















CHARACTERISTICS OF GOOD LANGUAGE LEARNERS

How can we know if we are good language learners? Here are some guidelines or strategies we could use to motivate ourselves to be good language learners.

-  Good language learners find their own way and take charge of their learning. They determine the methods that are best for them as individual learners. They learn from others and experiment with different methods.
-  Good language learners organize their study of the language, and they organize information about the language they study.
-  Good language learners are creative. They understand that language is creative. They experiment with the language and play with grammar, words, and sounds.
-  Good language learners make their own opportunities for practicing the language inside and outside of the classroom.
-  Good language learners learn to live with uncertainty by focusing on the meaning of what they can understand, by not getting flustered, and by continuing to talk or listen without necessarily understanding every word.
-  Good language learners use mnemonics and other memory strategies to recall what they are learning.
-  Good language learners make errors work for them and not against them.
-  Good language learners use linguistic knowledge, including knowledge of their first language, in learning a second language.
-  Good language learners use contextual clues to aid their comprehension of the language. They maximize use of all potential contexts around the language attended to for enhancing comprehension.
-  Good language learners learn to make intelligent guesses.
-  Good language learners learn chunks of language as wholes and formalized routines to help them perform beyond their competence. For example, they may learn idioms, proverbs, or other phrases knowing what the whole phrase means without necessarily understanding each individual part.
-  Good language learners learn certain tricks that keep conversations going.
-  Good language learners learn certain production techniques that also fill in the gaps in their own competence.
-  Good language learners learn different styles of speech or writing to vary their language according to the formality of the situation.



Business Rules for Meeting and Greeting

Standing









If you don't rise to the occasion, you will sink in the estimation of others. Everyone should stand when being introduced. If it is impossible for you to rise—if perhaps you are wedged behind the table—at least lean forward or rise slightly so as not to appear distant.

When someone comes to visit at the office, stand and come out from behind your desk unless the visitor is a coworker or someone who comes into your office frequently in the course of the day. The frequency consideration comes into play even when a senior executive visits the office of a junior executive. If it's a common occurrence, there's no need to get up; however, you should certainly stop what you're doing and give your full attention to the senior executive whenever you're in his or her presence.

Shaking Hands







A handshake leaves a very definite and often lasting impression, and in the business world a handshake is the only truly appropriate physical contact for both men and women.

The proper shake ...

-  involves eye contact.
-  is firm but painless.
-  lasts about three seconds.
-  takes only two or three pumps.
-  starts and stops crisply.
-  doesn't continue through the entire introduction.

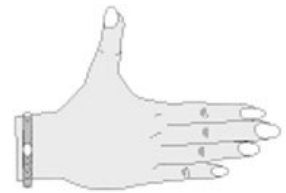
Keep your fingers together and your thumb up. Slide the web of your hand all the way to the web of the other person's hand. Otherwise, he or she ends up shaking hands with your fingers. Also, shaking web to web effectively prevents the other person, no matter how strong, from crunching your knuckles.

You shake when ...

-  someone offers his/her hand to you.
-  first meeting someone.
-  greeting guests.
-  greeting your host/hostess.
-  renewing an acquaintance.
-  saying goodbye.

Hugs and Kisses

In general, hugs and kisses are inappropriate in any business environment. In fact, touching others in the workplace, whether they are of the same gender or not, is impolite even if you feel that the other person is your pal. This stricture includes patting someone on the back, putting your arm around someone, or putting your hand on his or her shoulder.



Begin with your fingers together and your thumb up.



Shake hands web to web, with a firm but not crushing grip.



Never offer only your fingertips, causing a weak, limp handshake.



Delicious Things to Eat in the Philippines

During your Here is delicious food that any first-time visitor to the Philippines should try.

1. **Crispy Pata** consists of deep-fried pig k nuckles served with a soy-vinegar dip. If you're a fan of *Lechon* (roast pig), then you'll love this.



2. **Sinigang** is a soup or stew characterized by its sour and savory flavors. It's traditionally tamarind-based and can be made with fish, pork, beef, shrimp, or chicken as its protein. Many Filipinos grew up eating sinigang so it's a comforting dish for most. It's similar to Malaysian *Singgang* or *Thai Tom Yum*.



3. **Adobo** is so popular that many consider it to be the unofficial national dish of the Philippines. Arguably the most iconic and well-known dish in Filipino cuisine. From the Spanish word *adobar* meaning "to marinate", *adobo* is a popular dish made with chicken or pork marinated in vinegar, soy sauce, black peppercorn, garlic, and bay leaf.

4. **Halo-halo** is arguably the most iconic of Filipino desserts. Meaning "mixed together", *halo-halo* is a festive mixture of shaved ice and evaporated milk with a rainbow of ingredients like boiled kidney beans, *garbanzos*, *kaong* (sugar palm fruit), *macapuno* (young coconut), and plantains sweetened with sugar, among many others. The ingredients are first placed inside a tall glass, followed by the shaved ice which is then sprinkled over with sugar and topped with either *leche flan*, *ube* (purple yam), or ice cream. Evaporated milk is then poured *into* the mixture before serving.



5. **Ensaymada** is a rounded Filipino bread flavored with grated cheese and sprinkled with sugar on top, making it popular among sweet-toothed kids and kids-at-heart alike. It is a common cuisine eaten in most former Spanish territories in Latin America and the Philippines.



6. **Ube ice cream** is a very popular flavor in the Philippines. This recipe produces a rich, creamy smooth ice-cream with a sweet taste and flowery scent. *Ube* is actually a purple yam, or tuber which has streaks of violet / purple running through it. This natural food is often cooked, mashed and made into many into many different products such as ice cream, cakes, breads, pies.



IS SEA SALT HEALTHIER THAN REGULAR SALT?

Sea salt come in a variety of colors and textures, but it's not healthier than regular table salt.

Whether it's black, pink, gray or red, **sea salt** certainly stands out, in flavor, color and texture. The irregularly shaped rocks are gleaned from the sea as water evaporates. The result is a coarse, unprocessed salt laced with trace levels of minerals, such as calcium, magnesium, potassium.



Turns out, sea salt isn't any better for you than table salt, and both should be used in moderation. Sea salt and table salt have the same sodium content, which is about 575

milligrams of sodium per quarter teaspoon (the American Heart Association recommends ingesting no more than 1,500 milligrams a day).

Both types of salt put you equally at risk for developing high blood pressure, which in turn raises the incidence of heart disease.

But what about the trace amounts of minerals found in sea salt? They don't really give you a nutritional advantage because they are easily found in other common foods, like nuts, legumes, dairy and some fruits and vegetables, like oranges and leafy greens [source: Kannal].

And the iodine added to table salt to help prevent goiters caused by iodine deficiency?

It also is found in everything from fish and dairy products to soy sauce and eggs [sources: American Heart Association, American Thyroid Association].



Table salt, on the other hand, is harvested from underground salt

deposits and then processed to arrive at its fine and uniform texture. Because all minerals have been stripped away and additives have been included to prevent clumping, this is the less healthful choice, right?



Adapted from <http://health.howstuffworks.com/wellness/food-nutrition/facts/10-false-nutrition-facts-everyone-knows.htm#page=5>

By
Pimravee

Wararat Singhto

Graphic Designer

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