

A1 Italian

COMPLETE COURSE

Authentic conversational Italian
for beginners

FREE SAMPLE

My Italian Circle is a YouTube channel, a Website and a Patreon community for learners of Italian.



On our YouTube channel you can find hundreds of engaging lessons on the Italian language: grammar, vocabulary, the news, speaking and listening practice for all levels: youtube.com/myitaliancircle



Language and culture are closely intertwined, and this is especially true of Italy and Italian. Have a look at our Website for reference guides to Italian art, history, music, opera, literature and cinema. You will also find our latest premium content and plenty of free resources to improve your Italian: myitaliancircle.com

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Topics

Lesson 1

- Greetings & introductions
- Noun-adjective agreement
- The articles IL and LA
- The adverb BENE
- Introduction to the first conjugation
- The singular forms of ESSERE – to be
- The preposition DI

Lesson 2

- Complete first conjugation
- The irregular verbs ANDARE and STARE – full conjugation
- Introduction to possessive adjectives
- The demonstrative adjective QUESTO
- Nationalities
- The pronunciation of C, G, GL, GN
- The polite form

Lesson 3

- Subject pronouns
- Numbers 0 to 20
- The days of the week
- The three conjugations

Lesson 4

- Introduction to the *passato prossimo*
- Verbs of the third conjugation, group 2 (ISC verbs)
- Vocabulary: common foods
- The verb VOLERE – to want
- The preposition CON

Lesson 5

- Jobs & workplaces
- The verb FARE – to do
- Indefinite and definite articles

Introduction

This comprehensive A1 course caters to beginners, offering guidance as they take their first steps into our beautiful language. It's equally beneficial for more advanced learners aiming to solidify grammar basics and enhance their vocabulary.

Each lesson includes **a text or dialogue in Italian, complete with audio, glossary and English translation. Detailed grammar notes and vocabulary expansions** explain each lesson's topics, and **exercises with solutions** aid understanding and retention. A page of **cultural tips** completes each lesson, providing insights into Italian culture and lifestyle.

We call this course complete because it includes all the grammar topics and most of the vocabulary that you can find at the A1 level of language proficiency. Going through an entire A1 course and getting to an A2 level (late beginner) is no small feat, and requires patience and dedication. Our advice is to take all the time you need to absorb the grammar concepts and the vocabulary in each lesson before tackling the next one, especially in the beginning.

This course is self-contained and no additional material is required to complete it. Nevertheless, we added references to related video lessons, freely available on our YouTube channel, and to our **concise grammar handbook**, which can be purchased on [Amazon](#). An online dictionary like WordReference will help to learn more about a word or expression.

All dialogues, texts, and example sentences are crafted to sound natural and authentic. This course doesn't teach textbook Italian; instead, it immerses you in the language we genuinely speak in everyday life. There are of course a thousand different ways to speak Italian and many regional variants – this is our best rendition of grammatically correct current conversational Italian. We trust you'll enjoy reading and listening to our characters, completing the course with confidence and a readiness to delve deeper. Buono studio!

Anna & Diana

LESSON 6

In questa lezione: **how to describe your daily routine; reflexive verbs; adverbs of frequency.**

Read and memorise the following daily actions:

To say at what time we do something, in Italian we use the prepositional contraction **alle**, i.e. a + le:

*Mi alzo **alle** sette e faccio colazione **alle** otto.*

Che ore sono?



Sono le otto (in punto/ precise).

Sono le otto e un quarto.

Sono le otto e mezza / le otto e trenta.

Sono le otto e quarantacinque / le nove meno un quarto.

Vocabolario: la mia giornata

Leggi e impara le seguenti azioni quotidiane:



alzarsi



farsi la doccia



vestirsi



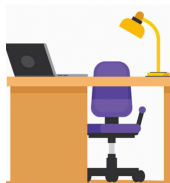
fare colazione



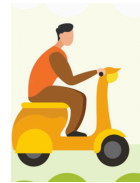
andare al lavoro



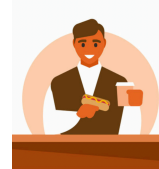
pranzare



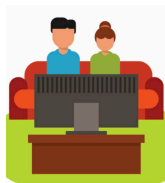
lavorare



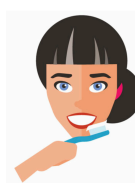
tornare a casa



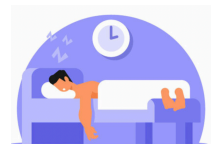
cenare



guardare la TV



lavarsi i denti



andare a dormire

Glossario

- ◆ *tutti i giorni*: every day
- ◆ *sempre*: always
- ◆ *spesso*: often
- ◆ *qualche volta*: sometimes
- ◆ *fino alle 5:30*: until 5.30
- ◆ *mezz'ora*: half an hour
- ◆ *collega*: colleague
- ◆ *verso le otto*: around eight
- ◆ *dimenticare*: to forget
- ◆ *mai*: never
- ◆ *andare a*: to go to
- ◆ *di solito*: usually

Sottolinea gli avverbi e le espressioni di frequenza nel testo.

Underline adverbs and expressions of frequency in the text.

Qualche

Qualche is an indefinite adjective. It is invariable and is always followed by a singular noun:

- *qualche persona*
some/a few people
- *qualche giorno*
some/a few days

La giornata di Linda

Linda si alza tutti i giorni alle sette e mezza. Si fa la doccia, si veste e poi fa colazione. A colazione beve sempre un caffè e mangia una fetta di pane con burro e marmellata. Esce di casa alle otto e un quarto. Linda va spesso al lavoro in autobus, qualche volta in macchina. A metà mattina prende un caffè con i colleghi; alle dodici e mezza ha mezz'ora di pausa: a pranzo mangia solo un panino, poi torna al lavoro fino alle cinque e mezza. La sera cena verso le otto, poi guarda la tv o legge un libro. Non dimentica mai di lavarsi i denti prima di andare a dormire.

Rispondi alle domande:

1. A che ora si alza Linda?
2. Cosa mangia a colazione?
3. Fino a che ora lavora?
4. Cosa fa dopo cena?

E tu? Rispondi alle domande sulla tua giornata:

Ti alzi presto la mattina?

1. A che ora ti alzi di solito?
Di solito mi alzo alle _____
2. La mattina fai la doccia o il bagno?
La mattina faccio _____
3. Cosa mangi a colazione di solito?
Di solito mangio _____
4. A che ora esci per andare al lavoro?
Esco alle _____
5. A che ora torni a casa la sera?
Torno alle _____

GLI AVVERBI DI FREQUENZA

SEMPRE

DI SOLITO

SPESSO

QUALCHE VOLTA/
OGNI TANTO

RARAMENTE

MAI

Grammar notes



A **reflexive verb** is a verb conjugated with reflexive pronouns. In most cases, the action performed by the subject affects (reflects on) the subject:

Sandra **si lava** i denti tutte le sere.

Sandra brushes her teeth every evening.

Sandra **si veste** in fretta.

Sandra gets dressed quickly. (literally: dresses herself)

Here, the subject and the object of the sentence are the same, and the reflexive pronoun corresponds to the English 'oneself'.

This is the conjugation of the reflexive verb *alzarsi* (to get up):

SINGULAR	PLURAL
io mi alzo	noi ci alziamo
tu ti alzi	voi vi alzate
lui/lei si alza	loro si alzano

The conjugation is the same as for other verbs, we only need to add the **reflexive pronouns** *mi, ti, si, ci, vi, si*.

Reflexive pronouns are usually placed before the verb, but they are found after the verb in imperatives (orders):

Oggi **mi** sono alzato tardi. I got up late today.

> Indicative. Reflexive pronoun before the verb.

Alzati! È tardi! Get up! It's late!

> Imperative. Reflexive pronoun attached to the verb.

Sottolinea l'opzione corretta

1. Viola si alza / ci alza sempre alle otto.
2. Paolo e Luisa ci laviamo / si lavano i denti.
3. Io non mi arrabbio / gli arrabbio mai.
4. Voi qualche volta vi vestite / si vestite di rosso.
5. Noi ci sveglio / ci svegliamo presto.
6. Tu non ti annoi / ti annoia mai.

Completa con i pronomi riflessivi

1. Io __ alzo presto.
2. Noi __ facciamo la doccia tutte le mattine.
3. Paolo __ diverte alle feste.
4. Loro __ addormentano alle undici.
5. Voi __ lavate la faccia con l'acqua fredda.
6. Tu __ pettini male.

Completa le coniugazioni

SINGULAR	PLURAL
io mi vesto	noi
tu	voi vi vestite
lui/lei si veste	loro

SINGULAR	PLURAL
io mi lavo	noi
tu	voi
lui/lei	loro si lavano

Cultural Tips



Mi sono lavato i capelli

English makes liberal use of possessive adjectives (my, your, her, etc.), and English-speaking learners often translate these pronouns when they speak Italian. But as you probably noticed in this lesson, our language omits possessive adjectives when it is clear that we are talking about something that is part of us. For example, how would you say 'I broke my arm'?

1. *Ho rotto il mio braccio.*
2. *Mi sono rotto un braccio.*

While the first sentence is grammatically correct, nobody would actually use it. The correct option is the second one, a reflexive verb and no possessive adjective: just an arm, not my arm. The same applies to hair, hands, teeth and other body parts:

<i>Mi lavo i denti.</i>	I brush my teeth.
<i>Ti lavi i capelli.</i>	You wash your hair.
<i>Si lava le mani.</i>	He/she washes his/her hands.
<i>Ci laviamo la faccia.</i>	We wash our face.
<i>Vi lavate le orecchie.</i>	You (plural) wash your ears.
<i>Si lavano i piedi.</i>	They wash their feet.

A che ora?

In Italy we use both the 12-hour and the 24-hour system to tell the time. In informal everyday speech we use the 12-hour system, adding *di mattina* (in the morning), *di pomeriggio* (in the afternoon), *di sera* (in the evening) or *di notte* (at night), if necessary.

We use the 24-hour system in formal settings or to be precise: *Lo spettacolo inizia alle 20:30*, the show begins at 8:30 pm; *Il volo parte alle 14:15*, the flight leaves at 2:15 pm.

Related Videos

On My Italian Circle's **YouTube channel** you can find video lessons on most of the topics covered in this book, and much more. Our videos are designed to be engaging and interactive, asking you to answer questions and do exercises – give them a try. You can find the videos listed below organised in playlists on YouTube or on our Website.



Grammar Lessons:

- ✦ [How to Form a Sentence in Italian](#) – The Building Blocks of Italian
- ✦ [Masculine or feminine?](#) – The Gender of Nouns in Italian
- ✦ [Definite Articles in Italian](#)
- ✦ [Articolo sì o no? When to use definite articles](#)
- ✦ [Let's Practise Definite Articles - Esercizi con gli articoli](#)
- ✦ [Le preposizioni](#) – How to Use Italian Prepositions
- ✦ [Le preposizioni articolate](#)
- ✦ [Let's Practise Italian Prepositions](#) – Esercizi con le preposizioni
- ✦ [How to Use Italian Pronouns](#) – LO/LA & Other Pronouns
- ✦ [How to Use Italian Pronouns](#) – ME, TE, LUI: Stressed Pronouns
- ✦ [Let's Practise Italian Pronouns](#) – Esercizi con i pronomi
- ✦ [How to Use Verbs in Italian](#) – Le coniugazioni in italiano
- ✦ [How to conjugate & use the verb SAPERE](#)
- ✦ [Il passato prossimo 1. How to form it](#)
- ✦ [Il passato prossimo 2. Essere o avere?](#)
- ✦ [Il passato prossimo 3. How to use it](#)

- ◆ [Italian Reflexive Verbs Clarified](#)
- ◆ [When to Use Essere or Avere in Italian](#)
- ◆ [How to Ask Questions in Italian](#)
- ◆ [CI & NE](#)

Vocabulary:

- ◆ [Italian Numbers! How to Count in Italian](#)
- ◆ [Al bar e al ristorante](#)
- ◆ [How to Talk about Clothes & Shopping in Italian](#)
- ◆ [Andiamo in vacanza in Italia! – How to Talk about the Holidays](#)
- ◆ [Problemi in albergo – How to Complain in Italian](#)
- ◆ [La casa – How to Describe your House in Italian](#)
- ◆ [In farmacia – At the Pharmacy](#)
- ◆ [La mia famiglia – Italian Family Vocabulary](#)

Speaking & Listening Practice:

- ◆ [Italian Pronunciation Guide playlist](#)
- ◆ [Parla italiano! How to Introduce Yourself in Italian](#)
- ◆ [Parla italiano! How to Order at the Bar & Restaurant](#)
- ◆ [50 Easy Sentences in Italian](#)
- ◆ [Italian Listening Practice for Beginners 1 – Ascolta e rispondi](#)
- ◆ [La mia casa – Easy Listening Practice](#)
- ◆ [Turisti al ristorante \(in Italian\)](#)
- ◆ [Gli italiani a tavola \(in Italian\)](#)