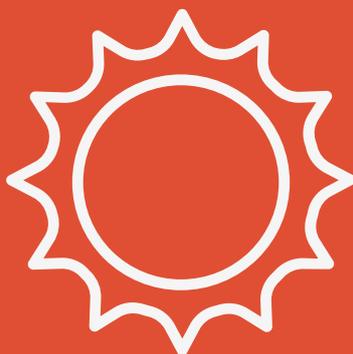


LANGUAGE LEARNING COMPANION



**Intercambio
plus**

For more details visit
intercambioplus.eu



INTERMEDIATE LEVEL



Co-founded by the
Erasmus+ Programme
of the European Union

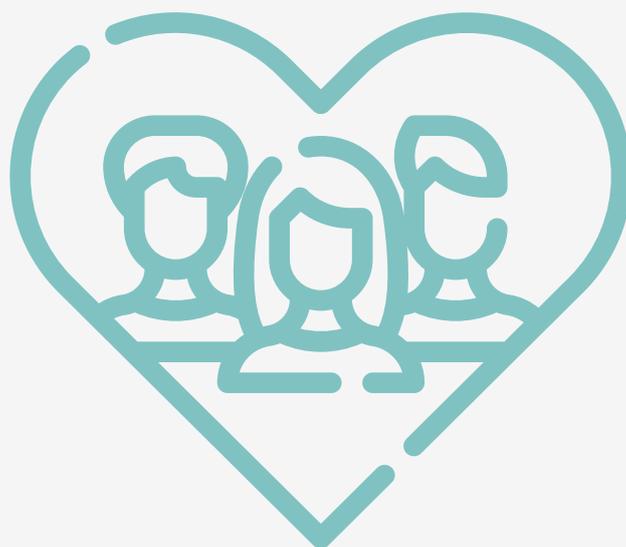


Welcome

The language learning companion has been put together as part of our Intercambio Plus project to help you learn and put into practice your language skills as you explore life in another country and integrate into the local culture.

We explain how you can use intercambios to improve your language skills and cultural understanding and provide exercises to support you in sparking conversations. Each topic contains useful vocabulary and conversation prompts to practice with a language exchange partner. We also include some language learning games and activities that can help you with your speaking skills when you take part in an intercambio.

These materials were made possible with funding from the European Union's Erasmus+ Programme, which encourages the mobility of people and the sharing of language and culture across Europe.



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WHAT IS AN INTERCAMBIO?

Intercambio is the Spanish word for 'exchange', an exchange is defined as an act of giving one thing and receiving another (especially of the same kind) in return. At intercambios, we are exchanging one of the most valuable things humans have: language! In an intercambio, people from various nationalities meet and practice their foreign language skills. It's a great way to improve fluency and meet new people, especially locals!

It can be difficult to strike up a conversation beyond ordering food or asking for directions, which is where intercambios come in useful. They are language exchanges hosted in relaxed venues allowing you to mix with people from all over the world and practice your language skills outside the classroom. Intercambios also help you learn more about the culture, local expressions and slang, and make friends. During an intercambio, it is vital to loosen up and not worry about making mistakes: practice makes perfect!

In this handbook for intermediate level learners of Portuguese or English, you will find several activities and games you can try during an intercambio to encourage both fun and imagination.

FINDING AN INTERCAMBIO

The best way to find your nearest intercambio is to search on a social media site, such as Facebook or Instagram, or check our website events page. Some intercambio groups have a WhatsApp group chat that you can be added to so you can stay up to date on when and where

they're taking place. Intercambios are social occasions so try not to be shy! If you are still unsure then check out our project's blog at www.intercambioplus.eu to read about all the benefits and tips for attending an intercambio near you.

HOW TO USE THE COMPANION

The Companion is designed to support your learning experience at language exchanges by providing a range of topics with conversation prompts to inspire your practice, improve your level and informally assess your progress.

For each topic we've created a series of vocabulary lists and conversation prompts that are suited to each language learning level and that also take into account verb tenses, vocabulary and grammar.

The main goal here is to have a real conversation that is adapted to your language learning level. Your partner - a native or advanced speaker in the language you're learning - will check your performance and sign off each prompt once completed. There's no need to follow the order of topics or prompts, pick and choose and let the conversation flow naturally. Try to speak as much as possible, don't be scared of making mistakes and help each other - it's a language exchange after all!

We hope you enjoy these materials and encourage you to use your imagination and interest to think about new topics. Learn and have fun!



Conversation Topics

Transport and Travel	Working life
	
Exploring culture	Food and drink
	
Local history	Language & culture
	



Transport and Travel

Transporte e viagens

Introduction

Talking about transport and travel can help you find your way in any city, and also discover new places you want to travel to. Learning vocabulary and expressions related to this topic can also be useful any time you go to a Portuguese or English speaking country and help you get the most out of your trip. Some helpful vocabulary and conversation prompts have been compiled below to help your language exchange.

Vocabulary

Nouns		Adjectives		Verbs	
Customs office	Escritório aduaneiro	Empty	Vazio/a	To transit	Transitar
Flight assistant	Assistente de voo	Travel-sick	Doente de viagem	To commute	Trajeto
Traffic	Tráfego	Adventurous	Aventureiro/a	To check in	Fazer o check in
Aviation	Aviação	Uneventful	Sem problemas	To drop off	Deixar o local
Excursion	Excursão	Scenic	Cénico/a	To take off	Descolar
Traveller	Viajante	Trendy	Trendy	To land	Aterragem



Conversation prompts

Your trip here

How did you get to the venue? Describe your trip here to your partner.

Como chegou ao local? Descreva aqui a sua viagem ao seu parceiro.

What's your opinion of the local public transport? Is it similar to where you're from?

Qual é a sua opinião sobre os transportes públicos locais?

É semelhante à do seu país de origem?

Common means of transport

What means of transport do you use most? How is it different from other forms of transport?

Que meios de transporte utiliza mais? Qual é a sua diferença em relação a outras formas de transporte?

Do you try to use environmentally friendly means of transport? What are the benefits?

Tenta utilizar meios de transporte amigos do ambiente? Quais são os benefícios?

Travel

When travelling, do you prefer to go far away or visit locations that are closer? Have you always preferred that?

Ao viajar, prefere ir para longe ou visitar locais que estejam mais próximos? Tem sempre preferido isso?

What city or country would you recommend to visit? How come?

Que cidade ou país recomendaria visitar? Como?

Talk about your experience in that place and why you enjoyed it.

Fale sobre a sua experiência naquele lugar e porque gostou dela.



Stories

Tell a funny or interesting anecdote about your last trip.

Conte uma anedota engraçada ou interessante sobre a sua última viagem.

What did you learn from this experience?

O que aprendeu com esta experiência?

Can you think of a funny or exciting travel experience from a film or book that you enjoyed?

Consegue pensar numa experiência de viagem engraçada ou emocionante a partir de um filme ou livro que tenha gostado?

Travel plans

Where would you like to travel next and why?

Para onde gostaria de viajar a seguir e porquê?

Who would you travel with and why?

Com quem viajaria e porquê?

What would your dream trip be like?

Como seria a sua viagem de sonho?

Where is somewhere you have no interest in travelling to and why?

Onde é que não tem interesse em viajar e porquê?

If you had the chance, would you travel to space? What do you imagine it would be like?

Se tivesse a oportunidade, viajaria para o espaço? Como é que imagina que seria?



Working Life

Vida profissional

Introduction

Talking and learning about working life in a new place can give an insight into the different work cultures and expectations. This can help you navigate working life and integrate more easily. It can also be interesting to see how much your language partner's perspective on work-related topics differs from your own. Use the conversation prompts along with the useful vocabulary below to guide your discussion and, as always, remember to note down any new words or terms!

Vocabulary

Nouns		Adjectives		Verbs	
Colleague	Colega	Conventional	Convencional	To perform	Realizar
Boss	Patrão	Exceptional	Excepcional	To take over	Assumir
Discrimination	Discriminação	Challenging	Desafiante	To achieve	Conseguir
Customer	Cliente	Rewarding	Recompensador/a	To focus	Concentrar
Promotion	Promoção	Collaborative	Colaborativo/a	To burn out	Esgotar-se
Salary	Salário	Engaging	Envolvimento/a	To slack off	Descuidar



Conversation prompts

Work environment

Do you think that finding a job or pursuing a career is difficult nowadays?

Acha que encontrar um emprego ou seguir uma carreira é difícil hoje em dia?

What types of businesses are successful in your country or industry?

Que tipos de negócios são bem sucedidos no seu país ou indústria?

Has the job market in your country changed in the last few years? In what sense?

O mercado de trabalho no seu país mudou nos últimos anos? Em que sentido?

Working culture

Is it common in your country that people are expected to work overtime?

É comum no seu país que se espere que as pessoas trabalhem horas extraordinárias?

What is the usual retirement age in your country? Should it change?

Qual é a idade habitual da reforma no seu país? Deveria mudar?

Do you prefer a more relaxed or formal work culture? What are the pros and cons of each?

Prefere uma cultura de trabalho mais descontraída ou formal? Quais são os prós e os contras de cada um?

Do you think there is a gender gap in the average workplace? If so, how can it be closed?

Acha que existe uma diferença de género no local de trabalho médio? Em caso afirmativo, como pode ser colmatado?



Work experience

How important is work for you? Do you think it is possible to balance your personal life and a successful career?

Qual é a importância do trabalho para si? Acha que é possível equilibrar a sua vida pessoal e uma carreira de sucesso?

For some people it is common to get jobs when they are still at school. Did you have one? What was it?

Para algumas pessoas é comum arranjar emprego quando ainda estão na escola. Tinha um? O que era?

Is it common for people in your country to work abroad? Have you or anyone you know had this experience?

É comum que as pessoas no seu país trabalhem no estrangeiro? O senhor ou alguém que conhece teve esta experiência?

What has been your best or your worst working experience so far? Share a story!

Qual tem sido a sua melhor ou pior experiência de trabalho até agora? Partilhe uma história!

Career plans

Are you happy in your current role or would you like to do something else?

Está satisfeito com o seu papel actual ou gostaria de fazer outra coisa?

Have you thought about doing courses or training to improve your skills or gain new ones?

Já pensou em fazer cursos ou formação para melhorar as suas competências ou ganhar novas competências?

Future of work

How has technology transformed the way we work? Do you think it's a good or bad thing?

Como é que a tecnologia transformou a nossa forma de trabalhar? Acha que é uma coisa boa ou má?

What do you think will be the important sectors of the future? What types of jobs will they create?

Quais pensa que serão os sectores importantes do futuro? Que tipos de empregos irão criar?



Exploring Culture

Explorando a cultura

Introduction

Culture is often the part of a place that makes it stand out from others. It is a combination of the history, people, customs and arts that have accumulated in an area. Talking about the culture can help you see how other people see your city or to see how a local views the area. We have put together some conversation prompts to talk about the importance of culture, differences in culture and recommendations and plans for places to visit and experience. There is also some useful vocabulary to help you along. Make sure to note down any new or important words you pick up.

Vocabulary

Nouns		Adjectives		Verbs	
Society	Sociedade	Contemporary	Contemporâneo/a	To perform	Actuar
Ideology	Ideologia	Multicultural	Multicultural	To conserve	Conservar
Representation	Representação	Westernised	Ocidentalizado/a	To assemble	Reunir/montar
Sculpture	Escultura	Diverse	Diverso/a	To comprehend	Compreender
Painting	Pintura	Exceptional	Excepcional	To immerse	Nergulhar
Antiquity	Antiguidade	Abstract	Abstrato/a	To politicise	Politizar



Conversation prompts

Cultures

What does culture mean to you?

O que é que a cultura significa para si?

Do you think it's important to preserve culture? In what way?

Pensa que é importante preservar a cultura? De que forma?

Do you like learning about new cultures? Why?

Gosta de aprender sobre novas culturas? Porquê?

How do you think meeting people from other cultures can be inspiring?

Como acha que conhecer pessoas de outras culturas pode ser inspirador?

Describe your first memorable encounter with another culture.

Descreva o seu primeiro encontro memorável com outra cultura.

Cultural comparisons

What stands out to you most about the culture here?

O que é que mais se destaca para si sobre a cultura aqui?

Do you think the culture here is different to the culture where you are from?

Acha que a cultura aqui é diferente da cultura de onde você é?

Cultural attractions

What do you think the cultural highlights / attractions of this area are?

Quais acha que são os destaques / atracções culturais desta área?

Why do you think they are popular as cultural attractions?

Porque pensa que são populares como atracções culturais?

Are the cultural attractions similar to the ones you can find in the city you come from?

As atracções culturais são semelhantes às que se podem encontrar na cidade de onde provém?



Recommendations

What would you recommend to see or do here? Why are they special?

O que recomendaria para ver ou fazer aqui? Porque são especiais?

Describe the last cultural attraction that you visited. What were your impressions? Would you recommend it?

Descreva a última atracção cultural que visitou. Quais foram as suas impressões? Recomendá-lo-ia?

Your plans

Is there a cultural attraction that you would like to see?

Why would you like to see it?

Existe alguma atracção cultural que gostaria de ver?

Porque gostaria de a ver?

Is there anything else here that you think is important to see to learn more about the local culture?

Há aqui mais alguma coisa que considere importante ver para aprender mais sobre a cultura local?

What are you planning to see or visit next? Share what you will see and do for a day or weekend.

O que planeia ver ou visitar a seguir? Partilhar o que vai ver e fazer durante um dia ou fim-de-semana.



Food and Drink

Comida e bebida

Introduction

New cities often have unique traditional dishes that you can try as a part of getting to know the culture. Talking to your language partner about food and drink can also help you get to know them in more depth as food and drink are often related to family and childhood memories. They can also give you some new recommendations of restaurants and bars to go to visit. Use the conversation prompts to chat about this topic. There are some useful words listed below to help you. Remember to note down any unfamiliar words or phrases!

Vocabulary

Nouns		Adjectives		Verbs	
Delicacy	Pitéu	Savory	Saboroso/a	To create	Criar
Groceries	Mercearias	Aromatic	Aromático/a	To indulge	Satisfazer
Nutrition	Nutrição	Flavorful	Saboroso/a	To savour	Saborear
Food poisoning	Intoxicação alimentar	Mild	Suave	To prepare	Preparar
Tasting	Degustação	Bland	Suave	To season	Consumir
Cutlery	Talheres	Greasy	Gorduroso/a	To consume	Condimentar



Conversation prompts

Eating out

What are common starters, main courses and desserts on a menu in your country?

O que são entradas comuns, pratos principais e sobremesas num menu no seu país?

What was the most interesting restaurant you've ever been to? What dishes did you order?

Qual foi o restaurante mais interessante onde já esteve? Que pratos encomendou?

When you go out with a group of people to eat, do you split the bill? How is it decided? Do you tip?

Quando se sai com um grupo de pessoas para comer, divide-se a conta? Como é que se decide? Dá gorjeta?

Where would you like to eat out next? What kind of cuisine will it be?

Onde gostaria de comer fora a seguir? Que tipo de cozinha será?

Food nostalgia

Do you remember the first time you tasted the cuisine of a different culture? What was it, and did you like it? What were the circumstances?

Lembra-se da primeira vez que provou a cozinha de uma cultura diferente? O que era, e gostou? Quais foram as circunstâncias?

Were there any foods you hated but were forced to eat as a child?

Havia alimentos que detestava mas que era obrigado a comer quando era criança?

What was your favourite food growing up as a child? When was the last time you tried it?

Qual era a sua comida preferida quando era criança? Quando foi a última vez que a experimentou?



Habits and customs

Which drink is popular in your culture? Do you personally like it?

Que bebida é popular na sua cultura? Gosta pessoalmente?

Do you bring your host a gift when they invite you to dinner?

What type of gift do you think is appropriate?

Traz um presente ao seu anfitrião quando o convidam para jantar?

Que tipo de prenda considera apropriada?

Healthy

Are you worried about an increase in unhealthy lifestyles in your country?

Está preocupado/a com um aumento de estilos de vida pouco saudáveis no seu país?

Do you think eating healthily is expensive?

Acha que comer de forma saudável é caro?

Do you consider a vegan or vegetarian diet healthy? Have you ever tried one?

Considera uma dieta vegan ou vegetariana saudável? Já alguma vez experimentou uma?

Shopping and cooking

When buying food, how do supermarkets compare to food markets? For example, in terms of quality, price and range?

Ao comprar alimentos, como é que os supermercados se comparam aos mercados alimentares? Por exemplo, em termos de qualidade, preço e gama?

Do you have a food market in your town or city? Is it possible to buy fresh produce and local dishes there? What types of food are available?

Tem um mercado alimentar na sua cidade ou vila? É possível comprar lá produtos frescos e pratos locais? Que tipos de comida estão disponíveis?

What is your favourite dish to cook? Tell your partner how to cook it!

Qual é o seu prato preferido para cozinhar? Diga ao seu parceiro como cozinhá-lo!



History

Historia

Introduction

Every place you visit will have its own individual history which has shaped it and the people who live there. Through talking about this you can learn parts of history that you didn't know, giving context to the place you're living. By sharing your own local history with your language partner using the conversation prompts, you can find similarities and differences between your home and where you are now. Remember to note down any unknown words and phrases, historical events, or historical sites you want to visit.

Vocabulary

Nouns		Adjectives		Verbs	
Record	Registro	Derelict	Abandonado/a	To surrender	Render-se
Cathedral	Catedral	Centenarian	Centenário/a	To retain	Reter
Government	Governo	Contemporary	Contemporâneo/a	To discover	Descobrir
Town hall	Câmara Municipal	Eccentric	Excêntrico/a	To construct	Construir
Architect	Arquiteto	Distinctive	Distintivo/a	To destroy	Destruir
Empire	Império	Renovated	Renovado/a	To conquer	Conquistar



Conversation prompts

Interest in history

Do you think it is important to learn about history? Why?

Pensa que é importante aprender sobre a história? Porquê?

What type (social, economic, political, artistic) of history do you find the most interesting?

Que tipo (social, económico, político, artístico) de história considera mais interessante?

What do you think it's the best way to learn about the local history of a place?

Qual é a melhor maneira de aprender sobre a história local de um lugar?

Do you prefer learning about local history by visiting historical places and museums or by reading history books?

Prefere conhecer a história local visitando locais históricos e museus ou lendo livros de história?

Architecture

What is the most important historical building or monument in your city? Why is it so important?

Qual é o edifício ou monumento histórico mais importante da sua cidade? Porque é que é tão importante?

Do you prefer to live in a modern or historical part of the city?

Prefere viver numa parte moderna ou histórica da cidade?

Local history

Did you know much about the history here before you moved?

Sabia muito sobre a história daqui antes de se mudar?





What interests you about its history? Would you like to learn more about it?

O que lhe interessa sobre a sua história? Gostaria de saber mais sobre ela?

Do you know any museums that interest you? Which ones have you already visited and which ones would you like to visit?

Conhece algum museu que lhe interesse? Quais os que já visitou e quais os que gostaria de visitar?

Sharing history

Who is an important historical figure from your country? Why are they important?

Quem é uma figura histórica importante do seu país? Porque são importantes?

Do you feel proud of the traditions and history of the place you're from? Why?

Sente-se orgulhoso/a das tradições e da história do lugar de onde é? Porquê?

What does your country's history have in common with the history here?

O que tem a história do seu país em comum com a história aqui?

Opinions

Do you think statues or monuments of people are important or necessary to remember history?

Acha que estátuas ou monumentos de pessoas são importantes ou necessários para recordar a história?

If you could time travel, what time period in history would you like to travel to?

Se pudesse viajar no tempo, a que período de tempo da história gostaria de viajar?

What do you believe people in 100 years will think about our current time?

O que pensa que as pessoas daqui a 100 anos pensarão do nosso tempo actual?



Language and Culture

Língua e cultura

Introduction

Learning a language will be one of the main reasons you have taken part in this intercambio, so talking about local phrases, expressions and what you find challenging is a great way to enhance your experience. Use the conversation prompts to initiate a discussion about the importance of language, local accents and expressions, and your own experience learning languages. Remember to note down local expressions and words to impress others!

Vocabulary

Nouns		Adjectives		Verbs	
Accent	Sotaque	Colloquial	Coloquial	To recollect	Recolher
Dialect	Dialecto	Inspiring	Inspirado/a	To pronounce	Pronunciar
Slang	Gíria	Stimulating	Estimulante	To articulate	Articular
Misunderstanding	Mal-entendido	Expressive	Espressivo/a	To conjugate	Conjugar
Saying	Provérbio	Contextual	Contextual	To comprehend	Compreender
Idiom	Idioma	Metaphorical	Metafórico/a	To recite	Recitar



Conversation prompts

Importance of language

Would you agree that learning the language is important in order to feel included? Why?

Concorda que a aprendizagem da língua é importante para se sentir incluído? Porquê?

What language would you like to learn the most and why?

Que língua gostaria de aprender mais e porquê?

What motivates you to keep learning and improving your language skills?

O que o motiva a continuar a aprender e a melhorar as suas competências linguísticas?

Do you think people in your country are helpful and understanding with foreigners who don't know the language?

Acha que as pessoas no seu país são prestáveis e compreensivas com os estrangeiros que não conhecem a língua?

Expressions and local phrases

Share and explain a common phrase in your own language. Is there an equivalent one in your partner's language?

Partilhe e explique uma frase comum na sua própria língua.

Existe uma equivalente na língua do seu parceiro?

What are your favourite words or phrases in your native language? Explain their meaning.

Quais são as suas palavras ou frases favoritas na sua língua materna?

Explique o seu significado.

What have been the most useful phrases you've used here so far?

Quais têm sido as frases mais úteis que utilizou aqui até agora?



Language variety

What is the most difficult part of learning a language? And the easiest?
Qual é a parte mais difícil da aprendizagem de uma língua? E a mais fácil?

Is it common in your country for people to speak more than one language?
What are other popular languages?

**É comum no seu país que as pessoas falem mais do que uma língua?
Quais são as outras línguas populares?**

What is one stereotype about the language we're speaking right now? Do you agree with it?

**Indique estereótipo sobre a língua que estamos a falar neste momento?
Concorda com ele?**

How does your dialect or accent differ from the rest of your country?
Como é que o seu dialecto ou sotaque difere do resto do seu país?

Do you think the local accent here is difficult or easy to understand? How do you think it compares to other accents in the language?

**Acha que o sotaque local aqui é difícil ou fácil de compreender?
Como acha que se compara a outros sotaques na língua?**

Progression

What do you think are some of the best ways to practice and improve your language learning?

Quais acha que são algumas das melhores formas de praticar e melhorar a sua aprendizagem de línguas?

Can you remember when you felt you were making the most progress with your language learning?

Consegue lembrar-se de quando sentiu que estava a fazer o maior progresso na sua aprendizagem de línguas?

Is there a specific method or trick that you use to learn new words/expressions?

Existe algum método ou truque específico que utilize para aprender novas palavras/expressões?

ACTIVITIES & GAMES

Twenty questions

Write the name of a celebrity, an animal, or an object on a sticky note or piece of paper and stick it to a player's forehead for everyone else but them to see. Next, the person has up to 20 questions to ask in their target language to correctly guess what's on their card. These questions can only have yes/no answers which can make things a bit harder.

This game uses all the vocabulary that you know while also learning grammar, sentence structure, and pronunciation.



Scenes from a hat

Write down some ideas and topics on pieces of paper. Throw these papers into a hat. You and your partner then take one paper out at a time and have a conversation about the topic for a few minutes.

Examples:

Differences between today and the year 3000
If F.R.I.E.N.D.S was still airing
Bad Valentine's day gifts

Films

Films are perfect for intermediate or advanced learners. It's the best way to train your ears to listen to real-life language. You can go to the cinema and watch the latest thriller or you can opt for watching a film at home together. This will allow you to stop and rewind in case you need explanations. Don't forget to turn your subtitles on, unless you really want to challenge yourself. Netflix has a variety of films in many languages. Children's films, short films, or silent films are excellent for beginners.

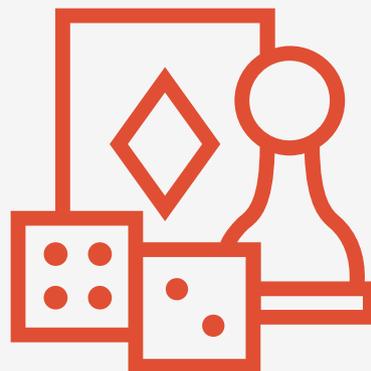
Word association

This game is super easy and fun to play. The first player thinks of a word and then says it out loud. The next person has to say whatever comes to their mind when hearing that word (in the target language, of course!) and then the next person does the same and so on.

Example:

Sea, Fish, Chips, Ketchup, Bottle, Milk, Cows, Farm.

What's beneficial about this game is that the players have to think really fast, as the point is to say the first thing that comes into your mind. This helps develop quick-thinking which is really important when learning to speak a new language.



Personality quizzes

These quizzes are a fun way to learn a language. There are many personality tests available online, pick one in the language that you are learning and answer it with the help of your language partner. Do not forget this is only for learning purposes, so try not to take the results too seriously. You can also compare your results together with your language partner results.

PROGRESS TRACKER

This section of your Language Learning Companion is a space for you to write down any new words, phrases or expressions you may have heard during an intercambio...



Three verbs I have learnt

<hr/> <hr/> <hr/> <hr/>

Three adjectives I have learnt

<hr/> <hr/> <hr/> <hr/>

Three nouns I have learnt

Three phrases I have learnt

TARGETS: Three things I would like to learn at my next intercambio

FURTHER RESOURCES

You can access additional resources to support your language learning on our Intercambio Plus website. There you'll find European city guides, blog posts about maximising your learning, relevant news and events, and forums to interact with other learners and participate in cultural exchange. For educators, there's also information about organising and using your intercambios to complement your teaching and ways to promote events with us.



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Meet the partners

Capacity Ireland



Third Sector International



DSC Formation et Développement



Synopsis Practice



Materahub



Brighton Third Sector Training

