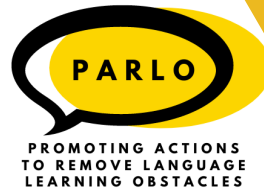




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# PARLO

## PROMOTING ACTIONS TO REMOVE LANGUAGE LEARNING OBSTACLES

PROJECT REFERENCE NUMBER:  
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# 2023



# Introduction

PARLO was an Erasmus+ initiative focused on 'Promoting Actions to Remove Language Learning Obstacles'. It was held from 20th to 26th October at Casa per Ferie Maria Domenica Barbantini in Rome.

The primary aim of this training course was to inspire young individuals and adults by teaching them effective techniques to learn new languages. Specifically, the project emphasised enhancing language learning within our local communities. It offered an array of non-formal educational tools and resources designed to aid the youth in their language acquisition journey.

Our group consisted of 20 participants and two trainers, all aged 18 and above, coming from Italy, Greece, France, Poland, Turkey, Spain, the Czech Republic, and Romania.

The organisations we represent are Amaita Intercultura APS (Italy), Asociatia Tinerilor Responsabili - Astre (Romania), Association Intercultura (France), Ayuntamiento de Maracena (Spain), ICM Jindrichuv Hradec Z.S. (Czech Republic), LEVEL UP Association (Poland), United Societies of Balkans (Greece), Vezirkopru Genclik ve Kultur Dernegi (Turkiye).



## DISCLAIMER

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# Introduction

Elisa Polese was the trainer responsible for the language learning and language coaching segments of the project. Elisa is a professional language teacher, language coach, and author who has delved into over 25 languages, actively teaching 13 of them and specialising in multilingual instruction ([www.speakfromdayonewithelisa.com](http://www.speakfromdayonewithelisa.com)). Christian Cibba is an expert youth worker and President of Amaita Intercultura.



This booklet stands as a valuable resource for Youth Workers, offering a compendium of activities and methodologies that can bolster young people in their quest to master new languages and overcome language obstacles.

It's structured into three distinct sections. The first part, titled "Motivation", delves into invigorating enthusiasm about language learning and dispelling prevalent misconceptions related to language acquisition. Following this, the second section, "Language learning", deals with how to learn languages efficiently. It furnishes practical advice on optimising study sessions. The third and last part is called "Language learning obstacles", and addresses both learning difficulties such as foreign language anxiety, Attention Deficit Hyperactivity Disorder (ADHD), and more general language learning obstacles related to motivation and time management. In this section, you will find tips and suggestions to navigate or surmount these challenges, enhancing language learning despite these obstacles.

Concluding the booklet, readers will find a list of useful language and routine-building apps.

Also, this booklet is written in the free **OpenDyslexic** font to improve readability and show how easy it is to be inclusive.

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This document was created during  
“PARLO” training project in Rome  
20-26/10/2023.



# Motivation



## Motivate yourself and others

"I don't feel like studying, I feel bored!",  
"This isn't how I want to spend my Sunday morning!", "Why did I even start?", "It's too difficult!", "Do I really have to study this language?", "Why not just use Google Translate?" Do any of these sound familiar? If so, don't worry. You're not alone. Almost everyone who has ever tried to learn something has felt this way at some point. We have some tips to help you navigate these challenging moments. These suggestions are relevant whether you're the one attempting to learn a new language or if you're the one teaching it.

YOU CAN  
DO IT!

# Motivation

## Tips

Set a goal

Be realistic (but dream big)

Decide how much time you are willing to invest

Find suitable resources

Choose the resources you use according to your (their) interests

Curiosity is the key

## How to motivate yourself

Ask yourself why you want to learn this language (get a degree in another country, talk to your partner or his/her family, find a better job, watch movies in the original version, travel to the country, etc.)

Break the main goal into smaller and feasible objectives that can lead you to a greater goal.

Decide how much time and on which days you are willing to study according to your lifestyle.

Search for resources that are more suitable to your learning style (visual, auditory, kinesthetic...)

Have fun with learning and practice with the resources that are connected to your hobbies, job, interests.

The world is amazing so let it amaze you in another language.

## How to motivate others

Understand your students' goals. Ask your students why they want to learn the language. What do they expect from the class? What do they want to be able to do with the language?

Make them feel confident, lead them towards small achievements but inspire them to dream big.

Balance the time in the classroom so that your students can feel motivated by the material, can become more and more interested in the culture of their target language and they spend the majority of their time on activities aligned with their language goals.

Try to understand how your students learn more easily. Use various methods (games, activities that include movement, songs, art, reading, listening and writing activities, etc.). Experiment and help them experiment to find what suits them the best.

Try to understand what are the interests of your students.

Broaden the horizons of your students and make them curious in the target language.

# Motivation

## Tips

Create the conditions for using the language

Adjust your plan on the way

Don't be hard on yourself and others

Search for real life examples

## How to motivate yourself

Search for cultural institutions and events that practise the target language, organise a trip, attend a workshop (online or in person), search for a penpal or a language exchange (two people exchange or a group)

Every now and then, re-adjust your plan if necessary. Think about what you managed to learn, be proud of your achievements but a) check with yourself if you need to change anything in your plan so that you can learn more efficiently b) ask yourself if you want to change or re-adjust your goals.

Treat yourself nicely. It's normal not to feel motivated all the time but try to understand what you are lacking and how you can help yourself (maybe you need more sleep or more time for yourself, or to include more interesting activities so that you feel motivated, etc.)

Communicate with someone who has already achieved the goal and let them inspire you.

## How to motivate others

Invite native speakers or fluent speakers of a language to your classroom to speak on various topics in the target language (art, business, science). Introduce them to the country, let them see the advantages of knowing that language and that culture.

Evaluate your own performance as teacher and suggest a self-assessment for the students. Allow them to suggest ways to enrich both the lessons and their study time.

Create a safe space for your students to express themselves about how they feel and help them realise that whatever they are doing to improve their language knowledge is more than most people do and step by step they will be closer to their goals. Try to help them understand how they can adjust their study sessions or lifestyle to make studying easy for them.



# Motivation

## Testimonies of real people

During a family trip, I was the sole English speaker, and it proved invaluable when communicating with airport staff, especially when my “beloved” brother got us in trouble. – **Mylene, France**

After completing an EVS in Italy and picking up some Italian, I assisted some Italian tourists in my hometown who couldn't converse in either French or English. I felt good that I could be helpful to other people and welcome them in my own country – **Thumette, France**

I could find a job as a receptionist in a hotel in my own town because I knew English – **Volcan, Turkey**

During a trip, I accidentally locked myself in my room. I rang reception and, using the very few words I knew, I managed to request assistance. – **Maja, Poland**

Some years ago I was in the countryside in Turkey when there was no public transport available, I had to hitchhike. Using the Russian I knew, I not only managed to reach my destination but also met some lovely people – **Elisa, Italy**

In Italy, I urgently needed to make a call, but my phone was dead. I popped into a restaurant and, using my limited Italian and plenty of hand gestures, asked if I could charge it. – **Valentina, Greece**

While in a foreign country, I had to look for a specific medicine which had a different name in my country. English came to the rescue, enabling me to verify the components and buy what I needed. – **Alina, Romania**

## Motivational quotes

1. “A different language is a different vision of life.” [Federico Fellini]
2. “With languages you are at home anywhere.” [Edward De Waal]
3. “To learn a language is to have one more window from which to look at the world”. [Chinese proverb]

# Language learning

## 10 MYTHS ABOUT LEARNING LANGUAGES

**1. You need multiple hours per day to learn a language.**

In truth, you can establish a routine that requires only 5 to 15 minutes a day.

**2. Adults can't learn new languages.**

Contrary to this belief, many individuals begin learning languages well beyond their teenage years – even after 30 – and achieve fluency. Adults often have a better grasp of learning strategies that work best for them.

**3. You must speak with native speakers to practise.**

In reality, any conversation with someone who knows the language, regardless of their proficiency level, can be beneficial.

**4. It will take you a long time and many lessons before you can start speaking.**

This isn't the case. Many learners find themselves able to hold basic conversations after just the first study session(s). It greatly depends on the method and resources you use, but it is definitely possible to start speaking from the beginning and this enhances motivation.

**5. You need an extensive vocabulary to express yourself.**

If you simplify what you want to say and do not expect to be able to say everything you would like to say in your mother tongue, you do not need too many words to start communicating. Learning a language is like an onion, you start with vocabulary (and language structures) that are most important to you and your goals and then you expand your vocabulary little by little.

# 10 MYTHS ABOUT LEARNING LANGUAGES



## 6. Learning a language is expensive.

There are abundant free resources and methods available. It's essential to find the approach that resonates with your learning style. Traditional courses may not always align with individual needs because they do not focus on your own goals. You can practise with other language learners or participate in language exchanges while using resource or resources that are aligned with your final goals.

## 7. You can't be understood without perfect grammar.

Perfect grammar is not necessary in most cases, not even in the work environment. If you communicate to make friends, the key is to communicate with someone willing to understand. In a company, the fact that you can do your job is much more important than grammar. Of course, you can keep improving, but the goal is communication, not perfection.

## 8. There's only one correct way to pronounce a word.

Languages are rich with various accents and pronunciations, even within the same region or country. The important thing is trying to pronounce a word well enough so that you are understood.

## 9. "I lack the talent for languages."

Everyone can find a learning method that suits them. The key factors are determination, consistent effort and being kind to ourselves.

## 10. "I wasn't good at languages in school so I won't excel at learning them."

School assessments often focus on specific language competencies and might not reflect real-life communicative abilities. Concentrate on what you want to be able to do with the language you are learning, experiment and find a way that motivates you and brings you closer to your goals.

# Learning

## How to start learning a new language?

Learning a new language may be challenging and frustrating at times. Figuring out the best way to learn a new language might seem nearly impossible or overwhelming: there are many different methods, and many people claim to have invented the best method or app. And let's be honest, some languages are easier to learn than others (depending on how far the language you want to learn from the language or languages you already know). With so much out there in terms of the best ways to learn a language, it can be hard to understand what language-learning tactics would be especially helpful for you. Let's say you are ready to start learning or improving a language. What are going to be your next steps? To revive or increase your 'drive' in learning a foreign language, here are some fresh ideas.

First, you need to decide if you want to start by yourself, join a class, or take private lessons with a teacher, who is going to guide you. If you choose to start on your own, here are some useful tips to achieve your goal.

The first thing you need to do to properly begin your learning is to **set your goals**. Ask yourself: why do I want/do I need to learn this language? How much time do I have?

**Be realistic** if you want to be fluent in one month, but you only have five minutes a day, you'll probably feel frustrated and give up. Be specific in your goals and ask what you want to be able to do with your new language. Once you have the general idea that you have the motivation, you establish a program you will try to follow. It's easy to say, but how do you establish this routine?



# Learning

## How to create a routine and stick to it?

You have to be consistent. Motivation is a good start, but habits are what keep us going. There are applications about routine like Habitica and Habitica Tracker, as well as books such as Atomic Habits and The Power of Habit. Often, it is useful to use a **trigger**. It helps you not to forget to do it daily.

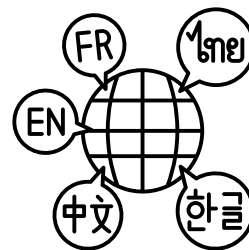
For example, when you are taking a coffee break, you learn five new words, or every morning as soon as you wake up you listen to your favourite podcast, it's like your own rule: after you do X (brush your teeth, enter your living room), you do Y (learning activity).

It is always a good thing to see the progress you make with some prizes or rewards. Having something you wait for motivates you to continue the routine. Remember daily why you want to know this language, and make sure to find the time. Distractions are everywhere so make sure to isolate yourself from the world if you risk being interrupted (and mute your phone!). Having a language partner or an accountability buddy can motivate you, but be responsible for your learning process so that you can motivate each other (and if your language buddy does not want to study, you keep your routine anyway). You don't necessarily have to have the same learning pace.

When you do not feel motivated to learn, when you feel tired just remember that sustainability is very important for self-studying to achieve your goals in the long term. Everybody starts with enthusiasm, but everybody is not able to maintain it. Stay persistent and patient. Do not get discouraged if you do not understand everything: the more you practice, read, and listen to the new language, the more you understand. Be patient with yourself. It is imperative to keep in mind that learning a language is like stepping into an entirely new world, and it's going to take some time. Trust your experiences and the knowledge you've gained so far, and let them propel you further forward in your foreign language journey.



# Learning



## Other tips for learning a language effectively

### 1. Make your goal clear

Make sure you practice the skill you want to improve: if your aim is speaking, you must speak. Focus on one skill at a time: Distinguish between accuracy (= trying not to make mistakes) and fluency (= trying to speak without thinking too much)

### 2. Do not be afraid of making mistakes

You are in a learning phase. You simply cannot know or remember everything. Be open to learning, treat yourself kindly and be aware that this is a path we all have to walk down to improve. Understand that making mistakes is a natural part of learning. Instead of fearing them, view mistakes as opportunities to improve.

### 3. Immerse yourself in the language

Surround yourself with the target language as much as possible. Listen to music, watch movies, read books, follow social media accounts in your target language and engage with the natives (or other learners).

### 4. Take advantage of the technology

We are living in a golden age of language-learning apps. Beyond Duolingo, check out other apps to find the ones that work for you. You will find a list of apps in this booklet. You can also change the language of your electronic devices.

### 5. Travel

One of the best ways to learn a foreign language is to visit a country where your target language is spoken. Once you are there, make sure to use it and have fun with it. Be curious. You'll be amazed at how much information you can absorb if you stay open. Make a promise to yourself not to communicate in any other language than your target language, and you will see how quickly you pick up a language when you don't have any other option :)

# Learning



## Other tips for learning a language effectively

### **6. Make friends with native speakers (but don't exploit them)**

Having friends or study buddies is always a great idea to practise in a safe environment. If you know someone who is a native speaker of the language you are trying to learn, you can try to interact with them, it will be an enriching experience, and you will learn slang, jokes, and cultural references.

Just make sure to treat them as people and not as instruments. Build friendships instead of “exploiting” them to speak your target language, it will be more rewarding for both of you.

### **7. Write things down by hand**

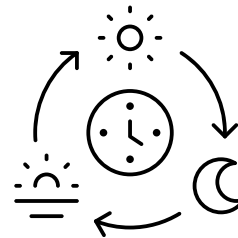
Even though constant progress in technology seems to make handwriting a thing of the past, do not underestimate the power of writing things down to stimulate your memory! The physical effort to write the words down helps to memorize them better, and using different coloured inks makes it even more eye-catching. Make your list of vocabulary and synonyms, words that you think are going to be useful for you.

### **8. Watch TV in your new language**

These days, it's extremely easy to access TV series and movies in the original language, no matter where you live or what new language you are going to study. Remember: watching movies or series without subtitles helps you improve your listening skills even when you don't understand much at first. Use subtitles to understand specific phrases or words. Do not use subtitles 100% of the time otherwise, you'll be training reading. Take notes of idiomatic expressions or particular words that you didn't know in your notebook.

# EXAMPLE OF CREATING A DAILY-ROUTINE

Louise wants to learn Turkish. She is planning to study at a university in Istanbul. Her aim is to interact with her classmates and people there. She created a list including the activities that she can carry out to help her in her language learning process. She knows that the best time to learn and review new information is when she wakes up and she takes it into consideration when making her plan. Louise decided she could spend 15 minutes per day learning Turkish. She is going to start following this programme and change her routine every 1-2 weeks so that she will not get bored. In the case Louise wants to follow a more intense programme in the future, for example by studying 30-40 minutes every day, by revising her plan every month, she will be able to add more useful activities and time to her plan.



## EXAMPLE OF AN ACTION PLAN:

**Language:** Turkish

**Motivation:** study in Istanbul

**Goal and topics:** basic conversation with other students, hobbies, travelling, future goals, life

**Routine ideas:** texting a friend, watching routine YouTube videos, practising vocab by using apps, listening to music, watching TV series, chatting with AI

**Material ideas:** local newspapers and magazines, downloaded flashcards, podcasts, and books in Turkish

**Weekly schedule:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
text a friend in target language	listen to music	listen to podcast	watch YouTube videos	watch a short episode of a series	read some pages of a book, comics, magazine	practice vocabulary by using apps
chat with AI apps (OpenAI), playing online games	practice on writing essays, emails	join a workshop activity in the target language	improve pronunciation (repeating vocabulary aloud)	Watch a film	read a newspaper	create some flashcards



# EXAMPLE OF CREATING A DAILY-ROUTINE

**Useful tip:** Make sure to find your resources in advance, otherwise you will risk spending your 5-15 minutes or learning only to look for the resources. Dedicate 1-2 hours to look for nice resources before starting your plan. You can add more resources later on. Remember, it's better to study for 2 minutes on a busy day than interrupt the chain of daily learning.

At the end of the book, you can find a template to do this activity yourself or facilitate it to other people.



# Learning



## How to memorize what you learn?

To memorize the vocabulary, you can use flashcards you made on your own with paper or through applications like Quizlet and Anki. However, your learning and memorization process should not be limited to flashcards. You can try other techniques to see what works for you, for example, labelling objects in the target language and, above all, through a lot of listening and reading because you will see in different contexts the words you are learning and this will boost your memory.

Another thing that works greatly is teaching what you learn to other people, you will understand it better and memorize it much more easily.

Use what you learn when talking to people or write a diary and try to use what you learn.

## How to choose what vocabulary to learn first?

The first thing to consider is your goal. What is useful for you to know? What will you need first? For example, if you are a student, you can start searching and learning vocabulary that will enable you to introduce yourself and discuss with other students. You can also start with the vocabulary related to your interests. Then, no matter what language you are learning, you will need time and place adverbs (here, there, tomorrow, today, etc.), connecting words (but, and, etc.), verbs and some basic adjectives.

Try to avoid learning single words, learning them in a short sentence is much more useful and interesting. When you learn a single word, it's difficult to know when and how to use it. That is why examples are so important. In addition, you can engage in daily vocabulary exercises to reinforce word retention, if you like this type of activity (if not, you can do more listening or reading).

# Learning

## Alternative ways to study

Listen to music in a foreign language and read the lyrics at the same time. Songs are the most difficult thing to understand, it is therefore not advisable to start with that. However, the songs are very practical for learning and getting used to pronunciation, and the main advantage is that you don't do it in a boring way.



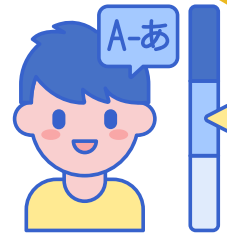
Watch something with subtitles. But be careful, doing so you are mainly reading. So it can be great if you want to expand your vocabulary on a specific topic, but it should not be the only thing you do, otherwise, you will not be able to see progress in your speaking skills.

Follow some guided tours, of museums for example, in the target language or engage in activities you like in your target language. Your knowledge of the topic will make you understand more and you will find it motivating.



Take advantage of technology and social media. For example, if you are interested in clothes or fashion, you can watch some videos or TikTok in the language you want to learn.

# Learning



## How to maintain a certain level in a language?

There's a saying that you'll often hear about languages: "If you don't use it, you lose it." The good news is that, once you've really learnt something and understand it, you do not forget it. Knowledge may slip into a deeper part of your memory if you don't use it on a daily basis, but it won't just disappear. The challenge may be to keep your new knowledge relevant and try to stop it from falling into those murky, hard-to-reach parts of your memory.

So here are some things you can do.

- 1. Try to spend 5 to 15 minutes per day practising** the language you want to learn and at least 5 minutes for the language or languages you want to maintain.
- 2. Read newspapers (or whatever is relevant to you and to your interests):** All major newspapers have websites and most of them are available for free online. One of the great things about reading the news in a foreign language is that you will already have some background to international stories either from your own knowledge or media in your first language. By reading in a different language you may get a different point of view on a story and will probably pick up some interesting vocabulary. Opinion pieces, for example, are often great for learning idioms. Remember to align what you read with the type of vocabulary you want to acquire.
- 3. Listen to movies or series:** Often we don't have much free time, instead of watching a movie or a series, you can listen to it while doing something else. If you have the option of putting an audio description, you will learn much more and you'll avoid all those moments where no one is speaking.

# Learning



## How to maintain a certain level in a language?

4. **Study buddies:** Many universities and colleges run “study buddy” programs, where you can meet up with a native speaker of another language who wants to improve at your native language.

5. **Read books:** If you have a fairly good standard of the language that you want to practice, reading novels is an excellent way of practising. If your level is not there yet, you can:

- read books you already know in your mother tongue. Do not read children's books unless this is the type of vocabulary you want to acquire because, for example, you have a child. Children's books are maybe for native speakers and contain vocabulary that is not useful to adults;
- b) use graded or easy readers (books written for language learners);
- c) read something of your level or lower (there are always things you can revise and learn in any text, even in texts of a level lower than yours, provided the topic is aligned with your goal).

### To summarize:

Learning is something personal, so learn according to your desires and according to what seems most effective for you. This way you will not get bored and you will not give up as soon as you have a bad day. The most important thing you should keep in mind is that you have to learn in an active way, not only in a passive way. This means that using an app is good, but if you only use an app, you will not learn how to speak fluently. Or if you only watch series but never use what you learn while speaking or writing, then your knowledge will be mostly passive. But if you use what you learn (in any way), you will not only remember what you learned but you will have fun, stay motivated and constantly active in your vocabulary and knowledge.

# Obstacles



An obstacle is something that stands in the way of progress or achievement. While learning a foreign language we are likely to face obstacles of many types.

## COMMON OBSTACLES

Here are some common obstacles and suggestions about how to deal with them:

**Lack of motivation:** Like acquiring any new skill, mastering a language often presents its unique set of challenges, the most daunting of which can be a waning motivation. Even if you start with boundless enthusiasm, it's almost inevitable that you'll hit a plateau or slump at some point. During these times, it's invaluable to:

- 1. Revisit your initial purpose:** Reflect on why you began this linguistic journey. Was it for travel, work, connecting with family, or pure passion?
- 2. Set smaller, achievable goals:** Instead of aiming to be fluent immediately, target learning specific phrases or vocabulary each week.
- 3. Celebrate small victories:** Did you understand a movie dialogue or manage a basic conversation? Celebrate these moments!
- 4. Connect with fellow learners:** Joining language learning groups or forums can provide both support and a sense of camaraderie.
- 5. Immerse yourself culturally:** Watch films, listen to music, or cook dishes from regions where the language is spoken. This not only boosts motivation but also enhances understanding.

By realigning with your initial inspiration and implementing these strategies, you can rejuvenate your passion and continue progressing

# Obstacles



## COMMON OBSTACLES

**Self-doubt and the fear of inadequacy:** How many times have you heard someone, or even yourself, declare, “I’m just not good at learning new languages”? In many cases the truth is that you haven’t given language learning much of a chance, giving up too early.

At the same time, this negative affirmation is often a projection of your mind, conditioned by past experiences or unfounded beliefs. Delving deeper, one might realise that such statements are more about fear of failure than an actual assessment of one’s capabilities. Upon reflection, many discover that they haven’t truly immersed themselves in the language-learning process or given it the consistent effort it requires. It’s essential to challenge these limiting beliefs and understand that proficiency in any skill, including language acquisition, comes with time, practice, and perseverance. By shifting perspective and replacing doubt with determination, one can embark on a more fulfilling linguistic journey.

**Lack of opportunity:** One significant barrier to language acquisition is the perceived lack of opportunity. This can manifest as limited access to formal language courses, reduced exposure to native speakers, or even socio-economic barriers that can restrict one’s ability to immerse oneself in a new language. However, in today’s interconnected world, there are innovative ways to bridge these gaps.

Engaging with fellow learners, keeping a daily journal in your target language, or participating in online language forums can be instrumental. Consider initiating or joining a language club in your community, or virtually. Dive into videos, films, or podcasts on subjects you’re passionate about in the language you’re learning, and then try summarising or teaching what you’ve learned to peers or even to yourself. Embrace the language by integrating it into your daily routines and hobbies. Remember, the key isn’t perfection but consistent practice and exposure. Every effort, no matter how small, compounds over time, leading to noticeable progress and proficiency.

# Obstacles



## COMMON OBSTACLES

**Time commitment:** Carving out time for language learning amidst a hectic schedule can often feel daunting, leading many to defer the pursuit of a new language indefinitely. However, it's crucial to recognise the cumulative impact of even small, consistent efforts.

Just one minute dedicated to language practice daily equates to 365 minutes—or over six hours—annually. Upping that commitment to 15 minutes daily results in 5,475 minutes, which is over 91 hours in a year. Rather than fixating on finding large chunks of time, focus on integrating short, manageable language sessions into your daily routine.

Whether it's during your commute, a coffee break, or just before bed, these moments can be transformed into invaluable learning opportunities. Over time, these minutes build-up, leading to considerable progress. It's not always about the duration but the regularity and quality of the practice that makes the difference.



# Learning Disorders



## 1. Dyslexia, dysgraphia and dyscalculia

**Dyslexia** is a disorder in understanding written words, so it affects reading, writing and spelling in your native language as well as in any language you want to learn.

**Dysgraphia** is a disorder in forming and writing letters, so it affects the ability to write in a foreign language.

**Dyscalculia** is a disorder concerning the understanding of number-based information, mathematics and the structure of a new language.

### Suggestions for trainers or teachers to help learners:

- **Emphasise listening and speaking.**
- Focus more on developing listening and speaking abilities by using tools such as audiobooks, podcasts, and music.
- During activities, remember to speak slowly and use repetition and visual exercises based on images and colours with readable fonts and gestures.

## 2. ADHD (Attention Deficit Hyperactivity Disorder)

It is a disorder related to attention, impulsivity and sometimes hyperactivity.

### Suggestions for teachers and trainers to help learners:

- **Friendly environment:** create a safe place without judgement and make sure that the group members respect each other.
- **Short and frequent study sessions:** break study time into shorter and more frequent intervals (or change the type of activity, for example, alternate a more traditional way of learning with something more active). For example, study for 15 minutes several times a day instead of a 1-hour-long session.
- **Physical activity:** do energiser exercises at the beginning, during, and at the end of sessions.
- **Establish routines:** provide and repeat the same predictable routine to make steps clear to know what to expect and to be prepared for it.
- **Set clear goals:** use clear and short explanations; you can add visual and specific examples.

# Learning Disorders



## 3. Anxiety disorders

They are a group of mental health problems that can manifest as excessive worry, fear and nervousness when the person is in a specific or new social situation. Social interaction, when someone has to communicate in a new language, can be a real challenge for an anxious person.

### Suggestions for teachers and trainers to help learners:

- **Friendly environment:** create a safe place without judgement and make sure that the group members take care of each other.
- **Relaxation techniques:** incorporate deep breathing exercises, meditation or progressive muscle relaxation.
- **Establish routines:** provide and repeat the same predictable routine to know what to expect and to be prepared for it.
- **Exposure therapy:** slowly expose the student (or yourself) to the challenging situation, but make sure to make it little by little so that they feel comfortable.

## 4. Foreign language anxiety

Even though foreign language anxiety is not considered a real disorder, it often appears in a formal learning context, such as classrooms, conferences or in situations of contact with teachers or native speakers.

### Suggestions for teachers and trainers to help learners:

1. **Peer-to-peer:** create peer-to-peer and small group activities to give social support to students.
- **Conversation with no native speakers:** encourage students to start to speak with no native speakers to reduce stress and fear of making mistakes.
  - **Informal context:** create informal and inclusive contexts so that everyone can speak.
  - **Do not overcorrect:** do not insist on mistake correction but focus on the process instead of the results.
  - **Award:** award every single effort with positive feedback.

# Final remarks

This booklet is the culmination of a collaborative effort by 22 individuals, none of whom have English as their first language. We hail from a diverse array of countries: the Czech Republic, France, Greece, Italy, Poland, Romania, Spain, and Turkey. Our primary mode of communication was English, though we also conversed in other shared languages without any concern about fluency. Speaking any foreign language offers value, whether for direct communication or as a stepping stone to learning other languages.

This booklet stands testament to the notion that language is a valuable tool for forging community bonds, rather than a skill to be judged. We hope it inspires you to continue your journey in language learning and teaching and to celebrate diversity.



# HELPFUL APPS

## Language Apps

**Gliglish:** An app featuring a chatbot that allows users to practise both speaking and listening in various languages (free and paid version).

**Anki:** A memory-enhancement tool that employs the flashcard repetition technique, proving useful for vocabulary retention and learning.

**Tandem:** This app links language learners with native speakers for text and voice chat interactions.

**Amikumu:** This app helps find people to practise your languages(s) with native speakers or other learners.

**Buddies:** A complimentary app connecting individuals from different nations, fostering discussions based on shared interests.

**Busuu:** A subscription-based app that blends native speaker video clips with grammar and vocabulary exercises (free and paid version).

**Quizlet:** Offers quizzes and tests, inclusive of flashcards which can be tailored to the user's preference (also a great tool for teachers).

**Duolingo:** A gamified platform for language learning. This is a great app to keep you studying but be aware that this app (and actually no app) cannot make you fluent when speaking and especially at beginner levels does not teach you useful vocabulary so make sure to complement it with other more useful resources.



### Language

- Gliglish
- Anki
- Tandem
- Amikumu
- Buddies
- Busuu
- Quizlet
- Duolingo

# HELPFUL APPS

## Organisation Apps

**Habitica:** A productivity game app geared towards refining daily habits.

**Notion:** An application designed for crafting timetables and alerts, it aids in document management, task handling, and project monitoring.

**Toggle:** An application designed to keep track of your time and what you work on.

**Habit Tracker:** This app facilitates the development of real-world habits and features reminder notes, shareable with peers for joint tracking and added enjoyment.

In conclusion, while these tools are beneficial and supportive, a more holistic strategy is essential for language learning.

### Time management

- Habitica
- Notion
- Toggle
- Habits tracker



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# Language Learning Planner

Language:  
Motivation:  
Goal:

Topics:  
Routine ideas:  
Material ideas:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday