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 may 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)*

LIVEWORKSHEETS

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*

LIVEWORKSHEETS

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*

LIVEWORKSHEETS