

# Weekly English Practice



8th December 2016 English Coaching Projects

## Running, Multiple Intelligences, Curling, And Learning Anything In 20 Hours (Or Less)

Last Friday we had a wonderful evening of **FRED Talks** at the ECP Hub. Three students and one ECP coach gave short talks about some fascinating and inspiring subjects. Food, drinks, music and conversation made for an entertaining evening in the 'Molineux Lounge' - our new space for socialising in English. Here are brief summaries of the talks :-)

Click on the title of the talk to watch the video online

### Why Is Everyone Running? - Aitor

Everywhere you go nowadays it seems that somebody is running. But not because they are late for a meeting, it's because *they like it*. ECP student Aitor (who gave a great talk about travelling last year) is one of those people. He explained why more and more people are getting hooked on this activity (there are approximately 2.5m people who run in Spain). He mentioned the concept of 'collective infection' as one reason for its rapid expansion. More importantly perhaps, it is a cheap activity that you can plan around your family life and working hours as you don't need a lot of time to do it. And don't forget the feel-good factor as you set and meet personal goals!



### Multiple Intelligences - Igor

Teacher, musician and ECP student Igor asked us all a question: "Do you consider yourself intelligent?" "Yes!" we all shouted :-). But then he asked us what type of intelligence we were thinking of. The psychologist Howard Gardner has proposed that we have 'multiple intelligences': linguistic, spatial, musical, mathematical, inter-personal, intra-personal and kinaesthetic ones. While scientists have a strong mathematical intelligence, writers are more linguistically intelligent. Many experts believe our education systems should be radically changed to take these differences into account so that we can help young people develop their strengths and be more successful in life.

### Learn Anything In 20 Hours - Rob

ECP coach Rob showed everyone how it's possible to learn something (a particular skill or ability) in 20 hours or less. The technique is to 'deconstruct' what you want to learn (the skill) into small components (sub-skills) and then dedicate your time to practising these abilities so that you can 'reconstruct' them into the desired skill. Eliminating barriers to learning and identifying and using H.O.T. moments of time to practise (and practise and practise) are key factors. To prove the technique really works, Rob learned to play the ukulele in 15½ hours and played an exclusive concert of three classic songs that everyone sang along to :-)



### F&Q About Curling - Iñigo

It's surprising that a sport that involves sweeping can be so popular. Maybe not in Spain, but in Canada there are over a million players: the women world champions are Russian and the Scottish adore this game - probably because they invented it in the 16th century. The all-important stone weighs 20kg and to form a team you need to buy 16 of them at a cost of €9,000! Spanish international and ECP student Iñigo explained the history, the rules and the reason why he plays it - the winners are obliged to pay for the losers drinks in the '3rd half'. A great way to exercise and socialise at the same time!



# “iLook, iThink, iSpeak” Express yourself better!



Vitoria is home to Harrikada Curling Club which is based in the BAHK sports complex in Salburua. Here is some information from the club's [website](#). If you want to know more, get in touch!

Harrikada Neguko Kirol Kluba is a curling club founded in 2013 in Vitoria-Gasteiz.

The club's goal is to offer its members the required infrastructure to practice this sport - which is not well known in our area - as well as promote it in order to attract new players.

To achieve this, Harrikada has 3 main activities:

- Weekly training sessions every Friday evening at the Bakh ice rink. This allows us to keep in constant contact with the ice and to create a team spirit between club members.
- Attend friendly tournaments. Considering the fact that every weekend there is at least one tournament somewhere in Europe, playing curling is a big incentive to travel in a different way.
- Participation in official tournaments. National Championships are held every year and give us the opportunity to compete, learn and get along with other curling clubs.

To play curling you don't need to be able to ice skate or to be particularly fit. Curling is a sport that everybody can play.

You don't need special clothing and we can lend you the basic equipment (broom and shoes) so that you can start.

In just a few days you will understand the concepts of the game and in less than a month you will be able to play at a basic level. After that it depends on you...



If you are interested and want to know more, just contact us and we will arrange a day with you at the ice rink.

BAHK Ice Rink, Paseo de la Biosfera 2, 01013, Vitoria-Gasteiz, Araba-Álava

“ Something to chat about ”  
Write your answers in an email and send them to your ECP coach!

## RUNNING

- Do you go running? If so, why?
- Do you think running can be bad for you?
- Have you ever watched an event like a marathon or a triathlon?
- What are the advantages and disadvantages of doing regular exercise and sport?

## MULTIPLE INTELLIGENCES

- What type of intelligences do you think you are strong in? Why?
- How do you think we could improve our education system at different ages?
- What different subjects would you introduce at school?
- Would you consider teaching your children at home instead of in the state system?

## CURLING

- Have you ever seen curling being played on TV?
- Have you ever done any activities on ice? Describe them. If not, what would you like to do?
- Would you like to play a game of curling?
- Describe the rules of one game you have played.

## LEARN ANYTHING IN 20 HOURS

- What skill/ability/activity would you most like to learn? (Work, personal life, sport etc)
- Do you think you could learn the basics of it in 20 hours?
- When could you dedicate a few short moments during the day to practise a new skill?
- What could you help another person learn to do?