

Watch a video.

Answer the questions by choosing the correct answer.

1. How often does Lydia learn a new language?
 - a) She learns a new language every year.
 - b) She learns a new language every two years.
 - c) She learns a new language every three years.
2. How many languages has she learned?
 - a) She has learned 28 languages.
 - b) She has learned 8 languages.
3. Who are polyglots?
 - a) Polyglots are large libraries.
 - b) Polyglots are people who speak a lot of languages.
4. What question do people ask Lydia?
 - a) What is your favourite language?
 - b) How do you learn languages so quickly?
5. What did Lydia want to find out?
 - a) She wanted to find out how polyglots learn languages so much faster than other people.
 - b) She wanted to find out the best way to learn a language.

6. How does her friend Benny learn a new language? What is his method?
 - a) He reads a lot of travel phrasebooks.
 - b) He talks with people and makes mistakes and learns from their feedback.
7. Where does Benny find people to have conversations with?
 - a) Local libraries, community colleges, cafes
 - b) Online
8. Lydia says that all the polyglots she spoke to have the same approach to learning a new language.
 - a) True
 - b) False
9. What did Lydia realize that was really important?
 - a) Polyglots follow time-tested methods to learn new languages quickly.
 - b) The one thing polyglots have in common is that they find ways to enjoy the language-learning process.
10. Does Lydia always use the same method when she learns a new language?
 - a) No.
 - b) Yes
11. What is self-talk?
 - a) Looking into a mirror and having a conversation with yourself.
 - b) Talking out loud to yourself, for example describing your plans for the weekends.
12. Lydia says it's important to "revise vocabulary" – what does it mean?
 - a) To change words into different parts of speech.
 - b) To review and repeat new vocabulary words to remember them.
13. What is the best "system" for learning a new language?
 - a) Incorporate enjoyable language learning activities into your daily routine.
 - b) Sit down with a cup of tea and a calendar and create a 8-week plan for studying as much as possible.
14. According to Lydia, if you learn in small chunks every day in a way that you enjoy,
 - a) you'll definitely make visible progress within two months.
 - b) you'll be able to learn a new language within two months.