FERNANDO: In this free Open University course, you'll explore how to pave the way for successfully learning languages, finding out what skills you need.

OLLIE: How can you use your listening skills to survive in the heat of the moment, when everyone is speaking very quickly?

FERNANDO: Hear from teachers and learners as they share their best tips.

WOMAN 1: Nowadays, I practise my speaking Spanish with a friend on Skype.

WOMAN 2: To practise my speaking, we've just started or recently started a conversation group with a couple of Japanese women.

FERNANDO: How to stay motivated to learn.

OLLIE: This community became an unbeatable source of motivation.

FERNANDO: And even explore how to create a language learning friendly daily routine for yourself.

WOMAN 3: Using apps online, like duolingo is a good way to pick up five minutes here and there of language learning, on the train on the way to work, on a lunch break. And I find, yeah, my routine is little, not often.

FERNANDO: So whether it's speaking, listening, reading or writing in another language that you want to get to grips with, this course will support you and make sure there's always new ideas to help.