



## How to #4: Make time to learn with SSiW.

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Say Something in Welsh is the most efficient way that we know of to learn Welsh. However, that doesn't mean that you can magically learn by osmosis with no effort and no work. You will need to find a small amount of time on a regular basis in order to learn, and later on, to practice what you've learnt.

### **How much time?**

That's entirely up to you. You can do 20 minutes a day, or a marathon 20 lesson session in one day, or anything in between – it depends on how much fun you can take in one sitting!

Little and often is very easy, and very difficult, all at the same time. It is a lot easier to find 10-20 minutes a day in a busy schedule than it is to find a 2 hour session for traditional lessons. BUT, be warned: It is also far easier to miss a 10 minute session - it's only 10 minutes after all - and if you miss a few 10 minute sessions, you will suddenly seem to be learning slowly, and possibly lose the thread and the enjoyment.

Marathon sessions are a bit more challenging, but extremely rewarding. Ask on the forum for more help!

### **How should I learn?**

How you learn is up to you. If you are happy to sit at the computer and use the online mp3 player, or your computer's own player, then do that. For most people, it is best to set aside a specific time, say between 8 and 8.30pm, where you can sit down and concentrate on learning your Welsh. If this genuinely suits you, then go for it! It is certainly better than promising yourself 20 minutes "sometime", and rarely getting around to it.

But many of the most successful SSiWers prefer to download the lessons onto an mp3 player, and listen to them whilst doing something else.

### **Fit the lessons into your schedule**

For most people, identifying a regular activity that can be combined with SSiW is a far more effective strategy. There are two *major* advantages to this plan.

- 1) You don't have to make a hole in your schedule, or be doing SSiW *instead of* something else, and
- 2) once you are in the habit of learning Welsh with the other activity, whenever you do the other activity, you will automatically want to, and be ready to, learn Welsh.

Your activity can be anything that doesn't require your full attention, but allows you to listen to mp3s. Here's a brief list of some of our learners' reported "partner" activities:

- The bus/walk to work
- Walking the dog
- Household chores: ironing, washing up, cleaning, etc
- Keeping fit: running, exercise bike etc. Best not try it while swimming, though
- Strolling in the park
- Gardening
- Hobbies: Art, knitting, cross-stitch, woodwork etc
- In the bath or in bed

### **The unexpected bonus**

There is actually a third, rather unexpected advantage to learning like this as well. We are reliably informed by some that if you are not able to give 100% attention to the lessons, the Welsh flows more easily as you are unlikely to be worrying about tiny details, or the mistakes that you will inevitably make. This makes you far more relaxed, which in turn makes learning easier.

### **The key is commitment.**

Whatever way you decide to learn, make sure that you know what you want. Set a realistic goal, and commit to it. Remember that everyone learns at different speeds, so it may be best to commit to "15 minutes a day" rather than "2 lessons a week", so that you are relaxed about lessons, and don't lose faith or get complacent if you are too slow or too fast.

A great way to keep your motivation levels up is to become a part of the SSiW learners' community. You can read other people's problems and achievements, ask questions, or follow other people's answers, and "meet" fellow travellers on the road to speaking Welsh.

When you realise how supportive the community really is, you can even start to give us regular updates on your progress. They don't have to be monthly, but hearing the congratulations when things are going well, and the hints and tips if things have slowed down, could be the difference between becoming a Welsh speaker, or becoming someone who "tried that once, but it didn't work".

### **You will become a Welsh speaker...**

...you just need the right tools, and know how to use them. If you need any more help with tweaking your schedule, or tips on how to learn more effectively, then ask the community. There's full instructions on joining in "How to #2: Join the SSiW community", (click [here](#)).

Enjoy your new language!

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<a href="#">Previous "How to" guide</a> <a href="#">How to #3: Learn Welsh the SSiW Way</a>	
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