USER'S GUIDE
PIMSLEUR UNLIMITED
Congratulations!
You’ve just purchased the most effective language program ever developed.

We believe that anyone can learn a foreign language quickly and easily by following Dr. Pimsleur’s Method. For almost 50 years people just like you have used it to learn to speak a new language with no drills, memorization, grammar rules, or vocabulary lists. Now it’s your turn to experience the power of this world-renowned Method with Pimsleur Unlimited.

Pimsleur Unlimited blends the power of this proven Method with enhanced visual tools to bring you a software version that remains completely portable, but which can be adapted to your unique learning style. The program is organized into three distinct sections -- Learn, Review, and Engage -- designed to give you maximum control and flexibility, and while keeping learning your new language easy and fun.

This guide will give you an overview of the three sections, and explain how you can use them to maximize your learning. We’ll also provide some insight into why Dr. Pimsleur’s Method is so effective and give you some tips and tricks to get the most out of your course.

So, get ready! Your language learning adventure is about to begin!
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Pimsleur Unlimited: Learn – Review – Engage

Learn.
The Learn section contains daily Audio Lessons, Reading Lessons, and Speak Easy conversation tools. This section is the core of the Pimsleur experience. Each component is designed to provide the foundation upon which you’ll build your skills.

Daily Audio Lessons  Reading Lessons  Speak Easy Conversations

Review.
Daily exposure to a language is one of the core tenets of the Pimsleur Method. The Review section contains Flash Cards and the Quick Match phrase matching game. This section gives you a place to spend time interacting with the language you’ve learned, and how you use it is completely up to you. Choose to practice after every daily lesson, or combine several daily lessons into a weekly work out. It’s also a great way to brush up your skills after some time away from the language.

Flash Cards  Quick Match

Engage.
Use the Engage section to sign up for our exclusive all-audio chat rooms and register for Pimsleur Events, regular live sessions delving into the customs and culture of your new language. It’s a chance to interact with native speakers and other learners in a congenial, comfortable environment.

Pimsleur Events
Dr. Pimsleur’s Golden Rules for Success
The daily Audio Lesson is the core of Dr. Pimsleur’s Method. Follow his “Golden Rules” for the fastest route to success:

1. *Always answer aloud.*
The most important rule is to respond aloud when the tutor tells you to. Pauses for your response are built into the course. Your active participation in thinking and speaking will ensure your success in mastering this language. Don’t expect to “listen and repeat” your way through a Pimsleur program!

2. *Focus your attention on the audio.*
Don’t try to write anything down or look anything up while you’re doing a lesson. Instead, focus your attention on the speakers and what they’re saying.

3. *Trust your instincts.*
Pimsleur courses are designed to work with your language instincts. Pay attention to the instinctive responses that will pop into your head.

4. *Do only one new lesson per day.*
Daily exposure to the language is critical to your success, but don’t attempt to do more than one 30-minute Audio Lesson per day. You may repeat a lesson more than once if you find it helpful.
5. *Don’t try to memorize.*
   If you’re responding correctly about eighty percent of the time, then you’re ready to proceed to the next lesson on the next day. We encourage you to keep moving.

6. *Have fun.*
   You’ll learn faster and more easily, and you’ll make time to do the lessons daily if you’re not worried about getting everything perfect every time. Recall is built in to the course. You’ll have plenty of time as you do the course to get to that acceptable level of pronunciation. [Getting the Most Out of the Audio Lessons](#)
Pimsleur Unlimited Components & Best Practices

Learn: Daily Audio Lessons

*Best practice:* One per day, every day.

For best results, Audio Lessons should be done daily. They take just under a half-hour each to complete. We recommend you do one each day, every day if possible. The audio portion of these lessons can be downloaded onto your iPod or MP3 player using the download button in the Settings tab, so you can do them anywhere – you’re not tied to your computer. If you follow the tutor’s instructions, listening and responding aloud when prompted, you *will* learn and remember your new language. It’s automatic and virtually foolproof. One lesson per day, every day.

**Getting the Most Out of the Audio Lessons**

Learn: Reading Lessons

*Best practice:* Daily when scheduled.

Pimsleur Reading Lessons are designed to accomplish two things. The first is simply to teach you to read in another language. Each language has its own sounds for letters, and they’re different from the ones you know in English. In addition, the Reading Lessons break down the same sounds that you’ve learned by “ear” in the Audio Lessons in a systematic way. You’re introduced to the sounds connected with each letter and the different sounds they make in combination.

**Reading in a Pimsleur Program**
Learn: Speak Easy Conversations

*Best practice:* One per day, every day after completing the Audio Lesson for the day.

Speak Easy gives you the chance to practice the rhythm and melody of native speech. In addition, this feature allows you to read and hear the lines at the same time, in a useful context. You can use it in three ways.

1. First just listen, following along with the speakers.

2. Next, go through each line, trying to match your speed, pronunciation, and inflection with the speaker’s. Practice until you feel comfortable, but don’t memorize. You’re building “muscle memory” in your throat, your tongue, and your lips.

3. Finally, you’ll have a chance to put yourself to the test. Select whether you want to speak as the man or the woman, and jump in. You’ll need to fit your speech into the “window” of normal conversation. With practice you’ll get the hang of it, and you’ll find yourself naturally matching the rhythm, cadence, and intonation of the native speakers on the recording.
Review: Flash Cards

*Best practice:* At first, do these daily after completing the Learn section. Then do them at regular intervals thereafter, increasing the number of lessons reviewed to keep pace with your learning.

Flash Cards are a time-tested method to quickly review words and short phrases. The front of the card displays a word or phrase and has a button to play the audio. The meaning, as taught in the Audio Lesson, appears on the back of the card. You can practice your pronunciation or review the cards for meaning.

Review: Quick Match Game

*Best practice:* At first, do these daily after completing the Learn section. Then do them at regular intervals thereafter, increasing the number of lessons reviewed to keep pace with your learning.

Pimsleur’s Quick Match Game allows you to see and hear a cue, as taught in the Audio Lessons, and match it to the correct response from several choices. While the Flash Cards focus on vocabulary items, Quick Match uses entire phrases and sentences. Either way, you can choose whether to practice material from just one lesson or from all the lessons in a level. Start by selecting the lesson or lessons you want to review or practice, and then click on either Flash Cards or Quick Match.

The Review section is a useful way to get a quick refresherer if you’ve been away from the language for some time. We highly recommend that you not try to “review” material for daily Audio Lessons that you haven’t completed, as it’s optimal to have your first exposure to the language through your “ear.”
Engage: Pimsleur Events
*Best practice:* Sign up for scheduled events as often as possible.

The Engage section of Pimsleur Unlimited is designed to provide you with a deeper understanding of the context of your new language. Through this section, you can participate in live sessions designed to introduce you to the intricacies of everyday life, travel, and culture.

The Engage section of Pimsleur Unlimited is your gateway to our audio chat rooms. They will give you a real-world perspective, introduce you to some new aspects of the culture, and help you to navigate your new language with confidence and ease. To access them, simply click the Engage button and follow the instructions on the screen.
Getting the Most out of the Audio Lessons
Whether you’re doing the program on a computer, or on the go, you’ll want to get the most out of every lesson you do. To focus your attention, choose a quiet place where you can practice without interruption, and a time of day when your mind is most alert and your body least fatigued.

Each daily Audio Lesson combined with a Reading Lesson should take you between 25 and 35 minutes. This is the amount of time that is recommended by teaching specialists for a concentrated learning task.

Listen carefully to the native speakers, and always follow the directions of the tutor.

Respond aloud when instructed to do so. Pauses are built in to the audio, giving you time to reply. It’s essential that you speak in a normal conversational voice, and answer questions within the pauses provided. It’s not enough to just silently “think” of the answer. You need to speak your response out loud to set up a “circuit” of the language you’re learning to speak so that it is heard and identified through your ears, to help establish the “sounds” of your new language. Do this prior to hearing the confirmation, which is provided as reinforcement, as well as additional speech training.

The simple test for mastery is whether you are able to respond quickly and accurately when your tutor asks a question. If you are responding correctly about eighty percent of the time, then you’re ready to proceed to the next lesson.

It’s important to keep moving forward, and also not to set unreasonable standards of perfection that will keep you from progressing, which is why we recommend using the eighty percent figure as a guide.
Getting the Most out of the Audio Lessons (cont.)

You will notice that each daily Audio Lesson contains both new and familiar material, and just when you may be worrying about forgetting something, you will conveniently be reminded of it.

Another helpful feature of the Pimsleur® Unlimited Language Program is its rate of “saturation.” You will be responding many times during your Audio Lesson. This saturation enables you to make substantial progress within a short period of time.

Complete the lessons in strict consecutive order (don’t skip around), doing no more than one lesson per day, although the lesson unit for the day may be repeated more than once. Daily contact with the language is critical to successful learning.

Don’t have a paper and pen nearby while doing the daily Audio Lessons, and don’t refer to dictionaries or other books. The language-learning portion of your brain requires language to be processed in spoken form. Not only will you interrupt the learning process if you attempt to write the words while doing the Audio Lessons, but you could also begin to speak your new language with an American accent.

The “sounds” represented by the American letters are different from the same-looking letters in your new language. Once you’ve completed the Audio Lessons, feel free to use written materials, but know that if you want to learn to speak the language, you need to practice it first using your ears.
Dr. Paul Pimsleur and His Unique Method

Paul Pimsleur devoted his life to language teaching and testing, and he was one of the world’s leading experts in applied linguistics. He was fluent in French, good in German, and had a working knowledge of Italian, Russian, Modern Greek, and Mandarin Chinese.

After obtaining a Masters in Psychology from Columbia University, and his Ph.D. in French, he taught French Phonetics and Linguistics at UCLA. He later became Professor of Romance Languages and Language Education, and Director of The Listening Center (a state-wide language lab) at Ohio State University; Professor of Education and Romance Languages at SUNY Albany; and a Fulbright lecturer at the University of Heidelberg.

Dr. Pimsleur was a member of the American Association of Teachers of French (AATF), American Educational Research Association (AERA), Modern Language Association (MLA), and a founding member of the American Council on the Teaching of Foreign Languages (ACTFL).

His many books and articles revolutionized theories of language learning and teaching. After years of experience and research, Dr. Pimsleur developed a new method (The Pimsleur Method™) that is based on two key principles: the “Principle of Anticipation” and a scientific principle of memory training that he called “Graduated Interval Recall.”
The Principle of Anticipation

The “Principle of Anticipation” requires you to anticipate a correct answer. Practically, what this means is that you must retrieve the answer from what you’ve learned earlier. It works by asking you to provide a sentence, using information you’ve learned previously, and putting it into a new combination. This provides novelty and excitement which accelerates learning.

Here’s an example:

Cue: “Are you going to the movies today?” (PAUSE)
Drawing on information given previously, you respond in your new language: “No, I’m going tomorrow.”
The instructor will then confirm your answer: “No, I’m going tomorrow.”
The Narrator then may cue:
“Is your sister going to Europe this year?” (PAUSE)
Response: “No, she went last year.”

Before Dr. Pimsleur created his teaching method, language courses were based on the “Principle of Mindless-repetition.” Teachers drummed words into the students’ minds over and over, as if there were grooves in the mind that could be worn deeper with repetition.

Neurophysiologists tell us, however, that on the contrary, simple and unchallenging repetition has a hypnotic, dulling effect on the learning process. Eventually, the words being repeated will lose their meaning. Dr. Pimsleur discovered that learning accelerates when there is an “input/output” system of interaction, in which students receive information and then are asked to retrieve and use it.
Graduated Interval Recall

“Graduated Interval Recall” is a complex name for a very simple theory about memory. No aspect of learning a foreign language is more important than memory, yet before Dr. Pimsleur, no one had explored effective ways for building language memory.

In his research, he discovered how long students remembered new information and at what intervals they needed to be reminded of it. If reminded too soon or too late, they failed to retain the information. This discovery enabled him to create a schedule of exactly when and how the information should be reintroduced.

Suppose you’ve learned a new word. You tell yourself to remember it. However, after five minutes you’re unable to recall it. If you’d been reminded of it after five seconds, you probably would have remembered it for maybe a minute, at which time you would have needed another reminder. Each time you are reminded, you remember the word longer than you did the time before. The intervals between reminders become longer and longer, until you eventually remember the word without being reminded at all.

The Pimsleur Unlimited daily Audio Lessons have been carefully designed to remind you of new information at the exact intervals where maximum retention takes place. Each time your memory begins to fade, you will be asked to recall the word.
Core Vocabulary

While “Graduated Interval Recall” and the “Principle of Anticipation” are the foundation of the Pimsleur® Method, there are other aspects that make it uniquely effective. One involves vocabulary. When trying to learn a new language most people are intimidated by the number of new words to learn. But in real life, research shows that we actually only need a limited number of words to communicate effectively.

Language can be divided into two distinct categories: function words (grammatical structures) and content words (concrete vocabulary). By focusing on the function words, and helping the student to understand and use structure of the new language, Dr. Pimsleur found that they were able to grow their language skills more effectively. A small number of content words are used on a daily basis, so once the structures are in place, adding more vocabulary becomes a simple matter.

This course is designed to teach you to understand and to speak the essential elements of your new language in a relatively short time. During each Audio Lesson, you will interact with two native speakers, using the level of language spoken by educated citizens in their everyday business and social life. The program’s unique method of presenting dialogue in context makes it easier to understand what’s being said, and easier to remember.
Organic Learning

The Pimsleur® Method teaches you to understand and speak a language in the most effective and efficient way possible. You’ll work on your vocabulary, grammar, and pronunciation all at the same time, while you’re also learning practical phrases that you can use right away.

There are several thousand languages in the world, but fewer than five hundred of them have a writing system. For this reason we know that the human brain evolved to learn to speak a language. Dr. Pimsleur’s research focused from the very beginning on hearing and speaking as the best way to learn the sounds, rhythm, and intonation of a new language. His students and research subjects learned faster and were more accurate and enthusiastic when they realized they could start communicating instantly.

Dr. Pimsleur called this process “organic learning” because it enables the learner to acquire grammatical usage, vocabulary, and the “sounds” of the language in an integrated, exciting way. The language becomes a living, expressive form of human culture.

Once you’ve mastered a Pimsleur® language program, you’ll have a practical, everyday vocabulary at your command. The basic words, phrases, and sentences taught in the Audio Lessons have been selected to be the most useful in everyday situations. You’ll be able to handle social encounters graciously, converse with native speakers in a wide variety of situations, and travel with confidence.

You’ll be able to ask directions and navigate around the cities and countryside. The language skills you learn will help you to participate in casual conversations, express facts, give instructions, and describe current, past, and future activities. You’ll be able to deal with everyday survival topics and courtesy requirements.
**Organic Learning** (cont.)
You’ll be intelligible to native speakers of the language – even those who aren’t used to dealing with foreigners. Because you’ll learn how to ask open-ended questions, your knowledge of the language and the culture will expand with every encounter.

The Pimsleur® Method becomes a springboard for further learning and growth—the ultimate purpose of any real educational system. This desire to learn will be clear to the people you speak to. It will show them your sincere interest in and respect for their culture, and will make them an ally in your language learning quest.
Regional Language Differences
In any large country, and even in many smaller countries, regional differences in language are common. In the United States, for example, a person from Maine can sound very different than someone from Texas. Accents vary, as does vocabulary. For example, what is called a “drinking fountain” in New York or Arizona is known as a “bubbler” in Wisconsin, and a “soft drink” in one part of America will be called a “soda” or “pop” elsewhere. The differences in English are even more distinct between North Americans and Britons, or between Britons and Australians. But all are native speakers of English; they can read the same websites or newspapers and watch the same television programs or movies without difficulty.

Native speakers can often tell where someone is from by listening to them speaking. In addition to regional differences, there are social differences. Pimsleur® programs teach a standard “educated” speech, which will generally carry you throughout the country without difficulty.

As you become more familiar with the culture and the people, you’ll probably encounter many words and phrases that are substantially less formal than what you’ve learned in this course. This is a normal part of the process of language learning. Imagine the difference in English between speech at a business meeting compared to a social night out with friends. Most languages are very dynamic – they change and grow all the time. However, without being embedded in the culture, it’s wise to start at the more formal end of the spectrum, and move to informal speech when invited to do so.
Reading in a Pimsleur Program
A phonetic alphabet like the Latin or Greek alphabet is a list of symbols (letters) that are used to represent the sounds of the language in writing. Given that language is primarily speech, humans learn to speak before they learn to read. This is the natural progression Dr. Pimsleur followed in his courses.

After an initial introduction to the spoken language, reading is then added into the program and the new alphabet is systematically introduced, associating each letter with the sounds of the new language. Initially, you’re sounding out words, mastering the different sounds associated with the new alphabet. You are not, at first, reading for meaning, but rather matching sounds and symbols. Eventually, you’ll be able to look at words you know and read for meaning. By the end of the first 30 lessons, you will be able to read at the same level as you are speaking.
Thank you for Buying this Course
Pimsleur Language Programs are produced by a small team of people who care deeply about language learning. We feel, as Paul Pimsleur did, that the world will be a better place to live in when we can speak to and understand each other. Every course is developed by hand and involves the skills and abilities of real people who are passionate about providing you with a useful way to learn a new language.

Each course is unique and is completely customized for an individual language and culture. While they may look similar at first glance, don’t assume they are just because the English is the same. Every language comes out of a very unique culture and has its own quirks and customs. We work hard every day to capture that unique quality and to pass it along to you.

We love to hear from people who have done our courses. If you have feedback, please pass it along. If you have questions, ask, and we’ll do our best to answer them.

Thank you for doing this course, and helping to make the world a better place.
For Pimsleur Unlimited Customer Service, please call 1-800-750-9220, or go to www.PimsleurUnlimited.com

Many other language programs are also available. For more information, call 1-800-831-5497 or visit us at www.Pimsleur.com