

SaySomethingin
SPANISH

LEVEL 1
SESSIONS 1-5

SaySomethingin.com

HOW TO USE THESE AUDIO SESSIONS

RULE 1 – JUST USE THEM

As long as you use them, any which way, you'll reap the benefits – so don't worry about “getting it wrong”!

RULE 2 – GOING FASTER IS MORE FUN

If you want to go as fast as possible, resist the temptation to repeat sessions – try to do at least ten new sessions before re-visiting any of them. The interval learning built into the sessions means that you keep on progressing even when you feel a bit out of your depth – you'll see this clearly when you revisit, for example, Session 01 after you get to Session 10. However hard Session 01 seemed the first time through, it'll feel ridiculously easy once you've got as far as Session 10.

RULE 3 – DON'T GET STUCK IN THE DEATH SPIRAL OF REPETITION

Seriously, don't overdo it. If you absolutely have to repeat a session, please only do it once – the only way this approach can go wrong is if you get stuck repeating a session over and over until you want to drown yourself.

RULE 4 – SAY IT LOUD, SAY IT PROUD

Saying the Spanish out loud makes a huge difference. Go for it! It helps you build extra neural connections which make remembering easier, so don't worry if it makes people look at you in a funny way on the bus! It's also a great top tip to try and say the first word of the sentence immediately, without pausing for *any* thought – this can help trigger you into saying the whole thing more quickly.

RULE 5 – DON'T WORRY ABOUT THE LONG ONES

When a phrase is too long for you to remember exactly what it was, *don't worry!* Just try and fill the gap with anything that makes some kind of sense – it doesn't matter exactly what it is, as long as you get the practice of making yourself say longer phrases.

RULE 6 – MISTAKES ARE THE LIFE-BLOOD OF LEARNING

Mistakes are good! Mistakes help your brain fine-tune and strengthen its new synapses – that little jolt you get when you realise “Oops, I didn't say it like that” is even more valuable than when you get it

right. So celebrate when you make 'mistakes', enjoy them, laugh about them, and you will become a Spanish speaker *much* more quickly than someone who worries about them and tries to be perfect.

RULE 7 – PEOPLE IN GROUPS LEARN FASTER

Come on the forum when you need help, or when you have moments of success to share – being part of a community makes a massive difference to how far you get with your Spanish. I'll hope to chat with you there!

THE FREE SUPPORT FORUM

Come and register a free account at www.SaySomethinginSpanish.com and you'll be able to get your questions answered by Gaby, Pilar and me (hello, Aran here!). You'll also be able to get support and inspiration from other learners, as well as virtual drinks and emotional therapy when you hit a rough patch.

We never get tired of saying proudly that the SaySomethingin forums are one of the most welcoming, encouraging and positive places on the entire internet...:-)

THE SESSION CONTENT LIST

SSISPANISHV2.0 – CHALLENGE 01

I want - quiero. To speak - hablar. Spanish - español. To learn - aprender. I'm trying - estoy tratando de. I'm going to - voy a. To try - tratar de. To practice - practicar. To practice speaking - practicar hablar. I can't - no puedo. To remember - recordar. How - como. I need - necesito. I still need - todavía necesito. I still want - todavía quiero. To improve - mejorar.

SSISPANISHV2.0 – CHALLENGE 02

To say - decir. Something - algo. In Spanish - en español. What - lo que. But - pero. Now - ahora. I ought to - debería. I wanted - quería. And - y. Yet - aun.

SSISPANISHV2.0 - CHALLENGE 03

I've started - he comenzado a. I've just started - acabo de comenzar. I've forgotten - he olvidado. I study - estudio. Been learning for a month - desde hace un mes. About a month - hace aproximadamente un mes. I was trying - estaba tratando. That - que.

SSISPANISHV2.0 - CHALLENGE 04

I've got to - tengo que. More - mas. I've still got to - todavía tengo que. I've got something to say - tengo algo QUE decir. I enjoy - me divierte. The chance - la oportunidad. To think - pensar. I think - pienso. To go - ir. To go myself - irme. I'd like to - me gustaría. With you - con usted.

SSISPANISHV2.0 - CHALLENGE 05

I can - puedo. If - si. I'm not sure - no estoy seguro. Something else - algo mas. Nothing else/anything else - nada mas. It is - es. Es. Interesting - interesante. Because - porque. To stop - parar. I don't want - no quiero.