

OUR LUISE

THE ONE THING THAT HELPS AGAINST DEMENTIA



The brain in colour



World languages

Learning languages

Foreign

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Most of the people who are staying at home due to the Corona virus restrictions are bored and watch the same series for the 3rd time. So they do not know what to do in their free time. What about learning foreign languages? But why exactly should you use your free time to learn another language? Learning languages helps you to get ahead in life and it's also a lot of fun. In this article I will give you a few strong reasons why you should learn a new language in your free time.

You do not want to suffer from dementia? No one wants this and numerous studies have shown that, in average, multilingual people develop dementia later than monolinguals. The Canadian scientist and York University professor Ellen Bialystok has investigated dementia patients and analysed whether the onset of dementia differs in single- or multilingual patients. The scientist was able to prove that people who speak two or more languages throughout their lives had dementia on average four years later than monolingual people. Thus, learning a language keeps your brain fit and increases your brain performance. In addition, your memory will increase, too. Isn't that awesome?

Moreover, foreign languages help you in your career and are a giant advantage in the professional life. Whenever you apply for a job, showing multiple language skills will never look bad in your application. In most of the cases, you can even count on a salary uplift of 20% if you speak several languages.

And if you're now asking yourself, how to learn a foreign language, I have an answer for you. Some people learn languages by reading books.

Others start a digital language course. There are also YouTube videos and movies which you can watch in the target language.

You could also use apps such as Tandem to both, make international friendships and practice your foreign language skills. As you can see, there are so many methods to learn a new language. And ironically, speaking multiple languages even increases your learning ability. Learning languages helps you to discover new learning methods. When you get it once, you'll never forget how to learn best and you get motivation to learn even more.

Finally, If you learn a foreign language and travel, you get deeper insights into other cultures. It is very interesting to learn how other people live. To learn about their traditions, their lifestyles and their ways of thinking. This is not possible only through traveling, but through speaking and understanding the language of the country. You can also change your perspective on a certain culture through film, music, literature and political or historical events. This works the best, when you actually understand the language with which it is transmitted.

To sum up, you can get a higher salary, it improves your mental health and you get to know new learning methods when you learn a foreign language. It also helps you to understand different traditions, lifestyles and ways of thinking of other countries. Learning languages is not only an antidote to boredom. It influences your live and your future. Maybe it helps at work or your career but the most important thing is that your it helps you to stay mentally fit and you will not suffer from dementia. Therefore, you should learn a foreign language instead of doing something that makes you bored. ¿Entiendes?



Ellen Bialystok



Make traveling easier – learn another language!

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