

este invierno esta siendo bastante en irlandia = this winter is being quite something in Ireland
es el mes mas nublado que recuerdo = it's the cloudiest month I can remember
están hartas = they're fed up
es muy deprimente = it's very depressing
afecta tu animo = it affects your mood
que haces para tener buen animo? = what do you do to keep in good spirits?
no puedo jugar al golf = I can't play golf
es muy difícil motivarte a ir a casa..... = it's very hard to motivate yourself to go home.....
me cuesta hacer deporte cuando hay mal tiempo = I find it hard to exercise when the weather is bad
como lo llevas el mal tiempo? = how do you handle bad weather?
era muy oscuro en irlandia = it was very dark in Ireland
hago deportes de todas formas = I do sports anyway
DE TODAS FORMAS = anyways = ANYWAYS
tengo que hacer algo = I have to do something
corro en la lluvia , a mi me importa que llueva.... = I run in the rain, I don't mind that it rains....
prefiero el sol y algo de calor, en mi mente no tengo la opción de QUEDARME en casa = I prefer the sun and some warmth, in my mind I don't have the option to STAY home
es un poco como el covid = it's a bit like covid
hacemos cosas en el interior = we do things indoors
no estamos acostumbrados a estar afuera = we're not used to being outside
pero durante el covid ha cambiado mucho = but during covid, that changed a lot
ahora hay muchos bares y cafes y la gente lleva abrigo = now there are many bars and cafés, and people wear coats
es una mezcla = it's a mix
a veces hay estufas y mantas = sometimes there are heaters and blankets
mantas = blankets = BLANKETS
los bares no tienen una chimenea = the bars don't have a fireplace
mi bar favorito aquí en Wexford tiene una chimenea = my favorite bar here in Wexford has a fireplace
recuerdo una vez que estábamos en Austria = I remember one time we were in Austria
hacia mucho frio y había nieve = it was very cold and there was snow
habia asientos (seats) fuera del bar en el jardín con nieve = there were seats outside the bar in the garden with snow
habia mantas con piel de ovejas = there were blankets with sheepskin
que hiciste cuando nevó en Irlanda? = what did you do when it snowed in Ireland?

salimos al bar también porque vivo muy cerca del bar = we went out to the bar too because I live very close to the bar
vimos muchas peliculas en la tele = we watched a lot of movies on TV
a veces es muy agradable quedarse en casa = sometimes it's really nice to stay home
tener una razon para QUEDARSE en casa y ver una pelicula = having a reason to STAY home and watch a movie
no necesito una excusa = I don't need an excuse
ME APETECE quedarse en casa = I FEEL LIKE staying home
es malo poner presión sobre nosotros mismos = it's bad to put pressure on ourselves
necesitamos descansar = we need to rest

el cuerpo y la mente = the body and the mind
todos somos irlandeses o adoptados = we're all Irish or adopted
el nombre de nuestro país es Hibernia = our country's name is Hibernia
todos necesitamos desconectar de la rutina de vez en cuando = we all need to disconnect from the routine from time to time
que haces para desconectar? = what do you do to disconnect?
me identifico con = I relate to
eso me relaja mucho = that relaxes me a lot
la semana pasada fue a un baño de bosque = last week I went to a forest bath
y después a un baño de sonido y después no podemos hablar = and then to a sound bath, and afterward, we can't talk
se llama el Jardín = it's called The Garden
en que consiste? = what does it involve?
pienso que te interesaría mucho = I think you'd be very interested
porque se relaja como yoga = because it relaxes like yoga
al principio estamos todos tumbados al sol = at the beginning, we're all lying in the sun
con una manta -- el monitor empieza a hacer sonidos con objetos = with a blanket -- the instructor starts making sounds with objects
sobre todo con boles tibetanos = mostly with Tibetan bowls
os apetece hacer esto en grupo con un monitor o quizás podéis intentarlos solos? = do you feel like doing this in a group with an instructor, or maybe you can try it on your own?
vosotros mismos = yourselves
sentimos las vibraciones en el cuerpo = we feel the vibrations in the body
tienen una casa muy bonita en el bosque, con luces y árboles y una bañera muy pequeña = they have a very beautiful house in the forest, with lights, trees, and a very small bathtub
MANZANOS = apple trees = APPLE TREES
el ambiente te ayuda = the environment helps you
si quieres probar un baños de sonidos = if you want to try a sound bath
tengo un video muy bonito, a veces después de yoga, = I have a very nice video, sometimes after yoga,
es difícil QUEDARSE despierto = it's hard to STAY awake
no sé si es importante QUEDARSE despierto = I don't know if it's important to STAY awake
el sonido hace su trabajo interno = the sound does its internal work

MANERAS DE VIVIR = WAYS OF LIVING

SURFISTA = SURFER

unos amigos le han introducido a este deporte = some friends introduced him to this sport
iba a la playa con sus padres al principio solo miraba el surf = he used to go to the beach with his parents, at first just watching the surfing
algunos amigos han empezado al mismo tiempo = some friends started at the same time
le encanta hacer surf = he loves surfing
para él es una mezcla de miedo, riesgo y la sensación de estar fresco = for him, it's a mix of fear, risk, and the feeling of being fresh
es como volar = it's like flying
es más que una afición, es una manera de vivir = it's more than a hobby, it's a way of life
habló sobre rubios y morenos = he talked about blondes and brunettes
pero no lo entiendo en este contexto = but I don't understand it in this context

dice que había chicas también = he says there were girls too
las olas = the waves
las olas son muy altas = the waves are very high
en Kilkee también son muy fuertes = in Kilkee, they are also very strong
has hecho surfing? = have you done surfing?
no me apetece = I don't feel like it
nunca le he hecho = I have never done it
cuantos años tiene este chico? = how old is this guy?
su piel fue ... MORENA (tanned) = his skin was ... TANNED
QUEMADO = burnt = BURNT
tiene 50 años mas o menos = he is about 50 years old
quemado del viento = windburned
creo que es un poco de obsesion de que tienen que hacer surfing incluso con mal tiempo = I think it's a bit of an obsession that they have to surf even in bad weather
cuando había una tormenta en Galway, quería hacer surfing = when there was a storm in Galway, he wanted to go surfing
es muy peligroso para los empleados para los servicios de emergencia = it's very dangerous for emergency service workers
como profesor de surf, es importante que la gente aprende sobre el MEDIO (el mar) = as a surf instructor, it's important that people learn about the ENVIRONMENT (the sea)
es muy sano, si es un deporte que te relaja, puede ser algo bueno = it's very healthy, if it's a sport that relaxes you, it can be a good thing
es un poco solitario = it's a bit lonely
es una vida muy libre pero me pregunto sobre su futuro = it's a very free life, but I wonder about his future
no tendrá una pension = he won't have a pension
es muy precario = it's very precarious
se puede tener una pension privada = you can have a private pension
los autónomos = the self-employed
es su religion = it's his religion
forma parte de su identidad = it's part of his identity
es un razon de vivir = it's a reason to live

aficiones = hobbies = HOBBIES
ensayo = rehearsal = REHEARSAL
ya lo he leído = I've already read it
pertenencia = pertenecer = to belong = BELONGING = TO BELONG
ser miembro de un grupo = PERTENECER = to be a member of a group
Carmen tiene un trabajo muy importante y serio = Carmen has a very important and serious job
es algo raro que le gusta ser motera el fin de semana = it's kind of strange that she likes to be a biker on the weekend
porque es lo contrario de su trabajo = because it's the opposite of her job
a veces podemos identificar un grupo de aficionados juntos, como por ejemplo = sometimes we can identify a group of fans together, for example
los heavymetal tienen el pelo largo y los vaqueros = heavy metal fans have long hair and jeans
a veces no es visible, no podemos identificar el grupo = sometimes it's not visible, we can't identify the group
en la escuela donde trabajo hay un hombre muy amable = at the school where I work, there is a very kind man

y su afición es con una pistola = and his hobby is with a gun

CAZAR = to hunt = TO HUNT

me sorprendio mucho = it surprised me a lot

porque no me gusta mucho cazar = because I don't really like hunting

los tranquilos son muy sospechosos = quiet people are very suspicious

no puedo imaginar a este hombre con una pistola = I can't imagine this man with a gun

en mi trabajo hay una chica que trabaja en el servicio de Recursos Humanos = at my job, there's a girl who works in Human Resources

en su tiempo libre con su novio, pasan tiempo con los coches = in her free time with her boyfriend, they spend time with cars

conducen coches clásicos pero rapido = they drive classic cars but fast

iba con su novio al parque Mondelo = she used to go with her boyfriend to Mondello Park

le gusta la velocidad = she likes speed

un circuito = a circuit

a Ita le gusta coser y hacer mosaicos = Ita likes to sew and make mosaics

estar presente = to be present

la amiga de mi mujer tiene un secreto durante 2 años = my wife's friend had a secret for 2 years

antes de navidad nos dijo su secreto = before Christmas, she told us her secret

ha estado viajando a festivales de baile = she has been traveling to dance festivals

no le daba verguenza = she wasn't ashamed

es timida para hablar de baile con nosotros = she's shy about talking about dance with us

ha estado en 5 o 6 conferencias de bailes por el mundo = she has been to 5 or 6 dance conferences around the world

quizás esté buscando una pareja = maybe she's looking for a partner

te gusta la competición para el baile? = do you like dance competitions?

no lo hago por competicion = I don't do it for competition

yo también he viajado a festivales por toda Europa = I've also traveled to festivals all over Europe

es una buena ocasión para conocer a otras personas = it's a good opportunity to meet other people

ahora tenemos tango en Wx = now we have tango in Wx

ANIMAR = to encourage = TO ENCOURAGE

el tango argentino = Argentine tango

no es el tango de la tele = it's not the tango from TV

no hay coreografia, solo lo mas importante para mi, que es conectar = there's no choreography, just what's most important to me, which is to connect

soy torpe para bailar = I'm clumsy at dancing

8 años = 8 years

88 = 88

ha conseguido superar los obstaculos = he has managed to overcome obstacles

los sonidos de la tierra = the sounds of the earth

en noviembre fui a una clase de flamenco = in November, I went to a flamenco class

no había nadie de Irlanda alli = there was no one from Ireland there

los expertos dicen que es muy bueno bailar para el cerebro = experts say that dancing is very good for the brain

puede ayudar a gente con demencia y parkinson = it can help people with dementia

and Parkinson's
cualquier cosa con patrones es muy bueno para el autismo, la ansiedad = anything with patterns is very good for autism, anxiety
hace 20 años fui a clase de lucha libre (wrestling) = 20 years ago, I went to a wrestling class
me encantó = I loved it
no he ido desde hace 8 años o mas = I haven't gone for 8 years or more
fui bastante bueno en la lucha = I was pretty good at wrestling
habia muchos jovenes que tenían ansiedad, o miedo en la calle = there were many young people who had anxiety or fear on the street
me sorprende mucho = it surprises me a lot

primo = cousin = COUSIN
puede hacerlo - dedicarse profesionalmente = he can do it - make a living from it
no fue su intencion = it wasn't his intention
no fue su intención antes de empezar = it wasn't his intention before starting
juega entre 10 y 15 horas al dia = he plays between 10 and 15 hours a day
la postura, el dolor de cabeza y ojos = posture, headache, and eye pain
me gustaría verla, es gorda, delgada ... = I would like to see her, is she fat, thin ...

empezó a jugar en internet = she started playing online
sabes jugar a videojuegos? = do you know how to play video games?
no sé, = I don't know,
no me gusta = I don't like it
no me interesa = I'm not interested
ser profesional y ganarse la vida con su hobby = being a professional and making a living from her hobby
le ha vuelto mas sociable = it has made her more social
se ha hecho mas sociable = she has become more social
le ha ayudado a ser mas sociable = it has helped her become more social
SE VUELVE adictivo = IT BECOMES addictive
TENDRIA = SHE WOULD HAVE
TENDRIA sueños sobre los juegos = she WOULD HAVE dreams about the games
SOÑARIA con los juegos = she WOULD DREAM about the games
cuando era pequeña, era muy adictivo = when she was little, it was very addictive
no puedo jugar porque sería un problema para mi = I can't play because it would be a problem for me
que tipo de adicciones tienes ahora? = what kind of addictions do you have now?

ahora soy adicta a un juego que se llama kakuro = now I am addicted to a game called Kakuro
no puedo parar = I can't stop
es como un crucigrama con números = it's like a crossword with numbers
OCTORDLE! = OCTORDLE!
esta a caballo buscando cosas = he is on a horse looking for things
Red Dead Redemption? = Red Dead Redemption?
tengo un estudiante en mi clase que creo tiene un cerebro increíble = I have a student in my class who I think has an incredible brain
en clase necesita tener el móvil o un video de un juego que está desarrollando = in class, he needs to have his phone or a video of a game he is developing
lo mira, pero está totalmente conectado a la clase = he watches it, but he is

totally engaged in the class

le he preguntado por qué lo estaba mirando? = I asked him why he was looking at it?

no puede concentrarse en una cosa si no tiene otra para hacer = he can't concentrate on one thing unless he has something else to do

la cosa en cuestión es mirar videojuegos = the thing in question is watching video games

le ha vuelto más sociable = it has made him more sociable

cuanto más juegas, hay más descubrimientos = the more you play, the more discoveries there are

tienes que pasar mucho tiempo para ser mejor = you have to spend a lot of time to get better

no entiendo esta afición = I don't understand this hobby

es parecido a leer = it's similar to reading

estás en un mundo imaginario en tu mente = you're in an imaginary world in your mind

cuando estás en el mundo del juego = when you're in the game world

es muy parecido a leer = it's very similar to reading

depende del juego, algunos son muy simples con pistolas = it depends on the game, some are very simple with guns

hay muchos juegos en los que tienes que hacer una estrategia para ganar = there are many games where you have to strategize to win

enganchar = to hook

estar enganchado = to be hooked

QUEDARSE en paro = to be unemployed

tabla de surf = surfboard

ENSAYAR = to rehearse

tener ensayo = to have a rehearsal

adivino la palabra = I guess the word