

# LANGUAGE LEARNING COMPANION



**Intercambio  
plus**

For more details visit  
[intercambioplus.eu](http://intercambioplus.eu)



# INTERMEDIATE LEVEL



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



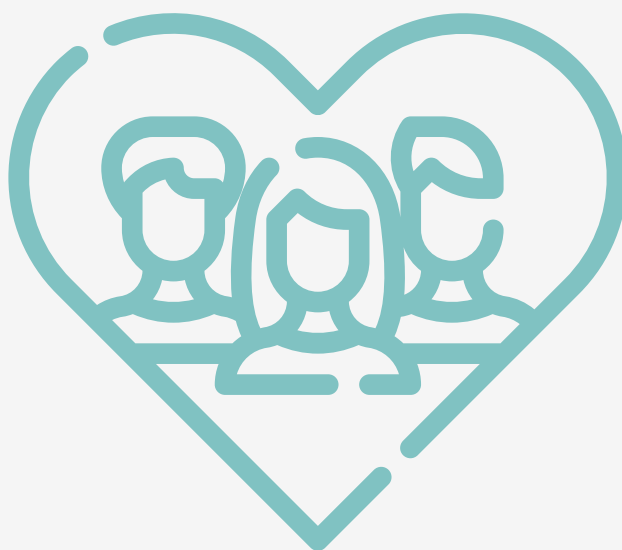
# Welcome

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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.

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# WHAT IS AN INTERCAMBIO?

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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 Spanish or English, you will find several activities and games you can try during an intercambio to encourage both fun and imagination.

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## FINDING AN INTERCAMBIO

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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](http://www.intercambioplus.eu) to read about all the benefits and tips for attending an intercambio near you.

# HOW TO USE THE COMPANION

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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

<b>Transport and Travel</b>	<b>Working life</b>
	
<b>Exploring culture</b>	<b>Food and drink</b>
	
<b>Local history</b>	<b>Language &amp; culture</b>
	



# Transport and Travel

## Transporte y viajes

### 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 Spanish 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	Aduanas	Empty	Vacío/a	To transit	Transitar
Flight assistant	Azafato/a	Travel-sick	Mareado/a	To commute	Ir al trabajo
Traffic	Tráfico	Adventurous	Aventurero/a	To check in	Registrarse
Aviation	Aviación	Uneventful	Tranquilo/a	To drop off	Dejar
Excursion	Excursión	Scenic	Pintoresco/a	To take off	Despegar
Traveller	Viajero/a	Trendy	Popular	To land	Aterrizar



## Conversation prompts

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### Your trip here

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

**¿Cómo has llegado aquí? Describe tu viaje.**

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

**¿Qué opines sobre el transporte público de aquí? ¿Se parece al de tu ciudad?**

### Common means of transport

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

**¿Cuál es el medio de transporte que más utilizas? ¿En qué se diferencia de los demás?**

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

**¿Intentas utilizar medios de transporte ecológicos? ¿Qué ventajas tienen?**

### Travel

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

**A la hora de viajar, ¿prefieres irte lejos o visitar lugares más cercanos? ¿Ha sido siempre así?**

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

**¿Qué ciudad o país recomendarías visitar? ¿Por qué?**

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

**Habla de tu experiencia en ese lugar y por qué te gustó.**





## Stories

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Tell a funny or interesting anecdote about your last trip.

**Cuenta una anécdota divertida o interesante de tu último viaje.**

What did you learn from this experience?

**¿Qué aprendiste de esa experiencia?**

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

**¿Se te ocurre algún libro o película que cuente una aventura de viaje que te haya gustado?**

## Travel plans

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Where would you like to travel next and why?

**¿Cuál es el próximo viaje que te gustaría hacer y por qué?**

Who would you travel with and why?

**¿Con quién viajarías y por qué?**

What would your dream trip be like?

**¿Cuál es el viaje de tus sueños?**

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

**¿Hay algún sitio donde no te gustaría ir? ¿Por qué?**

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

**Si tuvieras la oportunidad, ¿viajarías al espacio?**

**¿Cómo te lo imaginas?**



# Working Life

## Trabajo

### 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	Compañero/a	Conventional	Convencional	To perform	Desempeñar
Boss	Jefe/a	Exceptional	Excepcional	To take over	Asumir
Discrimination	Discriminación	Challenging	Exigente	To achieve	Lograr
Customer	Cliente	Rewarding	Gratificante	To focus	Centrarse
Promotion	Aumento	Collaborative	Colaborativo/a	To burn out	Agotarse
Salary	Sueldo	Engaging	Interesante	To slack off	Holgazanear



## Conversation prompts

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### Work environment

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

**¿Crees que encontrar trabajo o desarrollar una carrera profesional es complicado hoy en día?**

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

**¿Qué tipos de empresas tienen éxito en tu país o sector?**

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

**¿Ha cambiado el mercado laboral en los últimos años?**

**¿En qué sentido?**

### Working culture

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

**¿Es habitual en tu país que la gente trabaje más horas de las establecidas?**

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

**¿Cuál es la edad de jubilación en tu país?**

**¿Crees que debería cambiar?**

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

**¿Qué prefieres, un ambiente de trabajo relajado o formal?**

**¿Cuáles son las ventajas y los inconvenientes de cada uno?**

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

**¿Crees que hay diferencia de sexos en el trabajo?**

**¿Cómo puede cambiar?**



## Work experience

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

**Para ti, ¿el trabajo es muy importante? ¿Crees que es posible que exista un equilibrio entre la vida personal y una carrera de éxito?**

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

**Hay gente que suele trabajar mientras estudia, ¿fue tu caso? ¿En qué trabajaste?**

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

**¿Es habitual que la gente de tu país se vaya al extranjero a trabajar? ¿Conoces a alguien que lo haya hecho?**

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

**¿Cuál ha sido tu mejor y tu peor experiencia en el trabajo?**

## Career plans

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

**¿Te gusta tu trabajo actual o preferirías hacer otra cosa?**

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

**¿Te has planteado hacer algún curso o formación para mejorar tus capacidades o conseguir otras nuevas?**

## Future of work

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

**¿Cómo ha transformado la tecnología la forma en la que trabajamos? ¿Crees que es algo positivo o negativo?**

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

**¿Cuáles crees que serán los sectores más importantes en el futuro? ¿Qué tipos de trabajo crearán?**



# Exploring Culture

## Explorar la 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	Sociedad	Contemporary	Contemporáneo/a	To perform	Realizar
Ideology	Ideología	Multicultural	Multicultural	To conserve	Conservar
Representation	Representación	Westernised	Occidentalizado/a	To assemble	Montar
Sculpture	Escultura	Diverse	Variado/a	To comprehend	Comprender
Painting	Pintura	Exceptional	Excepcional	To immerse	Sumergirse
Antiquity	Antigüedad	Abstract	Abstracto/a	To politicise	Politizar



## Conversation prompts

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### Cultures

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What does culture mean to you?

**¿Qué es para ti la cultura?**

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

**¿Crees que es importante conservar la cultura? ¿En qué manera?**

Do you like learning about new cultures? Why?

**¿Te gusta aprender sobre nuevas culturas? ¿Por qué?**

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

**¿Crees que conocer a gente de otras culturas puede resultar estimulante?**

Describe your first memorable encounter with another culture.

**Describe tu primer encuentro memorable con otra cultura.**

### Cultural comparisons

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What stands out to you most about the culture here?

**¿Qué es lo que más te ha impactado de la cultura de aquí?**

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

**¿Crees que la cultura de aquí es diferente a la de tu país?**

### Cultural attractions

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

**¿Cuáles crees que son las mayores atracciones culturales de esta zona?**

Why do you think they are popular as cultural attractions?

**¿Por qué crees que son populares?**

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

**¿Las atracciones culturales de aquí se parecen a las que de tu ciudad?**



## Recommendations

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

**¿Qué recomendarías ver o hacer aquí? ¿Por qué es interesante?**

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

**Describe la última atracción cultural que has visitado.**

**¿Qué te pareció? ¿La recomendarías?**

## Your plans

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

Why would you like to see it?

**¿Hay alguna atracción cultural que te gustaría ver?**

**¿Por qué te gustaría visitarla?**

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

**¿Hay algo más aquí que consideres de interés para aprender más sobre la cultura local?**

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

**¿Qué es lo próximo que vas a ver o visitar? Habla de lo que verás y harás durante el día o el fin de semana.**



# Food and Drink

Comida y 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	Manjar	Savory	Salado/a	To create	Crear
Groceries	Comestibles	Aromatic	Aromático/a	To indulge	Disfrutar
Nutrition	Nutrición	Flavorful	Sabroso/a	To savour	Saborear
Food poisoning	Intoxicación	Mild	Suave	To prepare	Preparar
Tasting	Cata	Bland	Soso/a	To season	Aliñar
Cutlery	Cubertería	Greasy	Grasiento/a	To consume	Consumir





## Conversation prompts

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### Eating out

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

**¿Cuáles son los entrantes, platos principales y postres de un menú de tu país?**

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

**¿Cuál ha sido el restaurante más curioso en el que has estado? ¿Qué pediste?**

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

**Cuando sales con un grupo de amigos a comer, ¿dividís la cuenta? ¿Cómo lo decidís? ¿Dais propina?**

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

**¿Qué es lo siguiente que te gustaría probar? ¿Qué tipo de cocina?**

### Food nostalgia

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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?

**¿Recuerdas la primera vez que probaste la gastronomía de otra cultura? ¿Qué fue? ¿Te gustó? ¿En qué momento fue?**

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

**¿Te obligaron a comer algo que no te gustaba cuando eras pequeño/a?**

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

**¿Cuál era tu comida favorita de niño/a? ¿Cuándo fue la última vez que lo comiste?**



## Habits and customs

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

**¿Qué bebida es popular en tu cultura? ¿Te gusta?**

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

What type of gift do you think is appropriate?

**Cuando te invitan a cenar, ¿llevas algún regalo? ¿Qué tipo de regalo crees que es apropiado?**

## Healthy

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

**¿Te preocupa el aumento de un estilo de vida poco sano en tu país?**

Do you think eating healthily is expensive?

**¿Crees que comer saludable es caro?**

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

**¿Crees que la dieta vegana o vegetariana es saludable? ¿La has probado alguna vez?**

## Shopping and cooking

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

**Cuando vas a comprar comida, ¿en qué se diferencian los supermercados de los mercados? Por ejemplo, en cuanto a calidad, precio y variedad.**

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?

**¿Hay mercados en tu ciudad? ¿Es posible comprar productos frescos y alimentos de origen local? ¿Qué tipo de producto se puede comprar?**

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

**¿Qué plato te gusta cocinar? Comparte la receta.**



# 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	Rendirse
Cathedral	Catedral	Centenarian	Centenario/a	To retain	Mantener
Government	Gobierno	Contemporary	Contemporáneo/a	To discover	Descubrir
Town hall	Ayuntamiento	Eccentric	Excéntrico/a	To construct	Construir
Architect	Arquitecto	Distinctive	Distintivo/a	To destroy	Destruir
Empire	Imperio	Renovated	Renovado/a	To conquer	Conquistar



## Conversation prompts

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### Interest in history

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

**¿Crees que es importante aprender historia? ¿Por qué?**

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

**¿Qué parte de la historia (social, económica, política, artística) te resulta más interesante?**

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

**¿Cuál crees que es la mejor manera de aprender sobre la historia de un lugar?**

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

**¿Prefieres aprender sobre historia visitando monumentos y museos o leyendo libros?**

### Architecture

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

**¿Cuál es el edificio o monumento histórico más importante de tu ciudad? ¿Por qué es tan importante?**

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

**¿Prefieres vivir en la parte moderna de una ciudad o en su casco histórico?**

### Local history

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

**¿Sabías algo sobre la historia de aquí antes de venir?**





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

**¿Qué es lo que te interesa de la historia de aquí? ¿Te gustaría aprender más?**

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

**¿Conoces algún museo interesante? ¿Cuál has visitado ya y cuál te gustaría visitar?**

## Sharing history

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

**¿Conoces algún personaje histórico importante de tu país? ¿Por qué es importante?**

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

**¿Te sientes orgulloso/a de las tradiciones y la historia de tu país? ¿Por qué?**

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

**¿Qué tienen en común la historia de tu país y la de aquí?**

## Opinions

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

**¿Crees que las estatuas y los monumentos de personas son importantes y necesarios para recordar la historia?**

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

**Si pudieses viajar en el tiempo, ¿a qué época viajarías?**

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

**Dentro de 100 años, ¿qué crees que pensará la gente de la época actual?**



# Language and Culture

## Idiomas y 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	Acento	Colloquial	Coloquial	To recollect	Recordar
Dialect	Dialecto	Inspiring	Inspirador	To pronounce	Pronunciar
Slang	Coloquialismo	Stimulating	Estimulante	To articulate	Articular
Misunderstanding	Malentendido	Expressive	Expresivo/a	To conjugate	Conjugar
Saying	Refrán	Contextual	Contextual	To comprehend	Comprender
Idiom	Expresión	Metaphorical	Metafórico/a	To recite	Recitar



## Conversation prompts

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### Importance of Language

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

**¿Estás de acuerdo en que aprender un idioma es importante para sentirse integrado? ¿Por qué?**

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

**¿Cuál es el idioma que más te gustaría aprender? ¿Por qué?**

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

**¿Qué es lo que te motiva para seguir aprendiendo y mejorando tu español?**

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

**¿Crees que la gente de tu país es amable y comprensiva con los extranjeros que no conocen el idioma?**

### Expressions and local phrases

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

**Comparte y explica el significado de una expresión común de tu idioma. ¿Existe algún equivalente en el idioma de tu compañero?**

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

**¿Cuáles son tus palabras o expresiones favoritas en tu idioma? Explica lo que significan.**

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

**¿Cuáles son las expresiones más útiles que has utilizado hasta ahora?**



## Language variety

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What is the most difficult part of learning a language? And the easiest?

**¿Qué es lo más difícil de aprender un idioma? ¿Y lo más fácil?**

Is it common in your country for people to speak more than one language?

What are other popular languages?

**¿Es común en tu país que la gente hable más de un idioma?**

**¿Qué otros idiomas se hablan?**

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

**¿Conoces algún estereotipo del idioma que estás hablando ahora?**

**¿Crees que es cierto?**

How does your dialect or accent differ from the rest of your country?

**¿Tienes un acento diferente al del resto de tu 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?

**¿Crees que el acento de aquí es fácil o difícil de entender?**

**¿En qué se diferencia con los otros acentos del idioma?**

## Progression

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

**¿Cuáles crees que son los mejores métodos para practicar y mejorar un idioma?**

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

**¿Recuerdas cuando notaste una gran mejora al aprender español?**

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

**¿Utilizas algún truco para aprender nuevas palabras o expresiones?**



# 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.

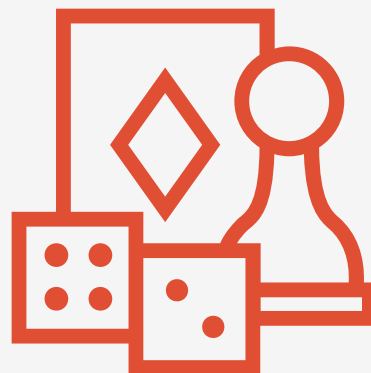
## Word association

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

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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

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## Three adjectives I have learnt

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## Three nouns I have learnt

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## Three phrases I have learnt

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

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# FURTHER RESOURCES

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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 inter-cambios to complement your teaching and ways to promote events with us.



# STAY CONNECTED

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Follow our Facebook page to stay updated with Intercambio Plus. We share interesting articles and events about language and cultural exchange:  
<https://www.facebook.com/intercambiopluseu/>

Sign up to our website to get involved in the forums and receive news and events by email:  
<https://www.intercambioplus.eu/>

# Meet the partners

## Capacity Ireland

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## Third Sector International

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## DSC Formation et Développement

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## Synopsis Practice

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## Materahub

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## Brighton Third Sector Training

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