



7 Habits of Successful Language Learners (Interview with Jael Torres and Maribel Zapata)

Episode 120

Summary: Do you feel like you will always be a beginner? Are you afraid to talk to a native Spanish speaker? Or have you been learning Spanish but are still embarrassed to speak it? In this episode we'll give you some tips to help you overcome those fears and how being consistent will help you become a successful language learner. Jael and Maribel from the Spanish Con Salsa team share the habits they've noticed that turn Spanish learners into successful, confident Spanish speakers.

Time	Speaker	Transcript
00:31 – 05:26	Tamara	<p>Hola y bienvenidos al episodio 120. Welcome to episode 120 of the Learn Spanish con Salsa podcast, in this episode I have two very special guests from the Spanish con Salsa Team, Jael y Maribel. Jael is from Nicaragua and Maribel is from Colombia, and she lives in Medellín. They have been working with us in Spanish con Salsa doing group classes and individual lessons, and I really wanted them to come on, so you can get to meet them before, maybe, you book a lesson or if you're thinking about joining the Spanish con Salsa Fluency Club, our monthly membership program. I wanted you to hear from Jael y Maribel because they are available for lessons on our website spanishconsalsa.com if you look for 101 lessons, and you're looking for a tutor, you're looking for a coach, someone that can help you, not only learn Spanish, learn about the mechanics of the language, but help you to get motivated to reach your goals. They are really great, and I wanted you to be able to meet them and...</p> <p>So, I invited them on the podcast today to introduce them to you all, so I hope you enjoy our conversation, we talk about the 7 habits of highly effective language learners and those of you who are familiar with Stephen Covey if you went to business school, you probably</p>

		<p>had this in your curriculum, or you had to read this book, the 7 habits of highly successful people, but we are going to talk about that from a language learners perspective, and with their experience combined, between Maribel and Jael, they talk about what they have seen, not only in their own experience as language learners but also with the many students that they have work with over the years, so, there's so much value packed into this conversation, I know that you'll enjoy it, it is in English and Spanish because, if you guys remember, if you're in our Facebook group, I did ask a question about our interviews and as you know, what is your preferences in terms of languages, and a lot of you said that you like having a mix of Spanish and English, so I try to do that whenever possible, so, this episode will be in both languages and as always, you can check out show notes page: learnspanishconsalsa.com/120 to be able to access the transcript and the show notes for this episode.</p> <p>Before we get started, I'm excited to let you know that this week is going to be a little bit different on the Podcast, this week is a week where I'm going to be featuring our Spanish Con Salsa Members, so, every day this week, I will be replaying an episode of the podcast where I interview one of our members and give you a little update on how they're doing with their Spanish and their journeys, so, during this whole week, I'll be spotlighting different members so that you can see really what you can expect to get out of membership in the Spanish con Salsa Fluency Club, and of course, that's because if you aren't in our email list, you probably don't know this yet but if you are, you probably had already getting our messages but this week is the week to Join Spanish con Salsa, so, if you want to be a part of our group, coaching program, that is our membership that we offer where I'm working with you 101, you're working with our team to really help you get to conversational fluency, and this is for people who are really committed and really ready to make some real progress with Spanish and maybe frustrated, because, you know, you may had tried to learn before, you may had some intentions, you set goals at the beginning of the year or anytime in the past and you're not where you wanna be.</p>
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05:27 – 05:32	Tamara	<p>Hola, Jael y Maribel, bienvenidas al Podcast Learn Spanish con Salsa.</p> <p><i>Hello, Jael and Maribel, welcome to the Podcast Learn Spanish con Salsa.</i></p>
05:32 – 05:37	Jael	<p>Hola, Tamara, gracias por la invitación.</p> <p><i>Hello, Tamara, thank you for the invitation.</i></p>
05:37 – 05:40	Maribel	<p>Gracias, muchas gracias por la invitación.</p> <p><i>Thanks, thank you so much for the invitation.</i></p>
05:41 – 05:57	Tamara	<p>Y, chicas, pueden presentarse a la audiencia, porque ustedes son parte de la familia de Spanish con Salsa, de las profesoras que tenemos, entonces, empezamos con Jael, ¿puedes presentarte a la audiencia?</p>

		<p><i>And, girls, you can introduce yourself to the audience, because you are part of the Spanish con Salsa family, of the teachers that we have, so, we'll start with Jael, can you introduce yourself to the audience?</i></p>
05:57 – 07:21	Jael	<p>Sí, cómo no. Pues, soy Jael Torres, soy de Nicaragua y... Soy maestra aquí en Spanish con Salsa, ya hace casi un año, creo, o un poquito más de un año. Ha sido interesante todo este tiempo, he podido conocer a los alumnos, y aprender español también con música. Muchas frases, muchas cosas de las islas, por ejemplo, caribeñas. Y, realmente me gusta enseñar idiomas, tengo la mitad de mi vida prácticamente enseñando idiomas porque hago trabajo voluntario con lenguaje de señas, con los sordos, entonces, ya 14 años enseñando lenguaje de señas, español por casi todo ese tiempo también. Enseño inglés también a niños, entonces, eso es lo que hago.</p> <p><i>Yes, of course. So, my name is Jael Torres, I'm from Nicaragua, it's a little country in Centro-America, but beautiful, by the way. And I teach languages, I've been teaching here in Spanish with Salsa since like 1 year ago, enjoying all of this time, this process, learning also, and teaching with music. I have been teaching languages since I was 14 years old, so half of my life I've been teaching languages and I teach sign language to deaf people, I also teach Spanish and English to kids.</i></p>
07:22 – 07:25	Tamara	<p>Gracias, bienvenida. Y, Maribel.</p> <p><i>Thanks, welcome. And Maribel.</i></p>
07:25 – 08:45	Maribel	<p>Sí. Yo soy Maribel, soy colombiana, me encanta el concepto de Spanish con Salsa, entonces, disfruto mucho ayudando... Ayudándolos a ustedes, a todos los estudiantes a mejorar su español. Los idiomas también son mi pasión, me gusta mucho aprenderlos, y desde hace aproximadamente 2 años los estoy enseñando... Bueno, enseño español, aunque en algún momento también enseñé inglés para principiantes, y me encanta usar los</p>

		<p>idiomas como una herramienta de comunicación y de aprendizaje, no solamente del idioma como tal, sino de diferentes culturas y diferentes puntos de vista alrededor del mundo.</p> <p><i>Well, my name is Maribel, I am Colombian, I enjoy teaching in Spanish con Salsa because I love the concept of using music as a tool for learning a new language. I love languages. I have been teaching Spanish for almost 2 years, but I have been a constant student of languages, since all my life, so I really enjoy languages, and I am so happy to be here with you, and help you to improve your Spanish.</i></p>
08:45 – 09:41	Tamara	<p>Gracias, y bienvenida. Thanks and welcome.</p> <p>I want to thank you all for taking the time to join me on the podcast because I know that you guys are very good at teaching, and working with the students, and you always get great reviews, so, anyone that is listening who has had a class with Maribel or Jael, already know, but if you haven't already, hopefully you get that opportunity when you sign up for Spanish con Salsa, because everything is just more fun, especially when you're learning with music, right.</p> <p>So, to start out, I want to ask you both, because you have experience not just as language teachers, but also as language learners and I think that to be an effective language teacher having the experience of learning the language is so important because you know what the students are going through, you understand the struggle, right? So, I'll start with you, Jael. Can you tell me what you think is the hardest part about learning languages?</p>
09:41 – 10:13	Jael	<p>For me, for being honest, in English, I am always struggling with the grammar, so that's because Spanish and English is very different the grammar, and the way of thinking, learning a new way of thinking, trying to figure out what does this person is trying to say, because it's not the way that I think, it's a different way, so, for me, that part, the grammar. I struggle a lot with the grammar in English, I'm still learning English and trying to improve it. So, yeah, that's for me.</p>

10:14 – 11:00	Tamara	<p>Yeah, you're right, I think that grammar... There's so much to it, and you really do have to think in that same pattern, right? So, if you're speaking in a language where the words are in a different order, you almost have to think about the backgrounds to what you're used to, right? Because you're like, oh, that word usually comes first and when you're thinking, you gotta switch all that around, so, yeah, that definitively, I think that's why a lot of people, when it comes to learning Spanish with the grammar, they start to slow down a lot when they're talking because they're thinking in their head, you see them calculating; okay, which verb do I need to conjugate, right? And they're really struggling with that because you do have to change the way you think so, I think that's a great point, and, what about you, Maribel? What do you think? For you, and what you've seen with some of your students as well, some of the hardest parts of language learning.</p>
11:01 – 11:53	Maribel	<p>For me, the hardest part in English and I'm also learning French, is to be constant, because I start like this... Happy and with big enthusiasm and I go, and after 1 week is like "nah", I don't want to keep studying, or I feel lazy, so being constant and specially with French, find people to practice with, because I'm in Colombia, so, it's a little easier to find English speakers, while French speakers not that easy, so, sometimes the practice it's a little harder to get, especially conversations. So, I think that... Yeah, that might be the hardest part for me, like being constant and finding conversation practice.</p>
11:54 – 12:46	Tamara	<p>It's interesting you mention conversation practice because for me, it's one of the things that people say about Spanish as well, they say; oh, you know, I really wanna speak Spanish and... But I just don't have anyone to talk to, and you talk about being in Medellín and not having a lot of people that speak French, but I wonder, with technology, you know, we all have been living on Zoom not by choice, right? For the past year or so, and so, we've been in this world where we can connect with people virtually, you can connect through the internet, so, do you think it makes it easier to find people to talk to, even in French? That you're learning or Spanish,</p>

		or any other language? You think that technology makes it easier to find those people to talk to, even if they're not in the City where you live.
12:48 – 13:44	Maribel	Yeah, absolutely, I think thanks to internet and the new reality that we are having through this pandemic, we realized we can do everything online, anything, so, having language exchange is also a possibility, it was before, but now it's more common, and then, if I go back to being constant, for me that's like the difficult part, like make a routine for example, okay, I'm gonna set one hour every week for having a conversation exchange, so, that's the tricky part, but, I agree, and actually I have seen some language exchanges in some platforms, so, it is possible. And it's easier, definitively, than before.
13:45 – 14:10	Tamara	So, Jael, I want you to chime in. Do you think that consistency, like Maribel mentioned, is one of the important things to do when you're trying to learn a new language? Do you think that that's helped you become successful with learning English, and also, I know you teach sign language, so do you think consistency is also a habit that leads to success when you are learning a language?
14:12 – 15:39	Jael	Yeah, consistency, because I've been learning English in since 10 years maybe, or 12 years, in Latin America, we all take English classes when we are in the High School at least, or sometimes in Elementary School, so, I can say that I've been learning English my whole life, but there was a point that I didn't practice any English, and when I had again to speak with an English native speaker, I couldn't say any word, is like, where is the English I've been learning the last 5 years, it was there somewhere in my brain, I know, it needed to come back, right? So, consistency since I started speaking English every day, like 10 years ago, my English went better and better, so, for me, that's the main point of learning a language, the consistency, trying to do it at least every day, a little bit, it doesn't need to be like 1 hour, it doesn't need to be like something that you have very schedule or I'm going to do this grammar today, and tomorrow this vocabulary. No, but at least if you have like 15 minutes every day or 10 minutes every day, you push yourself to

		<p>speak that language that you are learning. I think for me, in my own experience, that's been like the key point for improving the English. That's my experience as a language learner, so, I think it would be the same with Spanish.</p>
15:39 – 17:02	Tamara	<p>I like that you mentioned that it doesn't have to be, you know, so big, right? When we think of learning the language we treated like a job, this serious matter, okay, I have to find the perfect grammar textbook and I have to follow it to the letter and I have to do all the exercises and instead of just say, if I can find 10 or 50 minutes today to interact with this language, then I'll be making progress, so, I think, you know, doing things in small bites, in small pieces, really does make it easier for you to stay motivated and stay consistent, because, if you go 3 months without any, you know, language that you're learning, then it's very hard to pick back up again, versus, if you just say, okay, I'll take 15 minutes and then you're making small progress, but at the end of 3 months you made so much progress, right?</p> <p>Because what, 15 minutes' time, 7 days a week for 3 months, you know, do the math, it's so much better than waiting until you have 4 hours in the day to study, so, I like that you say that, just taking small steps and not making it too big and overwhelming. What do you think Maribel said about language exchanges? So, you mentioned speaking English really helped you, so, do you think it helps talking to native English speakers or is it you just speaking to anyone you could in English every day?</p>
17:03 – 18:00	Jael	<p>Yeah, well, at least for me, with sign language volunteer program, I have other people that they don't speak Spanish, so, I was pushed to speak the language, so, we had a big exchange of languages, right now, at the point where we are, I still doing that but online, on Zoom too, because there, the pandemic, you know, corona, all of us know about. So, I really believe that an exchange languages program is a very good tool because you are exposed to native people, and that's the way that you learn, like, from the unit to... Of course, you can go on the books, and study grammar more, but that's just information, you need now to put that information in practice,</p>

		though, of course, the most that you can speak with native people, the best.
18:01 – 18:38	Tamara	Maribel, what else would you say, besides what we talk about being consistent, right? Being consistent with your study. We talked about having speaking practice with other people, we talk about taking small amount of time to learn every day, and being consistent, what else have you notice your most successful students have done, like the students were when you started, they really were beginners and then you worked with them and know to talk to them, you see the progress they've made. What are the other things that they have done that you notice that really make them successful? Or you can also speak to your own experience with French and English.
18:39 – 20:22	Maribel	So, what I encourage a lot is to be brave, to make mistakes. Because, as language students, we want to do everything perfect, we want to have perfect grammar, we have to do everything as it says in the book, but, mistakes are a fundamental part of learning, if you don't make mistakes, you won't advance, because we are not computers, we don't record everything as it comes, so, we need to explore, we need to try, and through mistakes is when we start going in a learning process, so, I always encourage my students to speak, usually what I do, because we don't like when someone corrects us, so, I just like take notes, because I just want to let them speak. I mean, you feel ashamed when you start to talk because you know you're going to make mistakes and you feel like "oh, my God, what I'm saying", so, I try to make very comfortable environment, like free of judgment zone, and just speak, and after that, we go with some feedback, and correct some common mistakes, so, I think, as a teacher, or as a student, the important thing is to see the value of mistakes and from them, like, start building the correct structure or the correct way to say things.
20:23 – 21:20	Tamara	You are right, I think, no one wants to be corrected, especially when you are an adult, you know, that's the thing about when you are learning a language when you are not in school anymore, and you're learning on your own, I think we are so used to being right and being competent and knowing what we are saying and feeling

		<p>smart, right? We don't want to feel stupid, no one wants to feel silly, so, I think that's part of what happens when people are learning a language, and I like that you mentioned being brave, I love that, because it does takes courage to speak in another language, because you're putting yourself in a very vulnerable position, because you know you're going to make mistakes and you're going to say things wrong, so, Jael, what about you? What's your perspective on that? What have you noticed in your own study and then from your students you work with that has really made them really take it to the next level and speak better.</p>
21:21 – 23:13	Jael	<p>If you make a mistake, we all have bad days, like, you have a day that you cannot say any word in the language that you are learning, I know, I have those days, we are tired, we have been working, we have an emotional problem, or whatever problem in job or seek, or whatever, right, so, there are some days that you cannot say any word in that language, so, I always like to tell my students that it's okay if the Spanish is not coming out, it's okay, don't worry, tomorrow is another day, and if today's Spanish is so bad, tomorrow will be better, so, don't give up, if one day is bad, it's okay, let it go, is not the day for Spanish, if you've been trying 10 minutes, 15 minutes, is not coming out, it's okay, tomorrow it will be better, so, I think that part is important, also, the sense of humor.</p> <p>For example, with me, I remember with my friend I was like; how can you say that you look good, and I don't know why I couldn't say that, and I told my friend; yeah, you're looking good looking, and he said; what? You looking good looking? That was so funny, we laughed a lot at me, saying; what's that? Looking good looking? Because in Spanish is like <i>Te ves bien</i>, looking good looking, that doesn't exist in English. It was like 5 years ago and we are still laughing at that mistake that I made because it's so funny and now we use it in English. "Yeah, you're looking good looking", it's like, "that's a mistake", "Yeah, we are making a joke about that" but you know that you can't say that in proper English, so, having a sense of humor, it can also help you to learn, if you take the things like with "okay, I make a mistake, okay, just laugh of that and keep going."</p>

23:13 – 23:35	Maribel	<p>Yeah, I agree with that. So, we are so used to that mistake is something bad but it's not really bad, it could be funny, and I'm sure after that and the joke, you will never forget the proper way to say it, so, that's really important to, also, twist the mistake and do something good with that, like, having a joke.</p>
23:35 – 23:46	Tamara	<p>Exacto. Entonces, hablando de errores y humor, ¿pueden compartir alguna historia chistosa de alguna de las clases?</p> <p><i>Exactly. So, speaking of mistakes and humor, can you share some funny stories from the classes?</i></p>
23:46 – 24:59	Jael	<p>Ok. Yo estaba pensando, cuando vi esta pregunta, dije, ¿qué voy a compartir? Ha habido algunos momentos divertidos, como, por ejemplo, un día terminé el material temprano, y yo; Oh, tengo 10 minutos más y tengo que extender la clase por 10 minutos, y ahora, ¿qué les digo? Ay, señor, ¿ahora qué hago? Ok, vamos a jugar. Aquí le decimos el ahorcado, <i>hangman</i>, no sé si se le conoce <i>hangman</i> de otra forma en algún otro país, digo; ahora los voy a poner a jugar el ahorcado. Los alumnos, aquí en Spanish con Salsa, y dije, voy a escoger una palabra difícil, entonces, según yo escogí una palabra difícil, no me acuerdo, sinceramente no me acuerdo, pero era una palabra bien larga, y difícil, y dije, ahora sí, yo gano. Pero ni aun así pude, todos, agarraron la palabra, todos entendieron la palabra a la primera, entonces, les iba preguntando letra por letra uno por uno y todos entendieron la palabra, a la primera. Ese día nos reímos mucho, porque yo pensé que por fin yo iba a ganar, pero no gané, es que son muy inteligentes, la verdad, son muy inteligentes, esa fue una reciente, que nos reímos mucho en el momento, todos nos reímos mucho de mi idea que no funcionó bien.</p> <p><i>Okay. I was thinking, when I saw this question, I said, what am I going to share? There have been some funny moments, like for example, one day I finished the material early, and I thought; Oh, I have 10 more minutes left and I have to extend the class for 10 minutes, and now, what do I tell them? Oh, God, now what do I do? Okay, let's play. Here we call it hangman, I don't know if it's known as hangman in any other way, in any other country, I say; now I'm</i></p>

		<p><i>going to make them play the hangman with the students, here in Spanish with Salsa, and I said, I am going to choose a difficult word, according to me I chose a difficult word, I don't remember, I honestly don't remember, but it was a very long word, and difficult, and I said, now I'll win. But even so I couldn't, they all got the word, they all understood the word at the first time, I asked them letter by letter one by one and they all understood the word, at the first time. That day we laughed a lot, because I thought I was finally going to win but I did not win, they are very intelligent, the truth is, they are very intelligent, that was a recent one, we laughed a lot at the moment, we all laughed a lot at my idea that did not work well.</i></p>
25:01 – 25:06	Tamara	<p>¿Y Maribel? Y también una historia de tu aprendizaje de francés o inglés.</p> <p><i>And Maribel? Also, a story of your French or English learning.</i></p>
25:07 – 26:10	Maribel	<p>Aquí estaba intentando como recordar, no recuerdo una en particular, pero, para mí es muy cómico cuando tengo un estudiante y por algún motivo me sale con una frase súper coloquial, entonces cada que eso pasa, yo me sorprendo mucho pero también yo me río, pero ¿dónde aprendiste eso? ¿Quién te enseñó esa palabra? Es muy gracioso cuando ellos vienen y te dicen algo súper coloquial, es como, por ejemplo, un estudiante, en Colombia tenemos la palabra “lela”, que “lelo” es alguien como un poco torpe, como despistado, entonces, ella cometió un error, y me dijo “ay, qué lela, por supuesto que no es así” y yo cómo que “¿qué? ¿Y usted dónde aprendió esa palabra?” “Ay, es que tengo un amigo colombiano que no sé qué...” Y yo excelente, muy bien. Sigánle preguntando frases coloquiales.</p> <p><i>Here I was trying to remember, I do not remember one in particular, but, for me it is very funny when I have a student and for some reason they come out with a super colloquial phrase, so every time that happens, I am very surprised, but I also laugh, “but where did you learn that? Who taught you that word?” It's very funny when they come and tell you something super colloquial, it's like, for example, a student, in Colombia we have the word "lela / lelo", which is someone a bit clumsy, clueless. So, she made a mistake, and</i></p>

		<p><i>she said "oh, what a lela, of course it's not like that" and I was like "What? And where did you learn that word?" "Oh, I have a Colombian friend". And I was like "excellent, very good. Keep asking him colloquial phrases."</i></p>
26:11 – 26:25	Tamara	<p>Y Jael, ¿puedes compartir alguna palabra de Nicaragua? Porque yo no sé mucho de Nicaragua, yo sé del Caribe, un poquito de Colombia, pero hay palabras que se usan en Nicaragua que no se usan en otros países.</p> <p><i>And Jael, can you share a word from Nicaragua? Because I don't know much about Nicaragua, I know about the Caribbean, a little bit about Colombia, but there are words that are used in Nicaragua that are not used in other countries.</i></p>
26:26 – 27:03	Jael	<p>Sí, sí, mira, entonces, la palabra que por excelencia me gusta enseñarles a los alumnos es "tuani", pero con ese acento "tuani" porque en Costa Rica dicen "tuanís" con S, pero no, aquí en Nicaragua es "tuani" sin S, porque nosotros, un buen Nica cuando habla <i>comfortable, like</i>, en confianza, no decimos las S al final, entonces es "tuani".</p> <p><i>Yes, look, so, the word that I like to teach the students is "tuani", but with that accent "tuani" because in Costa Rica they say "tuanís" with S, but no, here in Nicaragua it is "tuani" without S, because a good Nicaraguan when speaks comfortable, like, in confidence, we don't say the S at the end, so it is "tuani".</i></p> <p>"Tuani" es algo súper <i>cool</i>, entonces si vas a decir "Vámonos de viaje". Qué tuani, vámonos, pues", entonces sí, esa es la palabra por excelencia que toda gente que viene a Nicaragua tiene que saber. Algo tuani.</p> <p><i>"Tuani" is something super cool, so if you are going to say "Let's go on a trip. That's tuani, let's go, then". So, yes, that's the quintessential word that everyone coming to Nicaragua has to know. Something tuani.</i></p>

27:03 – 27:17	Tamara	<p>Cuéntanos algo de Nicaragua, de tu país, porque es un país pequeño, ¿no? Y yo no sé mucho de Nicaragua, y he venido a Costa Rica, pero, cuéntanos un poquito de tu país.</p> <p><i>Tell us something about Nicaragua, about your country, because it's a small country, isn't it? And I don't know much about Nicaragua, and I have come to Costa Rica, but tell us a little bit about your country.</i></p>
27:17 – 28:48	Jael	<p>Fíjate que es un país pequeño, es un país bonito, agradable, creo que hay dos cosas que creo que puedo resaltar del país, mirá, número uno, la naturaleza, hay una naturaleza muy bonita, hay muchos lugares turísticos donde puedes ir, y son interesantes e impactantes, por ejemplo, puedes ir a un volcán y ver el lago de lava, estar 10 minutos cerca de la lava, es súper impactante, sobre todo si vas de noche, puedes ver el lago de lava rojo, y como sube el azufre, y todo, en la noche es un paisaje precioso. También las playas del Caribe, tenemos Costa Caribe, Corn Island, y toda la costa atlántica es preciosa, la verdad. Les puedo destacar el turismo natural, hay mucha naturaleza muy bonita que ver aquí. Y segundo, la hospitalidad de las personas, los Nicaragüenses somos conocidos en... Bueno, tal vez en Centro América, que no nos conocen mucho en otros lugares, pero, la cultura Nica es, con los extranjeros sobre todo, se les da mucho a los extranjeros, la gente nicaragüense es muy hospitalaria con los demás, con gente de otros países, es parte de la cultura, siempre nos gusta compartir lo mejor que tenemos en la casa con la gente que viene, entonces, esas son las dos cosas que podría resaltar, la naturaleza y la hospitalidad de la gente en general, así que vengan a Nicaragua. Después del COVID, pero vengan.</p> <p><i>It's a small country, is a beautiful country, nice, I think there are two things that I think I can highlight about the country, look, number one, nature, there is a very beautiful nature, there are many tourist places where you can go, and they are interesting and shocking, for example, you can go to a volcano and see the lava lake, be 10 minutes near the lava, it is super shocking, especially if you go at night, you can see the red lava lake, and how the sulfur rises, and everything, at night it is a beautiful landscape. Also, the beaches of</i></p>

		<p><i>the Caribbean, we have Costa Caribe, Corn Island, and the entire Atlantic coast is really beautiful. I can highlight the natural tourism, there is a lot of beautiful nature to see here. And second, the hospitality of the people, Nicaraguans are known in... Well, maybe in Central America, in other places they don't know much about us, but, the Nicaraguan culture is, with foreigners especially, they give a lot to foreigners, Nicaraguan people are very hospitable with others, with people from other countries, it is part of the culture, we always like to share the best that we have at home with the people that come, so, those are the two things that I could highlight, the nature and the hospitality of the people in general, so, come to Nicaragua. After COVID but come.</i></p>
28:48 – 29:12	Tamara	<p>Sí. Cuando podemos, ¿no? Y, Maribel, cuéntanos un poquito de Medellín, porque yo sé que mucha gente piensa en Pablo Escobar cuando piensa en Colombia y Medellín, yo sé que eso no es la verdad, especialmente de ahora, de la ciudad y del país. Entonces, cuéntanos un poquito de Medellín que quieres compartir con la audiencia.</p> <p><i>Yes, when we can, right? And, Maribel, tell us a little bit about Medellín, because I know that many people think of Pablo Escobar when they think of Colombia and Medellín, I know that is not the truth, especially now, of the city and the country. So, tell us a little bit about Medellín that you want to share with the audience.</i></p>
29:13 – 31:37	Maribel	<p>Sí, de Medellín, hoy en día es un lugar muy popular para <i>expat</i> y para nómadas digitales, y hay una infraestructura muy grande para este tipo de población extranjera, porque hay muchos <i>coworking</i>, hay muchos cafés y lugares con muy buena velocidad de internet, entonces, la mayoría de extranjeros que vemos en Medellín son nómadas digitales o son <i>expat</i>, viviendo de forma permanente en esta ciudad o en otras ciudades de Colombia, parte de esa transformación es debido a que la administración de la Ciudad le ha apostado a la innovación, en especial en el sector de la tecnología y de la información, entonces, incluso ellos tienen la idea de convertir Medellín como el <i>Silicon Valley</i> de Antioquia y de Colombia, porque le apuestan muchísimo a las tecnologías, entonces, parte de esa</p>

transformación ha ayudado también a incentivar el turismo y a cambiar la cara violenta y relacionada al narcotráfico de la ciudad, y, por otro lado, está el clima, por algo se le llama “Medellín, la ciudad de la eterna primavera”, porque su clima es muy estable, en cuanto a temperatura, pero un poco bipolar porque por las mañanas hace sol y por la tarde llueve, pero, en la temperatura es muy estable. Medellín es como una taza, entonces, es todo las casa y los edificios están en la parte de abajo, y estamos rodeados de montañas, entonces, es un paisaje muy bonito, y es muy verde, entonces llama mucho la atención, y es barato, en comparación con otras ciudades importantes en Latinoamérica, y la hospitalidad de la gente, que creo que es algo que tenemos en común toda Latinoamérica, yo digo que lo principal es la calidez de la gente y el clima, y ya con eso viene muchísimas más como avances en cuanto a infraestructura, tecnología y todo este tipo de cosas.

Yes, Medellin, today is a very popular city for expats and digital nomads, and there's a very large infrastructure for this type of foreign population, because there are many co-working, there are many cafes and places with very good internet speed, then, most foreigners we see in Medellin are digital nomads or expats, living permanently in the city or in other cities in Colombia, part of this transformation is because the administration of the City has bet on innovation, especially in the technology and information sector, They even have the idea of turning Medellin into the Silicon Valley of Antioquia and Colombia, because they are betting a lot on technology, so part of this transformation has also helped to encourage tourism and to change the violent and drug-related face of the city, And, on the other hand, there's the weather, which is why it is called "Medellin, the city of eternal spring", because its weather is very stable, in terms of temperature, but a little bipolar because in the mornings it's sunny and in the afternoon it rains, but, in terms of temperature it is very stable. Medellin is like a cup, then, it is all the houses and buildings are at the bottom, and we are surrounded by mountains, then, it is a very beautiful landscape, and it is very green, then it attracts a lot of attention, and it is cheap, compared to other major cities in Latin America, and the hospitality of the people, which I think is something we have in common throughout Latin

		<i>America, I say that the main thing is the warmth of the people and the weather, and comes a lot more advances in infrastructure, technology and all these kinds of things.</i>
31:37 – 31:47	Tamara	<p>Entonces, al final, para terminar con la conversación de hoy, Jael, ¿puedes compartir tu canción favorita de Nicaragua?</p> <p><i>So, finally, to wrap up today's conversation, Jael, can you share your favorite song from Nicaragua?</i></p>
31:49 – 32:48	Jael	<p>Ay, esa es una pregunta difícil, pero mira, me gusta de Nicaragua "Luis Enrique - Yo no sé mañana", me gusta, me encanta. Luis Enrique también tiene algunas canciones en los 80's que son bonitas, las salsas, luego él pausó su carrera y la retomó hace unos años, entonces, de las más modernas de Luis Enrique me encanta "Salsa", me encanta "Yo no sé mañana", pero claro, tradicionales hay algunas otras, yo de vez cuando escucho todos los ritmos, y hay un señor que... Bueno, había, se murió. Otto de la Rocha tiene una canción muy bonita que se llama Pelo de maí, así, Pelo de maí, es a una americana, pero rubia, como el pelo del maíz que es amarillo, entonces la canción se la canta a su amor de los Estados Unidos, rubia. Me encanta la letra, me encanta la forma en la que la cantaba, entonces, creo que son esas dos, las que me gustan de mi país.</p> <p><i>Oh, that's a difficult question, but look, I like from Nicaragua "Luis Enrique - Yo no sé mañana", I like it, I love it. Luis Enrique also has some songs in the 80's that are beautiful, the salsas, then he paused his career and resumed it a few years ago, then, of the most modern of Luis Enrique's I love "Salsa", I love "Yo no sé mañana", but of course, traditional there are some others, I occasionally listen to all the rhythms, and there is a gentleman who... Well, there was, he died. Otto de la Rocha has a very nice song called "Pelo de maí", like this, "Pelo de maí", it is to an American woman, but blonde, like corn hair, which is yellow, so he sings it to his love from the United States, blonde. I love the lyrics, I love the way he sang it, so I think those are the two that I like from my country.</i></p>

32:49 – 33:03	Tamara	<p>Y yo sé que en nuestro curso de Learn Spanish con Music tenemos la canción “Yo no sé mañana”, es una de mis favoritas también. Y Maribel, ¿cuál es tu canción favorita de Colombia? Puede ser salsa, o cualquier otro género.</p> <p><i>And I know that in our Learn Spanish with Music course we have the song "Yo no sé mañana", it's one of my favorites too. And Maribel, what's your favorite song from Colombia? It can be salsa, or any other genre.</i></p>
33:04 – 34:32	Maribel	<p>Me encanta la música de Carlos Vives, en especial la música que es un poquito más vieja, como de 1998 al principio del 2000. Son clásicos, pero me encanta mucho una que esa sí recuerdo el nombre, que se llama “La tierra del olvido”, y es una canción dedicada a Colombia y las cosas más bonitas, y las diferentes regiones, esa canción me gusta mucho, la tierra del olvido, y lloré mucho cuando estaba fuera de Colombia escuchando esa canción. Y de salsa, me encanta Fruko y sus Tesos, es Salsa brava, le decimos, es la salsa típica de Cali, y es muy movida, y la canción de Fruko y sus Tesos, y también del grupo Niche, hablan mucho sobre la historia de los negros en Colombia, de los esclavos, entonces, las letras tienen un significado, no es simplemente algo comercial, sino que nos cuenta un poquito sobre esa historia. Entonces, de ese género de salsa me encanta es ellos, también se considera allá como clásicos de la salsa, muy buena, y Carlos Vives, mis favoritos.</p> <p><i>I love the music of Carlos Vives, especially the music that is a little bit older, like from 1998 to the beginning of 2000. They are classics, but I really loved one that I do remember the name, which is called "La tierra del olvido", and it is a song dedicated to Colombia and the most beautiful things, and the different regions, I really like that song, "La tierra del olvido", and I cried a lot when I was outside Colombia listening to that song. And from salsa, I love Fruko y sus Tesos, it is Salsa brava, we call it, it is the typical salsa of Cali, and it is very lively, and the song of Fruko y sus Tesos, and also of the group Niche, talk a lot about the history of the blacks in Colombia, of the slaves, then, the lyrics have a meaning, it is not just something commercial, but it tells us a little bit about that history. So, from that</i></p>

		<i>genre of salsa I love them, they are also considered as classics of salsa, very good, and Carlos Vives, my favorites.</i>
34:33 – 35:25	Tamara	<p>Gracias, y es interesante porque la semana que viene voy a tener al autor de este libro que es La Fórmula Despacito, y tiene historias sobre las canciones muy populares de América Latina y esa canción de Carlos Vives está en este libro, hay una historia detrás de esa canción, muy interesante, entonces, todos tienen que oír ese episodio la semana que viene. Entonces, muchísimas gracias, Jael y Maribel por su tiempo hoy, y al final, vamos a cambiar al inglés.</p> <p><i>Thank you, and it is interesting because next week I am going to have the author of this book which is Decoding 'Despacito', and it has stories about very popular songs from Latin America and that song by Carlos Vives is in this book, there is a story behind that song, very interesting, so, you all have to hear that episode next week. So, thank you very much Jael and Maribel for your time today, and at the end, we are going to switch to English.</i></p> <p>What would you say to students who are thinking about joining Spanish con Salsa and they are not sure if it's right for them, what would you say?</p>
35:25 – 36:17	Jael	I think that you should try, I think that if you try, just see how it goes, and I know that you're going to enjoy it, because it's learning but not with the pressure of learning grammar and learning a book, and having exams and not tests, is not that here, we learn but we enjoy also, at the same time, and you learn about the culture of Latin America too, because music is culture, so, if you like to learn about culture, countries, it's the whole package, you know, you're learning the language, you are learning music, you are learning how to speak, you get friends in the classes and also you are practicing your Spanish, so, why not? Try. Come, we are waiting for you.
36:18 – 36:20	Tamara	And what about you, Maribel? What would you say?
36:21 – 37:06	Maribel	Well, I think, you need to think outside the box, languages is not just learning a bunch of rules, it's not just memorizing verbs, it's not just

		<p>memorizing rules and structures, and in Spanish con Salsa you can learn the language and practice in a more natural way, because grammar is important but I think immersion is the key and with the music, and the methodology that Tamara designed for this courses you're going to get it, so, give it a try and try to think outside the box and jump onto the unknown and get out of your comfort zone.</p>
37:05 – 37:15	Tamara	<p>I love that. Think outside of the box, I love that, it's the perfect way to end. So, thank you Maribel and Jael for your time today, gracias.</p>
37:16 – 37:18	Jael	<p>Gracias a ti, Tamara.</p> <p><i>Thanks to you, Tamara.</i></p>
37:18 – 37:18	Maribel	<p>Muchas gracias.</p> <p><i>Thank you so much.</i></p>
37:23 – 41:33	Tamara	<p>I hope you enjoy meeting Jael and Maribel, and they are both teaching classes in our Spanish con Salsa Memberships and make sure you apply the 7 habits of highly effective language learners that Jael and Maribel shared with us in this episode.</p> <p>Number 1: Make sure you get conversation practice in as often as you can.</p> <p>Number 2: Don't make a huge deal out of setting these big goals if you can make small progress each and every day, at least 15 minutes a day.</p> <p>Number 3: Look for language exchange opportunities for people that are native speakers of Spanish that you can talk to like our wonderful coaches at Spanish con Salsa, I always have to say that, because they just are some of the best coaches around for language learning, but for any case, if it's not a teacher or it's not through our program, make sure you find native speakers that you can chat with and help you practice conversations on a regular basis and use the tools online as well to help you find conversation practice partners.</p>

Number 4: Be consistent, make sure that whatever you do with your Spanish, that you're doing it on a consistent basis, it's much better to spend a little bit of time each day or each week versus waiting until the perfect circumstances to commit to learning, because guess what? That perfect day is never going to arrive, so, work with what you have right now, and be consistent.

Number 5: Be brave, do not be afraid to make mistakes, you're going to have to get over your fear of speaking the language, of looking silly, of sounding silly, it's part of the process, and that's why I think it's super important to find a community that you're comfortable with, like our community here at Spanish con Salsa, because you really do get to relax, you get to open up, you get to be comfortable with speaking the language, and that is so important when it comes to proficiency down the road when you are in conversations where might be more comfortable whether you're travelling or strangers, it's so important to have that home base, a place where you feel safe and comfortable, and supportive and speaking the language that you can make those mistakes and get those corrections in a very kind way, and begin to improve.

Number 6: is to relax and have fun. Don't take yourself so seriously, find things that you enjoy, anyway that you can find to make the language a part of your life, if it also, make something that is enjoyable to you, it's super important to stick with language learning for the long term.

Number 7: Inject some humor into your language learning habits, have a sense of humor, be able to laugh at yourself, to laugh at those mistakes so you can learn from them without feeling bad or being super self-critical, keep it fun, keep it light.

And if you follow these 7 habits, you'll definitely have success in getting to Spanish fluency, so, don't forget if you're interested in getting some help with your Spanish, check out spanishconsalsa.com/join for all of the information about the Spanish con Salsa Fluency Club, doors close *este domingo*, this

		<p>Sunday, you don't wanna miss this opportunity if you want to improve your Spanish this spring and summer, and you really wanna be ready for travel, to be able to have conversations as we are opening back up, being able to go out and talk to people, now it's the time to join, so, we'll be waiting for you inside the membership, Jael and Maribel, you also met Kesia whose part of our team, who has also been on the Podcast, she's also giving classes each and every week, 101 and group classes with our members, so, you really would get to develop relationships with other members, with our team of coaches and I'll be there to support you 101 as well, so, I really hope that you consider joining us this April because, again, this is your last chance until the fall, so, I really wanna help you this spring and summer, so, spanishconsalsa.com/join</p> <p>I hope you enjoy this episode of the podcast, and as always, I hope that something you heard today will take you one step closer from Spanish beginner to bilingual. <i>Hasta la próxima.</i></p>
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Show Notes: <https://www.learnspanishconsalsa.com/120>

Links and Resources

- [Join Spanish Con Salsa](#)
- [Schedule a Lesson with Jael](#)
- [Schedule a Lesson with Maribel](#)