

Language learning in school:

- Translate your homework.
- Translate work given in class with the help of a dictionary.
- Write new words out on paper with the translation.
- When you feel comfortable, talk with others in the language you are learning.
- Try to always answer in the language you are learning, even when it is a mixture of English and the language you are learning.
- Try to participate in class, even when you do not understand everything.
- “Talking wall” - write down words and put them on the wall (e.g. months, numbers, days of the week etc. in the language you are learning and your native language).

Learning methods:

- Write new words on flashcards (native language on one side and the language you are learning on the other side), practice these words daily. You could also use Quizzlet app. It is a flashcard app for your phone or computer.
- Reading books you are familiar with or books with simpler text (e.g. Children's books).
- Read books out loud, to practice pronunciation and speaking.
- Watch TV with your hostfamily, especially local TV (best when there are subtitles in local language also).
- Change the language on your phone, email etc. to the language you are learning.
- Listen to local music and radio
- Let someone create a shopping list in the local language and take it to store. Find all things in list without the help of your phone.
- Write names of household items on post-its and then attach them to the item. You can even do that before your exchange year.
- Spend time with people who do not speak English such as grandparents and younger children.
- Set small goals e.g. learn three new words per day
- Translate things around you constantly.
- Play games that repeat words or where you create words e.g. Sõnasnakk, alias, scrabble etc.)
- Have conversations with yourself to practice talking with others.
- Set boundaries with your family and friends, when you are comfortable in your language, to only speak in the language you are learning.
- At first use apps to help you build your vocabulary/help with language learning (e.g. Speakly, Memrise, Ling, Keeleklikk etc.)
- Do not get stuck in your own language bubble, limit speaking in your native language.
- Do not be afraid to speak! Even when you can only say couple of words in the language you are learning.

School involvement:

- The teacher will explain the homework at the end of the lesson separately.
- Print out the material of the lesson in English (native language), to include the student in the lesson.
- Alternately print out lesson material in Estonian and ask the student to translate them.
- Offer other lessons instead of theoretical lessons, customised lesson plan.
- Include them to the lessons of primary school native language.
- Ask the student what motivates them, grades or no grades and then give them tasks either grading them or not.
- When student is getting homework/lesson work, check it and correct the mistakes.

Family support:

- Help with homework and translating
- Post-it notes at home, with names of household items/room elements pasted on the corresponding element.
- Slowly switching the language, first speak in English, then simpler sentences in Estonian and then make a switch to Estonian.
- Set a goal to switch completely to Estonian from a certain date.
- Explain unknown words in Estonian or with synonyms.
- Ask the student how they prefer to learn (listening, writing down, with the help of apps etc.)
- Watch Estonian films with subtitles (first English subtitles then Estonian subtitles)
- Motivate and encourage, even when they have a limited vocabulary.
- Do not correct grammar at first, let it be! It will come later!

