



# *PODCAST*

  

# *TRANSCRIPT*

## Episode 21:

“Don't run before you can walk”

Duration: 13:31

### 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

00:07	<p>Before we begin today's episode, I would just like to take a moment to thank everyone who is taking part in the test version of <i>The Décllic Anglais Club</i>. Thank you to all participants who are testing all of our online exercises and lessons, and for providing your valuable feedback. I am very grateful for all of your input already, which is helping us to develop the first real version of <i>The Décllic Anglais Club</i>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
00:40	<p><i>The Décllic Anglais Club</i> is an online learning platform that we at <i>Décllic Anglais</i> are developing to help our listeners. We hope to go live with our first paid version of <i>The Décllic Anglais Club</i> in July 2021. What will the <i>The Décllic Anglais Club</i> include?</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:04	<p>For a reasonable price, subscribers to <i>The Décllic Anglais Club</i> can get access to pre-recorded English lessons with interactive exercises on our website. All of these lessons are based on episodes of <i>The Décllic Anglais Podcast</i>. With <i>The Décllic Anglais Club</i>, you can improve your listening, reading, grammar and pronunciation, everything, all in one place.</p>
01:39	<p>But that's not all. Subscribers to <i>The Décllic Anglais Club</i> can even sign up for our online conversation classes. These are online video-conference meetings where you can practice your English conversation skills with other learners of English. Don't worry, I am present on each call to help.</p> <p><i>(Ecrivez vos notes ici).</i></p>

02:07	<p><i>The Déclic Anglais Club</i> is the place to go for real progress in English.</p> <p>Interested? Don't hesitate to visit our website, <a href="http://www.declicanglais.com">www.declicanglais.com</a> for more information.</p> <p><i>(Ecrivez vos notes ici).</i></p>
02:33	<p>Hello there, dear listeners. I hope you're all doing well, welcome to another episode of <i>The Déclic Anglais Podcast</i>. Today, we're talking about a burning issue, a real hot topic for language learners. I get asked all the time by learners of English:</p> <p><i>Tom, ici avec le podcast ça va plus ou moins. Mais quand je regarde une série ou un film, je comprends beaucoup moins. Les gens parlent trop vite, ils utilisent plein de mots que je ne connais pas. Ça me fatigue. HELP! Que faire?</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
03:15	<p>Well, first of all, I would say don't beat yourself up, don't be too hard on yourself. You are a human being, English isn't your first language and English isn't such an easy language to learn. And also I understand, I am a language learner myself and I know exactly how it feels to watch a TV programme or listen to a conversation where you don't understand much of anything. I know, it can feel very discouraging, can't it?</p> <p><i>(Ecrivez vos notes ici).</i></p>

03:54	<p>Secondly, I would say that it is 100% possible to improve. It seems very obvious, but it's something that we often forget. So it's worth reminding you (<i>ça vaut le coup de vous rappeler</i>) it's worth reminding you that improvement is possible. And knowing that you can improve, gives us a little hope, a little extra motivation to practice.</p> <p><i>(Ecrivez vos notes ici).</i></p>
04:23	<p>And thirdly, I would say (and this is the most important point of this episode), <b>don't run before you can walk!</b> Don't run, before you can walk (<i>il ne faut pas courir avant de savoir marcher</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
04:43	<p>Listen, I think it's a great idea to watch movies and TV series in English. But, if you don't understand a 1-minute conversation between two people, then why do you think watching an entire 2-hour movie is a good idea? It isn't, in fact it's exhausting. If you can't run for 1km, why would you try to run a marathon?</p>
05:19	<p>Dear listeners, learn to walk before you start to run. Let me show you a technique that I have tried and tested, and I think will help you build more confidence in English.</p> <p><i>(Ecrivez vos notes ici).</i></p>

05:35	So, this technique works best with a short TV series with 20–30-minute episodes. Maybe you know the famous TV series <i>Friends</i> , or <i>The Simpsons</i> , <i>The Big Bang Theory</i> , <i>Modern Family</i> . These are all good examples of TV series with short episodes.
06:02	<p>Ok, now step number one: watch an episode in French.</p> <p>« <i>Quoi ? Regarder l'épisode en français ? Mais... Je veux apprendre l'anglais Tom !</i> »</p> <p><i>(Ecrivez vos notes ici).</i></p>
06:17	Yes, yes, yes, I know. But just stay with me a moment. Just relax and watch the episode in French (or whatever your first language is). Ok? And this way dear listeners, you understand the story, you understand the jokes, the context, you understand the content of the episode.
06:44	<p>Now, when you are watching the episode in French, make a note of a conversation that you find interesting, that takes place between the characters. If the conversation lasts for a minute or a maximum of three minutes, perfect. Ok, so make a note of where in the episode, this conversation takes place.</p> <p><i>(Ecrivez vos notes ici).</i></p>
07:13	<p>So, you have watched the entire episode in French, you understand everything, you have identified an interesting 1- to 3-minute-long conversation.</p> <p>Right then, now for step number two:</p>
07:28	<p>Ready? Step number two, you go back to that interesting 1– to 3-minute-long conversation that you noted. You watch it again - this time in English. Don't watch anything more, just focus on this short conversation.</p> <p><i>(Ecrivez vos notes ici).</i></p>

07:52	<p>Now, this is where the work begins:</p> <p>Watch the conversation - this extract from the episode, re-watch it, and watch it again. Alternate between English and French subtitles. If you want you can even alternate between English and French audio, that's absolutely fine. This is really easy to do on a streaming service like Netflix or Amazon.</p> <p><i>(Ecrivez vos notes ici).</i></p>
08:29	<p>And the key objective here is to really study the language. If you don't know a word, find out the definition in a dictionary. Compare the English and French subtitles. GET INVOLVED with the language. Dear listeners, the reason why you don't understand films and series is that you are not actively ENGAGING with the language. You cannot just passively listen to a TV series in English and expect to understand. That's what makes this technique so effective: it's short and it's focused, and it forces you to engage in the language.</p> <p><i>(Ecrivez vos notes ici).</i></p>
09:19	<p>So, when you are studying a short conversation, pay special attention to:</p> <ul style="list-style-type: none"> <li>• Pronunciation</li> <li>• Intonation</li> <li>• The choice of vocabulary</li> </ul> <p>When you are watching or re-listening to these conversations, you can have a lot of fun here. You can even practice your speaking skills.</p> <p><i>M'entraîner à l'oral aussi ? En regardant une série ? Comment ça ?</i></p> <p><i>(Ecrivez vos notes ici).</i></p>

09:48	<p>Well, it's pretty simple actually. Let's imagine you have chosen to study a conversation between two people. After you have watched the conversation a few times, you can start to memorise what people say. Select one of the people, just one, and try to really memorise their words. Play the conversation again and this time, every time your person speaks PAUSE THE VIDEO. And then, YOU speak in their place, using their words. You imitate them as best as you can.</p> <p><i>(Ecrivez vos notes ici).</i></p>
10:35	<p>Really, speak out loud (<i>à voix haute</i>) (x2) really say the words of the character out loud. Be like a parrot, you know the exotic bird, a parrot? It imitates what you say (<i>un perroquet</i>). So, you need to be like a parrot. And if you try this at home, I guarantee that your spoken English WILL improve. That I can promise you.</p> <p><i>(Ecrivez vos notes ici).</i></p>
11:12	<p>Ladies and gentlemen, I have had a lot of students over the years, and the ones who speak the best English are the people who loved singing English songs as kids. They grew up singing Eminem, Lady Gaga, Guns and Roses, Queen, Pink Floyd... They learned the lyrics (<i>les paroles</i>) of their favourite songs, sang these songs at home or with friends, and thereby practiced their speaking. And unintentionally, they have pretty good accents today.</p> <p><i>(Ecrivez vos notes ici).</i></p>

11:50	<p>So, you can do exactly the same with your favourite TV series. And by imitating native-speakers on TV, you will learn to speak more like a native-speaker.</p> <p><i>(Ecrivez vos notes ici).</i></p>
12:05	<p>Let me finish this episode by reminding you, that this is like preparing for a marathon. Start slowly in accordance to your current level. If you start studying 2-minute conversations often, (like I described) you will be amazed at how quickly your understanding of English will improve. Today we are in June 2021, now let's imagine you practice this technique every two days. If you persist and work hard, you will be able to watch a full episode and understand MOST of what you hear by January next year. You can transform your English in 6 months, no problem. But you need to train often.</p> <p><i>(Ecrivez vos notes ici).</i></p>
13:07	<p>Ok, ladies and gentlemen, let's leave it there for today's episode. I hope that you have found all of this useful. Listen to this episode again if necessary and use the transcript (la transcription) to help you better understand the points we spoke about.</p> <p>Have a great day, happy learning, and I look forward to seeing you next time.</p> <p>Bye for now!</p> <p><i>(Ecrivez vos notes ici).</i></p>



## 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](http://www.wordreference.com) to ensure that you have the correct definition and context.

### **WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:**

1.

2.

3.

4.

5.