

Lesson 24 – New Year Resolutions

Target:

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| Dea-rún na bliana úire 2013 | <i>New Year Resolutions for 2013</i> |
| Rún | <i>Intention, resolution, secret, loved one, dear friend</i> e.g. faoi rún = in confidence, a rún mo chroí = my darling |
| Dea (prefix) | <i>Good or well e.g. dea-chroí = good hearted, Dea-ghuí = good wish</i> |

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| Dea-rún na hathbhliana | } <i>New Year Resolution</i> |
| Dea-rún don athbhliain | |
| Dea-rún don bhliain úr | |

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| Q) An bhfuil dea-rún na hathbhliana déanta agat? | <i>Have you made a New Year's resolution?</i> |
| A) Tá, tá mé ag dul ar aiste bia. | <i>Yes, I'm going on a diet.</i> |
| Or Beidh mé ag dul ar aiste bia. | <i>Or I will be going on a diet.</i> |

Other possible resolutions:

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| Tá mé chun... | |
| níos lú a ithe | <i>I'm going to eat less</i> |
| níos lú a ól | <i>drink less</i> |
| méachan a chailliúint | <i>lose weight</i> |
| an Ghaeilge a fhoghlaim | <i>to learn Irish</i> |
| níos mó Gaeilge a labhairt | <i>to speak more Irish</i> |
| bia sláintiúil a ithe | <i>to eat healthy food</i> |
| níos mó aclaíochta a dhéanamh | <i>to do more exercise</i> |
| post buan a fháil | <i>to get a permanent job</i> |
| tacaíocht a thabhairt do 'Bhliain na Gaeilge 2013' | <i>Support 'Bliain na Gaeilge 2013'</i> |

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| Rachaidh mé go dtí an tsólann níos minice. | <i>I will go to the leisure centre more often.</i> |
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Quiz:

Listen to the podcast and fill in the blanks:

- 1) _____.
- 2) _____.
- 3) _____.
- 4) _____.
- 5) _____.

Phrase of the week:

Déan mórán agus can beagán.
Action speaks louder than words
Go n-éirí a t-adh libh uilig!
Good luck to you all!