

# PODCAST TRANSCRIPT

## WAYS TO MOTIVATE YOURSELF TO LEARN A LANGUAGE

**Nalini:** Hello! My name is Nalini Elvino de Sousa and welcome to Travel and Learn Goa. Travel and Learn is a podcast for travellers and language lovers. We have 2 different sections: one is travelling and the other is language.

In the language section we have 3 levels: easy, medium and hard but today's podcast is different. Is about how to motivate yourself to learn a language.

Today, I decided to talk to a very good friend of mine. Marina Nédio!

Olá Marina! Hi!

**Marina:** Hi! Olá Nalini! Hi!  
How are you? Como estás?

**Nalini:** I am great! Marina, remind me, where do you live exactly?

**Marina:** Aveiro! Moro em Aveiro. E tu?

**Nalini:** Eu moro em Campal. I live in Campal, in Goa. Campal is part of Panjim and Panjim is the capital of Goa, as you know.

So, Marina and I have different level students who are learning Portuguese with us now. And what we were discussing the other day, is that, sometimes, our students don't have enough time to study.

I mean, they don't have time to go through the notes of the class, practice new vocabulary like we always advise them to do....but there are many ways to practice without sitting with your notes and books, isn't it Marina?

**Marina:** Yes, yes. When I start to travel, I decide to change all my social media to English as a way to be in contact with the language.

It's interesting because this was a long time ago and I still have Facebook, Instagram, the email...I still have it in English.

It's a good way of being in contact with the language.

**Nalini:** Yes, I did the same thing. So, when I moved to Goa from Portugal, this was way back in 1998, I did exactly the same thing! I changed all my social media to English. And when I talk about social media, it was really only facebook.

**Marina:** Mine is still in English.

**Nalini:** That time I didn't have Instagram.

**Marina:** No, no. Neither do I. It was just email and facebook. Instagram is very recent in my life.

**Nalini:** Yes. Like me. Now, I knew I was going to talk to you today. So what I did is, change mine back to Portuguese.

So, my idea is to introduce some Portuguese vocabulary related to these platforms. Shall we do it?

**Marina:** Great, great! Let's start and for me it will be fun because mine is in English and I don't remember anymore. It's weird. But it's true!

**Nalini:** By the way, our email, in case you want to make any suggestions is [travelnlearngo@gmail.com](mailto:travelnlearngo@gmail.com)

Marina, shoot! What is the first thing you see when you open your email? And I will tell you what is in Portuguese.

**Marina:** Inbox

**Nalini:** *Inbox* in Portuguese is **caixa de entrada**. And caixa de entrada appears as cx. So cx. is the short form for caixa.

So a small word in english but in Portuguese is quite big: Caixa de entrada.

**Marina:** Box!  
And entrada – get in!  
It's interesting.

**Nalini:** Yes! Getting inside the box.

**Marina:** In the Caixa de entrada nós temos **message**.

**Nalini:** **Message!** It's very similar to English: **mensagem**.

**Marina:** E a seguir....when we want to get out. We **sign out!**

**Nalini:** **Sign out!** Again a big expression. **Terminar sessão**.

**Marina:** And when we don't want....or when we read the message and we can send it to the **trash!**

**Nalini:** Yes, but before that we have something called **eliminar**.

**Marina:** **Delete! Eliminar!**

**Nalini:** There you go! Eliminar is delete and once you delete, then the message goes to **trash** and trash is **lixo**.

What else can you read in your email?

**Marina:** So I can see: sometimes when you think you didn't receive a message. Where can they be?

**Nalini:** In spam?

**Marina:** Yes! Spam!

**Nalini:** **Spam** is quite an interesting word because it is **exactly the same in Portuguese**. It is what we call an anglicismo. We adopted the word from the English language.

**Marina:** Like: **email**. If we think about it, in Portuguese email is **correio eletrônico** but we never use this word. Only in formal occasions or in formal letters or a really formal email.

**Nalini:** Yeah! Again correio eletrônico - such a big word for email, which is a small word.

**Marina:** There are many words in this kind of social media that they have not translated yet because there are a lot of new things.

**Nalini:** Yes, you are right.

**Marina:** And now another word that I am seeing is, when we need to send a message, first we need to write it so we need to type the message. So typing, what is it **typing**?

**Nalini:** **Typing**! Typing in Portuguese is **escrever**.

**Marina:** What more can I see...I have a lot because I receive so many emails, so many messages that sometimes, I have a few unread messages.

**Nalini:** **Unread messages** in Portuguese is **não lidas**. It does not say: mensagens não lidas. It is just: não lidas.

**Marina:** In email we also have the message that we received today!

**Nalini:** Yes! Today, Yesterday, Tuesday....actually it is a great way to learn the days of the week.

**Today** is **hoje**.

**Yesterday** is **ontem**.

**Tuesday** for example is **Terça-feira**.

**Marina:** Ah! It's a good way. It's a good way of remembering the days of the week. It's good practice. So now we can go and see another social media. What do you think?

**Nalini:** Shall we check facebook now?

By the way, our facebook is: travelandlearngo.  
So you can check out. We will be announcing our podcasts on facebook.

Tell me about your facebook, Marina.

**Marina:** What is on your mind! When you need to post something: ***what is on your mind!***

**Nalini:** ***What's on your mind*** in Portuguese is: ***Em que estás a pensar?***

**Marina:** ***Create a post*** is ...

**Nalini:** ***Create a post*** in Portuguese is: ***publicação***

**Marina:** The other one is: ***suggestions*** for you?...

**Nalini:** ***Suggestions*** is ***sugestões***.

**Marina:** ***Photo/video***

**Nalini:** ***Photo/video*** is the same: ***foto/vídeo***.

And after that?

**Marina:** Depois: ***life event***

**Nalini:** ***Life event*** is ***evento da vida***.

**Marina:** Ainda temos em cima, up: we have timeline...

**Nalini:** ***Timeline*** in portuguese is ***cronologia***.

**Marina:** ***About***

**Nalini:** ***About!*** That is easy: ***sobre***.

**Marina:** ***Friends!***

**Nalini:** That is also easy: ***amigos***.

**Marina:** This is very important in facebook.

**Nalini:** Yes of course, without amigos, there is no facebook.

**Marina:** ***Archives***

**Nalini:** ***Archives*** in Portuguese is ***arquivo***.

**Marina:** And one thing important when you post a photo or video is you can **tag friends**.

**Nalini:** Here it says: **identificar a**.

**Marina:** Depois temos um smile que diz: **feeling/ activity**

**Nalini:** **A sentir-me**.

Then you click on it and we have:

Sinto-me....

And then there are a lot of emojis used because there are a lot of feelings to express

**Marina:** It's a good example for emotions, for this kind of adjectives. It's a good way to learn these words.

**Nalini:** I will tell you the first 4 feelings: **Feliz**

**Marina:** **Happy!**

**Nalini:** The second is **abençoada**.

**Marina:** **Blessed!** Exactamente. **Blessed!**

**Nalini:** The third one is **amada!**

**Marina:** **Loved!**

**Nalini:** The fourth one is not a nice feeling, but sometimes it happens....It is **triste!**

**Marina:** **Sad!**

What I have more: like!

**Nalini:** **Like** in Portuguese is **gosto**.

**Marina:** **Comment!**

**Nalini:** **Comment** is **comentar**.

And after that?

**Marina:** **Share**

**Nalini:** **Share** in Portuguese is **partilhar**

You probably have more emojis. Tell me about it.

**Marina:** Here only comes: **ha! ha! ha!**

**Nalini:** For us in Portuguese is *riso*.

**Marina:** Yes, it's the right word. To laugh!

**Nalini:** Don't tell me the next one is **wow!**

**Marina:** Yes! And it is true no? You are surprised with something.

**Nalini:** We gave it a word Marina. It is **surpresa**.

**Marina:** The difference is very interesting. In these last two, here we have the icon of the sound, and we have the proper word for the image.

**Nalini:** What is your last emoji? Mine is a very red face emoji.

**Marina: Angry!**

**Nalini:** Oh! In Portuguese they call it *ira*.

Usually we use zangado and ira is really very angry.

**Marina: Exatamente: zangado**

**Nalini:** The emojis will be very helpful if you want to learn the adjectives, so once you start using it in the target language, you will soon be familiar with them.

Let's move to another social platform, Marina?

**Marina:** Yes, let's see Instagram.

**Nalini:** We have an Instagram account and it is travelnlearngo. We keep posting pictures of our travelling, even though later it has been more on food since we can't travel.

So tell me what do you see in your Instagram?

**Marina:** The same things like **yesterday**.

**Nalini:** Yesterday is **ontem**.

**Marina:** For example **Thursday**.

**Nalini:** Thursday is **quinta-feira**.

And what everybody compares when you talk about Instagram is how many followers you have!

**Marina:** The followers of your posts. Yes!

**Nalini:** *Followers* in Portuguese is *seguidores*.

If our account is *following (someone)* then it is *a seguir*.

**Marina:** Followers – seguidores  
Following – a seguir

**Nalini:** Then, just on top, next to the followers you have *publicações*.

**Marina:** When you post something, You like to see how many *views* you have.

**Nalini:** Ah! Yes. *Views* in Portuguese is a big word: *vizualizações*.

**Marina:** And after what we have. We have all these emojis, comments...

**Nalini:** Yes, like in facebook.

**Marina:** And we can reply to a comment. We can *reply*.

**Nalini:** *Reply* here is *responder*.

**Marina:** What more can we have? We can have statistics.

**Nalini:** *Statistics* in Portuguese is *ver estatísticas*.  
And if this is a language you don't know you will have translation?  
*Translation* here is *tradução*.

**Marina:** Ver tradução. Exatamente translation.  
And before that, we need to create an *account*. On Instagram we need to create a profile.

**Nalini:** *Account* in Portuguese is *conta*.

**Marina:** We need to have an account but we need to create a *profile*.

**Nalini:** *Profile* is *perfil*.  
And probably you will have *edit profile* which in Portuguese is *editar perfil*.

**Marina:** Exatamente editar perfil and I think this is the most important thing on instagram.

**Nalini:** Yeah! On Instagram I guess that is it.

So the followers – seguidores  
The posts – publicações  
And whom we are following - a seguir.

**Marina:** We did all of most of these platforms but you were telling me before that you have a youtube channel.

**Nalini:** Yes, we have a youtube channel which is travel and learn Goa. This is where we upload videos about our travelling but also videos to help you learn Portuguese, Konkani and recently Spanish.

Do you know Spanish Marina?

**Marina:** More or less. I understand everything, because I am Portuguese, and I can speak, but my speaking is what we call portanhol.

**Nalini:** Portanhol, that's a nice one.

We also have videos to help those who want to study Konkani. I don't know if you know but Konkani is the official language of Goa.

India has many languages but in Goa we speak Konkani.

So, the names given to various definitions are more or less the same as in the other social media platforms. Maybe different is ***o seu canal***.

**Marina:** *Your channel*

**Nalini:** *Início*

**Marina:** *Start*

**Nalini:** Then *vídeos*

**Marina:** *Vídeos*

**Nalini:** *Subscrições* which is ***subscriptions*** of course. The same way you have the followers in Instagram - seguidores - here you have the subscriptions - subscrições.

Yes, I think we have gone through the main social media platforms, Marina. What do you say?

**Marina:** Yes I think and these ones are the most used with everyone and I think is a good idea to start with these platforms.

If the student changes this platform for Portuguese, it will be a really big help.

**Nalini:** I also think this is a brilliant way to motivate yourself to learn Portuguese. Change all your media platforms to Portuguese if that is the language that you are learning, and every time you use it, you will be learning the language without actually looking at your book, notes etc.

**Marina:** It's interesting because you get so used to the language, that it will make part of your life.

**Nalini:** Yes, very much and I am sure the language students will have other ideas to motivate themselves to study. We will be very glad if you share it with us. So next time, when Marina and I meet again, we can talk about your ideas.

Are you learning any new language now Marina?

**Marina:** New, new no. but I am going through English again, but I would love to learn Italian.

**Nalini:** Oh! Learn Italian! Wow!  
I am learning Konkani these days, Marina.

**Marina:** Wow! Konkani!

**Nalini:** I am actually having a lot of fun, and since I am a teacher I am creating material for others to learn the language.

**Marina:** Learning is always good.

I guess this is also a good way of learning because I am like the teacher and student at the same time!

**Marina:** Ok. So it was a pleasure to talk with you.

**Nalini:** Yes, me too Marina.  
So see you next time Marina. Até à próxima!

**Marina:** Ok. Até à próxima. Tchou!

**Nalini:** Bye bye!

We'll be back soon with more ideas to motivate yourself to learn a language, but also practical dialogues which will help you in your studies.

Bye for now!