Natalia Juszczyk le (ZS2, Rybnik Poland) Publikacja pt.: "Jak skutecznie uczyć się języków obcych?" "How to learn foreign languages effectively?"

Learning foreign languages is an important part of people's education, because nowadays, great emphasis is put on language skills. Everyone should know at least one other language than their native one. The questions are: how can we study languages better, easier and how can we make it a pleasurable experience? These tips will help for sure learn more effectively.

Firstly, you should focus on learning vocabulary, because without it, you will find it difficult to communicate. Learning words by heart is not funny, so making little cards with names of things which are in the house is a good option, in the language you learn. Then you can hang them everywhere. Each time you will see something at home, you will remember the foreign name of it.

If you have a problem with some words, there is an interesting solution. You can make a crazy, impossible, unbelievable story which explains the word's meaning or the story can be just your imagination of the word. However, if you don't like making stories, you can make pictures for some words or expressions.

This is your choice. It depends on what is easier for you.

Learning foreign languages is not only about vocabulary. By listening to songs, watching movies or series and reading books in other languages you get used to it in everyday life. It becomes less foreign. You also remember much more when you do something you like. It stays in your head longer. It is pleasant and useful at the same time.

To make learning a language easier, it is worth knowing how our brain functions. The left hemisphere is responsible for speech and language understanding, and the right hemisphere for the processing of sound and melody. For these reasons, the cooperation of both hemispheres should be ensured. By doing physical activities in a short break between studying, for example, moving your hands, you concentrate better and absorb the words. And by repeating words or expressions aloud, they are better remembered. Thanks to these methods, the whole brain is involved and learning becomes more effective.

A good way to learn a language is to use it in everyday life. Besides the cards and the use of books or media, you can use a foreign language in simple, everyday activities. An example is the use of a cash machine. You can change the settings so that the machine displays information in a foreign language. Thanks to this, you learn to use the language in daily life. In the same way you can use the phone, computer or ticket validator on the bus. You can use the foreign language all the time.

The last tip is trying not to talk in your native language wherever and whenever it is possible. As often as possible, try to speak in a different language. Thanks to this, it will be easier for you to break the language barrier. A good way to acquire a language is also taking part in school exchange programmes and language camps. You can easily learn new words and learn speaking in another language, because practice makes perfect.

These are all tips. I am sure it will help you study foreign languages with pleasure and fun. I hope that you will be better and better and studying will make you happy.