[5 reasons why learning a new language is beneficial](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwiKvrvmq_ODAxWNSUECHc1NAq8YABAAGgJ3cw&ase=2&gclid=CjwKCAiA5L2tBhBTEiwAdSxJX3R1_oWLauJMvwnf0eRx94LdORp8sgzeUs5S2pV7hi4GrSkzGhYhcBoCWZoQAvD_BwE&ohost=www.google.com&cid=CAESVeD2jrVgjhYV6yTQS5WaQv-tLim2NndfYciywN34IgsHofYN_San8vgyIMrWtow1tA_5ETAyTgXgH2lEZnTNbGYnjTgK14GgCRHAXNpiMU3CzFN-hRg&sig=AOD64_3Vz3kFrVhBRuErKTeVwykaQjDITg&q&nis=4&adurl&ved=2ahUKEwjw0LPmq_ODAxVF0QIHHd1XDBoQ0Qx6BAgJEAE)

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5 Undeniable reasons to learn a new language

Looking to learn a new language but finding it challenging? Are you unsure if it’s worth it? This article describes 5 reasons why you should definitely learn a foreign language and the benefits they bring.



[Larry Jones](https://preply.com/en/blog/author/larry-j/)

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“Why is language important?” Imagine for a moment that language didn’t exist. How would people communicate their thoughts, emotions, ideas or connect with others? All these things would be very challenging, and we wouldn’t be where we are today if it were not for language. If language is important in a general context, is it also necessary to learn a language apart from the one we are brought up speaking?

In this article, we talk about 5 reasons to learn a foreign language and the benefits that come from doing so.

A whole new language means access to a whole new culture

*“Language is the road map of a culture.  It tells you where its people come from and where they are going” ‒ Rita Mae Brown*

When you commit (impegnarsi) to learning a new language, you’re automatically submerging yourself within an entirely new culture. Multilinguals can read literature in other languages without the need for translation, keep up to date with the latest media and news, watch films without subtitles as well as appreciate music without looking up lyrics online. Apart from the entertainment part of delving (immergersi) into a language’s culture, you can also discover a culture’s unique histories, ethnic values, and distinct traditions. Moreover, you’ll also broaden your mind and gain a new sense of appreciation, acceptance, and respect towards others.

On another note, by immersing yourself into a new language and culture, you’ll begin to notice the way people talk, express themselves, and specific phrases they use (as well as hand gestures). By gaining a better understanding of another culture, you might even take a second look at your own culture, understanding it in a whole new way.

Expand your career opportunities

Looking to advance in your job? Or perhaps you’re interested in careers such as working as an interpreter or translator? These are just two of the many reasons as to why speaking more than one language can give you more career opportunities.



We’re living in an ever-changing world, one that is rapidly becoming more competitive. Because of this, it is seen as a massive plus if you possess the ability to speak a second language and it may even be what sets you aside from other applicants (candidati). Apart from being multilingual, employers also look for characteristics such as versatility, ambition, and sensitivity to other cultures—all of which you can obtain from learning another language.

Enhance your brain power

When you train your body regularly, it becomes stronger and more resilient. The same happens with the brain: the more you train and challenge it, the better and sharper it becomes. There have been numerous studies which indicate that studying foreign languages helps to increase brain power in [several ways](https://www.telegraph.co.uk/education/educationopinion/10126883/Why-learn-a-foreign-language-Benefits-of-bilingualism.html). Speaking more than one language improves memory due to the sheer (enorme) volume of grammar and rules that need to be studied and applied. It’s highly likely that vocabulary and grammar in your native language will simultaneously improve too.

Multilingual individuals tend to develop analytical thinking and can process complex problems efficiently and quickly. They also show an increase in cognitive skills (even those not related to language). Other brain boosts include better decision making, heightened listening skills and longer attention span. Lastly, and perhaps most interestingly, [research](https://www.dailymail.co.uk/health/article-5363123/Learning-language-protect-ALZHEIMERS.html) demonstrates that those who are bilingual are more likely to prevent the development of diseases such as dementia and Alzheimer’s disease.

Travel the world

Whether you want to travel for leisure purposes or to relocate to a country of your choice, if you have the local language under your belt, things will be much easier for you. You’ll be able to connect and converse with locals without any language barriers standing in your way. Just imagine how pleasant it would be if you could order your favourite food/drink without any hesitation! Or if you could use transportation without having to dive (immergersi) into translation books to help you out! The benefits of learning a second language are crystal clear, and you may even find that locals are more welcoming when you make an effort to speak their language.



Learning a new language is also a great way to meet new people, and so, should you choose to travel the globe, having a second language will be a great asset. Let’s say you’ve learned Spanish for instance, since this language is spoken in many countries; it will be easier for you to travel to multiple destinations because this language is quite commonly spoken.

It will boost your confidence

*“Do you know what a foreign accent is? It’s a sign of bravery” ‒ Amy Chua.*

Stepping out of your comfort zone! Facing your fears and taking positive risks! Learning a language can help you do that. Yes, it may seem scary at first, especially if you only know a few words or phrases, but it is a great way to challenge yourself. The more you practice a language, the more you’re bound to improve, and once you start to notice your advancements, this will do wonders for your confidence. When confidence increases by learning a new language, your body language also improves. Most likely, you will look happier and simply pleased with your results. Also, you will be more interesting as a person and people will notice it.

They might want to know why you’ve decided to learn their language or why you’ve taken it upon yourself (prendersi la briga) to learn a couple of interesting languages. Moreover, you will be able to meet and interact with new groups of people, and you may even get a few compliments from native speakers.

Final Thoughts

To summarise, it’s safe to say that language plays a very important role in our lives. So, why learn a foreign language? The benefits of having such skill are highly positive –  the more languages you can speak, the more opportunities you have, whether it is for work, travel, friendship or just for your self-improvement.

It has also never been easier to begin learning a new language thanks to the internet. You can simply go online and search for [tutors](https://preply.com/en/online/english-tutors), set up a schedule for your preferred times and they will be able to provide you with everything related to language learning. Keep in mind that the journey will be a long one and it takes a lot of practice, patience and commitment to earn great rewards.