



Bring back a rusty language

The five-step reset for a language you thought you'd forgotten. Your rusty language isn't gone, it's just cold.

Coming back to a language feels clumsy for a day or two, and it's easy to take that as proof it's gone. It isn't. **Rust comes off far quicker than you'd expect.** Here's how to warm it up.

1

Tune in

Put on one short clip and just listen. No pausing, no notes. Let your ear settle back in, like stretching before a run.

2

Warm up five phrases

Say aloud five you'll actually need: arriving, ordering, "could you say that again, please?". Hearing your own voice again does a surprising amount.

3

Small steps

Write three simple sentences about your day, using only the words you already know. You're not impressing anyone, just getting the language moving again.

4

A quick drill

Take one pattern and run it five or six times, the same words each time: a verb in one tense, or a set of endings. It feels repetitive, and that's the point.

5

Three things to remember

Rust is temporary, and your knowledge is still there. A squeaky hinge still opens the door. And consistency beats intensity.

TRY IT THIS WEEK

Give the routine three short days, ten minutes each. Then have a proper go at a conversation, and see how much has come back.

REMEMBER

Three short days of this, and you'll be amazed how much comes back.