



Ten Benefits of Learning and Using Another Language

- Catch untranslatable humour.
(Laughing is a stress reliever—no kidding!)
- Increase your employability.
- Open a door to another culture.
- Stimulate the brain, preserve memory, and help protect from memory loss.¹
(What was I saying?)
- Widen your perspective.
- Develop a new self.
- Become a bridge between speakers of the two different languages.
- Perhaps go back to your roots, a voyage of re-discovery.
- Acquire a better appreciation of the subtleties of words and their origins.
- Show respect for those who speak the other language.

¹ Victoroff, Jeff, M.D. Saving Your Brain, New York: Bantam Books, 2002.