



**KEEPING CONNECTED
WHILE STAYING APART**



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Learn a Language on Duolingo

Area of community participation: Education, leisure and recreation, social connectedness

Description of activity: Duolingo is a website and mobile application that offers free language education – with over 30 different language courses offered! From Spanish to Japanese to Klingon, Duolingo’s lessons are short and engaging yet informative, often feeling more like a game than a traditional textbook. Duolingo’s lessons emphasize real-life communication (like ordering from a restaurant and shopping for clothes), focusing on what the learner hopes to do with the language they are learning. You can develop the vocabulary and grammar you need to achieve that goal through practice reading, writing, listening, and speaking. They also offer interactive stories, podcasts, and forums where you can talk to other language learners!

Resources/Materials needed: Computer, tablet, or smartphone to access the Duolingo website or download the Duolingo app (available on iOS, Android, and Windows). Although there is an optional paid premium version, most users exclusively use the free, basic version.

Potential Benefits:

Education – Learning a language is a great way to educate yourself. Not only will you be a more educated and well-rounded person, learning a second language may make you a better job candidate and open to more employment opportunities.

Social – You can connect with other individuals learning the same language and practice with them by chatting in the forum! Learning a second language can also make it easier to connect with people in your day-to-day life, like neighbors who don’t speak the same language as you.

Leisure – Duolingo offers podcasts so that you can experience different kinds of conversations and activities in your target language while engaging in your normal recreational activities. Take five minutes a day to have fun while you learn!

Links to resources:

<https://www.duolingo.com/>

<https://forum.duolingo.com/>

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