

# Coffee Break **Italian**

## Season 1, Lesson 1

Lesson notes



CoffeeBreak  
**Italian**

## Introduction

**Benvenuti a Coffee Break Italian** - welcome to Coffee Break Italian! In these lesson notes we'll be listing all the words and phrases covered in each lesson. The lesson notes also include material linked to the Review episode.



## Lesson notes

This is a word you'll be hearing often in this course. It means "let's begin".

**cominciamo**

*let's begin*

## Saying "hello"

The easiest way to say "hello" or "hi" in Italian is:

**ciao**

*hi*

Take particular care with the pronunciation of this word: it's often mispronounced! Listen carefully to how Francesca pronounces the word in the audio episode.

The word **ciao** can also be used to mean “goodbye”. In this case you can also say **ciao ciao**.

## Asking “how are you?”

To say “how are you?”, you can use the question:

**come stai?**

*how are you?*

There are many ways to answer this question. The first response covered in the lesson is:

**bene**

*well, fine*

You can also add “and you?” or “what about you?”:

**e tu?**

*and you?*

You’re now ready for your first Italian conversation!

Mark: Come stai, Katie?

Katie: Bene. E tu?

Mark: Sto bene, grazie.

Mark includes new words in this conversation:

**sto bene**

*I’m well*

The word **sto** means “I am” or “I’m” in this sentence. You should be aware that “I am” is not always translated as **sto** - we’ll learn another way of saying “I am” in a future lesson.

**grazie**

*thank you*

Note in particular the pronunciation of **grazie**. Although the sounds run together, there are three distinct syllables in this word: **gra - zi - e**. Try to copy Francesca’s pronunciation.

## **Review 1**

Throughout the Coffee Break Italian lessons we’ll be regularly reviewing the words and phrases covered. Use this vocabulary list to help you test your understanding.

**come stai**

*how are you*

**bene**

*fine, well*

**sto bene**

*I’m well, I am well*

**grazie**

*thank you*

One further word Mark uses in this review section of the lesson is the word for “perfect”:

**perfetto**

*perfect*

## More answers to the question "come stai?"

You can say how well you are feeling by using the word **molto**:

**molto**

*very*

**sto molto bene**

*I am very well*

Let's look at this phrase in another conversation:

Mark: Come stai, Katie?  
Katie: Sto molto bene, grazie. E tu?  
Mark: Sto benissimo!

**benissimo**

*very, very well*

The **-issimo** ending can be added to many Italian adjectives to mean "very, very ...". We will see further examples of this later in the course.

You may also want to say that you're not feeling so good:

**sto male**

*I'm (feeling) bad*

**sto molto male**

*I'm (feeling) very bad*

## sto malissimo

*I'm (feeling) very, very bad / awful / terrible*

Please note that we have added the word "feeling" here to make the phrases sound more natural in English.

You may even hear:

## Mamma mia, sto malissimo!

*my goodness, I'm feeling awful!*

The word **mamma** literally means "mum", "mummy" or "mommy", the familiar word for "mother", so **mamma mia** means "my mum".



## Caffè Culturale: transcript

At the end of every lesson I'll spend a few minutes talking to you about an aspect of Italian culture - **un aspetto della cultura italiana** - so while you're learning the language you can learn a little about the country too.

I thought it would be important in this first lesson to tell you exactly where Italian is spoken and then to teach you how to say some of the country's main cities in this beautiful language. Italian is, of course, the official language of Italy - we say **Italia** in Italian. It's also one of four official languages in **Svizzera** - Switzerland, but did you know that it's also spoken in Malta, Croatia, Slovenia and France and that there are 63 million Italian speakers around the world? That's a lot! **Molti italiani, no?**

Let's now look at the names of some well-known places in Italy and find out how to say them in Italian. Now, I'm sure you all know the capital city, Rome, which is in the middle of the country on the west. In Italian we say **Roma**, which is quite similar to the English. If we go north of the capital, we're sure you'll have heard of Florence but do you know what it is **in italiano**? **Firenze!** We say, **Firenze**.

**Firenze**, or Florence is in the **Toscana** region - can you guess what that is? **Sì**, Tuscany, and that's also where you find **Pisa**. If you continue further north and to the east coast, you find a city which is very popular with tourists as they like to stroll through the narrow streets or take a gondola ride on the canals - can you guess where we are? **Molto bene**, Venice, **Venezia!**

If we travelled south of **Roma**, we would find ourselves in **Napoli**, Naples, and you'll probably know that Italy is shaped like a boot, so where would we be if we went all the way to the south, to the toe of the boot? **Sicilia** which, of course, is Sicily. Now, obviously there are many more beautiful Italian cities that we're sure you'll know but we're going to leave it there for now and perhaps we'll talk about more in future episodes. Let's practise those names in Italian one more time: **Italia, Svizzera, Roma, Firenze, Toscana, Pisa, Venezia, Napoli e Sicilia. Molto bene!**

## How to answer "grazie"

If someone says **grazie** to you, the most natural answer is:

**prego**

*you're welcome, don't mention it, not at all*

Literally this means "I pray", but it's the natural response when you hear the word **grazie**.



## Review 2

### sto molto bene

*I'm very well*

### sto benissimo

*I'm very, very well / excellent*

### sto male

*I'm (feeling) bad*

### sto molto male

*I'm (feeling) very bad*

### sto malissimo

*I'm (feeling) very, very bad / awful / terrible*

### mamma mia, sto malissimo!

*oh my goodness, I feel awful!*



## Conversation

It's time to put the new words and phrases from this lesson to the test in a conversation.

Mark introduces one further expression which can be used both as a question and answer:

### va bene?

*OK? Is that OK?*

### va bene

*OK, that's ok*

Mark: Ciao, Francesca, come stai?

Francesca: Ciao, Mark. Sto bene. E tu?

Mark: Oggi sto male.

Francesca: Oh! Mamma mia!

This conversation introduces a new word, **oggi**:

**oggi**

*today*

We can use this word in other phrases we already know:

**oggi sto male**

*today I'm feeling bad*

**come stai oggi?**

*how are you today?*



## Lesson 1 Review

The bonus episode includes some additional vocabulary and a translation challenge.

**come stai?**

*how are you?*

**come sta?**

*how are you? (formal version)*

**come va?**

*how are things?*

**tutto bene?**

*is everything OK?*

**tutto bene**

*everything is OK*

**sì, tutto bene**

*yes, everything is OK*

**sono stanca**

*I'm tired (for female speakers)*

**sono stanco**

*I'm tired (for male speakers)*

**sono malata**

*I'm ill (for female speakers)*

**sono malato**

*I'm ill (for male speakers)*



## Translation test

1. I'm feeling well today.
2. How are you?
3. Hello Francesca. How are you today?
4. My goodness, I'm feeling terrible!
5. Today I'm very tired.

### Answers

1. Sto bene oggi.
2. Come stai? (or come sta? formal)
3. Ciao, Francesca. Come stai oggi?
4. Mamma mia, sto malissimo!
5. Oggi sono molto stanco/a.



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