

How to improve language learning with proven methods ...



Intro

- Martin
- I started teaching at ICDI 2 months ago
- I am not a native English speaker
- So I feel a little bit like an imposter

Who is an imposter?

- But despite that I think there are few things ...

Learning a language is hard

- There's procedural memory (use of muscles)
- Declarative memory (vocabulary)
- Do it all in split second!

<https://www.bbc.com/future/article/20150528-how-to-learn-30-languages>

It is hard but not impossible

- Because learning a new language is so hard it is considered to be the **best brain training that is proven** to help with delaying dementia
- It is hard but not impossible!
- **“Critical period hypothesis”**
- Research suggests this may have been exaggerated; rather than a steep precipice (cliff), there is a very slight decline in our abilities as we age

Train your brain!



Do it while having fun!

- My number one recommendation is VOA
 - (especially for those who still struggle with simple communication, understanding the spoken language and pronunciation)
- When I decided to improve my English language skills, I diligently started to listen to **VOA Special English** program, and I believe it was the best decision I could have made

Voice of America

- News network like CNN, BBC
- broadcasting programs in Special English **since 1959**
- Special English is **VOA's method of communicating** with English learners around the world in a way that is **easy to understand:**
 - ✓ Limited vocabulary (1500 words)
 - ✓ The sentences are short (easier to understand)
 - ✓ Programs present the latest world news as well as information about science, medicine, education, economics, American history
 - ✓ Lie down, relax and try to understand the meaning from context

Voice of America

<https://learningenglish.voanews.com>

<https://www.unsv.com/voanews/specialenglish/about/wordbook/VOA-Special-English-WordBook.pdf>

Too slow?

- Move to other podcasts
- Usually 30 – 60 minutes long
- Podcast Addict app



My personal tips

- All in Mind – ABC radio
- Mindscape by Sean Carroll
- Making sense by Sam Harris
- 99% Invisible by Roman Mars (<https://www.radiotopia.fm>)

What topic would you enjoy?

- Nature, Scientific American, BBC, CBC, ABC, Radio NZ ...

Enjoy art

- Watch **movies**, **TV series**, listen to **music** and have fun!
- Don't use your mother tongue (first language) subtitles, download English subtitles from opensubtitles.org and try to understand the meaning from context)

Read and listen books

- **Amazon Kindle** (or any other e-book reader)
- To read e-books you'll need to good program for converting between different ebook formats (EPUB, MOBI, AZW3) and one of the best ones is Calibre

<https://calibre-ebook.com>

- **Audiobooks** are recordings of a books being read out loud

<https://www.audible.com>



Free Audiobooks App

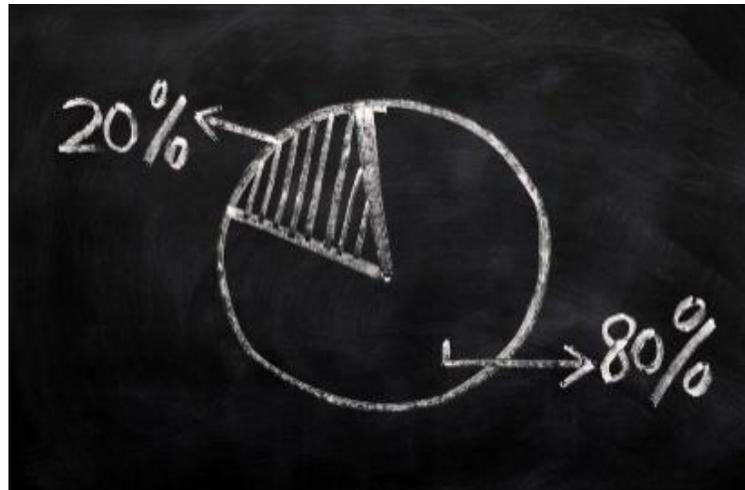
How Polyglots do it

- Who is a polyglot?
- What is their n.1 recommendation?
- **The effort needs to be regular !!!**
- **Being consistent** is the key to getting results
- **Build a habit** - you don't go to sleep without brushing your teeth (<https://samharris.org/podcasts/200-creatures-habit>)
- **Find a little bit of time** every single day and devote (give everything you can) it to practice and remember that it needs to be something you enjoy!)

How Polyglots do it

- **Pareto Principle**
- Try out Anki App

“Learning another language opens up whole new worlds.”



Anki

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