



PODCAST TRANSCRIPT

Episode 10: “Do the little things”

Duration: 10:43

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to take notes in the spaces provided.

5. Enjoy! :-)

00:00	<p>Hello everyone, it's great to see you back here for episode 10 of the Déclic Anglais podcast. 10 episodes already and our little podcast has been listened to over 4000 times! WOW! Thank you everyone for listening, I'm glad that the Déclic Anglais podcast brings value to so many people.</p> <p><i>(Ecrivez vos notes ici).</i></p>
00:28	<p>Today is Tuesday, 2nd March 2021, and yesterday was a special day in my home country, Wales (<i>le Pays de Galles</i>). Yesterday was St David's Day, our national day. So, in France you celebrate the 14th July, Bastille Day – the <i>fête nationale</i>. Well, in Wales we celebrate 1st March, St David's Day. This is because St. David is the patron saint (<i>le saint patron</i>) of Wales. Much like how St. Patrick is the patron saint of Ireland.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:20	<p>Now, Wales isn't a very religious country (at least, not anymore). So why do we celebrate St. David's Day?</p> <p>Generally, St. David's Day is a celebration of Welsh culture, Welsh identity, and an excuse for some fun. It's especially enjoyable for schoolchildren, as it's an opportunity to dress up in the traditional, Welsh costume.</p> <p><i>(Ecrivez vos notes ici).</i></p>

01:47	<p>So, who was St. David? He was a man who lived in the 6th century A.D. (<i>sixième siècle après Jésus-Christ</i>) and 1st March marks the day that he died. He was considered to be a holy man who helped spread Christianity to Wales and was known for his kindness, his tenderness, and his good nature.</p> <p><i>(Ecrivez vos notes ici).</i></p>
02:14	<p>Today, his life is surrounded by a lot of legends and miraculous events. However, one thing that the Welsh still remember today was the last teaching he ever gave:</p> <p>In Welsh, he said: <i>“Gwnewch y pethau bychain.”</i></p> <p>Translated into English: <i>“Do the little things.”</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
02:42	<p>Saint David’s idea was that we don’t need to make grand gestures. All that is necessary to create a better world is many people performing small acts of kindness every day. To make a better world, you don’t need to become a saint, you don’t need to transform into the Dalai Lama or become a Mother Theresa. No, no. You can be yourself, and still make the world a better place by doing small acts of kindness, every day.</p> <p><i>(Ecrivez vos notes ici).</i></p>

<p>03:16</p>	<p>Now, what is so powerful about this teaching, is that it doesn't just apply to how we treat other people. This profound teaching applies directly to our learning of English. You may be asking: <i>"Hein, quoi? Comment ça?"</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
<p>03:37</p>	<p>Don't worry, I'll explain. Let me ask you a question:</p> <p>When it comes to learning English, is it better to:</p> <p>A) practice every day for 15 minutes?</p> <p>B) practice 2 hours, one time per week?</p> <p><i>Est-ce qu'il vaut mieux vous entraîner en anglais tous les jours pendant 15 minutes? Ou bien, pendant 2 heures une fois par semaine?</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
<p>04:08</p>	<p>Hmm, interesting question isn't it? Once per week for 2 hours, or every day for 15 minutes?</p> <p>Well, maybe some of you know the answer already. By far, <i>(de loin)</i> by far the best approach is to practice 15 minutes every day.</p> <p>Now why is that? Well, it's all based on how your brain works. Our brains learn best in short, repeated bursts <i>(des sessions courtes mais régulières)</i> not in long marathons!</p> <p><i>(Ecrivez vos notes ici).</i></p>

04:53 Let's imagine two people. The first person is called Bob, and he studies English for 2 hours once per week. In those 2 hours, he studies a grammar point, some vocabulary. Perhaps Bob even watches a video to practice his listening skills. Great, that's all admirable. But then, after 2 hours are over, Bob closes his English books, doesn't watch any more videos. One week later... uh-oh, it's back to square one (*la case départ*), it's back to square one. Either he's forgotten everything, or something important. Oh dear oh dear.

(Ecrivez vos notes ici).

05:39 The second person however, let's call her Monica, has been working on her English every day. Let's imagine Monica has 15 minutes free every morning, usually she drinks her coffee peacefully before going to work. Well, while she drinks her coffee, Monica revises a little English, using the same materials as Bob. She approaches it one step at a time, just 15 minutes. And day by day, the materials stay fresh and clear in her brain. After 5 days, Monica can still remember the vocabulary, recall the grammar points... Bob on the other hand, can't remember much after 5 days!

(Ecrivez vos notes ici).

<p>06:29</p>	<p>If you don't believe me, try it! Remember, dear listeners, I speak French, German and I'm still learning Welsh. You could call me a language-learning veteran! You can trust my advice when it comes to learning languages.</p> <p><i>(Ecrivez vos notes ici).</i></p>
<p>06:47</p>	<p>Just "do the little things" – let's imagine that one day, you just don't have time to sit down and study properly. Well, if you are serious about improving, you can still make small gestures to help you learn. A good strategy is using post-it notes. Take 3 post-it notes, write a word you want to remember on each post-it. ONE WORD PER POST-IT, write in nice big letters. Then put those post-its somewhere where you'll see them many times per day.</p> <p><i>(Ecrivez vos notes ici).</i></p>
<p>07:29</p>	<p>You could put one next to your computer screen, one on your bathroom mirror, on the refrigerator. Now, that's doable isn't it? That's totally manageable. If you can't find 15 minutes to study, you can make post-its to help you remember important vocabulary. It's better than doing nothing, it's a small, simple gesture to help your learning.</p> <p><i>(Ecrivez vos notes ici).</i></p>

07:57 You could even put entire expressions on there. A good expression for us today is “Slow and steady wins the race!” (*rien ne sert de courir*). Now, you could put this expression on a card and keep it in your pocket. Take out the card every so often and repeat it to yourself: “Slow and steady wins the race!” It’s a great memorisation technique and it takes *seconds* to complete! You see, if you’re really serious about improving your English, you can make small gestures to do it every day in seconds.

(Ecrivez vos notes ici).

08:48 So to wrap up this podcast, here’s a short summary in French:
“do the little things” signifie que ce sont les petites actions quotidiennes qui comptent pour améliorer son anglais. Si vous étudiez 2 heures une fois par semaine, aussi amirable que cela puisse être, vos résultats seront limités car ce n’est pas la meilleure façon d’apprendre pour notre cerveau. Le cerveau apprend plus efficacement avec des sessions efficaces et courtes, à un rythme régulier. 15 minutes d’apprentissage formel chaque jour est idéal. Mais si vous êtes pressé(e) par le temps, vous pouvez tout de même mettre en place de petites actions pour votre apprentissage. L’une des actions les plus simples est d’écrire des phrases ou mots importants sur des post-its, de les coller à des endroits où vous passez souvent, et de les lire plusieurs fois par jour. Comme St David nous l’a appris il y a 1500 ans, les petits gestes du quotidien peuvent faire une grande différence. »

(Ecrivez vos notes ici).

10:00

Well that's all we have time for today, ladies and gentlemen.

This podcast is freely accessible to everyone, we want to help as many people as possible. So, if you have suggestions for the show, please let us know. What do you want to hear?

As always, just send us an email: contact@declicanglais.com.

Bye for now!

(Ecrivez vos notes ici).

How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like www.wordreference.com to ensure that you have the correct definition and context.

WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:

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