

estuve en Madrid la semana pasada = I was in Madrid last week  
hizo mucho calor = It was very hot  
en tu barrio hay parque o zonas para pasear? = Are there parks or areas to stroll in your neighborhood?  
hay un parque cerca de mi casa = There is a park near my house  
hay un campo de baloncesto y muchas areas verdes = There is a basketball court and many green areas  
PASEAR = to stroll  
paseo por el parque pero nunca juego alli = I stroll through the park but never play there  
hace calor aqui = It is hot here  
afuera de casa hace calor = It is hot outside the house  
donde mira tu casa? = Where does your house face?  
hay una parte que mira al sur = There is a part that faces south  
MIRAR al sur = To face south  
asi que hace calor cuando sale el sol = So it's hot when the sun comes out  
el salon y la cocina miran al sur = The living room and the kitchen face south  
hay un porche pequeño = There is a small porch  
MIRA al sur = It faces south  
hace muchísimo calor en verano = It's extremely hot in summer  
TOLDO = awning  
en tu casa hace mucho calor? = Is it very hot in your house?  
vivo en un apartamento, es un estudio = I live in an apartment, it's a studio  
no hay aire acondicionado central = There is no central air conditioning  
no esta permitido aire acondicionado en las ventanas = Window air conditioners are not allowed  
porque puede ser peligroso = Because it can be dangerous  
asi que compré un aire acondicionada PORTATIL = So I bought a PORTABLE air conditioner  
ahora lo tengo = Now I have it  
sin el aire, hace mucho calor = Without the air conditioner, it's very hot  
hay mucha humedad en Chicago = There is a lot of humidity in Chicago  
no es comodo o agradable = It's not comfortable or pleasant  
es muy desagradable - = It's very unpleasant  
en invierno hace mucho frio = In winter it's very cold  
y el viento es muy malo = And the wind is very bad  
especialmente cerca del lago Michigan = Especially near Lake Michigan  
el clima solo es bueno durante unas semanas en mayo y octubre = The weather is only nice for a few weeks in May and October  
PRIMAVERA = springtime  
OTOÑO = fall, autumn  
Caceres - = Caceres -  
octubre / mayo = October / May  
muerto de calor = Dying from the heat  
en Stanley no nieva mas pero es posible en este momento del año = It doesn't snow anymore in Stanley, but it's possible this time of year  
por la noche hace 0 grados = At night it's 0 degrees  
HELAR = to freeze  
hiela por la noche = It freezes at night  
por la noche HIELA, pero por el dia esta genial = It freezes at night, but during the day it's great  
hace sol y es muy seco aqui = It's sunny and very dry here  
mi piel está muy seca = My skin is very dry  
TENGO que usar crema hidratante = I HAVE to use moisturizing cream

tengo un humidificador = I have a humidifier  
para tener mas humedad = To have more humidity  
para dar mas humedad - tener un aire mas humedo = To give more humidity - to have more humid air  
IMPERATIVO = IMPERATIVE  
orden = order  
consejo = advice  
recomendacion = recommendation  
Cerrad la ventana porque.... = Close the window because....  
CERRAD las ventanas porque llueve = Close the windows because it's raining  
se usa en España no en Latinoamerica = It's used in Spain, not in Latin America  
PON la taza en el lavaplatos = Put the cup in the dishwasher  
DIME tu consejo = Tell me your advice  
correcto = correct  
DIME = tell me - correcto = tell me - correct  
DIME tu consejo = Tell me your advice  
REPITELO por favor = Repeat it please  
PENSAD sobre vuestros futuros cuando sois jovenes = Think about your futures when you are young  
SER joven = To be young  
PENSAD = you all think = Think (plural)  
futuros = future  
PENSAD en una palabra = Think of a word  
ID = you all go = Go (plural)  
VE a la casa del vecino = Go to the neighbor's house  
MIRAOS = you look at yourself = Look at yourselves  
MIRAD un suricata (meerkat) = Look, a meerkat  
MIRAD=you all look = Look (plural)  
MIRAOS = you look at yourselves = Look at yourselves  
MIRAD, un suricata = Look, a meerkat  
suricata = meerkat  
MIRAD = you all look = Look (plural)  
MIRAOS = you all look at yourselves = Look at yourselves  
MIRAD los suricatas = Look at the meerkats  
MIRAOS en el espejo, sois muy guapos! = Look at yourselves in the mirror, you are very handsome!  
PODER = can  
podríaais = you all could  
PERDER lo = to lose it  
BEBE UN VASO DE AGUA FRIA = Drink a glass of cold water  
TOMA UNA PASTILLA = Take a pill  
BEBE UNA INFUSION ANTES DE ACOSTARTE = Drink an herbal tea before going to bed  
HAZ EJERCICIO TODOS LOS DIAS = Do exercise every day  
DURANTE UNA HORA = For one hour  
COMPRA UNOS NUEVOS ANTEOJOS / GAFAS = Buy new glasses  
VE A LA OPTICA Y = Go to the optician and  
HACERSE un test = To get tested  
HAZTE un test = Get tested  
HAZTE una prueba = Get a test  
HAZTE un lifting = Get a facelift  
ponerse botox = to get botox  
PONTE botox = Get botox  
no te pongas botox = Don't get botox  
CONSULTORIO = doctor's office / advice column

CONSULTORIO = doctor's office / advice column

PARAR = to stop

HACER una pausa = to take a break

LEVANTARSE de la silla cada hora = Get up from the chair every hour

también lo mejor es + INFINITIVO = also the best is + INFINITIVE

después de trabajar, lo mejor es .... = after working, the best thing is ....

después de trabajar, lo mejor es ir al gimnasio = after working, the best thing is to go to the gym

después del trabajo, HAZ ejercicio / VE al gimnasio = after work, DO exercise / GO to the gym

lo mejor es SALTAR = the best is to JUMP

SALTAR = to jump

saltar = to jump

hay que beber = one must drink

HAY QUE + infinitivo = one must + infinitive

HAY QUE beber mas agua porque es buena para la piel = one must drink more water because it's good for the skin

tienes que organizar tu tiempo en bloques de trabajo con pausas para moverte = you have to organize your time into work blocks with breaks to move

MUEVETE cada media hora = MOVE every half hour

USA una silla ergonomica = USE an ergonomic chair

TEN una postura buen = HAVE a good posture

AJUSTA la altura de la pantalla = ADJUST the height of the screen

PANTALLA = screen

SURICATA - MEERKAT = MEERKAT - MEERKAT

TOLDO = AWNING = AWNING

NATACION - SWIMMING = SWIMMING - SWIMMING

EL PICOR = THE ITCH = THE ITCH

DESAGRADABLE = NOT NICE = UNPLEASANT

UN TOLDO = AWNING = AN AWNING