

- the noun is used in a proverbial sense (with some exceptions):

Sport ist gesund. *Exercise is healthy.*
 Übermut tut selten gut. *Pride goes before a fall.*

but:

aus **der** Not eine Tugend *make a virtue of necessity*
 machen

b Geographical names

The definite article is used with the following:

- feminine and plural names of countries and regions, e.g.:
 die Schweiz (*Switzerland*), die Türkei (*Turkey*), die
 Niederlande (*the Netherlands*), die USA/die Vereinigten
 Staaten (*the United States*), die Bretagne (*Brittany*), die
 Lüneburger Heide (*Lüneburg Heath*).

However, most countries are neuter and are used
 without the article, except when preceded by an
 adjective:

das neue Deutschland *the new Germany*

- names of places or locations
 Ich gehe in **die** Schule. *I'm going to school.*
 Die Bäckerei ist in **der** Stadt. *The baker's is in town.*
- names of streets, lakes and mountains
 in **der** Forststraße; **der** Wörther See; **die** Zugspitze

c Time expressions

The definite article is generally used with time expressions,
 such as seasons, months and parts of the day (4.2):

Das Frühjahr beginnt am *Spring starts on 21st March.*
 21. März.

Der Juli war der heißeste *July was the hottest month.*
 Monat.

Den Nachmittag *We spent the afternoon in the*
 verbrachten wir im *botanical gardens.*
 Botanischen Garten.

But when **Anfang**, **Mitte**, **Ende** are used with months the
 definite article is omitted:

Wir fahren **Anfang** August *We're going on holiday at*
 in Urlaub. *the beginning of August.*

d Parts of the body and clothes

The definite article is frequently used with parts of the
 body and clothes, where English uses the possessive:

Er stand da mit **den** *There he stood with his*
 Händen in **der** Tasche. *hands in his pockets.*

Sie zog sich **die** *She took off her gloves.*
 Handschuhe aus.

e Names of meals

The definite article is used

- when referring to a particular meal:
Das Abendessen war *Dinner was excellent.*
 ausgezeichnet.

(The article is often omitted when referring to the meal
 in general:

Frühstück gibt's von 7 bis 9. *Breakfast is from 7 to 9 a.m.)*

- with prepositions (see 5.1.2), except in some set
 phrases:
Zum Mittagessen haben *We've invited guests for lunch.*
 wir Gäste eingeladen.

but:

Übernachtung mit *bed and breakfast*
 Frühstück