

Spanish by Choice/SpanishPod newbie lesson A0076/Print version

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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.

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



el horario – the schedule



el cambio de horario – the change of time zone

Vocabulary for Audio Lesson

| | | |
|--------------------|---------------------------------|---------------|
| clarísimo | <i>adverb</i> | very clearly |
| el taco | <i>noun (masculine)</i> | the taco |
| los tacos | <i>noun (plural, masculine)</i> | the tacos |
| el tequila | <i>noun (masculine)</i> | the tequila |
| hasta luego | <i>phrase</i> | see you later |

More Vocabulary



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

| | |
|--|------------------------------------|
| tener <i>infinitive</i> | to have |
| (yo) tengo <i>present tense</i> | 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 <i>infinitive</i> | to be |
| (yo) soy <i>present tense</i> | 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 | dieciséis 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.

¿Qué es eso?

El cambio de horario.

Ah, claro, porque aquí son ocho horas más.

Cierto.

I have jet-lag.

What's that?

The change of time zone.

Oh, of course, because here it's eight hours ahead.

True.

Dialogue Recall

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

I have jet-lag.

What's that?

The change of time zone.

Oh, of course, because here it's eight hours ahead.

True.

Tengo jet-lag.

¿Qué es eso?

El cambio de horario.

Ah, claro, porque aquí son ocho horas más.

Cierto.

Dialogue Remix

Translate this variant of the dialogue from English to Spanish.

I have eight hours more.

Why?

Because of (= **por**) the change of time zone.

What's that?

Here it's eight hours less (= **menos**).

Tengo ocho horas más.

¿Por qué?

Por el cambio de horario.

¿Qué es eso?

Aquí son ocho horas menos.

True.

Cierto.

Dialogue Recast

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

We have jet-lag.

What's that?

The change of time zone.

Oh, of course, because here it's one (= **una**) hour ahead.

True.

Tenemos jet-lag.

¿Qué es eso?

El cambio de horario.

Ah, claro, porque aquí es una hora más.

Cierto.

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