

Excerpt from my Kindle book

How to learn a foreign language with audiobooks and DVDs

The Goal of this Book

This book aims to enable you to improve your foreign language skills and abilities ...

- Yourself - you do not need a teacher
- Cost-effectively – with free or inexpensive media
- Flexibly - whenever you have time

using easily accessible

- Texts (mostly as free downloads)
- Audio files (short stories or audiobooks)
- Video files (feature films / DVDs)

Of course, you must have the will to learn and act proactively. The results, however, will more than compensate you for your effort.

Methodology and Background

The methodology is based on the fact that people learn differently and through different "channels".

The methodology also takes into account how people learn a foreign language most naturally.

Different Learning Types

Some people take in information best through pictures.

Other people learn better when the information is transmitted verbally (sound).

Still other people deal very well with texts and can imagine images or sounds themselves.

The combination of image, sound and text makes this method suitable for all people.

Multiple Channels

We take information through several senses - mainly by listening, by seeing and by reproducing what we have experienced (verbally or in writing).

When we take in the same information via more than one of our senses, this information becomes more firmly anchored in the memory than with only one sense.

It is best when one acquires a new piece of information by:

- Seeing/reading it
- Hearing it
- Speaking it, and
- Writing it down

In "learning a foreign language with audiobooks and DVDs" we can use all of these information channels.

What – and How – Do We Learn Most Quickly?

People learn new information and store it most efficiently in their long-term memory if that information is combined with topics that engage them.

This is because our subconsciousness prioritizes the storage of information, and our subconscious reacts to information rather emotionally than rationally.

For example:

An ardent football fan can often remember the details of football matches that go back years because such games appeal to him emotionally.

However, the same person finds it hard to retrieve other information from his memory because this information has not left a significant emotional impression.

Even if one always says "I have to learn this material. It is very important for my career (or whatever)", which is a conscious, rational prioritization, the subconscious remains unimpressed.

Therefore, it is very important to associate learning material with topics that address your subconscious mind.

So, choose your absolute favorite books and movies as a learning material!

How Do Children Learn Languages?

When children begin to learn their mother tongue:

- They do not read books,
- They do not drill any vocabulary,
- And they do not study grammar.

Small children:

- hear words or short phrases and
- perceive (by seeing or feeling) what happens simultaneously with or shortly after spoken words.

When the child hears the word "hot" and sees or feels that the word has to do with something that is actually hot, it quickly learns to relate the word to the experience.

Children then learn to reproduce the language themselves. In doing so, they make grammatical mistakes, but - as long as the people in their environment speak correctly - they correct most of the mistakes themselves.

Only at school do they begin to learn grammar.

Therefore, I recommend you not to deal very much with grammar at first. Focus more on understanding the language. Grammar is important, but not right at the start.

However, if you notice something that you cannot really understand without some grammar knowledge, then look for the explanation. Just don't let grammar ruin the fun of language learning.

Youth and Adults

In contrast to small children, we are not only able to listen and speak, but also to read and to write - also very useful skills in dealing with a foreign language.

So, we will deal first with text and audio media. This allows you to learn a language by combining listening + reading.

After that, we will look at dealing with video media. This gives you a combination of Seeing + Listening + (if you can find the screenplay for each movie on the Internet) Reading.