

Essere literally means “to be”, while **stare** translates as “to stay”.

1. To Express Feelings

Same as in English, you use the verb **essere** before an adjective to say that you're happy, angry, sad and so on

- **Sono** felice – *I'm happy*
- Maria **è** arrabbiata – *Maria is angry*
- Luca e Paolo **sono** tristi – *Luca and Paolo are sad*

2. To Tell Where You're From

- **Sono** italiano/americano/spagnolo – *I'm Italian/American/Spanish*

3. To Describe Someone Or Something

You use **essere** to describe someone physically and also for his/her personality traits:

- Laura **è** bella/intelligente/estroversa – *Laura is beautiful/smart/outgoing*
- Questo libro **è** nuovo – *This book is new*

4. To Say Where Something Is Located

- Marco **è** a scuola – *Marco is at school*
- Roma **è** in Italia – *Rome is in Italy*

5. To Talk About One's Profession

- Mio padre **è** avvocato – *My father is a lawyer*
- Luca **è** medico – *Luca is a doctor*

Esserci

1. To Express The Presence Of Something

Whether it's abstract or not, you can express the presence of something or someone with the forms “**c'è**” (there is) or “**ci sono**” (there are):

- **C'è** tanto lavoro da fare – *There's a lot of work to do*
- **Ci sono** molti libri sul tavolo – *There are many books on the table*

2. To Check If Something Is Clear Or Not

For instance, during a lesson or an explanation:

- **Ci sei** fin qui? – *Are you following me?/ Is it clear so far?*
- Sì, **ci sono** – *Yes I am (it's clear)*

Stare is also widely used in Italian. We've said before that it literally translates as "to stay", and occasionally as the verb "to be", which may confuse some students.

1. To Ask Someone How He Or She Is

- Come **stai**? – *How are you?*
- **Sto** bene, grazie – *I'm fine, thank you*

2. To Say Where Someone Is

You can use stare to indicate where someone is located or will be located:

- Questo weekend **starò** a Napoli – *I'll be in Naples this weekend*
- Tuo figlio è grande abbastanza per **stare** a casa da solo – *Your son is old enough to stay home alone*

3. To Say Where Something Is Located

- L'ufficio di Andrea **sta** in centro città – *Andrea's office is downtown*

4. To Form The Continuous Tense

- Che **stai** facendo? – *What are you doing?*
- Dove **stai** andando? – *Where are you going?*
- Luca **sta** studiando – *Luca is studying*

5. To Form The Imperative Mood

Stare is used together with some adjectives such as "**solo**", "**calmo**", "**zitto**", "**tranquillo**", to invite someone to act in a certain way or to do something:

- **Sta'** zitto – *Be quiet*
- **Stai tranquillo** – *Don't worry*
- Vorrei **stare** solo – *I'd like to be alone*
- **State** calmi – *Please calm down*

6. To Describe Or Talk About Someone's Health

- **Sta** molto male – *He's really sick*
- Ieri avevo la febbre, oggi **sto** molto meglio – *Yesterday I had a fever, today I feel (I am) better.*

7. To Mean "To Fit", "To Suit"

Stare can be used as a synonym for the verbs "to fit", "to suit":

- La macchina è già piena, un'altra valigia non ci **sta** – *The car is already full, there's no room for another suitcase*
- Questa giacca mi **sta** benissimo – *This blazers suits me well*

8. To Say That You Agree To Do Something

Stare can be used to agree to someone's plan, meaning "I'm in".

- Andiamo al cinema, vieni? Sì, ci **sto**! – *We go to the cinema, are you coming? Sure, I'm in!*

9. To Indicate That Someone Is About To Do Something

The combination of **stare** + infinitive means that someone is just about to do something. For instance:

- **Sto** per andare al supermercato. Ti serve qualcosa? – *I'm about to go to the supermarket. Do you need anything?*

10. To Form The Present Continuous

You can form the present continuous by using **stare** + the gerundive of the acting verb:

- Luca **sta** mangiando – *Luca is eating*
- Dove **stai** andando? – *Where are you going?*

11. To Say "Leave It"

In Italy the sentence "**lascia stare**" is used a lot, meaning "don't do it", "leave it", or "it's not necessary".

- Nel pomeriggio vado a fare la spesa. **Lascia stare**, sono andata io stamattina
I'm going to do grocery shopping today. Leave it, I went this morning
- Ti serve aiuto? **Lascia stare**, riposati pure *Do you need help? It's not necessary. Take a rest*