

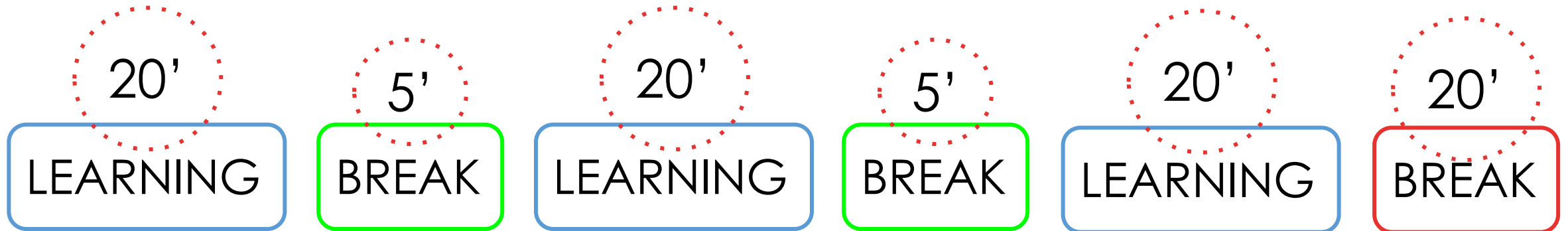
1. Learn when you can concentrate well.

*At what time can you more easily concentrate?
Learn at that time!*



Tip: Review what you have learnt once again before sleeping!

2. Learn with rhythm.



Tip for your break:

No smartphone or television but sport and fresh air!

3. Activate all senses.

Human beings remember in average:

10% of what they read

20% of what they hear

30% of what they see

50% of what they hear & see

70% of what they say themselves

90% what they feel



Tip: You might be someone who remembers more visualising things or hearing them, but the more senses you activate, the easier it will be to learn!

4. Use mnemonic strategies.

For example, help your mind to remember new words by connecting them to words which sound similar or grammatical rules putting them in a rhyme or using acronyms!



5. Talk to yourself.

That might sound crazy, but it is not... indeed it is useful!

While talking to yourself, you practice the words you have learned and you get used to pronouncing them.

Doing so, you will also notice what words you don't know yet!

So you will know what words you should learn next!

6. Play with index cards.

Take some slips of paper and write on the front the word in your language and on the back the word in your target language.



Ready to play? Take the pack of cards you have created and check one after the other which words you already remember. Put every card you guess on the bottom of the pile. Otherwise put it in the middle of the pack. You win your game when you know all of them!

7. Sticky notes ALL OVER.

How do you say bed, lamp, toothpaste, glas... ?

Put the translation, written on a sticky note, on the objects you have at home so that you will see them frequently and will be able to practice!



8. Associate words with pictures.

It is easier to remember new words, if you associate them with some images... you can visualize them in your mind or – even better – make some simple drawings yourself or make a collage with images taken from old magazines.



9. Let art support you.

Have you ever listened to music while learning? Try with different kinds of music, maybe you find the right vibes for you! Another art-related technique? Sketching random things, while repeating words out loud!

10. Increase your contact with your target-language.



- **Speak** with people who speak it, without feeling ashamed for possible mistakes or mispronunciation!
Who cares, you are doing your best! Let's take it easy and take them as a chance to laugh together!
- **Listen** to songs (*learn the lyrics and sing them*), podcasts, series and movies (*try with subtitles in that same language*).
- **Read** the news, comics or books.