

# Your languages 5-a-day

Five easy things you can do every day to teach yourself a new language.

1. **Buy a phrasebook or find a free online course (such as [bbc.co.uk/languages](http://bbc.co.uk/languages)), and learn 5 phrases a day**

If you stick at it, you'll be amazed at how quickly you build up your vocabulary

2. **Read one online article in the language you want to learn – maybe from a newspaper or magazine website**

Don't worry if you can't understand anything at first – the more you do it, the more you'll understand

3. **Find a radio or TV station that broadcasts in the language you want to learn, and watch or listen for 15 minutes**

You'll understand more every time – and it'll help you get used to how the language sounds

4. **Switch your Facebook, games console, phone, TV or any other technology to the language of your choice**

Easier for languages with a familiar alphabet – but a great way to immerse yourself

5. **Have a short conversation with someone who speaks the language**

If you don't know anyone, make a new friend – or find a penpal! Maybe you can help them with their English in return.

These are just a few simple and free (or cheap) things you can do every day. But, if you want to take things further with your chosen language, you could consider evening classes, professional courses for your computer or mobile device - or even studying for an exam.

## Good luck!

