

A step-by-step language learning guide

This book was written for the purpose of helping anyone who wants to learn a new language in an effective, efficient, inexpensive and enjoyable way. You can use the advice and methods described in this book to learn a new language to a conversational level in only 1 year without the need to leave your country and without the need to join a language learning college or university course.

The methods described in this book require you to only study for around 1 hour per day everyday for 1 year; therefore, if you work full time or you are a full time student in a subject unrelated to languages, then this book is still suited for you.

As a speaker of 5 languages, I have used my knowledge and experience gathered from 15 years worth of language learning to help me write this book. I have also researched deeper into many of the topics discussed in this book for the purposes of writing this book.



Effective, efficient, and enjoyable methods to help you to learn a new language quickly

Advice given in this book:


- The most effective language learning methods
- How you must alter your learning routine as you improve your level in order to learn a language in the most efficient way
- The best resources available to help you find language learning partners
- The best methods to learn grammar without the stress
- Efficient methods for remembering words long term
- How to boost your motivation to continue learning until the end
- Reasons why you should be learning a new language
- Details of methods you should avoid

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A step-by-step guide
to help you learn any
language quickly

1 hour per day
for **1 year**

How to successfully
learn a new language
in **1 year**



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How to successfully learn a new language in 1 year

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How to successfully
learn a new language
in **1 year**

About this book

This book was written to help a new language learner successfully reach a high conversational level in their chosen language in 12 months.

Part 1 of this book covers general advice and knowledge about language learning along with information and facts about languages in general.

Part 2 of this book contains a step by step 4 part guide, which describes the changes that you must make as you progress in learning your new language in order to make your language learning experience a success.

I have used my knowledge and experience gathered

from 15 years worth of language learning to help me write this book. I have also researched deeper into many of the topics discussed in this book for the purposes of writing this book.

PART ONE

Who is this book for?

This book is for anyone who wants to learn a new language in an effective, efficient, inexpensive and enjoyable way. Some people spend many years trying to learn a language by using similar methods to what I had used when I first started learning French, 15 years ago. My methods, at that time, were based on how I was taught languages by the teachers at my secondary school. Now that I have improved my methods for learning a language, I now know that for anyone who is trying to learn a language using the same methods that we were using while at school, then the language learner will have less chance of ever reaching a

conversational level in that language. I have even spoken with people who have obtained A levels in a language, but they don't seem to have the ability to speak that language in any sort of useful way. I believe they could have learned their desired language quicker and with less expense by simply following the guidance set out in this book.

The methods described in this book require you to study only a little everyday; therefore, if you work full time or you are a full time student in a subject unrelated to languages, then this book is still suited for you.

Things you need for this 1 year challenge

You will need the motivation, time and willingness to learn a new language. If you *want* to learn a language rather than only learning a language because you are being told to learn a language then you stand a better chance of reaching a higher level. "*a language has to be learnt, it cannot be taught*" is a sentence I have heard in the language learning community many times and I completely agree with this statement. If you put in the time and effort then you will see and feel the results.

While learning anything new, most people will have the motivation and enthusiasm to continue learning for the first few weeks, but this motivation can go up and down as you progress. In later chapters, I talk about methods for getting over periods of low motivation while learning languages.

I wish I could say that learning a language was a free experience, but unfortunately not all of the best resources

are free. I will be recommending many books, applications and websites throughout this book that I have tried myself. From these recommendations, I hope you will save money from my advice by avoiding purchasing any resources that have not been helpful to me in the past. I try to give you free options when possible.

You will need your own computer and a good internet connection as many of the resources listed in this book are internet based and in the later stages you will need to use the internet to practice speaking your new language with language partners; therefore, you will also need your own private space, void of any loud noises. A good quality microphone and a pair of good quality headphones is also useful to have as being able to hear words clearly is important. I have purchased personal computers in the past with built in microphones and then I later realised the outputted sound of these microphones were poor quality. Because of this, some of my language partners could not sometimes understand me clearly. You should record a sample of your voice and listen to the playback to test the sound quality of your microphone.

You will also need some A4 notepads for practicing your writing and for making notes. I suggest getting a few good quality notepads that are not going to fall apart after only a few weeks of use. You can use these to write your vocabulary lists.

In order to listen to audio while you are not at your computer you will need access to an MP3 player.

“I speak English. Why learn a new language?”

Being a native speaker of English is a wonderful thing as there are many millions of non-English speaking people around the world trying to achieve something you had learned effortlessly at a very young age. Most estimates say that approximately 1 billion people are learning English around the globe. English has become arguably the most useful language in the world on many different levels from being able to read almost any book in the world,

to dealing in international business, science, trade and finance. So, why would you want to spend some of your time everyday for a year learning another language. I will give reasons in this chapter why being able to speak in another language other than only speaking English will be useful and rewarding.

Communicate with more people

Government statistics show the number of people who speak English as a native language ranks third overall in the world. Once you include people who have learned English as a second language to a fluent level then English jumps to second place behind Chinese Mandarin. Estimates from the two lists below show the top 15 most widely spoken languages in the world. The first list shows the number of native speakers, while the second list shows the number of native speakers plus people who have learned that language as a second language to a fluent level.

Total number native speakers

1. Chinese Mandarin (930 Million)
2. Spanish (387 Million)
3. English (365 Million)
4. Hindi (295 Million)
5. Standard Arabic (280 Million)
6. Portuguese (204 Million)
7. Bengali (202 Million)
8. Russian (160 Million)
9. Japanese (127 Million)

10. Punjabi (96 Million)
11. German (92 Million)
12. Javanese (82 Million)
13. Wu (80 Million)
14. Indonesian (77 Million)
15. Telugu (76 Million)

(Depending on the source these figures vary)

Total number of fluent speakers

1. Chinese Mandarin (1030 Million)
2. English (760 Million)
3. Spanish (528 Million)
4. Hindi (380 Million)
5. Standard Arabic (354 Million)
6. Russian (272 Million)
7. Bengali (250 Million)
8. Portuguese (217 Million)
9. Indonesian (163 Million)
10. Swahili (141 Million)
11. Japanese (135 Million)
12. French (119 Million)
13. German (112 Million)
14. Filipino (105 Million)
15. Urdu (104 Million)

(Depending on the source these figures vary)

As you can see from the above list, learning one of these languages will greatly increase the number of people you will be able to speak with in the world.

The country and city you live in can also influence your language choice as many cities will have minority communities from particular countries in the world. If you find yourself in this position, then you will have an advantage to learn that language as you should have more opportunities to speak and practice your language with people in your local area and you will also make better connections with your local community by speaking their language.

Work place advantages

Once you have reached a high enough level in another language to communicate with others using everyday types of conversations, you will then be able to add your new language onto your CV. It is common knowledge that in most English speaking countries around the world, the number of bilingual and multilingual speakers are low compared with most non-English speaking countries. Because of this reason, the ability to speak another language is held in high regard by many employers in English speaking countries as this can be seen as an unusual ability. Even if the language you have learned has no relation to the job you want, being able to speak in another language can still be interesting to a potential new employer as this shows an achievement that needs self motivation and diligence.

There is also a possibility of moving to another country for work purposes for a temporary or permanent basis. If there is a downturn in the economy in your country and you can speak another language, then this gives you extra

options for following your career path.

Recent studies show that the UK is losing billions of pounds every year in revenue because companies lack any employees with the ability to speak in another language other than English. A UK poll showed that 15% of people said they could hold a conversation in French, 6% in German and 2% in Italian. I personally believe this figure to actually be lower than what these statistics say as I have met people on occasion who say they speak a particular language; however, when I try to speak with them in one of these languages, I find the reality is they can only say a few sentences in that language. On the other hand, I have met many foreign visitors who come to the UK who say their English is not good, but from the fact that you are stood there having a conversation in English with them proves they can speak good English. This seems to show a point-of-view and maybe cultural difference about language abilities of people in the UK and in other countries.

In 2013, the British council came up with a list of languages they perceive as the top 10 most important languages they would like people in the UK to learn. This list is based on a number of economic, political, cultural and educational factors. They tried to define the list of languages that would be, in their own words, “*will be crucial importance for the UK’s prosperity, security and influence in the world over the next 20 years*”. The list is as follows, in order of the most important.

1. Spanish
2. Arabic
3. French
4. Chinese Mandarin
5. German
6. Portuguese
7. Italian
8. Russian
9. Turkish
10. Japanese

Something that may be more interesting to you is the fact that there has been lots of research carried out across the western world showing people who speak more than one language get paid more on average than their monolingual counterparts. This even includes cases where the language is not being used in the job.

Holiday and travelling

Someone who has learned a new language will often find their first real life situation of using their new learned language being on holiday abroad or while traveling abroad. When you first try to speak to another person in their own language when they are not able to speak any English, will give you a great opportunity to test your language skills. If you were able to have any sort of success in the conversation, then you will come away with feelings of achievement. Even if you are someone who has studied a language for a few weeks. This will allow you to engage

more with locals and experience things you wouldn't have been able to do otherwise. This will also be the perfect place to practice your language everyday.

Health Benefits

Learning a second language has a number of health benefits. There have been many studies that show learning a second language can help prevent Alzheimers and dementia. This even includes learning a language later in life. Other than this very important reason, learning a language is a great work out for your brain. I have personally experienced improvements in my memory. This improvement is also backed up by research across the world. This research shows that these same benefits are felt by most people learning extra languages. Other benefits that have been found by various studies include brain growth, improved listening skills, better multi-tasking and increased attention.

Thinking on a different level

Learning a new language could change how you think about everyday activities and change how you perceive ideas in a very beneficial way. All languages are constructed grammatically in different ways, some more complex than others. This means that you need to think in different ways in order to properly construct meaningful sentences in another language. Saying the same sentence in different languages usually means moving the different grammatical elements to different places. If I take the simple sentence.

I will teach him some French'. In many other languages, these grammatical elements are not in the same place. This sentence could change into *I him will teach French*' in one language or *I to him French teach*' in another. In some languages, not all of these words are needed to express this sentence and in other languages more words will be needed for this sentence to make sense that may not have a direct translation in English. These are all reasons why you will need to think differently while speaking in other languages. Why is this beneficial? Because this will allow you to look at the world at a different angle and it will help you to tackle other daily challenges in different ways.

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