

LEAVING NAB COTTAGE

And reflecting and integrating on your experience, continuing the learning.....

Some ideas

- Begin an 'English Club' !! A great way to move on and use English in a relaxed and informal way. Find a bar in your local area and discuss the idea with the management, suggest using the bar for an open evening in English. People can gather almost like a party, move from table to table and use their language. This will attract English mother tongue speakers too who might welcome the exchange and value the opportunity to befriend locals. It could become a centre for themed evenings/film shows/talks.
- www.meetup.com Online organization you can use to set up a group which would meet with specific intentions. You set the intentions!! For example, walking, art, dance, eat sushi.....all in English
- Listen to as much English as you can. Use the BBC word service and keep a range of English speaking stations on your radio, even just for background, passive listening. 'Passion for the Planet' is great uplifting radio station
- Use the graded readers. You can buy them online with CDs. Great for extending your vocabulary.
- Subscribe to 'Positive News', the best newspaper we know. (Again it's online)
- Have a dialogue with yourself, in English, each day. Play with this new part of your personality, constantly give yourself permission to extend your range of communication, in English. Act out mini role plays with yourself.
- Use your 'inner voice' in English. As you use it it becomes more and more automatic and you'll find that you begin to hear more and more English in your environment.
- Use simple visualisations for relaxation, again in English. See <http://www.teachingenglish.org.uk/articles/music-visualisation>
- Join the Nab Cottage facebook group!!
- Use small card index cards for recording vocabulary each day then file them. One side can be for 'passive' vocab you encounter through the day, the other for 'active' vocab based on a particular theme you choose each day, for example politics, kitchens, sport. Using these small cards allows you to constantly revise and check the words throughout the day.
- Keep a diary in English
- Use <http://www.english-to-go.com/index.cfm> and <http://www.englishtown.com>
- Get yourself an English speaking 'Tandem' buddy, someone who wants to learn your language and then spend an hour or so each week chatting, first in your language then in English
- And remember, the best way to live the life you want is to leave the life you don't want! Some inspirational website www.ted.com ; www.alastairhumphreys.com/ www.fluentin3months.com

Goodluck , keep in touch, and continue to use us and each other as a resource!!!