



7 simple habits for learning Italian



A practical guide to building a routine
that fits your life

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Ciao, I'm Francesca



I'm a qualified teacher of Italian as a foreign language, with training from Ca' Foscari University of Venice. I now live in Nouméa, New Caledonia, after spending many years in different parts of the English-speaking world.

Learning a language as an adult can feel uncomfortable at first. But understanding a song, ordering a gelato or having your first real conversation in Italian makes the effort worthwhile.

What this guide will help you do

- create a realistic routine you can maintain
- use your study time with greater purpose
- bring more Italian into your everyday life
- recognise progress instead of focusing only on mistakes

You do not need to change everything at once.
Choose one habit, try it, and build from there.

1

Create the right study space

Make it easy to begin.

Choose a place where you can concentrate without constantly being interrupted. It does not need to be a perfect home office: a particular chair, a corner of the kitchen table or a quiet library desk can become your Italian space.

Keep the materials you use most often nearby. When your notebook, coursebook and headphones are ready, you spend less time preparing and more time engaging with Italian.

YOUR ITALIAN, EVERY DAY

Keep what helps you study close by, and put distractions out of reach.

START HERE

Choose your Italian study place and prepare everything you will need for your next session.

2

Make time for Italian

A short appointment is better than a vague intention.

You do not need to find an entire free afternoon. Start with a small, specific block of time that genuinely fits your day—even ten or fifteen minutes can be useful when you know what you want to do.

Treat that time as an appointment. Put it in your calendar, connect it to an existing routine or decide in advance when it will happen.

YOUR ITALIAN, EVERY DAY

For example: listen to an Italian podcast while walking, or review vocabulary while having your morning coffee.

MAKE TIME

Choose one ten-minute slot this week and add it to your calendar now.

3

Set one achievable goal

Decide what success looks like before you begin.

A clear goal gives each study session a purpose. It can be based on time—such as fifteen minutes of listening—or on a task, such as reviewing five useful expressions.

Keep the goal realistic. Finishing one meaningful task creates more momentum than planning an ambitious session you cannot complete.

YOUR ITALIAN, EVERY DAY

Connect your goal to real life: introduce yourself, order at a café or ask for directions.

CHOOSE YOUR GOAL

Complete this sentence: “At the end of my next session, I want to be able to...”

4

Practise in short, regular sessions

Consistency matters more than occasional intensity.

Regular contact helps Italian remain familiar. Several short sessions are usually easier to sustain than waiting for one long period of free time.

You can also vary the activity. Read on one day, listen on another, practise speaking later in the week and return to useful vocabulary in between.

YOUR ITALIAN, EVERY DAY

Five minutes of speaking aloud can be valuable: describe what you are doing, repeat a dialogue or record a short voice note.

PLAN YOUR WEEK

Choose three short activities for this week. For example: read on Monday, listen on Wednesday and speak for five minutes on Saturday.

5

Bring Italian into your daily life

The language can live beyond your study materials.

Look for simple ways to meet Italian during activities you already enjoy. Change the language of a familiar app, follow an Italian recipe, listen to music or read a short post about a subject that interests you.

You do not need to understand every word. Notice expressions that recur and choose a few that are useful to you.

YOUR ITALIAN, EVERY DAY

A menu, a song chorus or a short video can all become meaningful language practice.

BRING ITALIAN WITH YOU

Choose one everyday activity and add a small Italian element to it today.

6

Review while it's fresh

A quick return helps you notice what you know—and what needs attention.

Soon after a lesson or study session, spend a few minutes looking over what you covered. Re-read your notes, say new expressions aloud and identify anything that is still unclear.

Do not simply copy everything again. Try to recall the main ideas first, then check your notes and add what you missed.

YOUR ITALIAN, EVERY DAY

Ask yourself: “Che cosa ho imparato oggi?”—What did I learn today? Answer with one or two simple sentences.

CHECK WHAT YOU REMEMBER

At the end of your next lesson or study session, close your notes and say or write three things you remember. Then check what you missed.

7

Notice and celebrate your progress

See your progress. Keep going.

Language learning is made of many small steps: understanding a familiar phrase, remembering a word without checking or feeling more comfortable when you speak.

Keep a simple record of these moments. Celebrating does not need to mean a large reward; it can be pausing to acknowledge what has become easier—or enjoying something Italian that you love.

YOUR ITALIAN, EVERY DAY

Continua così! Notice one thing that has become easier, then choose your next small step.

NOTICE YOUR PROGRESS

Write down one thing you can do in Italian today that felt difficult a few weeks or months ago.

È tutto per oggi. Alla prossima!

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