

20 LESSONS WITH AUDIO & EXERCISES



# A1 ITALIAN

## COMPLETE COURSE

Authentic conversational Italian  
for beginners

with  
cultural  
insights



[myitaliancircle.com](http://myitaliancircle.com)

# **A1 Italian**

## **COMPLETE COURSE**

Authentic conversational Italian  
for beginners

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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](https://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](https://myitaliancircle.com)

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# Table of Contents

Topics	4
Glossary of Grammar Terms	7
Italian Alphabet	8
Introduction	9
Lesson 1 – Il primo incontro	10
Lesson 2 – Gelato? No, grazie, cioccolata!	19
Lesson 3 – Annunci in bacheca	31
Lesson 4 – In pizzeria	40
Lesson 5 – Che lavoro fai?	50
Lesson 6 – La mia giornata	58
Lesson 7 – Cosa fai nel tempo libero?	66
Lesson 8 – Ho fame e mi annoio!	75
Lesson 9 – L'albergo perfetto	83
Lesson 10 – Scusi, dov'è l'Arena?	91
Lesson 11 – È uno spreco!	101
Lesson 12 – Che bel cagnolino!	108
Lesson 13 – Dove vai?	116
Lesson 14 – La camicia rossa	124
Lesson 15 – Un appartamento comodo	132
Lesson 16 – Io starei a casa!	141
Lesson 17 – Un etto di prosciutto crudo	148
Lesson 18 – Un invito a un matrimonio	156
Lesson 19 – Dal meccanico	165
Lesson 20 – Quante domande!	173
Audio Files and Related Videos	181

# 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*



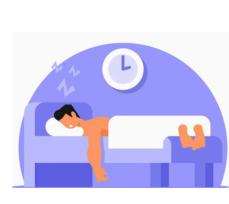
*cenare*



*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

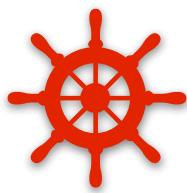
1. Io \_\_ alzo presto.
2. Noi \_\_ facciamo la doccia tutte le mattine.
3. Paolo \_\_ diverte alle feste.
4. Loro \_\_ addormentano alle undici.
5. Voi \_\_ lavate la faccia con l'acqua fredda.
6. Tu \_\_ pettini male.

### Completa le coniugazioni

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

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

## 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](#)
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- ◆ [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
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- ◆ [Il passato prossimo 1. How to form it](#)
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- ◆ [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 \(in Italian\)](#)