

3 BENEFITS OF LEARNING LANGUAGES THAT CAN CHANGE YOUR LIFE

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In the world there are 7 continents, 194 countries and 6500 languages. We can learn a lot about cultures and languages, but why should we do this? When learning languages you can broaden your horizon, improve your health and get the possibility to be part of another culture. Is learning languages really healthy and can help people? You don't believe me? Well this article will blow your mind!

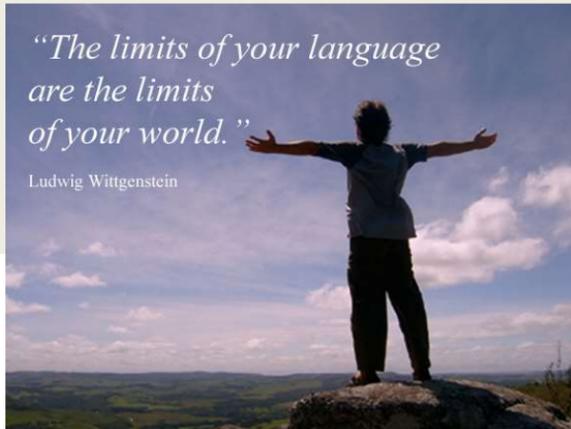
The Corona virus controls the life of everyone and pretty much changes us in our working habits and our daily routine. Some shops are closed, the system of social distancing was introduced and the schools are closed, too. Parents work from home and look for their children while helping them with home schooling at the same time. Students get homework and exercises from the teachers per E-Mail and work on their tasks from home. After work or after finishing the school exercises, most of the people turn on the TV and watch a Netflix series or old movies because they do not know what else to do with their free time. I have a better idea now. Use your time wisely and start to learn a language today.

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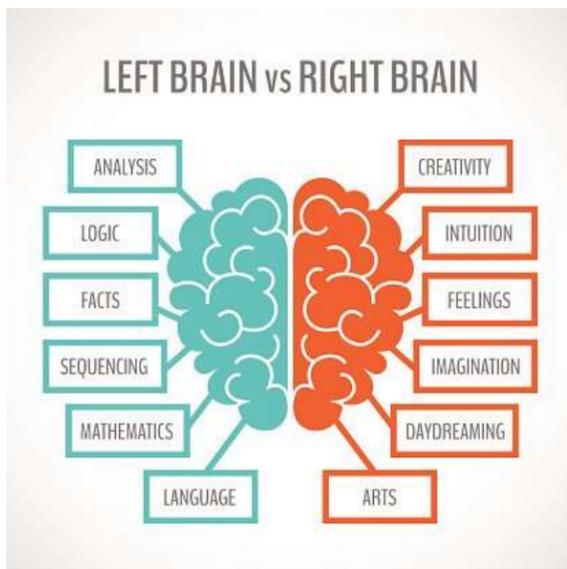
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Firstly, I would like to tell you more about the fact that the ability of speaking many languages broadens your horizon. In school or at home students often hear the same sentences, "You have to broaden your horizon!". The bureau of work also says, a wide horizon is good for the right choice of your occupation. But nobody tells those people how to broaden your horizon. It's easy.

In German schools, students officially have to learn two foreign languages. English and one selected language, chosen by themselves. Many of them choose a third language as well, based on their interest. Statistics say, that half of the students in German schools want to study in foreign countries. Thereby when you study or work abroad, you have to have knowledge of the language and culture of the country. So, if you learn a language you can be part of a school exchange or a study abroad program. Besides that, you also have, and that's a very important point, a big range in the professional world by learning languages. Plenty of occupations demand skills in more than one language and over one third of businesses want people especially because of their language skills. You have no limits, if the profession requires the mastery of at least two languages.



Learning languages helps us to get out of our comfort zone



Learning languages trains our brains in many different ways.

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THE DREAM OF EVERYONE

A LONGER HEALTHY LIFE

Let's take a look at the next benefit of learning languages, which is less illnesses and a better health. Plenty of universities have researched about this hypothesis and made some great findings. One of these findings is that bilingual persons are better at multitasking or can learn a third language easier than monolinguals. But it also helps us to stay healthy. The scientist Ellen Bialystok published in her study in 2007 that in average, bilingual persons become dement 4 years later than persons who only speak one language. The university of Chicago also claims that bilingual persons trust their decision and opinions more, notice their environment intender and have a better capacity of remembering. Consequently, learning languages improves our brainpower as well as our health. Therefore, I would also recommend to older people to learn a new language, too. It's never to late to do so.

Loose yourself in foreign countries

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Every one of us has been speaking to a person of another culture or country at some point of his life. And everyone knows this situation: Either we don't understand the language or we don't understand the meaning of the words or rather don't get the message behind them. One benefit of learning languages is, that you can travel to more places. There you can talk to other people and start a conversation without any problems. Also, you can make international friends. These friendships often last as lifetime and you can use the language constantly over years.

McWorther, professor of Linguistics said in his TedTalk that "if you want to become part of [a culture] ... you have to control [to] some degree the language that the culture happens to be conducted." The language channels the culture which means that learning languages is important to get along with other and to open up to a new culture. The process of learning a language is not ending after one or two years. It lasts for years, until you are able to speak the language fluently in order to understand different cultural situations.



People from different countries communicate after they learned the language (and culture).

EVERY BEGINNING IS DIFFICULT

Concluding, we can answer the question of the beginning. Yes, learning languages is healthy and can change our lives. We have more possibilities in our free time and in the professional world, not to forget the training of our brainpower which helps people to live a longer and healthier life. So, what are you waiting for? There are no reasons to not start!