

Everyday Dialogues: New Year's Resolutions [B2]

Una veloce guida alla conversazione con frasi e vocaboli di uso quotidiano.
Questo mese: propositi per un nuovo anno!



Thomas: Happy New Year! **Emily:** Happy New Year to you, too! **Shall we** go for a drink or a bite to eat? **Thomas:** Let's go for a coffee and a sandwich. I'm giving up alcohol **for a while**. **Emily:** Oh, new year's resolution, is it? **Thomas:** Yes, exactly. I'm laying off the booze and taking up running. Got to get in shape. **Emily:** **Well done, you!** I'm giving up smoking myself. **Thomas:** Hey, that's great! I was **wondering** why you hadn't nipped outside yet. **Emily:** Yes, well, it's not easy. I'm having quite a hard time of it, **actually**. **Thomas:** I'm sure. It's one of the hardest things I've done myself, but I feel all the better for it — especially when I run. **Emily:** Yes, maybe I should **join** you! **Thomas:** That'd be great! It's really boring by myself. I go before breakfast around 6am. **Emily:** Ugh, perhaps not then. I hate **early mornings**...

NOW LET'S REVIEW THE VOCABULARY!

A **bite to eat** is an idiom referring to a snack or a small meal. The phrasal verb **to give up** in this context means to stop doing something, usually a bad habit like smoking or drinking. Other verbs used include 'to quit' or 'to stop'. Making **new year's resolutions** is a tradition of setting personal goals for the year ahead. **Lay off the booze** is a colloquial phrase for giving up alcohol. You can also say 'lay off the bottle'. **To take something up** means to start a new habit, like running or painting. **To get in shape** means to get fit, usually through exercise or a healthy diet. **To nip** is an informal way of saying 'to go quickly'. When you have difficulty doing something, you **have a hard time of it**. When you **feel (all) the better for something**, you experience an improvement as a result of it, in this case, quitting smoking. **By myself** means 'alone'.

Glossary

- **for a while** = per un po'
- **wondering** = domandarsi
- **meal** = pasto
- **setting** = segnarsi, marcare
- **goals** = obiettivi
- **Shall we** = ti va di...?
- **Well done, you** = complimenti, bravo
- **actually** = in realtà
- **join** = unirsi
- **early mornings** = svegliarsi presto
- **idiom** = espressione
- **fit** = in forma
- **improvement** = miglioramenti