

Siesta, sobremesa y cenar tarde - ¿Tópicos o realidades?

Cada frase del episodio, con su traducción justo debajo. Cobertura completa: todas las líneas, sin omisiones.

INTRODUCTION (ENGLISH)

Hey, welcome back to Poco a Poco.

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I'm Juan... and today we're talking about three things that, if you've ever traveled to Spain, you've probably heard about.

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The siesta.

The siesta.

The sobremesa.

The sobremesa.

And eating dinner... really, really late.

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Are these real things... or just stereotypes that tourists repeat?

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Well... I have personal experience with all three.

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And I'm going to tell you exactly what happens when my foreign friends visit Spain for the first time.

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Let's get into it.

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CUERPO PRINCIPAL (ESPAÑOL → ENGLISH)

Bueno... empecemos por la siesta.

Well... let's start with the siesta.

Para mucha gente fuera de España, la siesta es una broma.

For a lot of people outside Spain, THE SIESTA IS A JOKE.

Como si todos los españoles... cerráramos la tienda a las tres de la tarde para dormir una hora.

As if all Spaniards... closed up shop at three in the afternoon to sleep for an hour.

Y... bueno, a veces es verdad.

And... well, sometimes it's true.

Pero para mí, la siesta no es pereza.

But for me, the siesta isn't PEREZA.

Es... necesidad.

It's... NECESIDAD.

Os voy a contar algo.

Let me tell you something.

Cuando estaba en Inglaterra, estudiando en la universidad...

When I was in England, studying at university...

...al principio no lo eché de menos.

...at first I didn't miss it.

Pero después de unas semanas...

But after a few weeks...

empecé a notar algo raro.

I started noticing something strange.

Sobre las tres... tres y media de la tarde...

Around three... three thirty in the afternoon...

me entraba un cansancio... enorme.

an enormous CANSANCIO would hit me.

Y yo pensaba, "¿qué me pasa?"

And I'd think, "what's wrong with me?"

Mis compañeros seguían trabajando, normales.

My classmates kept working, normal as ever.

Y yo... casi me quedaba dormido encima del libro.

And I... would almost fall asleep on top of my book.

Claro... mi cuerpo todavía tenía el reloj español.

Of course... my body still had EL RELOJ español — the Spanish clock.

El reloj de la siesta.

The siesta clock.

Y lo echaba de menos.

And I MISSED IT.

Mucho.

A lot.

No solo dormir...

Not just sleeping...

sino ese momento del día en que... todo se para.

but that moment of the day when... everything stops.

Y aquí viene la parte interesante.

And here's the interesting part.

Porque no es solo cultura.

Because it's not just culture.

Hay estudios... científicos, de verdad...

There are studies... real scientific ones...

que dicen que una siesta corta...

that say a short siesta...

de veinte... máximo treinta minutos...

twenty... thirty minutes max...

mejora la memoria...

improves memory...

mejora la concentración...

improves concentration...

y reduce el estrés.

and reduces stress.

O sea... que no estamos locos.

In other words... we're not crazy.

Estamos... adelantados.

WE'RE AHEAD OF THE CURVE.

Eso digo yo, al menos.

That's what I say, anyway.

Y tengo una anécdota perfecta sobre esto.

And I have the perfect story about this.

Tengo un amigo alemán... se llama Lukas.

I have a German friend... his name is Lukas.

Vino a pasar un verano en Valencia, con mi familia.

He came to spend a summer in Valencia, with my family.

Y el primer día... después de comer...

And the first day... after lunch...

toda la casa se quedó en silencio.

the whole house went silent.

Lukas pensó que pasaba algo malo.

Lukas thought something was wrong.

Salió de su habitación... de puntillas...

He came out of his room... ON TIPTOE...

como si hubiera un funeral.

like there was a funeral going on.

Y vio a mi padre... dormido en el sofá.

And he saw my dad... asleep on the sofa.

A mi madre... dormida en su sillón.

My mom... asleep in her armchair.

Y a mi hermano... dormido en el suelo, literalmente.

And my brother... asleep on the floor, literally.

Lukas me contó después que pensó... "¿están todos enfermos?"

Lukas told me later he thought... "is everyone sick?"

Y yo le dije, "no, Lukas... es la siesta."

And I told him, "no, Lukas... it's the siesta."

Al final del verano... ¿sabéis qué?

By the end of the summer... you know what?

Lukas también dormía la siesta.

Lukas was napping too.

Todos los días.

Every single day.

Y no fue solo Lukas.

And it wasn't just Lukas.

Tengo otra amiga... se llama Yuki, es de Japón.

I have another friend... her name is Yuki, she's from Japan.

Y con ella fue al revés.

And with her, it went the other way around.

Yuki vino a Valencia... hace dos veranos.

Yuki came to Valencia... two summers ago.

Y el primer día, después de comer, le dije, "venga, vamos a dormir un poco."

And on the first day, after lunch, I told her, "come on, let's get some sleep."

Y se quedó... mirándome, muy seria.

And she just stared at me... very serious.

Me dijo, "¿dormir?"

She said, "sleep?"

Pero si son las tres de la tarde."

It's three in the afternoon."

Y yo le dije, "exacto... por eso."

And I told her, "exactly... that's why."

En Japón, me explicó Yuki...

In Japan, Yuki explained to me...

hay algo parecido... se llama "inemuri."

there's something similar... it's called "inemuri."

Pero no es lo mismo.

But it's not the same thing.

El inemuri es dormir... en público, sin querer.

Inemuri is falling asleep... in public, without meaning to.

En el metro, en una reunión, hasta de pie.

On the subway, in a meeting, even standing up.

Pero nadie lo planea.

But nobody plans it.

Nadie dice, "ahora vamos a dormir."

Nobody says, "now we're going to sleep."

La siesta española... es diferente.

The Spanish siesta... is different.

Es intencional.

It's intentional.

Es un ritual, casi sagrado.

It's A RITUAL, ALMOST SACRED.

Le costó tres días a Yuki.

It took Yuki three days to give in.

Pero al final... también cayó.

But in the end... she CAYÓ too — she gave in.

Me envió un mensaje el año pasado.

She sent me a message last year.

Me dijo, "Juan... ahora duermo siesta en Tokio, y mis compañeros de trabajo piensan que estoy loca."

She said, "Juan... I nap in Tokyo now, and my coworkers think I'm crazy."

Me hizo mucha gracia.

IT REALLY MADE ME LAUGH.

Vale, ahora... la sobremesa.

Okay, now... the sobremesa.

Esta es más difícil de explicar.

This one's harder to explain.

Porque ni siquiera existe la palabra... en inglés.

Because the word doesn't even exist... in English.

La sobremesa es... el tiempo después de comer...

SOBREMESA is... the time after eating...

en el que... te quedas en la mesa.

when... you stay at the table.

No para comer más.

Not to eat more.

Para hablar.

To talk.

Para reírte.

To laugh.

Para discutir de política con tu tío... otra vez.

To argue about politics with your uncle... again.

Y no es solo política.

And it's not just politics.

Se habla de todo.

You talk about everything.

De fútbol.

Football.

De quién se va a casar con quién.

Who's going to marry whom.

De la vecina del quinto, que nadie sabe muy bien a qué se dedica.

About THE NEIGHBOR FROM THE FIFTH FLOOR, nobody really knows WHAT SHE DOES FOR A LIVING.

Y, sobre todo... se cuentan historias.

And, above all... stories get told.

La misma historia, mil veces.

The same story, a thousand times.

Mi abuelo cuenta la misma anécdota de su servicio militar... desde que yo tenía cinco años.

My grandfather tells the same story about his MILITARY SERVICE... since I was five years old.

Y todos la escuchamos... como si fuera la primera vez.

And we all listen... like it's the first time.

Porque no importa la historia.

Because the story doesn't matter.

Importa estar ahí.

What matters is being there.

Importa el café, el ruido de las cucharillas, las risas.

What matters is the coffee, the clinking of spoons, the laughter.

Puede durar... veinte minutos.

It can last... twenty minutes.

Puede durar... tres horas.

It can last... three hours.

En mi familia, los domingos...

In my family, on Sundays...

terminábamos de comer a las tres...

we used to finish eating at three...

y seguíamos en la mesa...

and we'd stay at the table...

hasta las cinco, o las seis.

until five, or six.

Sin móviles.

No phones.

Bueno... casi sin móviles.

Well... almost no phones.

Y tengo amigos extranjeros que han venido a comer a casa de mis padres...

And I have foreign friends who've come to eat at my parents' house...

y después de la comida...

and after the meal...

se levantan.

they get up.

Y mi madre dice, "¿pero dónde vas? ¡Siéntate!"

And my mom says, "where are you going? Sit down!"

Y el amigo... no entiende nada.

And the friend... doesn't understand a thing.

Porque para él, la comida... ya terminó.

Because for them, the meal... is already over.

Pero para nosotros... la comida es solo la primera parte.

But for us... the meal is just the first part.

La sobremesa es la segunda.

SOBREMESA is the second.

Y, para mí... es la mejor.

And, for me... it's the best part.

Tengo otro ejemplo, todavía mejor.

I have another example, even better.

Mi amigo Lukas... el mismo del verano de la siesta...

My friend Lukas... the same one from the siesta summer...

la primera sobremesa que vivió, en casa de mis padres...

the first sobremesa he experienced, at my parents' house...

duró... cuatro horas.

lasted... four hours.

Cuatro horas, hablando de fútbol, de política, de la vida.

Four hours, talking about football, politics, life.

Y Lukas, a la hora dos...

And Lukas, around hour two...

me preguntó en voz baja, "Juan... ¿cuándo nos vamos?"

asked me quietly, "Juan... when are we leaving?"

Y yo le dije, "¿irnos?"

And I told him, "leaving?"

Lukas, todavía no hemos terminado el café."

Lukas, we haven't even finished the coffee."

Para él, la sobremesa era... una tortura amable.

For him, the sobremesa was... A FRIENDLY KIND OF TORTURE.

Para nosotros... era un domingo normal.

For us... it was a normal Sunday.

Y ahora... el tema que más sorprende a la gente.

And now... the topic that surprises people the most.

La hora de cenar.

Dinner time.

Tengo una amiga... de Suecia.

I have a friend... from Sweden.

Vino a visitarme a Valencia el verano pasado.

She came to visit me in Valencia last summer.

Y le dije, "vamos a cenar a las diez."

And I told her, "let's have dinner at ten."

Su cara... no tenía precio.

HER FACE WAS PRICELESS.

"¿Las diez de la noche?"

"Ten at night?"

"En Suecia... yo ceno a las seis."

"In Sweden... I have dinner at six."

Y yo le dije, "bienvenida a España."

And I told her, "WELCOME TO Spain."

Pero esto tampoco es solo... una costumbre rara.

But this isn't just... some weird COSTUMBRE either.

Tiene una explicación histórica.

It has a historical explanation.

España, geográficamente...

Spain, geographically...

está en la misma zona horaria que... Alemania.

is in the same time zone as... Germany.

Pero el sol... se pone mucho más tarde aquí.

But the sun... sets much later here.

Así que, en realidad...

So, in reality...

nuestro reloj... está un poco desajustado con el sol.

our clock... is a little DESAJUSTADO — out of sync — with the sun.

Comemos tarde porque el sol todavía está alto.

We eat late because THE SUN IS STILL HIGH.

Y cenamos tarde... por la misma razón.

And we have dinner late... for the same reason.

Mi amiga sueca tardó tres días en adaptarse.

My Swedish friend TOOK THREE DAYS TO ADJUST.

El cuarto día...

On the fourth day...

ya estaba pidiendo tapas a las once de la noche.

she was already ordering tapas at eleven at night.

Como una más.

Like a local.

Y no es solo ella.

And it's not just her.

Tengo otra amiga... americana, de Chicago.

I have another friend... American, from Chicago.

La primera noche en Madrid...

Her first night in Madrid...

me preguntó, muy seria, "¿pero a qué hora cierran los restaurantes?"

she asked me, very seriously, "what time do restaurants close?"

Y yo le dije, "¿cerrar?"

And I told her, "close?"

Si todavía no han abierto."

They haven't even opened yet."

Su cara... otra vez, sin precio.

Her face... priceless, again.

Eran las ocho y media de la tarde.

It was eight thirty in the evening.

En España... eso es la hora de la merienda, casi.

In Spain... that's almost MERIENDA time — snack time.

Y es que todo el horario español está... desplazado.

And that's because the whole Spanish schedule is... DESPLAZADO — shifted.

Desayunamos tarde, comparado con el resto de Europa.

We have breakfast late, compared to the rest of Europe.

Comemos a las dos, o las tres.

We eat at two, or three.

Merendamos a las seis o las siete.

We have a snack at six or seven.

Y cenamos a las nueve, o las diez.

And we have dinner at nine, or ten.

Mis amigos extranjeros siempre me preguntan lo mismo.

My foreign friends always ask me the same thing.

"Pero Juan... ¿cuándo coméis tanto?"

"But Juan... when do you eat so much?"

Y yo les digo, "todo el día... poco a poco."

And I tell them, "all day long... POCO A POCO."

Es el nombre del podcast, ¿eh?

That's the name of the podcast, right?

No es casualidad.

It's not a coincidence.

Entonces... ¿tópicos, o realidades?

So... stereotypes, or realities?

Yo creo que... son realidades.

I think... they're realities.

Pero realidades con sentido.

But realities that make sense.

La siesta... no es pereza.

The siesta... isn't laziness.

La sobremesa... no es perder el tiempo.

The sobremesa... isn't wasting time.

Y cenar tarde... no es desorden.

And having dinner late... isn't chaos.

Es... otra forma de vivir el tiempo.

It's... another way of living time.

Más lenta.

Slower.

Más... compartida.

More... shared.

Y, sinceramente... cuando estoy fuera de España...

And, honestly... when I'm away from Spain...

es lo que más echo de menos.

it's what I miss the most.

Bueno... eso, y mi cama.

Well... that, and my bed.

Pero sobre todo... el tiempo.

But mostly... time.

El tiempo de no tener prisa.

The time of not being in a hurry.

Okay, let's break down some of the vocabulary from today's episode.

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First word: "sobremesa."

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There's no real translation for this in English... it's the whole ritual of staying at the table after eating, just to talk.

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I said... "la sobremesa es la segunda parte."

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The meal is just step one.

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The real connection happens after.

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Second expression: "echar de menos."

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I said "lo echaba de menos"... it literally means something like "to throw from less," which makes no sense — it actually means "to miss" someone or something.

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In Latin America, you'd more often hear "te extraño" instead.

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Same meaning... different flavor.

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Third word: "pereza."

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I said, "la siesta no es pereza" — it means laziness, but it's used very casually, almost affectionately.

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You can say "qué pereza" about almost anything you don't feel like doing, even answering an email.

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It's much softer than calling someone lazy in English.

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Fourth word: "desajustado."

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I said our clock is "un poco desajustado con el sol" — out of sync, or misaligned.

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It comes from "ajustar," to adjust, with "des-" reversing it.

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Useful for schedules, machines, or relationships out of sync.

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Now, a quick grammar point.

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Did you notice how many times I used the imperfect tense today?

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"Terminábamos," "seguíamos," "tenía"...

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The imperfect describes repeated, habitual actions in the past — not one completed event, but something that used to happen, again and again.

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"Terminábamos de comer a las tres" means... every Sunday, that's just what happened.

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For one specific Sunday, I'd switch to the preterite... "el domingo pasado, terminamos a las cuatro."

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That's it for today's episode.

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Thank you so much for listening, and... poco a poco, you're getting there.

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See you next time.

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