A0076: Jet-Lag

Introduction

The most important thing about jet-lag: there is good jet-lag (when the local time is behind your time because you were flying westwards) and bad jet-lag (when the local time is ahead of your time because you were flying eastwards). Similarly, our keyword has multiple meanings: cambio de horario – change of schedule/change of time zone/jet-lag.

- related SpanishPod lessons: A0016: I feel sick, A0021: I'm sleepy, A0131: I miss them
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Dialogue

mujer: Tengo jet-lag.
hombre: ¿Qué es eso?
mujer: El cambio de horario.
hombre: Ah, claro, porque aquí son ocho horas más.
mujer: Cierto.
Dialogue with Translation

mujer: Tengo jet-lag.
   (I) have jet-lag
woman: I have jet-lag.

hombre: ¿Qué es eso?
   what (it) is that
man: What's that?

mujer: El cambio de horario.
   the change of schedule
woman: The change of time zone.

hombre: Ah, claro, porque aquí son ocho horas más.
   oh clearly because here (they) are eight hours more
man: Oh, of course, because here it's eight hours ahead.

mujer: Cierto.
   certain
woman: True.
Vocabulary for Dialogue

- **la mujer** noun (feminine) the woman
- **el hombre** noun (masculine) the man
- **tener** verb (infinitive) to have
- **(yo) tengo** verb (present tense) I have
- **el jet-lag** noun (masculine) the jet-lag
- **¿qué?** pronoun what?
- **ser** verb (infinitive) to be
- **(él/ella) es** verb (present tense) he/she(/it) is
- **ese/esa/eso** pronoun (m./f./neuter) this, that
- **el cambio** noun (masculine) the change
- **de** preposition of
- **el horario** noun (masculine) the schedule
- **ah** interjection oh
- **claro** adverb clearly, of course
- **porque** conjunction because
- **aquí** adverb here
- **(ellos/ellas) son** verb (present tense) they are
- **ocho** number eight
- **la hora** noun (feminine) the hour
- **las horas** noun (plural, feminine) the hours
- **más** adverb more
- **cierto/cierta** adjective (m./f.) certain, true
- **cierto** phrase I think so

Vocabulary for Audio Lesson

- **clarisimo** adverb very clearly
- **el taco** noun (masculine) the taco
- **los tacos** noun (plural, masculine) the tacos
- **el tequila** noun (masculine) the tequila
- **hasta luego** phrase see you later
More Vocabulary

This section includes grammatically related words. Some of them are required by the exercise Dialogue Recast.

$tener$ **infinitive**  to have

(yo) **tengo** present tense  I have

(tú) **tienes**  you have (informal, singular)

(él/ella) **tiene**  he/she/(it) has

(usted) **tiene**  you have (formal, singular)

(nosotros/-as) **tenemos**  we have (m./f.)

(vosotros/-as) **tenéis**  you have (informal, plural, m./f.)

(ellos/ellas) **tienen**  they have (m./f.)

(ustedes) **tienen**  you have (formal, plural)

$ser$ **infinitive**  to be

(yo) **soy** present tense  I am

(tú) **eres**  you are (informal, singular)

(él/ella) **es**  he/she/(it) is

(usted) **es**  you are (formal, singular)

(nosotros/-as) **somos**  we are (m./f.)

(vosotros/-as) **sois**  you are (informal, plural, m./f.)

(ellos/ellas) **son**  they are (m./f.)

(ustedes) **son**  you are (formal, plural)

uno 1  seis 6  once 11  diecisésis 16
dos 2  siete 7  doce 12  diecisiete 17
tres 3  ocho 8  trece 13  dieciocho 18
cuatro 4  nueve 9  catorce 14  diecinueve 19
cinco 5  diez 10  quince 15  veinte 20
Exercises

Dialogue Translation

Cover the right column, translate from Spanish to English and uncover the right column line by line to check your answers. If possible, read the Spanish sentences aloud.

| Tengo jet-lag.   | I have jet-lag.       |
| ¿Qué es eso?    | What's that?          |
| El cambio de horario. | The change of time zone. |
| Ah, claro, porque aquí son ocho horas más. | Oh, of course, because here it's eight hours ahead. |
| Cierito.        | True.                 |

Dialogue Recall

Now translate from English to Spanish. Remember to say the Spanish sentences aloud.

| I have jet-lag.     | Tengo jet-lag.         |
| What's that?        | ¿Qué es eso?           |
| The change of time zone. | El cambio de horario.   |
| Oh, of course, because here it's eight hours ahead. | Ah, claro, porque aquí son ocho horas más. |
| True.               | Cierito.               |

Dialogue Remix

Translate this variant of the dialogue from English to Spanish.

| I have eight hours more. | Tengo ocho horas más. |
| Why?                     | ¿Por qué?             |
| Because of (= por) the change of time zone. | Por el cambio de horario. |
| What's that?             | ¿Qué es eso?          |
| Here it's eight hours less (= menos). | Aquí son ocho horas menos. |
True. Ciento.

Dialogue Recast

This translation exercise requires some of the words from the More Vocabulary section.

We have jet-lag. Tenemos jet-lag.
What's that? ¿Qué es eso?
The change of time zone. El cambio de horario.
Oh, of course, because here it's one (= una) hour ahead. Ah, claro, porque aquí es una hora más.
True. Ciento.

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