

PODCAST TRANSCRIPT

5 Tips to Learn a Language

How many times did you try to learn Portuguese in the past and gave up after a month or two? In the beginning everything looks easy and then it starts getting complicated. I am going to give you **5 tips to learn a language** (same as subtitle), so that this year, your Portuguese learning or any other language will go by like a breeze.

Hello and welcome back to TRAVEL AND LEARN – LEARN PORTUGUESE podcast. I am your host Nalini Elvino de Sousa.

This podcast is specially designed for those learning Portuguese.

Tell me: For how many months have you been learning Portuguese? A month? Two? Do you ever get that feeling that, ah...today I don't have time. Tomorrow I will do double, or...after I finish this project, I am really going to dedicate myself to learning Portuguese, but that day never comes, does it? What if I tell you a way of doing it even while having the busiest month at work? And it just takes 5 simple steps. Make sure you stick around because at the end of this episode I'm also going to give you some fun games and videos to kickstart, re-start or continue learning Portuguese. This, I promise you, will make your language experience something fun and that you will look forward to.

Since the pandemic I have been teaching Portuguese online and it has been a totally worth experience.

At the same time, I have been learning Italian so here are my 5 tips as a language teacher and as a language student

Number 1: Why do I want to learn Portuguese?

Write down the reasons why you want to learn a language. For example, you want to study in Portugal, or your husband/wife is Portuguese and, you would love to speak to him or her in their native language (even if they speak English).

There are tons of reasons and it is very crucial to find out why you really want to do it.

This is what will keep you motivated. Whenever you don't feel like studying, go back to that page where you wrote your reasons.

I know it looks silly, but believe me, it works.

Number 2: Consistency is the golden rule

Think how much of your time you can give to learning your target language. You don't have to study 1 hour a day, I can promise you that, but you **do need to be consistent**.

Consistency is the key here.

It is also important that the time you allocate for your study is **realistic**.

Imagine you decide it's going to be 10 minutes, so be it. There is a lot you can do in 10 minutes.

Oh! Do put your mobile on silent and all the electronics that might distract you. If it is 10 minutes, do give 10 minutes of your undivided attention to the language you want to learn.

In my case, I am using glossika to study Italian every morning. I don't eat. Just grab my cup of coffee and before everything else, I spend 15/20 minutes studying Italian with Glossika.

I started in the middle of October and I already completed 41% of my A1 level. Also what I do is that, every day, I note down on my diary the main sentences I learn and the % I acquire. It feels super good by the end of the month. It's a way of tracking my own progress.

Number 3: Variety

I don't know about you, but I know I would have never survived on a 9 to 5 job repeating the daily chores. Language learning needs variety or it can become very very boring. Imagine that you set aside 10 minutes a day and you decide that you are going to memorize 20 words a day. That can be very boring. You may try to use an app like duolingo, roseta stone, ankie, you name it. I can tell you now; that this won't be enough. Try to allot different language tasks to different days of the week, or 2 different tasks a day like I do. For example, Monday will be listening skills, Tuesday you will converse with a friend/ tutor in Portuguese or the language you are learning, Wednesday you will learn vocabulary etc. Remember: variety makes learning more fun and if you are not having fun while learning, what's the point?

As a student, what I do is that I use glossika in the morning and when I go for my walk in the evening, I listen to Coffee Break Italian. Then on Wednesday or Saturday, I practice my vocabulary and I take notes of what I learnt in Coffee Break Italian.

Number 4: Make your speaking skills a priority

I have told this to my students a million times and I am going to tell you the same again. **Speaking** is the most important skill of all when learning a language. After all, why are you learning a language? Isn't it to communicate? How will you communicate with someone on a daily basis? Yes – by speaking.

Second most important skill is to **listen** and lastly to **write** and – no I am not forgetting – your grammar.

If you are studying with me, you know that you will have to speak in Portuguese from day one. Don't expect me to teach you the alphabet in Portuguese, because I won't.

I recommend you record your classes with your tutor (I do that in my classes) so that you can listen to it again and again). This exercise will help you to get the right pronunciation.

We have right now on our youtube channel 12 Portuguese lessons.

If you have not seen them, you can check them out. I will keep the link in the show notes, and if you have, go through them again and again till you get the right pronunciation.

For listening skills, you have this Portuguese podcast, of course, LEARN PORTUGUESE. Download spotify, google podcast, apple podcast or other app on your mobile and you can listen while cooking, exercising, cleaning the house etc. As I told you in my case, I listen Italian when I am walking.

I have a friend who speaks Italian and I try to converse with him once a week and when it is not possible I use italki.

Number 5: Never, ever give up.

Remember that learning a language is not a sprint, it is a marathon. Find your own method and stick to it. If it helps, give yourself a deadline, for example, 6 month and then stick to it.

You can do it! I know it.

We are in January now. What do you say this June 2021 will meet online and have a chat?

By the way, if you miss any of the tips along the way, I have a transcript for you on our website that you can find in the show notes. If you are new to this show, make sure you hit the subscribe button and if you have been following make sure to tell your friends who want to learn Portuguese, about our podcast: Travel and Learn – Learn Portuguese.

As I promise you, apart from the youtube videos, I have created fun games to learn Portuguese. They are not too taxing and you will enjoy it. It's on the website www.ctngo.org under languages programmes. I will leave the link in the show notes.

So, do you remember the 5 tips?

Number 1: Why do I want to learn Portuguese?

Number 2: Consistency is the golden rule

Number 3: Variety is super important

Number 4: Make your speaking skills a priority

Number 5: Never, ever give up.

I am your host Nalini Elvino de Sousa and I will be back with my son Anish and my friend Marina next week for yet another episode of LEARN PORTUGUESE.

See you soon. Adeus.