



What should a typical session look like? There is a basic roadmap to follow each time you meet. This sample session here is approximately 1.5 to 4 hours, depending on how much time you spend on each part.

Description	Example Activities	Time Est.
Greetings and small rituals	In your language: <i>Hello, how are you, how are you feeling today? Is your husband still sick? It is raining! Do you think it will rain tomorrow? Do you know what I did this morning?</i>	5-10 min
Planning for immersion sessions	If you are more advanced, you should do this in your language. If not, you can use English for this part: - Talk about what you are going to do today and how you will do it - Discuss words and phrases you want to learn - Make sure the mentor agrees with the plan	5 min
Immersion set	In your language: - Do the activity you decided on - Do not use English! Use gestures, actions, or your survival phrases to help you instead of resorting to English.	10-30 min
Debrief	In English: - Talk about the immersion session - Discuss things the apprentice could not understand - Talk about how to improve for next time	5-10 min
Break (small ritual)	In your language: <i>Have coffee or tea & snacks – this will soon become a familiar part of your routine, and will be easy to stay in the language.</i>	20 min
Review	In your language: <i>Repeat activity from before the break, or review an activity you learned a previous time</i>	10-30 min
Unstructured Immersion	In your language: <i>Spend time just talking or doing a fun activity like a game or reading a book. The apprentice can use the opportunity to use phrases s/he already knows, and ask how to say things s/he doesn't know.</i>	10-30 min
Plan for next session	In English OR in your language (if possible): <i>Talk about what you would like to do next time.</i>	10 min
Farewells	In your language: <i>Thank you! Have a good day! See you tomorrow!</i>	5 min

¹ This is based on Chapter 4 in *How to Keep Your Language Alive*.