

EBOOK BY LÝDIA MACHOVÁ

WATCH AND LEARN

**A Comprehensive Guide on
How to Use TV Series to Improve
Any Language**



Hi there!

My name is Lýdia Machová.

I'm a professional interpreter and language mentor and my mission is helping people learn languages by themselves. I myself take up a new foreign language more or less every two years and at the moment, I can fluently communicate in seven of them: English, German, Spanish, Polish, French, Russian, and Esperanto. I'm convinced that everyone can learn languages regardless of talent or possibilities of traveling abroad – for instance, thanks to TV series! In this e-book, I offer a complete manual on how TV series can become a valuable source of language learning for you. Enjoy reading (and watching)! :)

Lýdia Machová, PhD.

www.language mentoring.com



I can comfortably say that one **of my favourite methods of learning languages is watching TV series in foreign languages**. I love being on pins and needles when I'm curious to see what will happen next, how the characters will solve their conflicts, and I love original plots and tension which increases with every episode. And the best thing is that I usually completely forget that I'm watching something in a language which I don't speak perfectly, and I even forget to stress over not understanding everything.

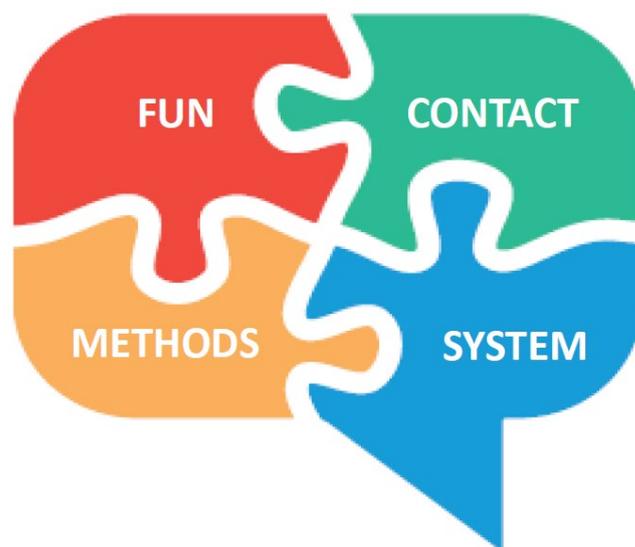
So let's have a more detailed look at why TV series are so amazing and how we can fully exploit them to learn a language. I'll also give you a few tips on which ones you definitely shouldn't miss.

Why are series so useful for language learners?

Because they fulfill the four main principles which make the basis of learning a foreign language:

1. Watching a TV series provides endless fun. Find a series that you enjoy and you're all set. And it's even more fun if you include your family or friends :)

2. TV series provide **an enormous amount of contact with the language**. Everyone has experienced being completely obsessed with a series and wanting to watch one episode after another at the expense of their sleep, work, and everything else. It's a great way to spend hours in close contact with the language.



3. At the same time, watching TV series is a very **efficient method** because it improves understanding, vocabulary, and indirectly also speaking (you'll realise this once you start speaking regularly). All of that at once! But you need to know how to fully use their potential.

4. It's very easy to find a **system** for learning while watching series. Since individual episodes are usually 20 to 50 minutes long, you can decide to watch one episode a day and then spend 15 or 20 minutes, for example, writing down newly acquired vocabulary into a notebook using the Goldlist method.

At what level should you start watching TV series?

This is the best part about series: **any level is great!** Of course, as a total beginner you won't understand almost anything, but you will become familiar with how the language sounds and you can really get an ear for it. This will become really useful in the later stages of learning.

As soon as you're at the B1 level, series should obviously become an element of language learning. I highly recommend this to everyone as a supplementary method, regardless of the type of course they're taking or their style of learning.

Subtitles or not? or The biggest mistake we make

There's one golden rule with subtitles once you get to the B1 level: **subtitles in your mother tongue will do no good.**

This is the biggest mistake most of us make: we watch a series or a movie just once, reading subtitles in our own language, and we think how much English or German we're learning. **In fact, this does not help our language learning at all.**



Why? Because our **brain focuses on what is easier**, which, in this case, is reading subtitles in a language we understand well. It is extremely difficult for our brain to focus on two languages at the same time (which is why simultaneous interpreting in the booth is so demanding and requires a trained professional) and for this reason, the brain chooses the easier path and only pays attention to the subtitles. **It only perceives a negligible part of what the characters are saying** and, as a result, the time spent watching the series is wasted, because we'll likely remember a word or two at most.

That's why I always recommend one of the following ways of watching TV series:

1. Reading and listening

Watch the series with the subtitles in its original language, in other words an American one with English subtitles, a Spanish one with Spanish subtitles, etc. This way you'll read and listen at the same time, which is **a fantastic way** of learning languages because **we're taking in the language through two senses at once**. You won't feel as stressed,

because the subtitles will help you understand the parts which you missed in speech. Remembering new words will also become easier once you've seen them in their written form.

But beware, this is only possible **with series originally made in the language you're learning**, in other words, **not with dubbed series**. For example, you can watch a Spanish series with Spanish subtitles, but not an American series dubbed into Spanish with Spanish subtitles. Why? Because the dubbing is usually done by a dubbing studio while the subtitles are done by completely different people. Two translators never translate one text identically and therefore, although you know that the dubbing and the subtitles have the same meaning, they both use different expressions, sentences and words. If you're watching dubbed series (which, in my opinion, are just as useful for learning languages as original ones), choose one of the options below.

2. Subtitles in your mother tongue + no subtitles

By now you should know that subtitles in your mother tongue (or another language you understand well) will not help you learn a new language, but that's only the case if you watch a given episode just once. For total beginners, it is suitable to watch an episode together with subtitles in their mother tongue and then without subtitles. **The second time, you will focus solely on the spoken word** and try to make sense of it. Because you've seen the episode before with subtitles, you won't feel lost and you can simply pay attention to what you're listening to. It's a good idea to have a one-day break in between, so as to enjoy it more.

3. No subtitles + reading and listening

First, watch an episode without subtitles and try not to panic thinking you don't understand anything. It is completely normal and everyone feels that way at the beginning of the active language learning phase

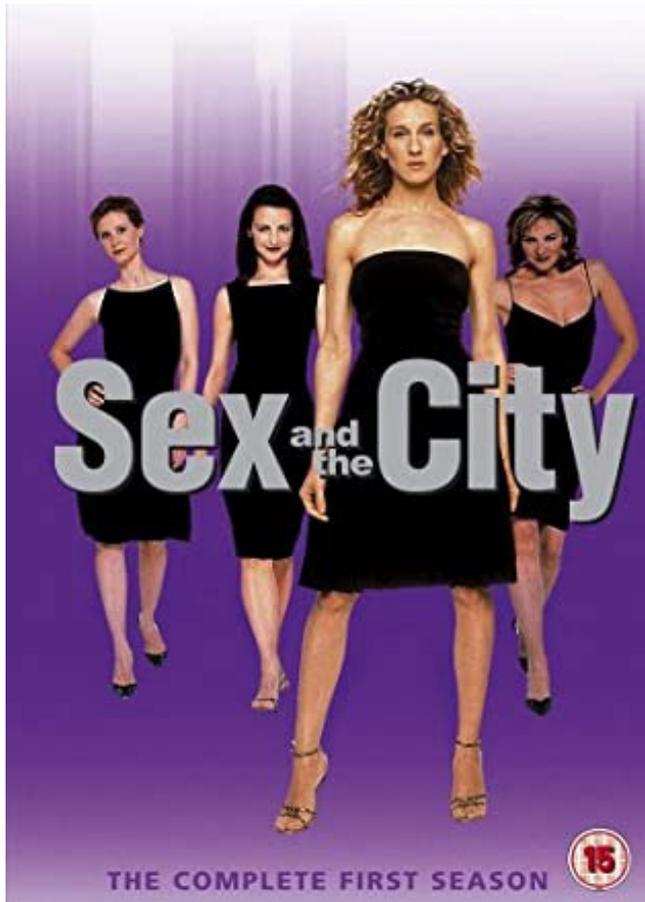
(regardless of how long you've been learning the language). Then (this could be the following day), watch the same episode again, but this time with the original subtitles. **You'll be better able to pay attention to interesting expressions** which you've noticed before, and you'll have an opportunity to understand what you missed the first time. It's an ideal way of combining watching TV series with an active search for new vocabulary (more about that soon).

4. No subtitles

This might sound brave or you might not feel your level is good enough to watch a French or German series without subtitles and actually enjoy it. But trust me, **in 95% of the cases I know, this is a completely groundless concern**. Yes, watching a series without subtitles will be difficult at the beginning and you will feel as if you don't understand much. Maybe you'll want to give up thinking "I'm not at the right level yet". But don't do it!

One of the most amazing moments I've ever experienced with learning languages was with French. I'd been teaching myself French for about five months (from a textbook for self-learners, without a teacher, and without being in contact with French people) when I decided to watch a TV series in French. By chance, I came upon a website which had all the episodes of *Sex and the City* dubbed in French. I thought it might not be a bad choice since **the series employs simple vocabulary related to everyday life**, the plot is mainly about relationships between people (OK, especially between men and women) and the whole series is built on dialogues. Long before then, I'd seen most of the series in English, so I had a fairly good idea of what was going to be happening.

I decided to watch one episode a day. Excited, I started watching straight away, watched the whole first episode and... was gravely dissatisfied. I was horrified and appalled by how little I could understand. **It was maybe 5-10% of all they were saying**. I could sense that the characters



were having an argument, but I couldn't understand the reason behind it. I noticed that Samantha said something inappropriate, but I didn't understand what.

What happened in a matter of weeks was a miracle. **While watching the third or fourth season of the series, I suddenly realised that it all felt very natural, as if I was watching it in my mother tongue, Slovak.** I caught myself thinking of watching the series not as an educational activity but as a fun activity, something I'd be looking forward to doing all day. I was laughing heartily at the jokes and

knew exactly what the characters were discussing and why. Sometimes, I got lost during a complicated dialogue, but such instances were few and far between and they did not prevent my understanding of what was going on in the wider context.

It was a turning point for me, because I discovered that **if I do something enjoyable in a foreign language (1), I do it often (2), it's an efficient method, (3) and I create a system in it (4)**, gradually (and much faster than I would expect!) I get to the point where the language is understandable to me and I enjoy doing things in the language (such as watching series, reading books, listening to recordings and podcasts), while not thinking about these things as learning at all.

There are many different ways of starting watching series with or without subtitles and it's entirely up to you to decide how to combine them. For instance, you can watch a few episodes the first way, and a few

the fourth way. Or you can change it after every episode. There are no mistakes to be made here. **The important thing is that you're having fun and that you'll stick to it until the end of the series** (because to learn a language, we need to listen, read, and speak a lot). In any case, it is better to watch an episode multiple times with or without subtitles in the original language, than to watch it once with subtitles in your own.

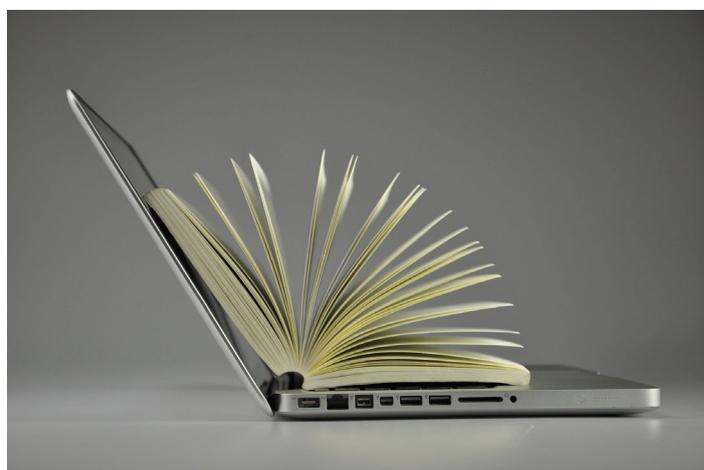
Keep getting lost? Wikipedia is your friend!

If you're struggling with not understanding what's going on in the series, I have a useful tip for you: **Use the help of Wikipedia, the free online encyclopedia.** It works like this:

Before you watch an episode, look up its plot on Wikipedia.

You can find it very easily, just type „list of ___ episodes“ into Google and instead of ___ write the name of the series in English. For example, searching for „list of desperate housewives episodes“ will lead you to the descriptions of individual episodes of *Desperate Housewives*. Wikipedia has articles on pretty much everything, so you shouldn't struggle with finding detailed descriptions of every episode.

Tip: If you don't know the name of the series in English, Google will help you again. Type in the name of the series in a language you know and add „TV series“, for example: „Gotowe na wszystko TV series“. I bet that you'll find the English name among the first five results. A little test: what series did I just mention in Polish? :)



The description will look like this (this is a very short part from the description of the [6th episode in the 3rd season](#)):

Carlos and Gabrielle are meeting with their respective lawyers separating their assets when Carlos says he is tired of squabbling over property and tells his lawyer Gabrielle can have whatever she wants. Gabrielle's lawyer, Mr. Katzburg, is happy, but Gabrielle knows that Carlos never gives up, so he's up to something. She is suspicious when Carlos comes home with a stack of papers and locks them in a drawer. While he is in the shower, Gabrielle sneaks into the bathroom, takes the key to the drawer out of his pant pocket, opens the drawer, and finds out that they are business papers. Carlos is getting a new job, and he's being paid \$2 million.

If you were just about to complain that you don't speak English very well (which shouldn't happen since you've made it this far in this book), here's another tip for you – **use Google Translate** (translate.google.com)! The translation it provides might be a bit rough and perhaps even funny, but it will give you a general idea of what the episode is about.

When you read the translation in your own language, you'll have no problem with understanding what the married couple were discussing with their lawyers as well as why Gabrielle got upset! Legal terms might be an unknown territory for many of us, but thanks to Wikipedia, we understand the reason for the conflict, which makes watching the episode and understanding it a lot easier. (Some sentences in the translation might not make any sense at all, but it will do as a general overview of the plot.)

This kind of information will completely change your comprehension of the series. **Instead of being lost in the plot, you'll focus more on the language you're hearing.** And you'll also work with a text which repeats the most important words! Simple, isn't it? **Gradually, you can start experimenting – see if you're able to watch another episode without previously reading about it on Wikipedia.** Or you can look at it after watching the episode and fill in on what you've missed. And how about trying the following combination – watch the episode without subtitles, read the plot, and watch it again? The possibilities are almost endless and you can try various combinations to keep yourself entertained. Remember, no idea is a bad idea here. Just go for it!

And what if I still don't understand most of what they're saying?

First of all, don't panic! Look at it this way: **You're not watching the series to understand 100% of it, you're watching it to gradually improve your language.** Did you know that you need hours of listening to a foreign language in podcasts, videos, or series, in order to be able to understand it well? There's no other way! And that's what you're doing while watching series – you're listening to the language and getting those hours! **No stress :)**

With this mindset, you will gradually understand more and more of the language. Trust me, I've tested it with seven languages and also with thousands of people, who took part in my language courses and today they're learning languages in a completely relaxed way. Give it time and don't stress over not understanding much at the beginning. On the contrary, be happy if you occasionally understand something.

Shouldn't I be writing down words for this to count as studying?



It's not necessary, but it definitely won't hurt. School has taught us that "studying" is always connected with books and notebooks, so it can be hard to believe that we're also learning by "just" watching something. But that's where the magic of the polyglot-style learning lies – **learning should first and foremost be fun!**

Nevertheless, if the idea of writing down interesting expressions while watching series doesn't make you shudder, go for it! It's a very efficient way of storing new vocabulary in your long-term memory. Don't forget that **you should only pick the expressions which you want to remember.** Not every word of the episode which you didn't understand. Only the expressions which caught your eye (or ear) will be easy to remember.

Tip: If you want to use a really interesting method of learning new vocabulary items – a method which allows you to relax while writing down expressions in a nice little notebook and systematically reading (not rote learning!) them – you should definitely try the Goldlist method. Its creator is David James, aka Uncle Davey. If you've never heard of it, check out my free webinar where I talk about this method as well as several other amazing methods for efficient language learning: <https://www.language mentoring.com/watch>.

And don't be too hard on yourself. Even if you decide to write down interesting expressions from the series, give yourself some time to relax and occasionally simply watch an episode or two without focusing on the vocabulary. Just for fun. My personal advice is that even if you sometimes write something down, watching TV series should first and foremost be fun, and only then should it be a useful tool for language learning. **For example, you can set a limit of five expressions per episode.** Once you get to five, stop writing them down and just enjoy the show. You'll feel great and your vocabulary will slowly, but steadily grow, which means your language learning will be more fun and relaxing.

The golden rule – do it as it suits you – applies here as well. **There are no mistakes to be made here.** There isn't some kind of universal best way of doing it for all – the best way is the one that you yourself enjoy most!

Personally, I don't usually write down vocabulary into my Goldlist while watching series. Most of the words in there come from written materials (articles, books, blogs), but I do know a lot of people who enrich their vocabulary through TV series and they can't praise it enough.

Tip: And now, the best thing: Did you know that **you can find the scripts to a lot of entire TV series and movies online?** For instance, check out the English script to [Friends](#), [Lost](#), [South Park](#), [Californication](#). Movie scripts (and a couple of series scripts) are available on www.imsdb.com (careful not to click on ads, you need to find a tiny button right at the bottom that says “Read ___ script”, and instead of ___ write the name of the episode), for series scripts, go to www.simplyscripts.com, although here you’ll only find older TV series, often with missing episodes. Nevertheless, scripts can usually also be found if you simply type the name of the TV series and “TV script” into Google. Here, speaking English is a great advantage, although you might get lucky with other languages, too (e.g. here is [a list of movies in French](#), which are available on imsdb.com).

The screenshot shows the website 'The Internet Movie Script Database (IMSDb)'. The main content area displays details for 'Walkabout Script' from the TV series 'Lost'. A red arrow points to the 'Read "Walkabout" Script' link. Below this, there is a 'User Comments for Walkabout' section with a comment from 'Madmaty' and a form to 'Add your own comment'.

Walkabout Script

IMSDb opinion: None available
 IMSDb rating: Not available
 Average user rating: ★★★★★ (10.00 out of 10)
 Writers: David Fury
 Genres: Adventure, Drama, Mystery, Thriller
 Episode Air Date: October 13, 2004
[Read "Walkabout" Script](#)

User Comments for Walkabout

Madmaty ★★★★★ (10 out of 10)
 My favorite of all the Lost episodes. A simply marvellous script.

Add your own comment

Name: E-mail:
 Comment:
 Rating: - Choose - *Type the number: #IMSDbCAPTCHA#

[Comment](#)

So how should you use these scripts? It's easy: you'll watch the series with a paper and pen in your hand. When you hear an expression which you'd like to learn, **write down two or three subsequent words and an approximate time (minute) in which they appeared.** There's no need to pause the video if you are certain about those few words. When the episode's over, look up the expressions in the script. Bam! **You can write down the whole expression or, better yet, the whole sentence into your notebook or application which you use for learning vocabulary.** I bet that every time you practice the phrase, the exact scene in which it was used will automatically come to your mind. You'll be able to vividly imagine it. And in fact, you won't even have to learn it, because it was stored in your long-term memory the moment you wrote it down. Then you just need to repeat it. Beautiful, isn't it?

Why not movies?

All this is obviously possible with movies as well and if you prefer them, it's not a problem. However, **I do recommend watching series rather than movies** for several reasons:

- ✓ **The episodes are shorter** so fitting them into your daily schedule will be easier.

- ✓ **They have many episodes.** You don't have to think about what you're going to watch every day, since new episodes are always at hand.

- ✓ **They tend to be repetitive.** Individual episodes are connected and characters often discuss previous events. This allows you to listen to the same vocabulary and after a few episodes you'll know what's going on.

- ✓ I don't know about you, but I feel that **TV series use a more understandable language than movies.** Even as a professional interpreter who studied English, I sometimes struggle with understanding everything in American movies. Movies often have

more action and the sounds tend to be somewhat muffled. Someone knowledgeable in the topic could probably explain it better – I'm only sharing my experience with watching a lot of movies and even more TV series.

OK, but where to find these series?

We're getting to the best thing about our information age: **the Internet has it all!** You don't have to buy or download anything; there are numerous websites where you can watch series online for free. Below is a brief summary of these websites for some common languages. I've also included several tips for series which I myself used to watch or which were very popular with participants of my online courses.



English

[Ororo.tv](https://www.ororo.tv/) – An excellent website for learning languages with the help of TV shows. It requires a free registration and then it allows you to watch for 30 minutes a day for free. If you want to watch longer, you can get

a paid monthly subscription. Every series contains subtitles in several languages, and there's a great function that all language learners will appreciate: if you don't understand a word, point the cursor on the word in the subtitles and a translation or a dictionary definition will appear. You don't even have to pause the video! Smart, isn't it? Ororo has a huge database of series. My favorite among them being This Is Us and Victoria. I watch series there almost every day, and I also paid the fee for unlimited watching – they often have discount offers, just 16 € for 6 months!

German

[zdf.de](https://www.zdf.de) – Follow the link and you'll get right to the part where you can choose from original German movies and series.

French

[france.tv](https://www.france.tv) – You won't be able to watch all the series that can be found on this site due to geographical restrictions but it still offers a huge number of shows and even documentaries with French subtitles.

[mycanal.fr/series/](https://www.mycanal.fr/series/) – An interesting site with lots of series, but you'll need to turn off your Adblock if you use it in your browser. It's possible that you won't be able to watch all the series here, but I'm sure you'll find something great if you just keep digging.

Spanish

[RTVE.es](https://www.rtve.es) – I highly recommend the website of the Spanish public service broadcaster RTVE where you can find a live stream of all its TV stations as well as a wonderful archive of movies, documentaries and series – all available online and for free. You can even select Spanish subtitles for the latest series.

For history fans out there, I'd recommend these series:

[Isabel](#) and [Carlos](#) – very engaging biographies of the Spanish queen and king.

[Apples](#) – a YouTube series about two women in a relationship and about their lives, struggles, pleasures, and sorrows.

Russian

[Кухня](#) – my favorite! An ingenious comedy series which focuses on a restaurant in Moscow. The production is as excellent as the acting. If you like sitcoms and humor, you'll love this series. Its style is similar to *Friends* or *How I Met Your Mother*, but it's also really original and modern. You can find all seasons for free on YouTube, just follow the link.

[Отель Элеон](#) – a very good series once you've finished *Kukhnya* (see above), since there are many *Kukhnya* characters or actors in it. The humor and directing style are identical and fans of *Kukhnya* will be happy to have something to do for another couple of weeks :)

[Интерны](#) – another sitcom, this time from a medical setting, in which four inexperienced hospital interns get into troublesome situations and try to solve them in various creative ways.

Polish

[Czas honoru](#) - a historical series about WWII with outstanding actors and costumes and one of my all-time favorites. It presents touching stories of young men and their beloved. It's a blockbuster on Polish TV; millions of people have seen and loved it.

[Dom nad rozlewiskiem, Miłość nad rozlewiskiem](#)

[TVP](#) - the polish public service broadcaster offers a wide selection of Polish series and movies.

A Series for beginners (EN, DE, FR, ES)

Series @Extra on YouTube

This is a great series created specifically for beginner language learners. It's aimed more at teenagers but adults will appreciate it as well. It's a sitcom similar to Friends – funny stories about the lives of three flatmates. It comes with subtitles. Each language features different (native-speaker) actors so every version has original audio but the plot stays the same (it could be interesting for learners of multiple languages to watch the different versions). I highly recommend @Extra to those of you who still struggle with the usual series. Follow these links to get to the whole season in chronological order and with subtitles: [Extra French](#), [Extra Español](#), [Extra Deutsch](#), [Extra English](#)

Watch out for dangerous websites with free series!

Be careful, some websites claim they have thousands of series for free and they do, but do you know why they're "for free"? Because the websites get money from ads. Those ads are often hidden, pretty annoying and sometimes even dangerous: It looks like you're going to play the video and a new window opens with loud music informing you that you've just won a million. Sadly, that's the risk of the internet. Make sure you have a proper antivirus program installed before you visit these websites. **Never click** on anything other than the Play button – certainly not the sidebar ads.



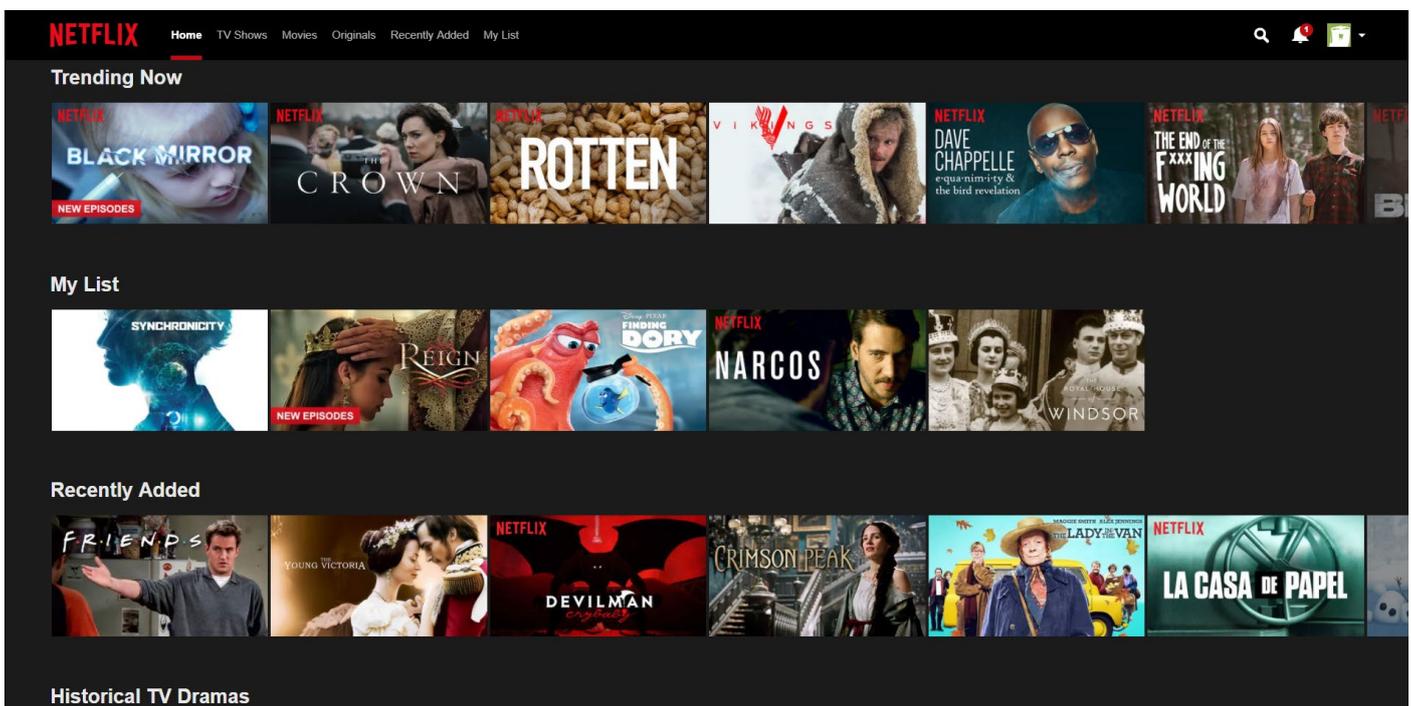
If a new window pops up, it's usually sufficient to close it, return to the original window, and hit Play again.

I've watched many series like this and I've always had to click the Play button repeatedly. It's annoying but it's a way to watch series without

paying. All in all, use the unpaid websites that you find on Google with extreme caution – safety first!

If you want to be absolutely sure of watching a series safely with no threat of getting a virus, go straight to the section about Netflix, whose safety cannot be called into question.

Netflix rules!



If you don't mind paying a little bit for watching series without annoying ads and pop-up windows with fishy content, I recommend you get **Netflix**. It's a website/application through which **you can watch series in HD as much as you want and in various languages**. You can also make use of subtitles and even do this all offline! Their database is really considerable – **offering the best and most modern selection of well-known and popular series, plus adding some old-time classics, too.**

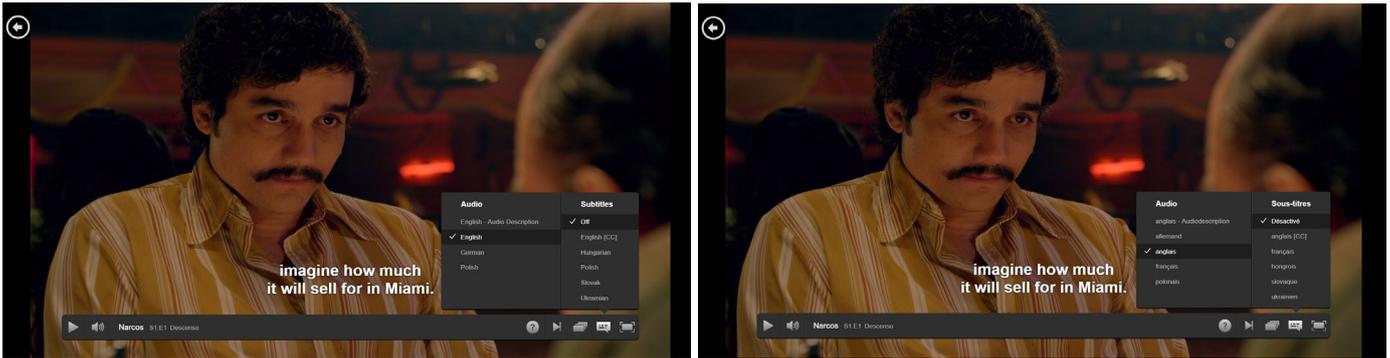
Personally, I cannot praise Netflix enough and if I could just subscribe to it for the rest of my life right now, I wouldn't hesitate for a second! (Note: I'm recommending Netflix because I genuinely believe that, at the moment, it is the best internet resource for learning languages through series. I don't have any affiliate partnership with the company.)

The magic trick of the year: Series in various languages with just one click

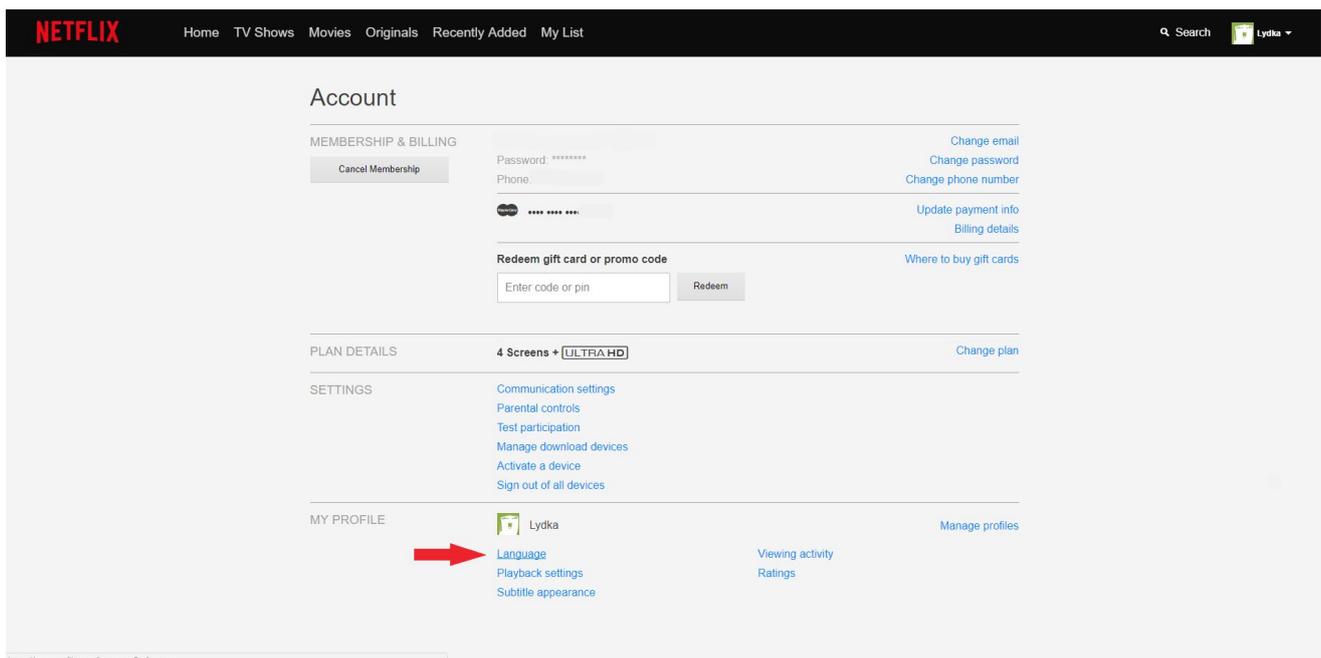
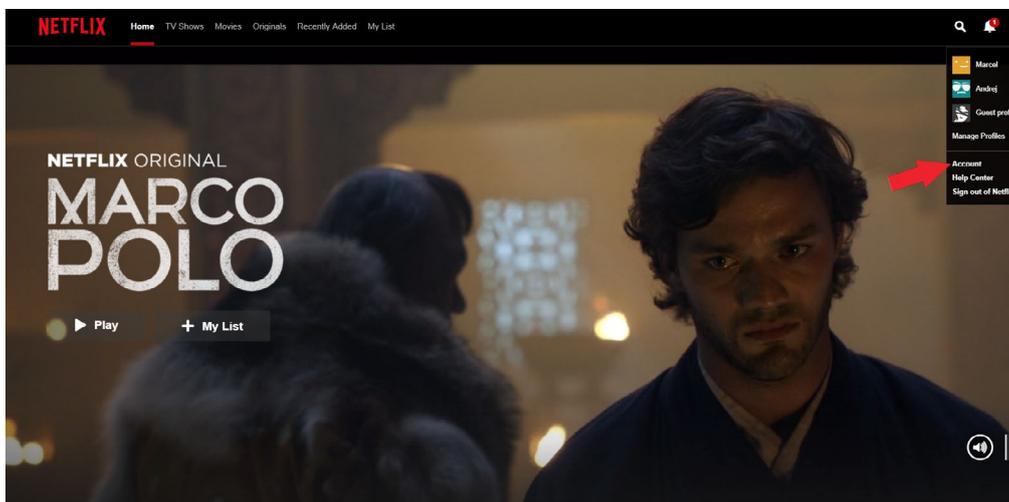
An amazing thing about Netflix is the fact that it's spread to almost every corner of the world. For instance, in Mexico, it is a synonym for TV. Every household has a subscription and you'll see people paying for it in supermarkets, as if they were buying phone credit. And here's where the biggest advantage comes in: **a lot of their series have been dubbed into other languages!**

When you sign up for Netflix (the first month is free), **depending on the country you're in, Netflix will offer you all the movies and series in several language versions, both dubbing and subtitle-wise.** For example, in Eastern Europe, English is always an option (most series are produced in English) and you'll often find German and Polish as well (either with dubbing or subtitles, or both). If your mother tongue isn't particularly widespread, you might struggle to find it on Netflix, but we already know that we don't need our mother tongues for learning languages, right? :)

Nevertheless, the language offer is often wider and might also include Spanish, French, Italian, Dutch, Swedish, Turkish, or Portuguese and to get these versions, you just need to change the language of your account for the one you want to see in videos. Your series offer will change in an instant and you'll be able to choose from a different variety of dubbing and subtitles in videos. (For this change to happen, it is necessary to log out and log in again.)



Changing the account language is easy: go to *Account*, then *Language*, and choose the desired language from the list:



Language

Select your preferred language for Netflix. All TV shows and movies are not available in all languages.

<input type="radio"/> Dansk	<input type="radio"/> Suomi
<input type="radio"/> Deutsch	<input type="radio"/> Svenska
<input checked="" type="radio"/> English	<input type="radio"/> Türkçe
<input type="radio"/> Español	<input type="radio"/> Ελληνικά
<input type="radio"/> Français	<input type="radio"/> Български
<input type="radio"/> Italiano	<input type="radio"/> עברית
<input type="radio"/> Nederlands	<input type="radio"/> العربية
<input type="radio"/> Norsk bokmål	<input type="radio"/> ไทย
<input type="radio"/> Polski	<input type="radio"/> 中文
<input type="radio"/> Português	<input type="radio"/> 日本語
<input type="radio"/> Română	<input type="radio"/> 한국어

Beware, the language you choose will also become the language of the website/application interface, so you'd rather not experiment with languages which you can't read :)

Tip: if you want to search only for series with audio or subtitles available in a specific language, go to the Netflix website, scroll all the way down through the recommended series and click "Audio & Subtitles" in the footer of the website. It'll take you to the site where you can filter the series according to the available languages.

How much for all this?

Netflix is a paid service, but continue reading and you'll find out how to pay as little as €3 a month for it. You can choose from three streaming plans, listed in the table below:

	Basic	Standard	Premium
Number of devices	1	2	4
Monthly price	€7.99	€9.99	€11.99

Basically, if you have the basic streaming plan, you can only stream

videos on one device (e.g. computer or phone) at the same time. If you choose Standard or Premium, you can stream videos on two or four devices at the same time. This means that **if you get together with some friends and split the cost, you can access Netflix for as little as €3 or €5 a month**, which is a very reasonable price. And you can stream videos in any of the available languages!

(Great news for shared accounts: if you share an account with other people and you change the interface language to Italian, it will not affect the settings of your friends – their profiles will remain in the language of their choice. That means it's okay to share the account with friends who learn a different language from yours.)

Another great thing about Netflix is that **the first month is free**, so you have plenty of time to try it out and see whether you want it or not. You pay on a monthly basis and you can cancel your plan anytime. I think it's a fair offer and I'm more than happy to pay for such a tremendous amount of quality series in many languages. I'm subscribed to the Premium plan with four devices, **we use it within my family** and everyone can watch what they like (even at the same time) without influencing what the others are watching.

Netflix also takes notice of the kind of series you like and starts offering you other, similar ones. Since everyone has their own account, it doesn't matter if one of you only watches documentaries and the other only sci-fi – Netflix will personalize its recommended series to match everyone's taste.

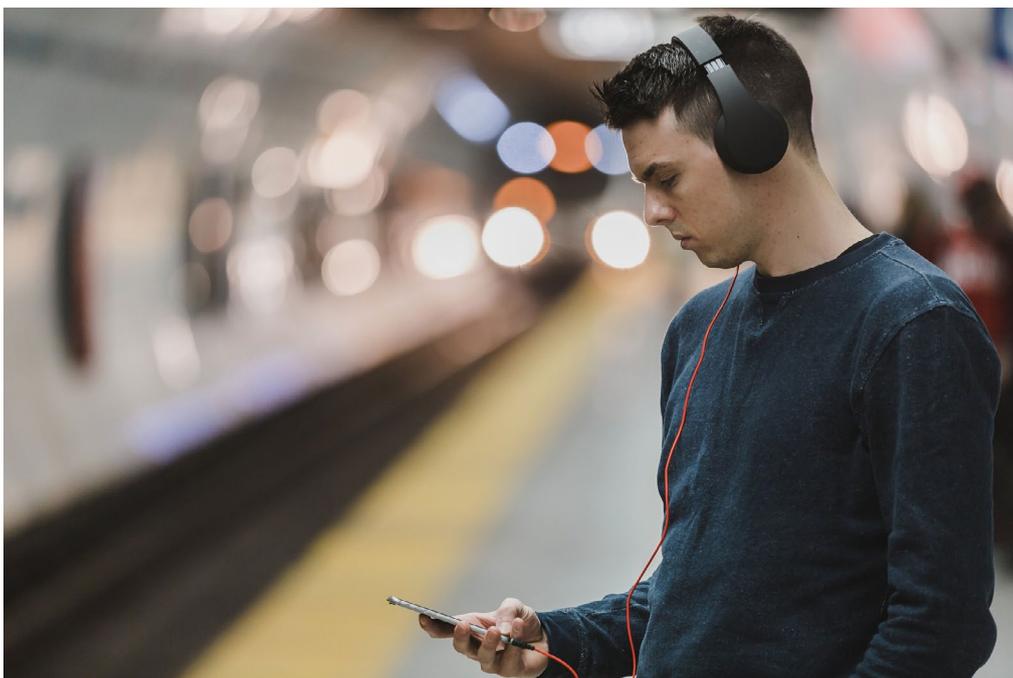
Another good thing is that **often, new TV sets (smart TVs) have Netflix preinstalled in them**, so all you need to do is to log in and you can watch the series directly on your TV, as opposed to having to stare at the computer screen all the time. The next time I'm buying a TV (not for watching actual TV, just as a big screen), I won't even consider it unless it comes with Netflix. At the moment, my solution is to connect

my computer to my TV through an HDMI cable and watch Netflix on the big screen.

A great advantage for travellers and commuters: watch offline!

Netflix is a very offline-friendly service. **Simply download the free app** for Android or iOS and with just **one click you can download almost every series** and the exact episodes you want to watch in the next few days. They'll be stored in the internal memory of your device (or on an SD card, if you want) and once you've seen them, you can delete them with one click again.

I do this every time I travel (whether I'm taking the Trans-Siberian train from Moscow to Beijing or just a short train ride to a nearby town) – I download a sufficient number of episodes of the series I'm currently watching and then I just can't wait to begin my journey. With headphones on and a tiny mobile stand to avoid having to hold my phone all the time, the journey feels a lot shorter!



If you watch series like this for half an hour on your way to work and another half hour on the way back, you'll end up with having contact with the foreign language for one hour without having to allocate your free time to it! And you don't even feel as though you've been learning, you've just been watching videos, right? Indeed, learning a language can be this easy (and amazing) thanks to the Internet...

Tip: Netflix offers a different list of series and movies depending on the country. This is due to licenses, which it purchases for a given series. That's why when traveling abroad, you're likely to see different series on the list. So, if you're traveling to a different country, even for just one day, you can use the opportunity and download all the episodes of a series which is available there, but not at home. When you get back, Netflix will tell you that the series is not available in your country. But you can get around this problem – simply turn off the Wi-Fi and data on your device and play the previously downloaded series. It will work.

How about working on two languages at the same time?

Netflix is also great for those who are learning their second or third foreign language and want to sustain their other ones. **A lot of series are available in English, German, French, etc.** You have several options. I'll give you an example of how you can do it if, let's say, you're learning English and German and your German is at a lower level (B1) than your English (B2).

1. Watch the same episode twice, **first in English, then in German.** If your English is better, it will help you understand the German version as well, similarly to the Wikipedia method.
2. **First, watch the episode in German,** write down new or interesting expressions, and **then watch the English version.** Try to catch the same expressions in your stronger language as well. That way, you

won't get confused by German when you're trying out your new expressions in English.

3. Switch the languages – watch one episode in German, the next one in English and so on. The changing voices of characters might be a bit confusing, but you'll soon get used to them. If your focus is more on German (my advice is to work with a ratio of 80:20 for the language you want to improve more if you're learning two at the same time), watch most of the episodes in German and, say, every third or fourth in English, just to refresh your vocabulary and be able to relax more while watching.
4. A hardcore version for those who like a challenge: **watch the series dubbed in German with English subtitles**. But beware, I only recommend this to those of you whose level of both languages is fairly decent. **It is demanding for the brain** to focus on the language in both versions (audio and subtitles) and you will definitely feel more tired afterwards. Maybe you'll try it and give up after a few episodes, or you'll catch yourself focusing on the reading or the listening only (most likely, you'll just be reading the subtitles). But it is an opportunity to fill in the blanks in your vocabulary if you're at least at the B2 level in both languages.

Audio description adds even more spice!

Have you ever heard of audio description? It's a special kind of dubbing, in which **a narrator is describing what's happening outside the dialogues** and sometimes even during them if it's important. Audio description is traditionally done to aid sight-impaired or weak-sighted viewers, but it's also a useful tool for language learners. **The reason for that is that someone is literally describing what the characters are doing, so you not only see it, but you're also listening about it in a foreign language.** It can be a bit distracting if your main reason for watching a series is fun, but it's very useful if you really want to learn a

language. On Netflix, you can easily find such series – in the categories, choose the last option: Audiodescription. It will give you a list of the series which come with this feature.

A great supplement to series: articles about them

You can find thousands of websites on the Internet which describe and discuss TV series, for example, reddit.com. **I recommend spending some time reading them once you've finished watching a series.** It will help your new vocabulary to settle in your long-term memory, since you'll see many expressions used in the series, and you'll also fill in on the things you missed or didn't understand. Writing down expressions after seeing them written is also easier. After watching Black Mirror (my absolute favorite), I spent hours reading about its episodes and different people's opinions on them. I found out that individual episodes are connected through many clever and often funny details, and I paid attention to these when I was watching the series for the second time.

The series I recommend

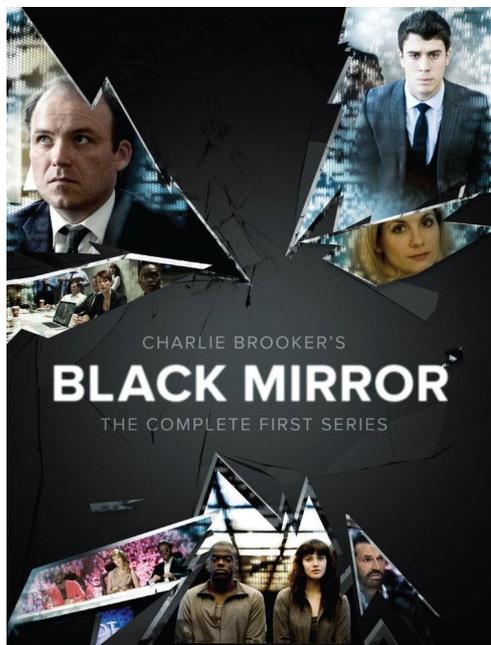
Now that we know **why** we should watch series, **how** we should watch them, and **where** we can find them, we're left with just one question: **which ones** should we watch? In this chapter, I give you a list of series which I personally recommend. I based it on my subjective opinion, so you might disagree with me in some cases. Feel free to contact me after reading this e-book and share your opinions on your favorite series.

Disclaimer: I do not take responsibility for your failure to fulfill your obligations due to getting hooked on some of these amazing series!

The following are my favorite series on Netflix, which I strongly recommend:

(I always provide a short description of the series and then add my own commentary and recommendation, not just language-wise.)

Black Mirror



This is a very interesting series, but it's also quite negative and dark so it's not everyone's cup of tea. If you like it, every episode will provoke you into long conversations with your friends. When you read the official description of the series (dark humor stories with sci-fi motifs), you might think: What the heck is this? But I'll describe it differently:

Imagine if mothers could implant a tiny chip into their daughters' brains and use a special tablet to see exactly what the baby sees. They'd always be calm, seeing their baby is playing safely. But what would happen once the daughter became a teenager and the mother looked at the tablet right when the daughter was doing something she'd never tell her mother about? And what should the mother do if she sees her daughter getting into danger but does not want to control her life through the chip? Well, that's Black Mirror for you. Every episode is completely different – I recommend you to start watching from the 2nd season and watch the first season as the last. The only thing the episodes have in common is that the stories take place in the near future where technology or social networks play a crucial role in life to the point where it gets quite terrifying.

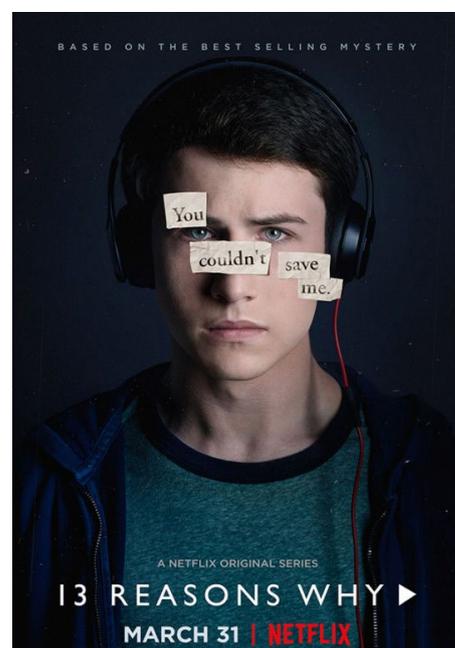
From the point of view of language learning, I recommend this series as number one for conversation. *If you have a conversation partner with whom you practice your language (whether they're a native speaker or a colleague; find one on [Italki](#), if you don't), agree beforehand that both of you will watch a particular episode before your conversation lesson. This will give you something to talk about for hours! First, you'll describe the*

plot to each other, as if only one of you has seen the episode. And then you'll exchange your thoughts on the episode. Trust me, after a while you'll forget you're speaking in a foreign language. Your conversation will become completely natural, because you'll want to express a lot of thoughts, you'll have loads of questions and you'll want to hear the opinions of your partner. I myself am very impatient to see more seasons of this treasure among series. And seriously, start watching the second season and only then get back to the first one.

13 Reasons Why

One day, teenager Clay Jensen finds a mysterious box with his name on it lying on his porch. Inside he discovers cassette tapes recorded by Hannah Baker – his classmate and secret crush – who tragically committed suicide two weeks earlier. On tape, Hannah explains that there are thirteen reasons why she decided to end her life.

A very moving story that will grab your mind and won't let go for a long time. *The dialogues are relatively simple and suitable for lower level learners. The series is very interesting from the psychological point of view, because it reveals the world of a teenage girl and her thoughts. It also looks in detail at the problem of youth suicide. Although the series finale might be upsetting to some viewers, I recommend this to everyone. However, the second season was a bit of a disappointment to me.*



Stranger Things



Will, Mike, Dustin, and Lucas are best friends from school, who spend their free time together every day. One night, everything changes when Will leaves his friend's house and disappears. While his mother Joyce leaves the search to a local police chief, the boys start looking for their friend themselves – with a curious result. They find a mysterious girl and launch a chain of inexplicable events. Strange phone calls, mysterious suicide, and constant blackouts connected to various apparitions in Will's parents' house are but a sign of something that is about to have a great impact on the lives of the rural town inhabitants.

***This series resurrects the 80's style** (it also takes place in the 80's), so you might feel like a time traveler when you hear the opening theme. But don't let the first, perhaps mixed feelings discourage you. Try at least two or three episodes and see. Even if you don't like sci-fi or horror, you'll like this series. It's become one of the biggest cult series on Netflix and its fans are eagerly waiting for new seasons to be released.*

The Crown

Queen Elizabeth II is the longest reigning British monarch. She's seen many prime ministers, difficult times, crises. Despite all this, she held onto the British throne and did not succumb. This historical and biographical series shows her beginnings as a young and inexperienced ruler as well as backstage political practices, intrigues and the difficult (moral, social, or economic) decisions she's had to make. Decisions that made Britain what it is today.

Would you like to know what it's like to be a queen or a princess? Let's

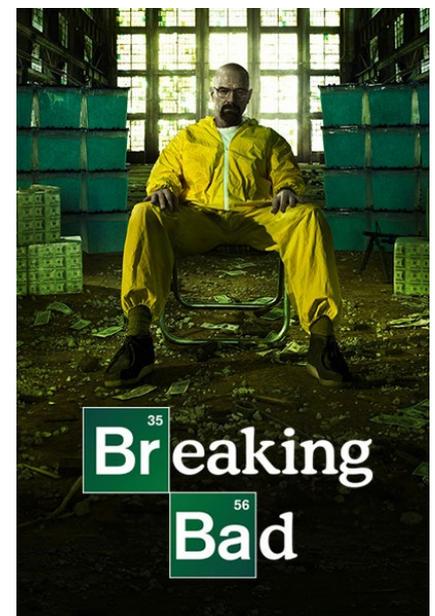


be honest, every woman dreams about it at least a little bit, or has even tried to imagine it, and we always connect it with romantic fantasies. The Crown will give you a whole new outlook. You'll see what it takes to be part of the royal family and you'll be grateful to be able to watch it from your own living room, as opposed to the over decorated rooms in the royal palace. The historical accuracy of the series is apparently very good, so you'll also learn a lot of recent British history.

It's amazing. The first two episodes are a bit boring, but don't let them discourage you, it gets moving after that. The second season is even more interesting. Also suitable for children and families.

Breaking Bad

Many people claim this is the best series ever made. It follows the story of Walter White, a high school chemistry teacher trying to provide for his family. When he finds out he has cancer and learns about the astronomical prices of the treatment, he decides to use his genius mind to secure his family by making and dealing meth. Together with his former student Jesse, he builds a huge drug empire and gets into bloody conflicts with the local drug mafia.



This series is particularly interesting from the psychological point of view. Gradually, you get to know the main characters and as you observe their development, you are sometimes completely baffled. Every episode is so full of tension that it's sometimes unbearable and the next episode is often even more unpredictable. But beware, the series includes some

very brutal scenes. If that's not your cup of tea, you might want to go for something lighter. From the language point of view, *Breaking Bad* is easy. My friend was able to follow it in German, although she is at what I call a long-forgotten intermediate level (i.e. she studied German for years, could never speak it properly, didn't use it for many years, and now wants to get back to it again. Quite a frequent scenario for Slovaks learning German, for some reason.)

After watching the series, you might be interested in **Better Call Saul**, which is a follow-up series about the lawyer from *Breaking Bad*.

Las Chicas del Cable (Cable Girls)



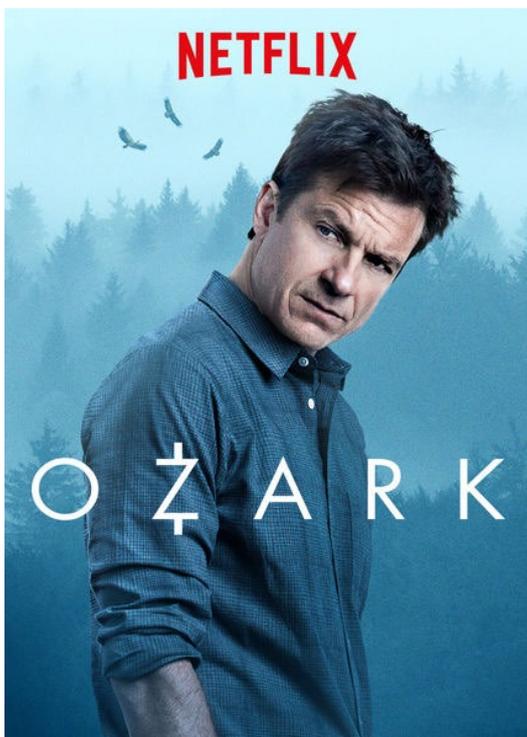
Something (not only) for Spanish learners! In 1928, a modern telecommunication company was founded in Madrid. The series follows four young women, who have decided to work for it. In order to do so, they have to move to Madrid, where their lives take a completely new turn. In individual episodes, we get to see how they deal with leaving their beloved families, partners, and places behind. Each character has her own unique story and personality and it is interesting to watch them fight for their rights and happiness in their own way.

*The first season made Las Chicas del Cable one of my favorite series ever, I could not stop watching it. The second one was quite disappointing though, because it acquired a soap opera feel, so while I can't say it's the best series in the world, it is definitely **a great study source for those who love Spanish**. The original language is Spanish, which means that the Spanish subtitles give you precisely the same wording. The series has also*

been dubbed into English and other languages. I think ladies will definitely like it.

*And after Las Chicas del Cable, you can move straight on to **Grand Hotel**, which is similar, originally produced in Spanish, but with slightly simpler conflicts.*

Ozark

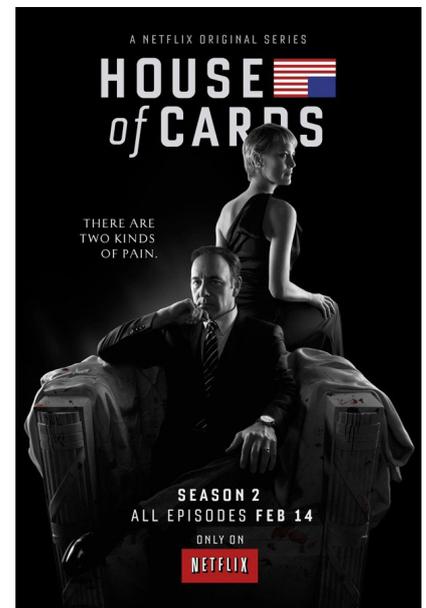


When financial advisor Martin “Marty” Byrde faces a problem whose only evident resolution is death, he quickly has to “secure” a way of saving his life. Once he succeeds, he needs to uproot his family from Chicago and relocate to the lazy lake region of the Missouri Ozarks, where his task is to launder a couple million dollars for his mafia boss. Marty gradually finds out that he is not really welcome among local people and he causes a lot of complications for their businesses. He therefore has to leave no stone unturned to protect his family and himself against a certain execution.

*This series feels to me like **an attempt at a second version of the successful** Breaking Bad series, although I don’t think it’s **as** good. But again, we have a likeable main character leading a “normal life” and suddenly being knee-deep in problems involving drugs and murderers. Here, you’ll also witness a few violent scenes, although they’re much lower in number than those in Breaking Bad, plus there is more focus on the family and the adolescent children. Everyday vocabulary and topics of conversations are suitable for all levels.*

House of Cards

Francis Underwood takes you on a long journey of revenge to those who betrayed him – including the members of his own government and the US President himself. Classy, exaggerative, orderly, and evil Frank Underwood together with his manipulative wife Clair take Washington by storm. Rung by rung, they climb the hierarchy ladder to get what they so desperately desire – power.



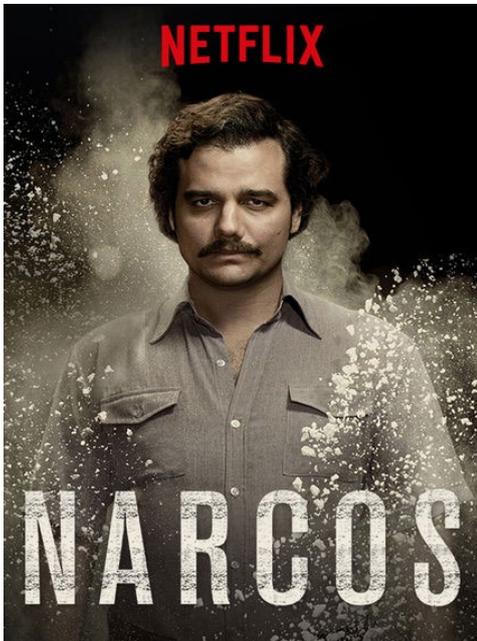
*No series has ever opened my eyes as much as this one. Watch it and you'll understand a lot about **how high politics works**, and what people are willing to do to get to power. You won't be able to get your head around it. I think afterwards, you'll be watching political news on TV with a grain of salt (if at all). **In my opinion, everyone should watch this series as part of their social studies.** Beware, **in terms of language, this is quite a difficult series**, definitely not suitable for beginners. The main character is a skilled speaker who often uses complicated terms and speaks fast in order to win arguments with his opponents.*

He also mentions a lot of terminology related to the US congress, White House, constitution, etc. However, in this case I'll make an exception and recommend watching this series even with the subtitles in your mother tongue, because it's seriously amazing :)

*After watching all seasons, I recommend moving onto **Designated Survivor**, which is similar in terms of topic, but very different in terms of the main character – instead of the evil Frank Underwood, we get an honest, nice man who became the president under unexpected circumstances and not by his own free will. **It is interesting to compare these two series***

and their main protagonists, who have to deal with similar conflicts (war, riots, scandals), but look at things in a completely different way.

Narcos



In the 1980's, Pablo Escobar was one of the world's biggest, most feared and most brutal criminals. He was the head of the Colombian and most of the American cocaine market, made tens of millions of dollars a day, and in terms of the impact of his activities, he has no competition, past or present. *Narcos*, with impressive precision, follows the rise and decline of the cocaine empire and its leader, Pablo Escobar, who is considered by many to be the most prominent and infamous criminal in postwar history.

*Although the production is American, the actors are Colombian and you'll hear **more Spanish than English**. On Netflix, you can't even switch to a solely English audio version, you can only watch a version in which one person ("lector") is reading all the subtitles in the same voice. If you're learning English, it's not ideal, but **Spanish learners will be happy to hear authentic Colombian Spanish**.*

*The historical accuracy of the series is apparently very good, so once again, it's **a solid excursion into a sad part of history**. I watched it shortly before going to Colombia on a month-long trip and I was quite anxious. But thankfully, Medellín, Escobar's former home, has changed significantly over the past 20 years and today it's a relatively safe city with a potential to thrive. *Narcos* is a very interesting series depicting a very sad part of human history.*

*If you like it, you should move onto **Chapo**, a series about a Mexican drug lord. It's also based on a true story and focuses more on the corruption of*

the Mexican government and dealings among cartels. By the way, both series have great opening tunes, which make a good ringtone :)

Friends

I don't think this cult series needs an introduction, right? :) Six friends living in New York regularly meet up in their favorite café, live their lives and are loved by everyone in front of the TV.

Friends was recently made available on Netflix and the whole world is celebrating! If you're also a die-hard fan of Friends, watch a few seasons in the language you're trying to learn. You already know the lines off by heart anyway, so your understanding won't depend much on the new language :) And don't forget that you can easily get the [script](#) for the entire series, which I mentioned earlier.



The Affair



The series explores emotional and psychological consequences of an extramarital affair of a teacher Noah and a waitress Alison. Noah is happily married with four kids, so the affair will take its toll on other people as well. Every event in this drama is presented first from Noah's point of view and then from Alison's while their memories of the beginning of their affair are a bit different.

This is a great series for women, but be careful, it contains explicit scenes so I don't recommend watching it with kids. It's one of my top 3 series and

one of the few series where the later seasons kept me as hooked as the first one. It has as many as 53 episodes so you've got lots of material for weeks :).

Non-Netflix series

Lost



You may already know *Lost*, which has been broadcast in a number of countries. If you've seen it, were you also as hooked on it as I was? :)

A group of 48 survivors of a plane crash is stranded on a mysterious island in the middle of the ocean, far away from civilization. No help is on the way, since six hours before the crash, the plane lost connection, unexpectedly changed its direction, and flew thousands of miles on an unknown course. If someone is actually looking for the survivors, they're probably wasting their time in a completely different part of the world.

Lost combines tension, interesting life stories, links between individual characters' lives (which you'll gradually discover) and an air of mystery. When I was in high school, it was my favorite series and I wouldn't hesitate to watch it again.

Desperate Housewives

Is it possible? Mary looks so happy. An amazing house in the suburbs, a reliable husband, child, and many other things. Did she really decide to give it all up? Apparently so, although we'd rather not believe it. But Mary takes it to the next level, when she puts a gun to her head and ends her seemingly happy life. Nevertheless, she's definitely not saying

DESPERATE HOUSEWIVES



goodbye to the audience. Quite the opposite, actually.

Mary will be our guide to this lovely suburb and she'll introduce us not only to her family, but also neighbors and especially her friends. Thanks to her, we'll discover things which others – and even those involved in them – don't realise. We'll look at the lives of her best friends and get to know their real nature.

Who's never seen at least a tiny bit of *Desperate Housewives* on TV?

*An easy plot, simple and bountiful dialogues, in other words, **ideal for beginners in any language!** For its language simplicity, I watched it all in both Spanish (Mujeres desesperadas) and Polish (Gotowe na wszystko – there's your answer to the small test from the chapter on Wikipedia). Occasionally, the conflicts can feel as if they were taken from a soap opera, but that's actually great for language learners, because the dialogues are kept simple.*

Downton Abbey



Downton Abbey takes place in England before World War I. The Crowley family have lived on their estate for many generations.

However, they're not there alone. The other inhabitants are their servants, who also have plans and dreams, which results in intrigues and jealousy. Some of them consider the service to be their mission in life, others think of it as a path towards a better future, love, or adventure. While the servants know a lot about their masters, this does not hold true in the opposite direction.

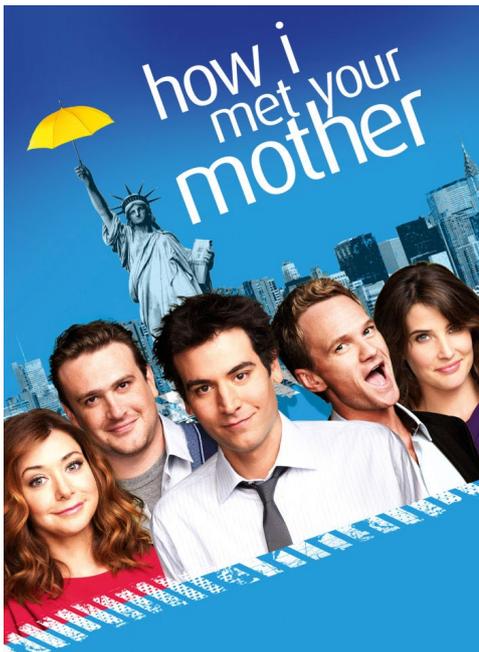
In spite of everything that's going on under the surface, the estate seems

calm and safe and it looks like it'll remain that way forever. They have no idea about the war that's coming soon.

*A beautiful story from pre-war and interwar periods, which shows us the life of two different social classes. **It's one of the most popular series in the UK and rightly so.** The costumes are also great, but the best thing is the elaborate plot full of tension without unnecessary violence. And with beautiful British accents. When I was watching this series, I noticed that my accent in English changed to a more British one, for a short time. It's a series suitable for the whole family.*

*And if you like Downton Abbey, you should definitely watch **The Crown**, the Netflix series about Queen Elizabeth II I mentioned before.*

How I Met Your Mother



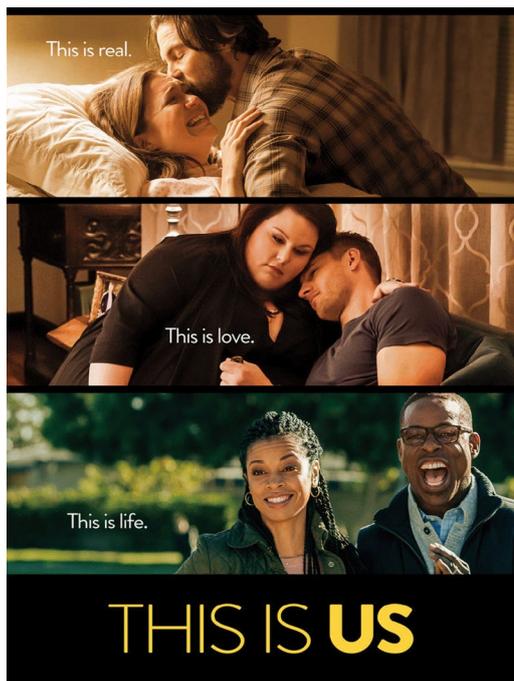
Similar to *Friends*, but in a new guise. *How I Met Your Mother* (known under the abbreviation HIMYM) has found fans all over the world.

The narrator, Ted Mosby, tells his children an extensive story of how he started dating their mother. Although the children are bored to death by stories from his young years, the audience definitely won't be.

When I was at uni, the whole dorm talked about the series. The humor from "HIMYM" could be heard in all conversations. It's a great series for those who want to take time off and have a good laugh at the same time. Language-wise, you'll hear many modern colloquial expressions.

This Is Us

The series follows the life of the Pearson family – mom, dad and 3



kids. The mother was originally pregnant with triplets, but one of the babies was stillborn. That's why they decided to adopt a baby that someone abandoned at the hospital that day. We watch the life of the family since the children were born until their 36th birthday through flashbacks into various periods of their lives.

This series is great if you feel like following the everyday life of a family – how they cope with everything that life brings. There's no big drama and violence. The series is very well-made, and if you like to watch human

relationships develop, you'll definitely like it. You can watch it on Ororo.

A few more interesting series

I've not personally seen these, but people with a similar taste to mine, whose judgment I trust, have recommended them to me:

A) On Netflix

- **Bloodline:** a guy returning home after a long time is planning to reveal his family's dark secrets. The reception of the series on the internet seems very good.
- **BoJack Horseman:** an animated series, similar to Family Guy.
- **Rick and Morty:** the newest sensation among animated series and a pure addiction. Original humor and quite difficult language.
- **Luke Cage:** apparently something for boys, especially those who like superhero stories such as Superman.
- **Peaky Blinders:** gangster groups in Britain at the beginning of the 20th century. I've seen the first season and it was great. Language is difficult here, though, I know an American who had to watch it in English

with subtitles.

- **Making a Murderer:** a documentary about a murder, in which the main protagonist has potentially been falsely accused.
- **Marco Polo:** a series about a real historical figure, very well filmed.
- **Master of None:** a comedy series about this age, similar in humor to How I Met Your Mother.
- **OA:** a sci-fi thriller.
- **Orange Is The New Black:** a story from a female prison, the main protagonist got there because of a crime committed a long time ago. It focuses on the relationships (also sexual) among the prisoners.
- **Travelers:** people from the future travel back in time to our age.
- **Wet Hot American Summer:** a simple comedy, but apparently quite funny.
- **Sense 8:** eight people are connected in a way which allows them to control each other's bodies.
- **Pretty Little Liars:** many of my Facebook fans, especially women, praised this series.
- **Sherlock:** What would the famous detective's adventures look like if they took place in the age of the Internet and cellphones? It's very interesting to watch how the producers took up this task and included more or less subtle references for the original stories.
- **Lucifer:** The devil gets bored after millennia in hell so he comes to the surface, opens a bar in Los Angeles, meets detective Chloe, and helps her solve murders. The hell is left without its leader... An interesting idea, right?

B) Outside of Netflix

- **Game of Thrones:** an immensely popular fantasy series, full of fights over the throne, with eight seasons. Everyone around me loves it and has become addicted to this one.
- **The Handmaid's Tale:** this series swept the Emmys in 2017. A powerful dystopian story from an alarmingly close future about what would happen if a religion-based patriarchal autocracy was established

in the world due to a rapidly decreasing number of births, in which all fertile women were forced to serve as “machines for making children”.

- **South Park:** an animated series with an original and sarcastic humor focusing on various social topics. It employs a large number of swear words, but they are functional. I quite liked many episodes.

- **The Simpsons:** hardly needs an introduction. If you’re into animated series, *The Simpsons* is an ideal one for beginner and advanced students alike.

- **Family Guy:** let’s stay with animated series for a bit longer: *Family Guy* is a very funny series similar to *The Simpsons*.

- **Sex and the City:** As I said before, I’ve seen in it several language versions, because it’s simple and focuses on everyday aspects of modern life. However, it includes a lot of sexual scenes, so it’s not suitable for youth.

- **The Big Bang Theory:** an extremely popular series about young physicists and their lives, which revolve around science, sci-fi, fantasy, games, and attempts for normal relationships with women. I recommend it to more advanced learners, because of the vocabulary used. If you’re a beginner and still want to watch it, just be prepared to miss a lot of jokes about physics and astronomy, as well as a lot of references to books and movies. But don’t worry, it’s funny even without them.

- **The IT Crowd:** another cult series, this time from the UK, in which you can listen to British English. Its style is very similar to *The Big Bang Theory*. *The IT Crowd* is where the famous line “Have you tried turning it off and on again?” known as the solution to any computer problem comes from. (It sure helps me!)

- **Gilmore Girls:** a multigenerational drama centered around the relationship of Rory (high school student, later studying at a university) and her fiercely independent single mom. The series is known for its witty dialogues.

- **Dr. House:** I’m sure you know this or you’ve at least heard of it. It’s an amazing series from the medical setting, made interesting by the incredible sarcasm of the main protagonist. It uses a lot of medical terminology, so it might not be very suitable for beginners, but even they

will enjoy it, because every episode introduces a new peculiar medical problem and the series also follows the out-of-work relationships of the doctors.

- **Black Books:** available on YouTube. A comedy about a sour bookshop owner and his friends, full of dry British humor. I've heard good reviews.
- **Da Vinci's Demons:** a series about young Leonardo da Vinci and his role in the 15th century Italian struggle for predominance. If you like fantasy with elements of magic, you'll definitely like it.

Prefer documentaries to TV series?

No problem! Netflix has a whole bunch of really interesting documentaries. Simply choose Documentaries in the genre selection and you're set for weeks. I highly recommend the following classic – Planet Earth. This documentary series has been broadcast in many countries. It offers beautiful sceneries and comes with the peaceful British English of Sir David Attenborough. It's amazing to both watch and listen to.

Let's get hooked!

Well? Have I convinced you that **watching TV series doesn't have to equal wasting time**? Try choosing one and watch only one episode a day, while writing down interesting vocabulary if you feel like it. Or just watch. A lot. Repeatedly. Something you like. Create a system and turn watching series into a habit. The best thing for you to do right now is to sign up for Netflix (remember, the first month is for free and you can cancel the subscription anytime with just one click) or any other website and start watching a new series.

You'll see that your English, German, or any other language will get to a whole new level. Simply by watching and learning.

It is important to mention that **series alone are not a complete and sufficient solution for improving your language skills.** They can be

your most intense contact with the language, but I always advise learners to supplement them with other activities, such as reading, speaking, a bit of grammar and an active approach to vocabulary learning. More about that in a different e-book :)

Enjoy watching (and having an addiction to) the series!



Lýdia Machová, PhD.

www.languagementoring.com

P.S. If you're interested in my language learning style, let's keep in touch through [Facebook](#) (Language mentoring) and [Instagram](#) (languagementoring). If you're curious about other methods for effective language learning, watch my free webinar at languagementoring.com/watch.

Sources: www.csfd.cz, www.imdb.com

Table of contents

Why are series so useful for language learners?	3
At what level should you start watching TV series?	4
Subtitles or not? or The biggest mistake we make	4
Keep getting lost? Wikipedia is your friend!	9
And what if I still don't understand most of what they're saying?	11
Shouldn't I be writing down words for this to count as studying?	12
Why not movies?	15
OK, but where to find these series?	16
Netflix rules!	20
The magic trick of the year: Series in various languages with just one click	21
How much for all this?	23
A great advantage for travellers and commuters: watch offline!	25
How about working on two languages at the same time?	26
Audio description adds even more spice!	27
A great supplement to series: articles about them	28
The series I recommend	28
Non-Netflix series	38
A few more interesting series	41
Prefer documentaries to TV series?	44
Let's get hooked!	44