first joined a small software start-up.	Ausbildner/in
training	Job training really helps you understand the tasks you are responsible for.	Ausbildung
to retire from a company	Herbert retired from the welding company after 35 years.	in Pension / Rente gehen
retirement	Retirement isn't something many students think about yet.	Pensionierung, Ruhestand
to apply for a job / work placement	Many students have applied for a job / work placement this semester.	sich um eine Arbeitsstelle / ein Praktikum bewerben
applicant	A successful applicant has a well-organised CV.	Bewerber/in
application	A well-written application can make a big difference in your job chances.	Bewerbung
to work indoors / outdoors	She prefers to work indoors / outdoors.	in der Halle, drinnen / im Freien, draußen arbeiten
to wear safety clothes / a uniform / business clothes	Rick wears safety clothes / a uniform / business clothes at his place of work.	Sicherheitskleidung / eine Uniform / Geschäftskleidung tragen
to work at the weekend / at night	Restaurant workers work at the weekend / at night.	am Wochenende / in der Nacht arbeiten

to do shift work	Melvin does shift work at the local emergency room.	im Schichtdienst arbeiten
to work in an office / in a factory / from home / at a production plant / in a laboratory	Margaret works in an office / in a factory / from home / at a production plant / in a laboratory.	im Büro / in einer Fabrik / von zu Hause aus / in einer Produktionsanlage / in einem Labor arbeiten
to get dirty on the job	If you work at a construction site, you will probably get dirty on the job.	sich bei der Arbeit schmutzig machen
to be mostly done by women / men	Secretarial jobs are mostly done by women.	meist von Frauen / Männern ausgeführt werden
to need a lot of patience / creativity / courage ... in a job	You need a lot of patience / creativity / courage in a job at a children's summer camp.	in einem Beruf viel Geduld / Kreativität / Mut ... brauchen
to use a computer regularly	Kris uses a computer regularly.	regelmäßig einen Computer benutzen
to have regular contact with clients / customers	I have regular contact with clients / customers from the local region.	regelmäßig Kontakt mit Kunden/Kundinnen haben
to earn a lot of money	Leonardo's goal was always to earn a lot of money.	viel Geld verdienen
to have flexible working hours	Stephanie enjoys having flexible working hours.	flexible Arbeitszeiten haben
to work part-time / full-time / overtime / flexi-time	Ideally, he would work part-time / full-time / overtime / flexi-time to reach his goals.	Teilzeit arbeiten / Vollzeit arbeiten / Überstunden machen / Gleitzeit arbeiten
to be employed / unemployed	Ever since I left college, I've been employed / unemployed.	angestellt / arbeitslos sein
to get a low / high / reasonable wage / salary	Sergio gets a low / high / reasonable wage / salary working at a hotel.	einen niedrigen / hohen / angemessenen Lohn / ein niedriges / hohes / angemessenes Gehalt bekommen
to be on parental leave	My friend's mother is on parental leave at the moment.	in Elternzeit sein, in Karenz sein
to have regular working hours	Many people have regular working hours.	regelmäßige Arbeitszeiten haben
to do some further training	Billy will do some further training to prepare himself for the next career step.	sich weiterbilden, eine zusätzliche Ausbildung machen
to get a promotion	Florence finally got a promotion!	eine Beförderung erhalten, befördert werden
Women in technical jobs		
to be a challenge	It can be a challenge to be the minority in a job environment.	eine Herausforderung sein
to feel like an outsider	It's easy to feel like an outsider if you don't fit in.	sich als Außenseiter/in fühlen
to be viewed as less qualified	Women are often viewed as automatically less qualified than men.	als weniger qualifiziert angesehen werden
a typical day at work involves ... (verb + -ing)	A typical day at work for Ian involves culturing cells and cleaning lab instruments.	ein typischer Arbeitstag beinhaltet ...
to change the world through technology	Young scholars are determined to change the world through technology.	die Welt durch Technologie verändern
their gender affects the way women are treated	Unfortunately, their gender affects the way women are treated in the workplace.	das Geschlecht beeinflusst, wie Frauen behandelt werden

to have to deal with discrimination	It is frustrating to have to deal with discrimination.	mit Diskriminierung zu kämpfen haben
to experience a few awkward moments	Magda has experienced a few awkward moments with male colleagues.	ein paar unangenehme Momente erleben
to help women to move forward in their career	Some companies actually help women to move forward in their career.	Frauen helfen, in ihrer Karriere voranzukommen
the gender gap comes from misinformation	Brid told me the gender gap in various job fields comes from misinformation.	der Geschlechtsunterschied ist auf Fehlinformationen zurückzuführen
to consider a career in the tech industry	Women should definitely consider a career in the tech industry.	eine Karriere in der Technologiebranche in Betracht ziehen
to just go for it and try	My sister always told me to just go for it and try.	sich einfach trauen und etwas versuchen
STEM subjects / jobs are not (highly) interesting for women	It is a common misconception that STEM subjects / jobs are not interesting for women.	MINT-Fächer/-Berufe sind für Frauen nicht (hoch) interessant (MINT = Mathematik, Informatik, Naturwissenschaften, Technik)
there is a lack of female role models	There is a lack of female role models in the field of computer science.	es besteht ein Mangel an weiblichen Vorbildern
to not have enough women in leadership positions	Many companies do not have enough women in leadership positions.	nicht genügend Frauen in Führungspositionen haben
to have difficulties combining a career and motherhood	Some employers worry that women have difficulties combining a career and motherhood.	Schwierigkeiten haben, Karriere und Mutterschaft zu vereinbaren
to not offer flexible working arrangements	Eveline's organisation does not offer flexible working arrangements.	keine flexiblen Arbeits(zeit)-regelungen anbieten
to stereotype girls who are interested in Maths and Science	Even the education system stereotypes girls who are interested in Maths and Science.	Mädchen, die sich für Mathematik und Naturwissenschaften interessieren, stereotypieren
to discourage young female students from pursuing STEM-related subjects	It's terrible when some teachers discourage young female students from pursuing STEM-related subjects.	junge Studentinnen davon abhalten, MINT-bezogene Fächer zu studieren
to actively support girls / women in their career advancement	Educators should actively support girls / women in their career advancement.	Mädchen / Frauen bei ihrem beruflichen Fortkommen aktiv unterstützen
to be influenced by gender stereotypes	Many bosses are influenced by gender stereotypes.	von Geschlechterstereotypen beeinflusst werden
there is a shortage of women	Additionally, there is a shortage of women in these fields.	es gibt einen Mangel an Frauen
to be highly-qualified	The women who do work in STEM fields are highly-qualified.	hochqualifiziert sein
to face high dropout rates	Many community colleges face high dropout rates.	mit hohen Abbrecherquoten zu kämpfen haben
to be a high achiever	Larry is a high achiever; he always gets the best marks in the class.	eine leistungsstarke Person sein
to offer an opportunity	The ability to take elective classes offers an opportunity to find out what you're good at.	eine Chance bieten
to provide mentoring	Older students often provide mentoring to younger ones.	Mentoring anbieten

to have family responsibilities	Many students have family responsibilities.	familiäre Verpflichtungen haben
to quit mid-career	More people are quitting their jobs mid-career than ever before.	mitten in der Karriere aufgeben / kündigen
to experience feelings of discouragement	After getting fired, Layla experienced feelings of discouragement.	Gefühle der Entmutigung erleben
to dare to do something	Guillermo dared to try something he had never done before.	etwas wagen

Advantages and disadvantages of internships

to gain valuable experience	It's good to gain valuable experience early on.	wertvolle Erfahrungen sammeln
to allow students to pursue interests	Internships allow students to pursue individual interests.	Studenten/Studentinnen die Möglichkeit geben, ihren Interessen nachzugehen
to enhance one's résumé	These opportunities also enhance Simon's résumé.	den eigenen Lebenslauf verbessern
to have the feeling of getting exploited	However, one may have the feeling of getting exploited for very little pay.	das Gefühl haben, ausgebeutet / ausgenutzt zu werden
some internships are unpaid / don't pay much	Some internships are unpaid / don't pay much, depending on the company.	einige Praktika sind unbezahlt / werden nicht gut bezahlt
to be prepared for work life after graduation	Students should be prepared for work life after graduation.	auf das Arbeitsleben nach dem Studium vorbereitet sein
to work only for a short period	Some students work only for a short period.	nur für kurze Zeit arbeiten
to broaden one's knowledge in a certain field	Tina wanted to broaden her knowledge in a certain field.	das Wissen in einem bestimmten Bereich vertiefen
to gain responsibilities	New employees gain some new responsibilities when they've worked at the company for over a year.	Verantwortung erlangen, übertragen bekommen
to do grunt work	Sometimes interns just do grunt work.	Routinearbeit(en) erledigen
to develop new skills	It's important to focus on developing new skills.	neue Fähigkeiten entwickeln
to have mindless work to do	A great number of interns have rather mindless work to do.	stumpfsinnige, geistlose Arbeit verrichten
working hours may vary	The working hours may vary greatly from company to company.	die Arbeitszeiten können variieren
to not be seen as part of a team / department	As an unpaid employee, you might not be seen as part of a team / department.	nicht als Teil eines Teams / einer Abteilung gesehen werden

Dos and taboos in job interviews

to dress appropriately	Vee makes sure she dresses appropriately for every interview.	sich angemessen kleiden
to make a good impression	Gene was very careful to make a good impression.	einen guten Eindruck hinterlassen
to look neat and tidy	Anyone can look neat and tidy.	sauber und ordentlich aussehen
to get working papers and references before the interview	Applicants should get working papers and references before the interview.	Arbeitspapiere und Referenzen vor dem Vorstellungsgespräch besorgen
to bring a completed job application and a résumé	They should also bring a completed job application and a résumé.	eine vollständige Bewerbung und einen Lebenslauf mitbringen

to not use slang words or swear words	Students should not use slang words or swear words while speaking with a potential employer.	keine umgangssprachlichen Wörter oder Schimpfwörter verwenden
to not slouch in the chair	Felicitas didn't slouch in the chair even though she was very tired.	nicht im Stuhl lümmeln
to remove facial piercings	Constance removed all of her facial piercings before she left for her interview.	Gesichts-Piercings entfernen
to cover tattoos	Daniel made sure to cover his tattoos.	Tätowierungen abdecken
to thank one's interviewer for the interview	At the end, Beatrice thanked her interviewer for the interview.	sich bei dem Gesprächspartner/der Gesprächspartnerin für das Vorstellungsgespräch bedanken
to have outstanding computer skills	Dominik has outstanding computer skills.	hervorragende Computerkenntnisse haben
to speak about an employment opportunity in person	It is often better to speak about an employment opportunity in person.	persönlich über eine Beschäftigungsmöglichkeit sprechen
to possess key strengths	Employers look to see whether candidates possess key strengths.	Schlüsselfähigkeiten besitzen
to enclose a completed job application	If applying by mail, be sure to enclose a completed job application.	eine ausgefüllte Bewerbung beifügen
to read a job advertisement	It is crucial to read a job advertisement thoroughly.	eine Stellenanzeige lesen
to be a competitive candidate	Students should try their best to be a competitive candidate.	ein konkurrenzfähiger Bewerber/ eine konkurrenzfähige Bewerberin sein

8 Sport up your life

Sports vocabulary

popular sport	Football is a very popular sport.	Volkssport
team sport	Volleyball is my favourite team sport.	Mannschaftssport, Teamsport
dangerous sport	Mountain biking can be a dangerous sport.	ein gefährlicher Sport
contact sport	American football is a contact sport.	Kontaktsport(art)
indoor sport	Ping pong is normally an indoor sport.	Hallensport
spectator sport	Basketball is a popular spectator sport.	Publikumssport
sport facilities	The sport facilities at the school were state-of-the-art.	Sportanlagen
sports events	Sports events happen almost daily.	Sportveranstaltungen
to take part in sports	My friends and I love to take part in sports.	Sport treiben, Sport machen
to play any sports	Do you play any sports besides soccer and tennis?	irgendeine Art von Sport ausüben
to take up a sport	I want to take up a sport in college.	eine Sportart anfangen, beginnen
to have a natural talent for sport	Jimmy has a natural talent for sport.	ein natürliches Talent für Sport haben
to be introduced to sports early	Maria was introduced to sports early.	früh an den Sport herangeführt werden
to have a passion for something	Christian has a passion for tennis.	eine Leidenschaft für etwas haben
to be a natural talent	Erica is a natural talent at cross-country skiing.	ein Naturtalent sein
to encourage someone to participate in organised athletics	My coach encouraged me to participate in organised athletics at university.	jemanden zur Mitgliedschaft in einem Leichtathletikverein ermutigen
to put in lots of work	If he joins the team, he will have to put in lots of work.	viel Arbeit in etwas stecken
to engage in sports	It's healthy to regularly engage in sports.	Sport betreiben

Different types of sports, equipment needed and places

aerobics	My grandmother does aerobics at the local gym.	Aerobic
athletics	I really enjoy the running events at athletics competitions.	Leichtathletik
badminton	Lauren plays badminton every Sunday afternoon.	Badminton
baseball	Baseball is known as America's pastime.	Baseball
basketball	Basketball has the tallest players.	Basketball
boxing	Boxing is a great way to let out extra energy.	Boxen
cross-country skiing	If you're going to try cross-country skiing, make sure to dress warmly.	Schilanglauf
fishing	Everyone says fishing requires a lot of patience.	Angeln

football	Football is the most popular spectator sport in the world.	Fußball
golf	A game of golf has 18 'holes'.	Golf
gymnastics	Gymnastics competitions are so impressive.	Gymnastik
hiking	Hiking is a sport that many students participate in.	Wandern
hockey	Hockey can be played by women or men.	Hockey
ice hockey	Ice hockey is often associated with Canada.	Eishockey
karate	Karate is a type of martial art.	Karate
rowing	Rowing gets difficult when you can't see where you're going.	Rudern
sailing	The feeling of sailing is indescribably wonderful.	Segeln
skiing	Skiing is my favourite winter sport.	Schifahren
squash	It's really fun to play squash because you can play either alone or with a partner.	Squash
swimming	Chad finds swimming quite difficult.	Schwimmen
tennis	Teresa used to play tennis, but she stopped when she was 12.	Tennis
volleyball	People who play volleyball are so fast on their feet.	Volleyball
ball	The ball is always in motion.	Ball
basket	He made another basket in the game today.	Korb
bicycle	Her bicycle is her preferred mode of transportation.	Fahrrad
elbow pads	Some sports require elbow pads.	Ellbogenschützer
football	It's difficult to throw a football correctly.	Fußball
football boots	To prepare for the upcoming season, he bought new football boots.	Fußballschuhe
football shirt	My football shirt smells awful after last night's match.	Fußballtrikot
gloves	It's helpful to wear gloves while skiing.	Handschuhe
goggles	I wear goggles when I go swimming.	Taucherbrille, Schibrille, Schutzbrille
golf bag	You need a large golf bag to play golf.	Golftasche
golf cart	Golf carts are fun to drive.	Golfwagen
golf club	Don't swing too hard with that golf club, you'll hurt someone.	Golfschläger
gum shield / mouth guard	Ute always wears a gum shield / mouth guard to protect her teeth during contact sports.	Zahnschutz / Mundschutz
helmet	One should always wear a helmet when riding a bicycle.	Helm

ice skates	There are two different types of ice skates; figure skates and hockey skates.	Schlittschuhe
net	He just missed the net with his shot.	Netz
poles	Using poles when you ski gives you better control.	Stöcke
punchbag	It's really fun to use the punchbag at the fitness studio.	Boxsack
racket	You need a racket to play tennis.	Schläger
shin pads	Shin pads are required for football games.	Schienbeinschützer
ski boots	Ski boots often pinch your feet when you first put them on.	Schischuhe
skis	My skis are over 10 years old.	Schier
tennis skirt / shorts	My tennis skirt is/ My tennis shorts are really uncomfortable.	Tennisrock / -hose
trainers	Zane wears trainers almost every day.	Turnschuhe
training suit	Alicia has a special training suit.	Trainingsanzug
water bottle	If you're doing sports, it's essential to keep a water bottle with you.	Trinkflasche

course	The cross-country course was 5 kilometres long.	Parcours, Kurs
court	She feels at home on the tennis court.	Platz
mountain bike trail / bike path	Where are the best mountain bike trails / bike paths in your area?	Mountainbikestrecke / Fahrradweg
pitch	He left the pitch disappointed after the match.	Spielfeld
ring	The boxing ring terrified Jonas at first.	Ring
rink	The ice rink was a beautiful place to practice.	Eisbahn
slope	My favourite ski slope is the one through the trees.	Piste
track	Allyson ran 800m on the track.	Bahn, Laufbahn

The advantages and disadvantages of doing sports

physical exercise is good for one's health	Karen goes running every day because she knows physical exercise is extremely good for her health.	körperliche Bewegung ist gut für die Gesundheit
to build skills	Kirk wants to build skills in the gym.	Fertigkeiten entwickeln, aufbauen
to develop different motor skills	Doing different types of sports allowed Ginny to develop different motor skills.	verschiedene motorische Fertigkeiten entwickeln
to prepare people for broader roles in life	Organised team sports helped prepare members of our class for broader roles in life.	Menschen für eine größere Rolle im Leben vorbereiten
to learn to fight one's fear and work through it	Learning to rock climb helped Patrick learn to fight his fear and work through it.	lernen, die Ängste zu bekämpfen und sie zu überwinden
to be part of a team	Chelsea is part of a badminton team.	Teil eines Teams sein

exercise stimulates one's body	Deanna knows that exercise stimulates her body in positive ways.	Bewegung stimuliert den Körper
the bones get tougher	As you lift more weights, the bones in your body get tougher.	die Knochen werden härter
the muscles get stronger	After injuring her elbow, Katie started doing arm exercises to help the muscles get stronger.	die Muskeln werden stärker
red blood cells carry oxygen around one's body	Red blood cells carry oxygen around the human body, keeping it supplied with energy.	rote Blutkörperchen transportieren den Sauerstoff durch den Körper
the lungs become more efficient	Through regular exercise, the lungs become more efficient.	die Lunge wird leistungsfähiger
one's heart pumps more powerfully	Marianne's heart pumps more powerfully when she rides up hills on her bike.	das Herz pumpt kräftiger
the mind gets sharper	Even your mind gets sharper when you exercise.	den Geist schärfen
exercise improves creativity and problem-solving	High levels of exercise improve creativity and problem-solving.	Bewegung verbessert die Kreativität und die Problemlösungsfähigkeit
exercise relates to one's emotions and mood	Exercise relates to your emotions and mood far more than you might have thought!	Bewegung wirkt sich auf die Emotionen und die Stimmung aus
to have a positive effect upon anxiety	Moving your body has a positive effect upon anxiety.	sich positiv auf Angstzustände auswirken
to be injured playing sports	It is possible to be injured playing sports.	sich beim Sport verletzen
to have high / low injury rates	Some sports, like baseball, have low injury rates.	eine hohe / geringe Verletzungsrate haben
to decide for one sport	Professional athletes decide for one sport.	sich für eine Sportart entscheiden
to play a certain sport exclusively	This means professionals often play a certain sport exclusively.	ausschließlich eine bestimmte Sportart ausüben
to prevent children from building skills outside of one sport	Focusing on only one activity early on prevents children from building skills outside of one sport.	Kinder daran hindern, Fähigkeiten außerhalb einer Sportart zu entwickeln
to begin to lose enjoyment	The children may even begin to lose enjoyment of the sport.	den Spaß am Sport verlieren
to experience burnout from youth sports	It's possible to experience burnout from youth sports.	durch Jugendsport ins Burnout schlittern
to quit the sport before reaching the peak of physical abilities	It's a shame when teens quit the sport before reaching the peak of physical abilities.	den Sport aufgeben, bevor man den Höhepunkt seiner körperlichen Fähigkeiten erreicht hat
to (not) have equal access to sporting opportunities	Children from poorer families often do not have equal access to sporting opportunities.	(nicht) den gleichen Zugang zu Sportmöglichkeiten haben
to be denied the opportunity to play	Teens who aren't as skilled are also sometimes denied the opportunity to play.	um die Möglichkeit zum Spielen gebracht werden
to place too much emphasis on winning	This philosophy places too much emphasis on winning.	zu viel Wert auf das Gewinnen / die Leistung legen
to focus on competition hurts children wanting to just play	To only focus on competition hurts children wanting to just play and might prevent them from playing in the future.	die Konzentration auf den Wettbewerb schadet Kindern, die einfach nur spielen wollen

E-sports		
to grow in popularity	These games have been growing in popularity lately.	an Popularität gewinnen
to sell online viewing subscriptions	The event organisers sell online viewing subscriptions.	Online-Abonnements verkaufen
to officiate the game	An external judge officiates the game.	das Spiel leiten
e-sports games are often played before live audiences	Jamie knew that e-sports games are often played before live audiences.	E-Sport-Spiele werden oft vor einem Live-Publikum gespielt
commentators give insights into an e-sports game	Multiple commentators give insights into an e-sports game.	Kommentatoren/Kommentatorinnen geben Einblicke in ein E-Sport-Spiel
console gaming has become popular	In recent years, console gaming has become popular.	Konsolenspiele sind populär geworden
to take part in video game competitions	Servin takes part in video game competitions regularly.	an Videospielewettbewerben teilnehmen
gaming tournaments take place in / at ...	The biggest gaming tournaments take place at the weekend in big arenas where participants play on stage.	Gaming-Turniere finden in / an ... statt
to be performed much like an athletic sporting event	Gaming tournaments are performed much like an athletic sporting event.	ähnlich wie ein Sportereignis durchgeführt werden
to compete in tournaments	My cousin often competes in horseback-riding tournaments during the summer.	sich in einem Wettkampf / Turnier messen
everybody can become an e-sports player	Everybody can become an e-sports player – it doesn't matter who you are.	jede/r kann ein E-Sport-Spieler/ eine E-Sport-Spielerin werden
to be part of a team	It's a great feeling to be part of a team.	Teil eines Teams sein
membership is incredibly diverse	The membership of an e-sport league is incredibly diverse.	die Mitgliedergemeinschaft ist unglaublich vielfältig
there is no discrimination	There is no discrimination between players.	es gibt keine Diskriminierung
tournaments award cash prizes	Most tournaments award large cash prizes.	bei Turnieren werden Geldpreise vergeben
to require certain skills	Playing requires certain special skills.	bestimmte Fähigkeiten erfordern
professional athletes are sponsored by companies affiliated with video games	Many professional athletes are sponsored by various companies affiliated with video games.	professionelle Sportler/innen werden von Unternehmen gesponsert, die mit Videospielen verbunden sind
no travel expenses for competitions	A huge advantage of e-sports is that there are no travel expenses for competitions.	keine Reisekosten für Wettbewerbe
gaming equipment might be costly	In some cases, gaming equipment might be costly.	Spielausrüstung kann kostspielig sein
extended screen time causes eye strain	Another risk of e-sports is that extended screen time causes eye strain.	eine lange Zeit vor dem Bildschirm führt zu einer Überanstrengung der Augen
playing carries risks for the body	Constantly playing also carries risks for the body.	Spielen birgt Risiken für den Körper
to lead to an increase in computer-related injuries	The rise of e-sports has led to an increase in computer-related injuries.	zu einem Anstieg von computer-bezogenen Verletzungen führen
to suffer from back pain	Many competitors suffer from back pain.	unter Rückenschmerzen leiden
overexposure to violent media can lead to aggressive behaviour	Additionally, overexposure to violent media can lead to aggressive behaviour among players.	übermäßiger Kontakt mit gewalttätigen Medien kann zu aggressivem Verhalten führen

9 You've got a friend

Describing character traits		
adventurous / unadventurous	Charlie is extremely adventurous; he inspires his unadventurous friends who don't leave their apartments to try new things.	abenteuerlustig / nicht abenteuerlustig
adventurousness	Silvia was most proud of her adventurousness and loved to take friends on trips.	Abenteuerlust, Unternehmungslust
ambitious / unambitious	Tabitha is quite ambitious and doesn't want to take life advice from her unambitious uncle, who never tries to achieve anything.	ehrgeizig / nicht ehrgeizig
ambitiousness / ambition	Mustapha's ambitiousness / ambition helped him a lot in his film career.	Ehrgeizigkeit / Ehrgeiz
confident / unconfident	The men's team are confident in their athletic talent but unconfident in their trainer's strategy.	selbstbewusst / unsicher
confidence	Having confidence in her abilities was necessary for Jane to make progress.	Selbstvertrauen
forgiving / unforgiving	Although Daria often seems pretty unforgiving and strict, she's actually compassionate and forgiving once you get to know her.	vergebend, versöhnlich / unversöhnlich
forgiveness	Sofia asked her father for forgiveness after accidentally breaking his office window while playing baseball.	Vergebung
helpful / unhelpful	I know that salesperson wanted to be helpful, but he gave me the most unhelpful advice I've ever heard!	hilfsbereit / nicht hilfsbereit
helpfulness	Kevin's helpfulness does not go unnoticed; everyone in the office would confirm that he's a great addition to the team.	Hilfsbereitschaft
humorous / serious	Jake is a pretty humorous guy; I don't think I've ever seen him be serious.	humorvoll / ernst
humour	My grandmother had a fantastic sense of humour – she always made us laugh.	Humor
loyal / disloyal	Unlike some of his childhood friends, who are disloyal and used to spread rumours about him, Derek's dog is very loyal.	loyal / illoyal
loyalty	His loyalty is unquestionable.	Treue, Loyalität
motivating / demotivating	Learning about the difficulties of publishing a book was a bit demotivating, but my editor's positive feedback was extremely motivating.	motivierend / demotivierend

motivation	Heidi needs motivation in order to continue studying for the upcoming exam.	Motivation
patient / impatient	Klaus is a very patient person; the only time he gets impatient is when he waits for his coffee.	geduldig / ungeduldig
patience	Learning to do a handstand requires a lot of patience.	Geduld
reliable / unreliable	Cindy is always reliable and arrives on time; her car, however, is extremely unreliable and often doesn't start.	zuverlässig / unzuverlässig
reliability	Reliability is a necessary trait when in a leadership role.	Zuverlässigkeit
spontaneous / organised	My mother is a very organised person, while I am quite spontaneous.	spontan / organisiert
spontaneity	Maisie's spontaneity often surprises me, especially when she suddenly decides to book a flight only 24 hours in advance.	Spontaneität
trustworthy / untrustworthy	Most of my friends are trustworthy, but a few people from school are untrustworthy.	vertrauenswürdig / nicht vertrauenswürdig
trustworthiness	Gregory's trustworthiness is his best quality.	Vertrauenswürdigkeit

What it means to be a good friend

to cheer someone up	I tried to cheer Jordan up yesterday when he looked sad.	jemanden aufmuntern
to give good advice	Ursula always gives good advice.	einen guten Rat geben
to hang out with someone	It's fun to hang out with someone you can laugh with.	mit jemandem abhängen
to not make jokes about someone	It's not kind to make jokes about someone.	keine Witze über jemanden machen
to listen to someone's problems	Keith listens to everyone's problems.	sich jemandes Probleme anhören
to show up as agreed on	Rosie always shows up as agreed on – we meet up next to the main square at four every Thursday.	wie vereinbart auftauchen
to offer someone a hug	I offered Kathleen a hug since she looked lonely.	jemandem eine Umarmung anbieten
to be at someone's side	Jane stayed at her friend's side when she was sick.	an jemandes Seite sein
to keep promises	Good friends keep promises.	Versprechen einhalten
to offer a strong shoulder to lean on	Franz offered Julian a strong shoulder to lean on when he needed reassurance.	eine starke Schulter zum Anlehnen bieten
to talk to someone about his/her feelings	It's really helpful to talk to someone about his or her feelings.	mit jemandem über seine/ihre Gefühle sprechen
to be patient with someone	My best friend is always patient with me, even when I can't explain myself well.	geduldig sein mit jemandem
to remind someone of the happy moments in life	A friend who reminds you of the happy moments in life is priceless.	jemanden an die glücklichen Momente im Leben erinnern

to help someone keep a cool head	Gloria is good at helping her daughter keep a cool head in the face of conflict.	jemandem helfen einen kühlen Kopf zu bewahren, jemandem helfen die Ruhe zu bewahren
to keep secrets	Taylor can't keep secrets.	Geheimnisse bewahren
to support someone	Mohammed is always there to support his mother when she needs his help.	jemanden unterstützen
to not judge someone for what someone says / does	Simon should not judge her for what she said / did; she was afraid and acted impulsively.	jemanden nicht für das verurteilen, was er/sie sagt / tut
to make someone laugh	If someone makes you laugh, keep them as a friend.	jemanden zum Lachen bringen
to stand up for someone / for your friend if you hear people talking about him/her	It's a sign of a strong friendship if you stand up for your friend if you hear people talking about him/her.	sich für jemanden / einen Freund/eine Freundin einzusetzen, wenn man hört, dass über ihn/sie gesprochen wird
to not let someone down	I don't want to let anyone down.	jemanden nicht im Stich lassen, jemanden nicht enttäuschen
to be honest with someone	Fred was honest with you when he told you what happened – he never lies.	ehrlich zu jemandem sein
to be available 24/7	Mitch is available 24/7 during the summer holidays.	rund um die Uhr erreichbar sein
to be willing to apologise if someone did something wrong	Sometimes it's hard to be willing to apologise if you did something wrong.	bereit sein, sich zu entschuldigen, wenn man etwas falsch gemacht hat
to be understanding	Peter is a very understanding roommate.	verständnisvoll sein
to be loyal	It's important to be loyal to your teammates.	loyal / treu sein
to accept one another for who you are in good and bad times	It is a given that friends accept one another for who they are in good and bad times.	einander so akzeptieren wie man ist, in guten und in schlechten Zeiten
to start a conversation	Daria started a conversation with me in the library.	ein Gespräch beginnen
to be forgiving	My friend Talim is very forgiving.	nachsichtig / versöhnlich sein, nicht nachtragend sein
Good friendships		
a quality friend is the opposite of a bad friend	Everyone should know that a quality friend is the opposite of a bad friend.	ein Freund/eine Freundin, der/die immer für einen da ist, ist das Gegenteil eines schlechten Freundes/ einer schlechten Freundin
the importance of making good friends	Never underestimate the importance of making good friends.	die Wichtigkeit gute Freunde/ Freundinnen zu haben
to surround oneself with good friends	It's very important to surround yourself with good friends.	sich mit guten Freunden/ Freundinnen umgeben
friends are by one's side	It's good to know that friends are by your side.	Freunde/Freundinnen sind an deiner Seite
friends are there for you when you need them	Friends are always there for you when you need them the most.	Freunde/Freundinnen sind für dich da, wenn du sie brauchst
to be in a good or bad mood	Enzo knows his brothers will be there for him, whether he's in a good or bad mood!	in guter oder schlechter Stimmung sein
friends are present in good and bad times	True friends are present in good and bad times.	Freunde/Freundinnen sind in guten und in schlechten Zeiten da

to count on someone	Phoebe counts on me to give her objective advice when she needs it.	auf jemanden zählen, sich auf eine Person verlassen
friends help each other through the grief of losing a loved one	Friends can also help each other through the grief of losing a loved one.	Freunde/Freundinnen helfen sich gegenseitig, die Trauer um einen geliebten Menschen zu überwinden
mutual trust between friends is a building block of solid friendship	Any wise person would tell you that mutual trust between friends is a building block of solid friendship.	gegenseitiges Vertrauen zwischen Freunden/Freundinnen ist ein Baustein für eine solide Freundschaft
to be on the same wavelength	Lily and her sister are always on the same wavelength.	auf der gleichen Wellenlänge sein
to always seek the good in others	I always seek the good in others.	immer das Gute in anderen suchen / sehen
to be respectful in your interactions	It's good manners to be respectful in your interactions.	respektvoll im Umgang miteinander sein
the good friend you make today might be a friend for life	You don't know whether the good friend you make today might be a friend for life, so just talk to people.	der gute Freund/die gute Freundin, den/die du heute kennlernst, könnte ein Freund/eine Freundin fürs Leben sein

Healthy vs. toxic friendships

to get one's needs met	Sometimes it seems like only Thomas gets his needs met, and the friendship feels one-sided.	die eigenen Bedürfnisse abdecken / erfüllen
to reconsider a friendship	I have reconsidered a friendship that was harmful to my self-esteem.	eine Freundschaft neu überdenken, eine Freundschaft in Frage stellen
to leave someone feeling responsible for something	Toxic friends always leave you feeling responsible for everything.	jemandem das Gefühl geben, für etwas verantwortlich zu sein
to have a difficult time communicating with someone	Kenny has a difficult time communicating with his stepdaughter.	sich schwertun, mit jemandem zu kommunizieren
to intentionally hurt someone's feelings	It doesn't feel good to know that Joe wanted to intentionally hurt Kendra's feelings.	jemandes Gefühle absichtlich verletzen
to feel left out	Many teens feel left out at some point during adolescence.	sich ausgegrenzt fühlen
to not align with someone's values	She really doesn't align with her uncle's values.	nicht mit den Werten einer anderen Person übereinstimmen
to be afraid of sharing one's true thoughts	If you're afraid of sharing your true thoughts, you're probably talking with the wrong person.	Angst haben, seine wahren Gedanken mitzuteilen
to force someone to do something	Jenny tried to force her friend to lend her money.	jemanden zwingen etwas zu tun

Relationship phrasal verbs

to ask someone out	Carmen asked Luigi out this Saturday.	jemanden einladen, sich mit jemandem verabreden
to break up with someone	Aurora broke up with her fiancée yesterday.	mit jemandem Schluss machen, sich von jemandem trennen
to bring someone up	My grandmother brought me up and taught me everything I know.	jemanden aufziehen
to chat someone up	Everyone tries to chat someone up when they're out at a bar.	jemanden ansprechen, anquatschen
to get on well with someone	I get on well with my brother.	mit jemandem gut auskommen
to go out with someone	Lucas went out with Monika last week.	mit jemandem ausgehen
to grow up	I grew up in a tiny town in northern Canada.	aufwachsen

to let someone down	She didn't mean to let me down.	jemanden im Stich lassen, jemanden enttäuschen
to look after someone	Camilla looks after her little cousin every Thursday after school.	auf jemanden aufpassen
to split up	Jackie's parents split up last year.	sich trennen
Doing community service and volunteer work		
to develop a good work ethic	Antonio developed a good work ethic while in school.	eine gute Arbeitsmoral entwickeln
to have a busy schedule	I have an extremely busy schedule.	einen vollen Terminkalender haben
to learn new skills	She's always trying to learn new skills.	neue Fähigkeiten erlernen
volunteer work interferes with schoolwork and study time	It's frustrating when volunteer work interferes with schoolwork and study time.	Freiwilligenarbeit beeinträchtigt die Arbeit für die Schule und das Studium
to run the risk of involving oneself emotionally	When you talk to people about their problems, you run the risk of involving yourself emotionally.	Gefahr laufen, sich emotional zu involvieren
to broaden one's understanding of the world	Rebekka's brief trip to an orphanage in France broadened her understanding of the world.	das Verständnis für die Welt erweitern
to become frustrated that others do not care that much about the work	Simona became frustrated that others did not care that much about the work they were doing.	frustriert sein, dass sich andere nicht so sehr für die Arbeit interessieren
to engage in conversations with people of all different ages	Eric was good at engaging in conversations with people of all different ages.	sich auf Gespräche mit Menschen unterschiedlichen Alters einlassen
to work with people who have diverse lifestyles	Kylie works with people who have very diverse lifestyles.	mit Menschen arbeiten, die unterschiedliche Lebensstile haben
to help vulnerable children	It's his goal to help vulnerable children around the world.	schutzlosen Kindern helfen
to discover the right pathways	The key is to discover the right pathways to success.	die richtigen Wege entdecken
to remove children from a painful reality	Anything we can do to remove children from a painful reality is worthwhile.	Kinder aus einer leidvollen / unangenehmen Realität herausholen
to carry past burdens	Many adults still carry past burdens from their childhoods with them.	die Lasten der Vergangenheit tragen
to recruit children from the streets	Volunteers recruit children from the streets to play games as a group.	Kinder von der Straße holen
to engage people / children in sport activities	It's beneficial to engage people / children in sport activities.	Menschen / Kinder für sportliche Aktivitäten begeistern
to be witness to tragic events	Even children are witness to tragic events sometimes.	Zeuge/Zeugin von tragischen Ereignissen sein
to better serve children in need	Organisations are always doing more research to better serve children in need.	Kindern in Not besser helfen
to be respectful at all costs	The number one goal of interactions is to be respectful at all costs.	um jeden Preis respektvoll sein

Describing charts

to increase / an increase	As soon as Rebecca started posting about more controversial topics, the number of views on her blog increased. / This line depicts an increase in the number of subscribers over the past year.	zunehmen / ein Anstieg, eine Steigerung
to rise / a rise	The number of ads for home exercise equipment on social media sites has risen this year. / Clarice's recent rise in popularity affected her self-esteem.	ansteigen / ein Anstieg, eine Steigerung
to boost / a boost	A newly-released video boosted the popularity of Charles' <i>YouTube</i> channel. / The entertaining tutorials Skyla posted on <i>Instagram</i> gave her business a boost.	erhöhen, verstärken / Aufschwung, Verstärkung
to skyrocket	Engagement with the environmental activist's <i>Twitter</i> account skyrocketed after she had appeared in a photograph in a popular magazine.	emporschnellen, in die Höhe schießen
to soar	The popularity of Tim's skateboarding group soared over the summer, as he was posting a video almost every day.	aufsteigen, hochsteigen
to decline / a decline	The rate of online purchases has not declined at all in the past few years. / There is a gradual decline in interest in complicated online beauty tutorials.	fallen, zurückgehen, sinken / ein Rückgang
to decrease / a decrease	Her anxiety decreased dramatically after she had turned off the live-stream. / A decrease in interested patrons led to a change in the company's online marketing strategy.	abnehmen, sinken / ein Rückgang
to plummet	The market plummeted significantly earlier this year.	abstürzen, stark zurückgehen
to crash / a crash	A video on <i>Reddit</i> of a model plane that crashed into a pond went viral. / Leaked tweets from a popular author led to a dramatic crash in her popularity on <i>YouTube</i> .	abstürzen, zusammenbrechen / ein Absturz, Kurseinbruch
to peak / a peak	Interest in DIY-projects on online blogs generally peaks in the summer months. / This graph shows a distinct peak of activity.	einen Höchststand erreichen / ein Höchstwert, Höhepunkt
to level off	Now the total number of teenage smokers is levelling off.	abflachen
to fluctuate / a fluctuation	The popularity of certain products fluctuates frequently depending on consumer demand. / We see quite a few fluctuations in popularity here.	schwanken / eine Schwankung
to remain stable	The numbers mostly remain stable during June.	stabil bleiben

to stagnate / a stagnation	Viewership stagnated when the topic of the <i>TikTok</i> channel changed dramatically. / We're witnessing a stagnation in progress.	stocken, stagnieren / ein Stillstand
extremely	This level is extremely high.	extrem
sharply	The amount of air traffic rose sharply.	stark
considerably	In the last two weeks, that's changed considerably.	erheblich
significantly	No other group was significantly close to us.	erheblich, signifikant
slightly	Today was only slightly different.	wenig, geringfügig
steadily	My energy steadily decreases throughout the day.	stetig, gleichmäßig
insignificantly	The amount in my savings rose insignificantly last year.	geringfügig, unbedeutend
bar chart	Bar charts can easily be manipulated to make the data look a certain way.	Balkendiagramm
curve	This curve shows the amount of visitors over time.	Kurve
doughnut chart	A haven't used a doughnut chart yet.	Ringdiagramm
line graph	Line graphs are sometimes hard to read.	Liniendiagramm
pie chart	Pie charts are very helpful.	Kreisdiagramm, Tortendiagramm

10 Great food. Great times

Food and drink collocations

to have a drink	Erin had a drink with me last week.	etwas trinken, einen heben (umgangssprachlich)
to serve food	The restaurant definitely serves food.	Essen servieren
to order something to drink / eat	I would like to order something to drink / eat.	etwas zu trinken / essen bestellen
a farewell drink	We met for a farewell drink at his favourite pub.	ein Abschiedsumtrunk
to prepare breakfast	My mother prepared breakfast for us that day.	das Frühstück zubereiten
a refreshing drink	Lemonade is a good refreshing drink.	ein erfrischendes Getränk
food is wasted	A lot of food is wasted in cafés and restaurants.	Essen wird verschwendet
vegetarian dish	I think I'll order the vegetarian dish.	vegetarisches Gericht
spicy food	Armin doesn't like spicy food.	scharfes Essen

Food and exam success

what someone eats affects his/her brain power	What you eat affects your brain power for the whole day.	was man isst, beeinflusst die Gehirnleistung
to eat a balanced diet	It's important to always eat a balanced diet.	sich ausgewogen ernähren
to perform better on exams	I want to perform better on exams.	bei Prüfungen besser abschneiden
to get the right nutrients	Many people take vitamins to get the right nutrients.	die richtigen Nährstoffe einnehmen
one's mood influences one's food choices	It's a well-known fact that your mood influences your food choices.	die eigene Stimmung / Laune beeinflusst die Wahl der Lebensmittel
to avoid skipping meals	Students should avoid skipping meals.	es vermeiden, Mahlzeiten auszulassen
to eat five portions of fruits and vegetables	It's a good idea to eat five portions of fruits and vegetables throughout the day.	fünf Portionen Obst und Gemüse essen
to make healthy food choices	We try to make healthy food choices as a family.	sich für eine gesunde Ernährung entscheiden
the brain uses 20 per cent of the body's energy at rest	The brain needs a lot of fuel and uses 20 per cent of the body's energy at rest.	das Gehirn verbraucht 20 Prozent der Körperenergie im Ruhezustand
to spoil someone with a proper evening meal	Tracey's mother spoiled her with a proper evening meal yesterday.	jemanden mit einem guten Abendessen verwöhnen

Dinner table etiquette

to learn about table etiquette	I had to learn about table etiquette before I attended the wedding.	Tischmanieren (er)lernen, sich Tischmanieren aneignen
to use cutlery	It's more polite to use cutlery instead of your fingers.	Besteck benutzen, verwenden
to place a napkin on your lap	Before you start eating, you should place a napkin on your lap.	eine Serviette auf den Schoß legen
to greet the host/hostess	It's essential to greet the host/hostess when you arrive.	den Gastgeber/die Gastgeberin begrüßen
to serve food / drinks	Many restaurants serve food as well as drinks.	Essen / Getränke servieren

to avoid slurping while eating	One should avoid slurping while eating.	Schlürfen beim Essen vermeiden
to tear off bread	I tore off bread with my hands from the baguette on the table.	Brot abbrechen
to taste delicious / disgusting	This pudding tastes delicious / disgusting.	köstlich / ekelhaft schmecken
to (not) tuck your napkin into the front of your shirt	It's not polite to tuck your napkin into the front of your shirt.	die Serviette (nicht) vorne in das Hemd stecken

Making a dinner reservation

I would like to make a dinner reservation.	Ich möchte eine Tischreservierung vornehmen.
What evening will you be joining us?	An welchem Abend werden Sie uns besuchen?
What time would you like the reservation for?	Für welche Uhrzeit möchten Sie die Reservierung vornehmen?
How many diners will be in your group?	Wie viele Personen werden kommen?
I can seat you and your group at ... (<i>exact time</i>) on ... (<i>day of the week</i>).	Ich kann Ihnen und Ihrer Gruppe einen Platz um ... (<i>genaue Uhrzeit</i>) am ... (<i>Wochentag</i>) anbieten.
We are expecting you at ... (<i>exact time</i>) this ... (<i>day of the week</i>).	Wir erwarten Sie um ... (<i>genaue Uhrzeit</i>) am ... (<i>Tag der Woche</i>).

Food trends

to cure diseases	Some foods can apparently cure diseases.	Krankheiten heilen
daily intake	I don't measure my daily intake of protein.	tägliche Einnahme
nutrients	Nutrients like calcium and Vitamin D are very important for strong bones.	Nährstoffe
plant-based ingredients	I enjoy eating dishes with plant-based ingredients.	pflanzliche Zutaten
customised food	There are so many customised food options on this menu!	an die individuellen Bedürfnisse von Kunden/Kundinnen angepasstes Essen
food sustainability	Food sustainability is becoming more and more important.	Nachhaltigkeit von Lebensmitteln
to monitor one's health with a device	Many people monitor their health with a device.	den Gesundheitszustand mit einem Gerät überwachen
to feed someone	Shawn wants to feed his kids organic food only.	jemanden ernähren (mit)
edible insect species	Even edible insect species are available on the market.	essbare Insektenarten
insects are rich in low-fat protein, fibre and minerals	I didn't know that insects are actually rich in low-fat protein, fibre and minerals.	Insekten sind reich an fettarmem Eiweiß, Ballaststoffen und Mineralien
artificial meat	Hugh wasn't sure he'd want to try artificial meat.	künstliches Fleisch
the first lab patty tasted quite bland	I can imagine that the first lab patty probably tasted quite bland.	das erste im Labor hergestellte Fleischlaibchen schmeckte ziemlich fade
algae is the fastest growing plant on Earth	Rafaela told me that algae is the fastest growing plant on Earth.	Algen sind die am schnellsten wachsenden Pflanzen der Erde
to be a good source of vitamins and minerals	There are so many unexpected foods that are good sources of vitamins and minerals.	eine gute Quelle an Vitaminen und Mineralien sein

to depend on the ocean for one's primary food source	Many coastal nations depend on the ocean for their primary food source.	vom Meer als Hauptnahrungsquelle abhängig sein
food items have undergone some sort of genetic modification	Many food items have undergone some sort of genetic modification in the production process.	Lebensmittel wurden in irgendeiner Form genetisch verändert
to fully customise food shapes, textures, tastes and forms by using 3D printing	If you could fully customise food shapes, textures, tastes and forms by using 3D printing, what would you make?	die Form, die Textur, den Geschmack und die Gestalt von Lebensmitteln durch 3D-Drucken völlig individuell gestalten können
Food waste		
to waste food	Bakeries that throw away the leftover bread at the end of the day waste a lot of food.	Lebensmittel verschwenden
overly stocked displays are a problem	Overly stocked displays of vegetables and fruits are a problem because they often increase the amount of food that gets thrown away.	übermäßig gefüllte Regale sind ein Problem
the expectation of cosmetic perfection	Consumers often have the expectation of cosmetic perfection from their fruits and vegetables.	die Erwartung von kosmetischer Perfektion
to create the illusion of infinite abundance of food	Supermarkets try to create the illusion of infinite abundance of food.	die Illusion eines unendlichen Überflusses an Lebensmitteln erzeugen
harvest machines filter out B-stock food	Even the harvest machines are programmed to filter out B-stock food.	Erntemaschinen filtern B-Ware / Ware zweiter Wahl heraus
sell-by date	Sell-by dates are more important on some foods, like meat, for instance.	Haltbarkeitsdatum
to be a conscious consumer	Everyone should try to be a conscious consumer.	ein bewusster Konsument/eine bewusste Konsumentin sein
to throw away perfectly good food	It's a shame to throw away perfectly good food.	Essen, das noch völlig in Ordnung ist, wegwerfen
funny-shaped fruits and vegetables	The funny-shaped fruits and vegetables are also perfectly edible.	Obst und Gemüse, das in der Form nicht der Norm entspricht
to taste different	People seem to think that foods with different shapes taste different.	anders schmecken
food is (not) good enough to be eaten	If the food is not good enough to be eaten, it should be composted.	Lebensmittel sind (nicht) gut genug, um gegessen zu werden
to (not) buy more than needed	Try to not buy more than needed for a recipe or a specific amount of time.	(nicht) mehr kaufen als nötig
the food has gone off	If the food has gone off, then it can be thrown away.	das Essen ist schlecht geworden
to have / eat leftovers	It's always nice to have / eat leftovers the next day.	Reste haben / essen
to freeze food	Ida freezes food, so it doesn't go to waste.	Lebensmittel einfrieren
to surpass the sell-by date / the best-before date / the expiration date	If a product surpasses the sell-by date / the best-before date / the expiration date, it doesn't mean it can't be eaten.	das Haltbarkeitsdatum / das Mindesthaltbarkeitsdatum / das Ablaufdatum überschreiten
to try out food preservation methods	It can also be useful to try out food preservation methods.	Methoden der Lebensmittelkonservierung ausprobieren

to (not) make a shopping list	If you don't make a shopping list, you might end up buying more than you need.	(keine) Einkaufsliste schreiben
to (not) stock up on too much food	It doesn't make sense to stock up on too much food.	sich (nicht) mit zu vielen Lebensmitteln eindecken
to (not) plan ahead	Making a list helps one plan ahead for shopping trips.	(nicht) im Voraus planen
to (not) keep track of what you've bought and used	Shelby keeps track of what she's bought and used so far.	(nicht) den Überblick zu behalten, was man gekauft und verbraucht hat

Phrasal verbs followed by the gerund

to apologise for	I apologise for waking you up.	sich entschuldigen für
to concentrate on	Selena concentrated on listening to the song.	sich konzentrieren auf
to depend on	I depend on running to keep me fit.	angewiesen sein auf
to feel like	They felt like celebrating.	Lust haben auf
to give up	Pam won't give up driving no matter how old she gets.	aufgeben, aufhören
to insist on	My parents insist on cooking me dinner every time I visit them.	bestehen auf
to look forward to	He's looking forward to seeing you again.	sich freuen auf
to succeed in	Laurel succeeded in scaring everyone away.	erreichen, schaffen, erfolgreich sein
to thank someone for	Fern thanked her sister for telling her the story.	sich bei jemandem bedanken für
to think of	He thought of calling, but forgot.	denken an

Structures with to be + adjective + preposition followed by the gerund

to be afraid of	Greta is afraid of climbing trees.	sich fürchten vor, Angst haben vor
to be capable of	You're capable of doing anything you set your mind to.	fähig sein zu, imstande sein
to be far from	We are far from catching up to the leaders of the race.	weit entfernt sein von
to be good at	Ramón is good at talking to people.	gut sein in, gut können
to be interested in	The entire family is interested in hearing about your trip around the world; you should tell us!	interessiert sein an
to be keen on	Moana is keen on watching the newest horror movies.	begeistert sein von
to be proud of	My best friend is proud of being a writer.	stolz sein auf
to be responsible for	Scarlet is responsible for watching the dog while her parents are away.	verantwortlich sein für
to be tired of	Roland is tired of washing the dishes every day.	genug haben von, leid sein
to (not) be used to	Stan is not used to standing on stage and performing.	(nicht) gewohnt sein

11 How to win over customers

Describing a commercial / an ad

to have an interesting / funny / thrilling storyline	The best ads have an interesting / funny / thrilling storyline.	eine interessante / lustige / spannende Handlung haben
to use good music	One of the funniest car ads also uses good music.	gute Musik verwenden
to have a catchy slogan	Brands need to have a catchy slogan.	einen einprägsamen Slogan haben
to not be too long	The ideal ad should not be too long.	nicht zu lange sein
to address the viewers' needs	It's important to address the viewers' needs.	die Bedürfnisse des Zusehers/der Zuseherin ansprechen
to deliver a relevant / valuable message	Not all advertisements deliver a relevant / valuable message.	eine relevante / wertvolle Botschaft vermitteln
to entertain the viewers	Even the ads that aren't well made can still entertain the viewers.	die Zuseher/innen unterhalten
to evoke positive emotions	The right combination of images and sounds evokes positive emotions.	positive Emotionen hervorrufen
to educate the audience / viewers	Ads can also educate the audience / viewers.	dem Publikum / den Zuseher/innen Wissen vermitteln
to share helpful tips related to the product / service with the audience / viewers	The narrator of the ad often shares helpful tips related to the product / service with the audience / viewers.	dem Publikum / den Zusehern/ Zuseherinnen hilfreiche Tipps in Bezug auf das Produkt / die Dienstleistung an die Hand geben
to feature animals / celebrities	Many commercials feature animals or celebrities.	Tiere / Berühmtheiten zeigen
to be informative	The message is usually short and informative.	informativ sein
to use vibrant colours	Advertisements use vibrant colours to draw in the viewer's attention.	kräftige / leuchtende Farben verwenden

Marketing words

advertising / sales gimmick	There are so many ridiculous advertising gimmicks / sales gimmicks out there.	Werbetrick / Verkaufstrick
brochure	A brochure tells the consumer about a service or product.	Broschüre
consumer	The consumer often gets fooled.	Konsument/in, Verbraucher/in
franchise	Franchises are essentially temporary business agreements.	Konzession, Franchise
loss-leader	Bigger companies can afford to charge loss-leader prices.	Lockangebot
to merchandise	Electronics are easy to merchandise.	vermarkten
positioning	Positioning refers to where a product stands in relation to other products on the market.	Positionierung
prime time slot	Prime time advertising slots cost a fortune.	Hauptsendezeit
product launch	The product launch went extremely well.	Produkteinführung
retailer	The retailer is responsible for selling a product.	Einzelhändler/in
to sponsor	Many food and drink companies sponsor professional athletes.	unterstützen, finanzieren, fördern

target group	Some companies have very different target groups depending on the product.	Zielgruppe
word of mouth	Word of mouth is often the best advertising.	Mundpropaganda
Marketing aimed at teenagers		
to have someone on the team who is a teenager	It could make a big difference to have someone on the team who is a teenager.	jemanden im Team haben, der ein Jugendlicher/eine Jugendliche ist
to have the inside scoop on what is considered hot or trendy	Teens often have the inside scoop on what is considered hot or trendy.	Insiderwissen haben, das erklärt, was als angesagt oder trendy gilt
to use a teenager as the face of a marketing campaign	Companies will use a teenager as the face of a marketing campaign.	einen Jugendlichen/eine Jugendliche als Gesicht einer Marketingkampagne einsetzen
to use teenage celebrities to endorse a company's product(s) or service(s)	It's easy to use teenage celebrities to endorse a company's product(s) or service(s).	prominente Jugendliche als Werbeträger/innen für ein Produkt/Produkte oder eine Dienstleistung/Dienstleistungen eines Unternehmens einsetzen
to engage with a particular audience	It's a company's job to engage with a particular audience to sell their product.	ein bestimmtes Publikum ansprechen
to strategically create marketing campaigns	Companies strategically create marketing campaigns all year.	Marketingkampagnen strategisch gestalten
to price a product or service accordingly	These companies then price a product or service accordingly.	den Preis eines Produktes oder einer Dienstleistung entsprechend anpassen
to take teenagers' limited budgets into account	The company takes teenagers' limited budgets into account.	die begrenzten Budgets von Jugendlichen berücksichtigen
to design / create a logo that captures the interest of your teenage audience	It's a big task to design / create a logo that captures the interest of your teenage audience.	ein Logo entwerfen / erstellen, das das Interesse der jugendlichen Zielgruppe weckt
to pay attention to a logo	People actually do pay attention to a logo.	einem Logo Aufmerksamkeit schenken
AIDA formula		
attention	The advertisement really got my attention.	Aufmerksamkeit
interest	She captured my interest because she was wearing weird shoes.	Interesse
desire	The desire to own and buy new things is strong.	Wunsch, Verlangen
action	Companies hope consumers take action and buy the product.	Handeln, Aktion
to attract someone's attention	The bright colours attracted my attention first.	jemandes Aufmerksamkeit auf sich ziehen / erlangen
to capture someone's interest	The catchy tune in the ad captured my interest.	das Interesse einer Person wecken / gewinnen
to demonstrate advantages and benefits of a product	The advertising campaign demonstrated clear advantages and benefits of the product.	Vorteile und Nutzen eines Produkts aufzeigen
to convince the customer	Convincing the customer is sometimes harder than others.	den Kunden/die Kundin überzeugen
to lead someone to take action	Companies want to lead you to take action yourself.	jemanden zum Handeln bewegen

to buy a product	The most important result, though, is that the customer buys a product at the end.	ein Produkt kaufen
Talking about brands		
to reflect a desired status	Certain designer brands reflect a desired status for some people.	einen gewünschten Status widerspiegeln
to (not) be of good quality	Many unknown brands are still of very good quality.	(nicht) von guter Qualität sein
to (not) be worth the money	Most products are not worth the money.	das Geld (nicht) wert sein
to evoke feelings and emotions	Ads are meant to evoke feelings and emotions.	Gefühle und Emotionen hervorrufen
to be reliable and consistent	Good products are reliable and consistent.	zuverlässig und beständig sein
to stand out from all the others	The devices stand out from all the others.	sich von allen anderen abheben
to have a good price-performance ratio	The other items have a good price-performance ratio.	ein gutes Preis-Leistungs-Verhältnis haben
to be competitively priced	The shoes at the mall in my town are quite competitively priced.	einen konkurrenzfähigen Preis haben
to (not) be a fake brand	If these above statements are true, the product probably isn't a fake brand.	(k)eine gefälschte Marke sein
to be more expensive	Authentic brands are more expensive.	teurer sein
to fulfil the customers' expectations	Companies have to keep improving their products to fulfil the customers' expectations.	die Erwartungen der Kunden/der Kundinnen erfüllen
to spark someone's entrepreneurial spirit	An interesting business idea sparked Aaron's entrepreneurial spirit.	jemandes Unternehmergeist entfachen
to resell goods	Julie resells a lot of goods online.	Waren weiterverkaufen
to be inspired to think creatively	Mika was inspired to think creatively.	zu kreativem Denken inspiriert werden
to create a lifestyle brand	Jordan created a unique lifestyle brand.	eine Lifestyle-Marke schaffen
to gain popularity	The idea gradually gained popularity.	Popularität erlangen
to run a clothing company	She runs a clothing company in Montana.	ein Bekleidungs- / Textilunternehmen führen
to help finance a company	Gracie helped finance a company that her friend started in 2018.	helfen ein Unternehmen zu finanzieren
to encounter challenges	Every business encounters challenges.	auf Herausforderungen stoßen
to invest in the success of a brand	Eve felt inspired to invest in the success of a brand.	in den Erfolg einer Marke investieren
to expand the business further	Fred eventually expanded the business further.	das Geschäft weiter ausbauen, ein Unternehmen weiter ausdehnen
Advertising tricks in department stores		
to pass by consumer goods	When people pass by consumer goods frequently, they are more likely to buy them.	an Konsumgütern vorbeikommen
to maximise the number of stops	Stores try to maximise the number of stops customers make.	die Anzahl an Stopps maximieren
to become a victim of something	It's easy to become a victim of skilled advertising.	ein Opfer von etwas werden

to (not) be on sale	This vase is not on sale.	(nicht) im Sonderangebot sein
to stand in line	It's annoying to customers to stand in line for too long.	sich anstellen
to be placed at eye level	Expensive products are often placed at eye level.	auf Augenhöhe platziert werden
to make people stay forever	Stores use a lot of strategies to make people stay forever.	die Menschen dazu bringen, sehr lange zu bleiben
to enter a store	Hugh entered the store.	ein Geschäft betreten
to make it psychologically easy	Department stores make it psychologically easy to stay and buy more things.	etwas psychologisch einfach machen
to toss something in	Martha tossed another snack in her cart as she went by the colourful display.	etwas hineinwerfen
to spy something	I spy something that looks interesting over there.	etwas erspähen
to stock products / goods	Stores stock a great deal of products / goods.	Produkte / Waren vorrätig halten
to display products / goods	Even local markets display products / goods to attract customers.	Produkte / Waren ausstellen
aisle	I looked for the candy aisle for half an hour!	Gang, Gangreihe
bulk option	Bulk options are often cheaper.	Großmenge, Familienpackung, Vorteilspackung
commodity item	She tries not to buy commodity items.	Gebrauchsgegenstand
department store	Department stores are often very large.	Kaufhaus
grocery store	People visit grocery stores to stock up on basic items.	Lebensmittelgeschäft
shopping cart	Shopping carts lead customers to buy more.	Einkaufswagen

Adverbs with two different forms and meanings

direct – directly	Ralf booked a direct flight to Iceland and then a bus to go directly to his hotel.	direkt, gerade – unmittelbar, geradewegs
free – freely	When Thomas learned that education in Europe was practically free, he was able to enjoy his studies more freely.	gratis, unentgeltlich – ohne Einschränkungen
hard – hardly	This essay is hard to write; I've hardly made any progress!	schwer – kaum
high – highly	This mountain is extremely high; to climb it in bad weather can be highly dangerous.	hoch – äußerst
late – lately	Georgy is late; lately he's been missing every train.	spät – kürzlich
near – nearly	We're staying near the water tonight; we're nearly there!	nahe, in der Nähe von – fast, beinahe
pretty – prettily	The wedding was pretty fantastic and the bride was dressed so prettily.	ziemlich – schön, hübsch
wide – widely	There is a wide range of products available, but most of these things are not widely distributed in Canada.	weit, sperrangelweit – weitgehend, überregional, breitflächig

12 It's movie time

Film genres		
action movie	Everyone seems to like action movies.	Actionfilm
animated movie	Mark loves animated movies.	Animationsfilm
biographical movie	Biographical movies aren't always the most exciting, but they're interesting.	Biografie (Film)
comedy	Kim absolutely loves a good comedy.	Komödie
documentary	I watched a documentary on sea-horses for my biology class last year.	Dokumentarfilm
fantasy movie	Fantasy movies often have the most creative plots.	Fantasy-Film
horror movie	Ron starred in a horror movie last year.	Horrorfilm
romance movie	Romance movies are only fun to watch if I'm in the right mood.	Liebesfilm
science-fiction movie	That science-fiction movie had a complicated plot.	Science-Fiction-Film
thriller	My father is afraid to watch a thriller.	Thriller
western movie	My parents used to have western movie nights with their friends.	Western-Film
Jobs in the film business		
camera operator	The camera operator must know practically every scene by heart even before filming starts.	Kameramann/frau
casting director	The casting director makes sure the right actors are hired for the roles in the movie.	Besetzungschef/in
film critic	New York City has a lot of very picky film critics.	Filmkritiker/in
film director	The film director has a specific vision for the production.	Filmregisseur/in
lighting technician	Lighting technicians work exclusively on set.	Lichttechniker/in
make-up artist	Make-up artists work exceptionally hard on movie sets.	Maskenbildner/in
producer	Lydia will be the producer of a new action film coming out in November.	Produzent/in
screenwriter	Screenwriters are often just as famous as the actors in their movies.	Drehbuchautor/in
set builder	The set builder is behind the scenes of a movie but is incredibly important.	Kulissenbauer/in
set costumer	The set costumer makes sure everyone has the proper costume.	Kostümbildner/in
set decorator	Marley worked as a set decorator in Los Angeles.	Bühnenbildner/in
sound engineer	Sound engineers makes sure all sounds in a movie sound authentic and work together.	Tontechniker/in

Adjectives to describe a film

alright	The acting was alright.	in Ordnung
awesome	The special effects are awesome!	fantastisch, großartig
awful	I thought the actors were awful!	furchtbar
badly acted	He thought the scene was badly acted.	schlecht geschauspielert
boring	The characters were pretty boring.	langweilig
breathhtaking	The views depicted in the film are simply breathtaking.	atemberaubend
confusing	At times, the plot was really confusing.	verwirrend
dramatic	The scenarios were very dramatic.	dramatisch
enjoyable	All in all, the movie was enjoyable.	unterhaltsam
entertaining	The plot was entertaining.	unterhaltsam, kurzweilig
great	That scene was great.	großartig
hilarious	Some of the lines were hilarious.	lustig, (ur)komisch
legendary	The acting was legendary in the latest remake; you have to see it!	legendär, sagenhaft
not my favourite	This film was not my favourite.	nicht mein Favorit
okay	We agreed the screenwriting was okay.	okay
ordinary	That film was pretty ordinary for a western.	gewöhnlich
overrated	I think the movie is hugely overrated.	überbewertet, überschätzt
predictable	Many scenes were really predictable.	vorhersehbar
so-so	The ending was so-so.	weder gut noch schlecht
terrible	The costumes were terrible.	schrecklich
thrilling	There were several really thrilling scenes.	spannend, aufregend, packend
well done	Louis thought the production was well done.	gut gemacht

Talking about films

to be directed / produced by ... (name of director / producer)	<i>The Godfather</i> was directed by Francis Ford Coppola and produced by Albert S. Ruddy.	Regie führen / produziert werden von ... (Name des Regisseurs/der Regisseurin / des Produzenten/in)
to star in a film	It would be incredible if you starred in a film.	die Hauptrolle in einem Film spielen
the story is set in ... (town / country / year / etc.)	The story is set in Vienna in the year 1900.	die Geschichte spielt in ... (Jahr / Land / Stadt / etc.)
to be released on ... (date)	The movie was released on 7 July, 2021.	veröffentlicht werden / erscheinen am ... (Datum)
to be an award-winning film	The producer must be really proud that his team created what is now an award-winning film.	ein preisgekrönter Film sein
to create a certain atmosphere	Good acting creates a certain atmosphere that draws the audience in.	eine bestimmte Atmosphäre schaffen
the character(s) add(s) a lot to the film	The individual characters add a lot to the film.	die Figur trägt/die Figuren tragen viel zum Film bei

the characters are very / less convincing	The female characters are very / less convincing.	die Charaktere sind sehr / weniger überzeugend
to have unexpected plot twists	The animated film had some unexpected plot twists that I enjoyed.	unerwartete Wendungen in der Handlung haben
to give characters the opportunity to develop / become ...	It's necessary to give characters the opportunity to develop / become who they'll be at the end of the film.	den Charakteren die Möglichkeit geben, sich zu entwickeln / ... zu werden
to contain funny parts / powerful scenes	My favourite movie contains lots of funny parts / powerful scenes.	lustige Stellen / starke Szenen enthalten
to be full of action	Her nephew loves movies that are full of action and fighting.	voller Action sein
to be close to reality	Some fantasy movies are so close to reality it can be truly scary.	realitätsnahe sein
to draw the viewer's attention to something	Certain tricks are used during filming to draw the viewer's attention to characters or objects.	die Aufmerksamkeit des Zusehers/ der Zuseherin auf etwas lenken
to be a must-see / a box-office success / a box-office failure	Film critics are saying the latest romance movie is a must-see / a box office success / a box office failure.	ein Muss / ein Kassenschlager / ein Kassenflop sein
to be a worthwhile watch	Rudy considered the film to be a worthwhile watch.	sehenswert sein

Binge-watching

screen time	Mac logs a fair amount of screen time watching movies.	Zeit vor dem Bildschirm
health implications	It's not clear what the healthy implications are of watching a movie every day.	Auswirkungen auf die Gesundheit
sedentary behaviour	Sedentary behaviour is not healthy.	sitzende Tätigkeit, sitzende Verhaltensweise
to suffer from sleep deprivation	Many students suffer from sleep deprivation.	unter Schlafmangel leiden
to have a stroke	If you don't take care of your health, you could have a stroke.	einen Schlaganfall haben
the film is on release	The film is on release this week and we should go watch it.	der Film kommt heraus / in die Kinos
to be on long-haul flights	I always watch at least two movies when I am on long-haul flights.	sich auf einem Langstreckenflug befinden
to snack mindlessly	Most people tend to snack mindlessly in front of the screen.	gedankenlos naschen
to stream a multi-season backlog of shows	Last time Kate was sick, she streamed a multi-season backlog of shows and stayed inside all day.	mehrere Staffeln an versäumten Serien streamen
to be worrisome to health experts	These sedentary lifestyle choices are worrisome to health experts.	für Gesundheitsexperten/-expertinnen besorgniserregend sein
to affect someone's vision and someone's sleep patterns	Constantly staring at a screen really affects my vision and sleep patterns.	die Sehkraft und den Schlafrhythmus beeinträchtigen
to increase the risk of heart diseases	Not exercising regularly increases the risk of heart diseases.	das Risiko von Herzkrankheiten erhöhen
to emit broad-spectrum light	The light sources that are best for humans emit broad-spectrum light.	Vollspektrumlicht aussenden
to do best on a near-24-hour sleep cycle	People do best on a near-24-hour sleep cycle.	am besten bei einem fast 24-stündigen Schlafzyklus funktionieren
to set limits on someone's binge-watching	Parents need to set limits on their child's binge-watching.	dem Binge-Watching Limits setzen

to build physical activity into one's streaming schedule	Tim thinks it's important to build physical activity into his streaming schedule.	körperliche Aktivität / Betätigung in den Streaming-Zeitplan einbauen
to linger on the couch	I don't want to linger on the couch every evening for the rest of my life.	auf der Couch lungern
to strain a relationship	Too much time watching movies can strain a relationship.	eine Beziehung belasten
Screen violence		
to imitate aggressive behaviour	Children tend to imitate aggressive behaviour that they witness.	aggressives Verhalten nachahmen / imitieren
to be naturally more aggressive	Some children are naturally a bit more aggressive.	von Natur aus aggressiver sein
to play more aggressively	Kids who have been exposed to violence often play more aggressively.	aggressiver spielen
to promote aggression	Not enough physical activity can also promote aggression.	Aggression fördern
to view violent content	I don't want my little brother to view violent content online.	gewalttätige Inhalte ansehen
to become less sensitive to pain	Children could become less sensitive to pain.	weniger empfindsam für Schmerzen werden
to become more fearful of the world	After seeing a violent or disturbing film, children may become more fearful of the world.	ängstlicher gegenüber der Welt werden
to increase someone's aggressive thoughts	Movies increased his aggressive thoughts.	aggressive Gedanken verstärken
to be a risk factor for violent behaviour	A lack of affection at home is also a risk factor for violent behaviour.	ein Risikofaktor für gewalttätiges Verhalten sein
to contain gun footage	Many video games and movies contain gun footage.	Bildmaterial von Waffen enthalten
to have difficulty understanding the difference	Young people have difficulty understanding the difference between real and fake violence.	Schwierigkeiten haben, den Unterschied zu verstehen
to have good evidence	The scientific community has good evidence to suggest that this could be harmful.	gute Beweise haben
to be presented as controversial	The idea was presented as controversial in the newspaper.	als umstritten dargestellt werden
to keep children away from something	Many families keep children away from things they think should be reserved for adults.	Kinder von etwas fernhalten
to avoid exposure to violent media	Lots of individuals also avoid exposure to violent media.	den Kontakt mit gewaltverherrlichenden Medien vermeiden
to be free of violence	We want an environment that is free of violence.	frei von Gewalt sein
to watch disturbing content	Many kids are not mature enough to watch disturbing content.	verstörende Inhalte sehen
to (not) be able to deal with the content	Depending on the child's age, they might not be able to deal with the content.	mit dem Inhalt (nicht) umgehen können
to (not) be mature enough	Francine is not mature enough for that movie.	(nicht) reif genug sein
to (not) be able to make a distinction between fiction and reality	Some children are (not) able to make a clear distinction between fiction and reality.	zwischen Fiktion und Realität (nicht) unterscheiden können

to desensitise someone to violence in the real world	Film violence desensitises many people to violence in the real world.	jemanden gegenüber Gewalt in der realen Welt desensibilisieren
to put limits on screen time	Often it becomes necessary to put limits on screen time.	die Zeit vor dem Bildschirm einschränken
to monitor children's screen time	Samantha monitors her children's screen time, especially on school nights.	die Zeit, die Kinder vor dem Bildschirm verbringen, überwachen

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