



Creating language and cultural bridges one training at a time

Idiom of the Month

Let's hit the books! This widely used informal English idiom means to engage in focused studying or intense reading. Commonly used in academic settings, it also applies to everyday situations where someone needs to dedicate time and effort to learning. For example: "I can't go to the movies tonight; I need to hit the books."

In this idiom, "hit" signifies starting or embarking on a task—in this case, studying. Despite the absence of a known, specific origin, the phrase is believed to be connected to earlier idioms like "hit the trail," which was popular among cowboys when they began their journeys.

For translators and interpreters, understanding idiomatic expressions is crucial, as while some idioms may have direct equivalents in some languages, others may require more creative solutions to communicate the intended meaning accurately. Instead, their meaning must be conveyed in a culturally appropriate way, which involves either finding an equivalent idiom or translating the meaning directly. Below are potential translations of the English idiom "to hit the books" in different languages, which provide insight into how this idea is expressed across cultures:

- Spanish: Hincar los codos – This translates literally as "to dig your elbows into the table," symbolizing someone leaning in to focus and study intensively.
- French: Se mettre à étudier or bûcher – These phrases mean "to get down to studying" or "to cram," both of which emphasize active engagement in study.
- Portuguese: Cair nos livros or ralar – These expressions mean "to work hard/study hard," echoing the dedication required for focused learning.
- Italian: Mettersi sotto a studiare or darsi da fare sui libri – These phrases literally mean "to get under to study" or "to work hard on the books," signifying a commitment to study.
- Haitian Creole: Mete tèt nan liv – This idiom means "to put your head in the books," a vivid image of immersing oneself in study.



Have an idiom to share? Email us at sesoincga@gmail.com

