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.

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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.

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