

7-DAY CHALLENGE

Kick-start your Dutch
language skills with OLS

Day 1

Mindset: *"Growth mindset"*

Day 2

Vocabulary: *"Word types & Common words"*

Day 3

Grammar: *"Making a sentence"*

Day 4

Reading: *"At the restaurant"*

Day 5

Writing: *"Introduce yourself"*

Day 6

Listening: *"A Dutch recipe"*

Day 7

Review & celebrate

MINDSET

Day 1

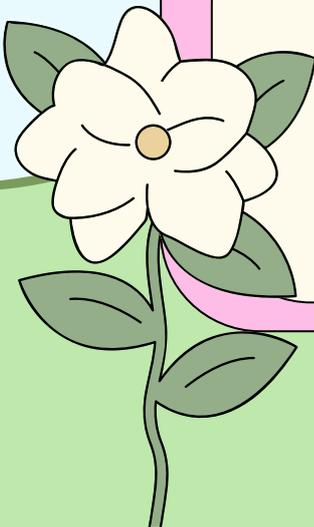
Growth mindset

When you are learning anything new, it's always helpful to start with your mindset. To create a sustainable language learning practice you need to be able to deal with challenges and setbacks. That's where a **growth mindset** comes in, which is all about: *"Progress, not perfection"*.

No one is born with innate language skills, but you can learn it by practicing and studying regularly. Learning with a growth mindset requires a **mindset shift**. It means to *embrace 'mistakes' as an opportunity to learn*, instead of being proof that you 'failed'. As long as you keep learning, it is impossible to have failed.

Now it's your turn:

How will you practice a growth mindset throughout this challenge?



VOCABULARY

Day 2

Type of words

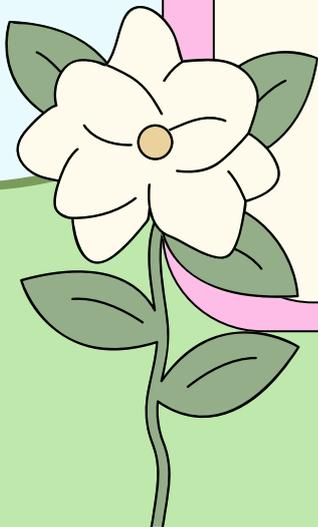
In Dutch there are 5 main word classes.
These main types are:

- Determiner: **Het** park. ("The park.")*
- Adjective: Het **kleine** park. ("The small park.")
- Noun: Het **park**. ("The park.")
- Verb: Ik **loop**. ("I walk.")
- Preposition: **In** het park. ("In the park.")

*More complex word types will be treated in an upcoming blog. So, stay tuned.

Now it's your turn:

Make a Dutch sentence with all the 5 word types above



VOCABULARY

Day 2

Common words

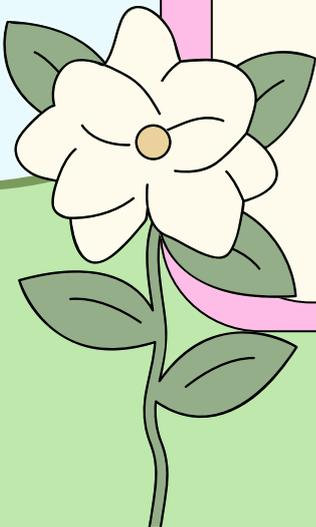
In every language it is helpful to study the most common words. Study the list of the 100 most common Dutch words below:

- Words 1 – 20: Ik tot Maar
- Words 21 – 40: Omdat tot Leuk vinden
- Words 41 – 60: Helpen tot Tien
- Words 61 – 80: Elf tot Goed
- Words 81 – 100: Gelukkig tot Hoi

* *Want to learn more Dutch vocabulary? Go to the "Practice your Dutch" forum: [link](#)*

Now it's your turn:

Write the words you want to remember and practice below



GRAMMAR

Day 3

Making a Sentence

When making sentences in any language we need to know about the order in which words go within a given sentence.

Step 1

The word order for the most basic sentences consist of a subject and a verb.

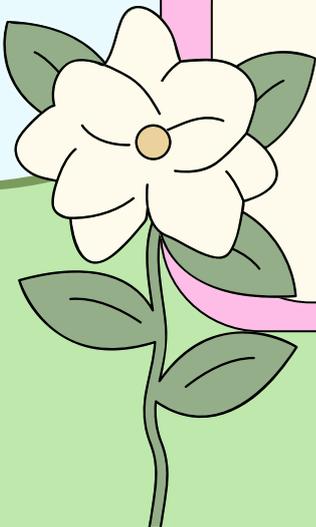
Subject + Verb

- Ik loop. ("I walk.")
- De vrouw loopt. ("The woman walks".)

*To make the sentence negative you place the word 'niet' ("not") after the verb.

Now it's your turn:

Make a Dutch sentence that includes a subject a subject and a verb



GRAMMAR

Day 3

Making a Sentence

Step 2

To make a sentence more elaborate you can place the object after the verb.

Subject + **Verb** + **(Direct) Object**

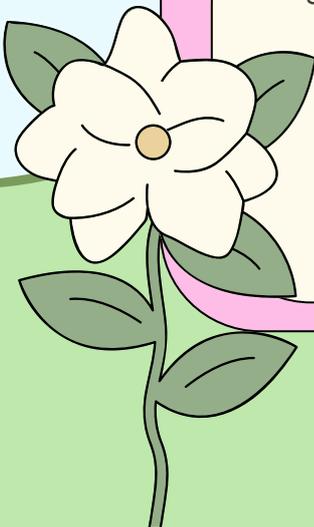
- **Hij danst op de dansvloer.** ("He dances on the dance floor.")
- **De jongen aait de hond.** ("The boy pets the dog.")

Enrol in Dutch Learning Community to receive updates on new in-depth blogs and short Dutch language lessons.

[Enrol here](#)

Now it's your turn:

Make a Dutch sentence that includes a subject, a verb and a (direct) object



READING

Day 4

At the restaurant

Anna en Nina gaan naar een nieuw restaurant met traditionele Nederlandse gerechten. De ober vertelt ze wat ze kunnen bestellen:

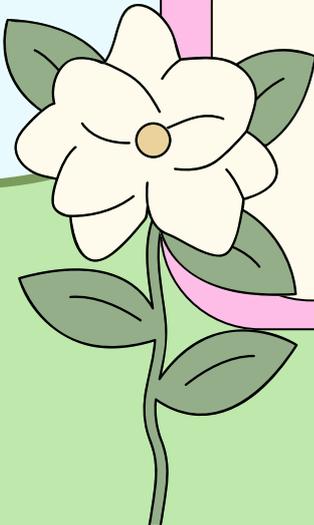
"Goedenavond! Welkom bij 'Hollands' Best! Zoek maar een plekje, ik kom zo bij jullie."

Anna en Nina gaan zitten bij een tafeltje bij het raam. Lekker knus. De ober komt eraan met een fles water en een mandje brood.

"We hebben vandaag vijf heerlijke gerechten op het menu staan. Ik zal ze opnoemen: (1) pannenkoek met appel kaas en spek, (2) boerenkool, (3) spruitjes met stoofvlees, (4) erwtensoep, en (5) hutspot."

Now it's your turn:

What would you order at this new Dutch restaurant and why



WRITING

Day 5

Introduce yourself

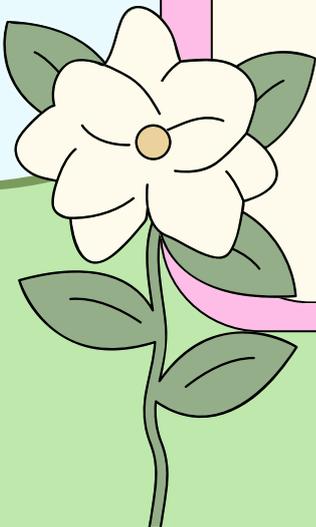
At this part of the language challenge you are ready to take a little step outside of your comfort zone and write a short introduction about yourself in Dutch.

Topics you could write about can include: your name, where you are from, your family, your best friends, your pets, your hobbies, your favourite food or sports.

**You can share your answer with the community here: [link](#)*

Now it's your turn:

Share a little bit about yourself



LISTENING

Day 6

A Dutch recipe

In the following audio fragment you will learn about how to make a popular traditionally Dutch recipe called "Stampot Boerenkool".

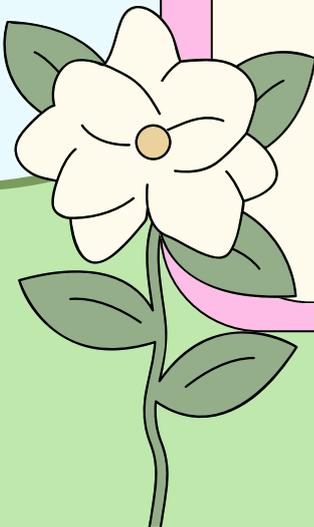
You can find the audio fragment in the "Practice your Dutch" forum on OLS:

[LISTEN HERE](#)



Now it's your turn:

Could you tell a bit about how to make this recipe? And do you think you would enjoy eating it?



REVIEW

Day 7

Write below what you want to remember from the previous days

Day 1: Mindset

Day 2: Vocabulary

Day 3: Grammar



REVIEW

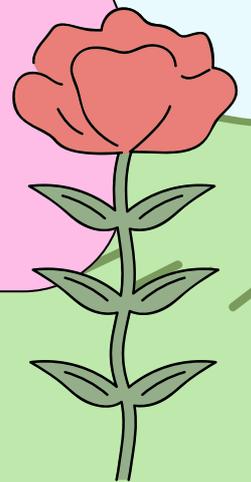
Day 7

Write below what you want to remember from the previous days

Day 4: Reading

Day 5: Writing

Day 6: Listening



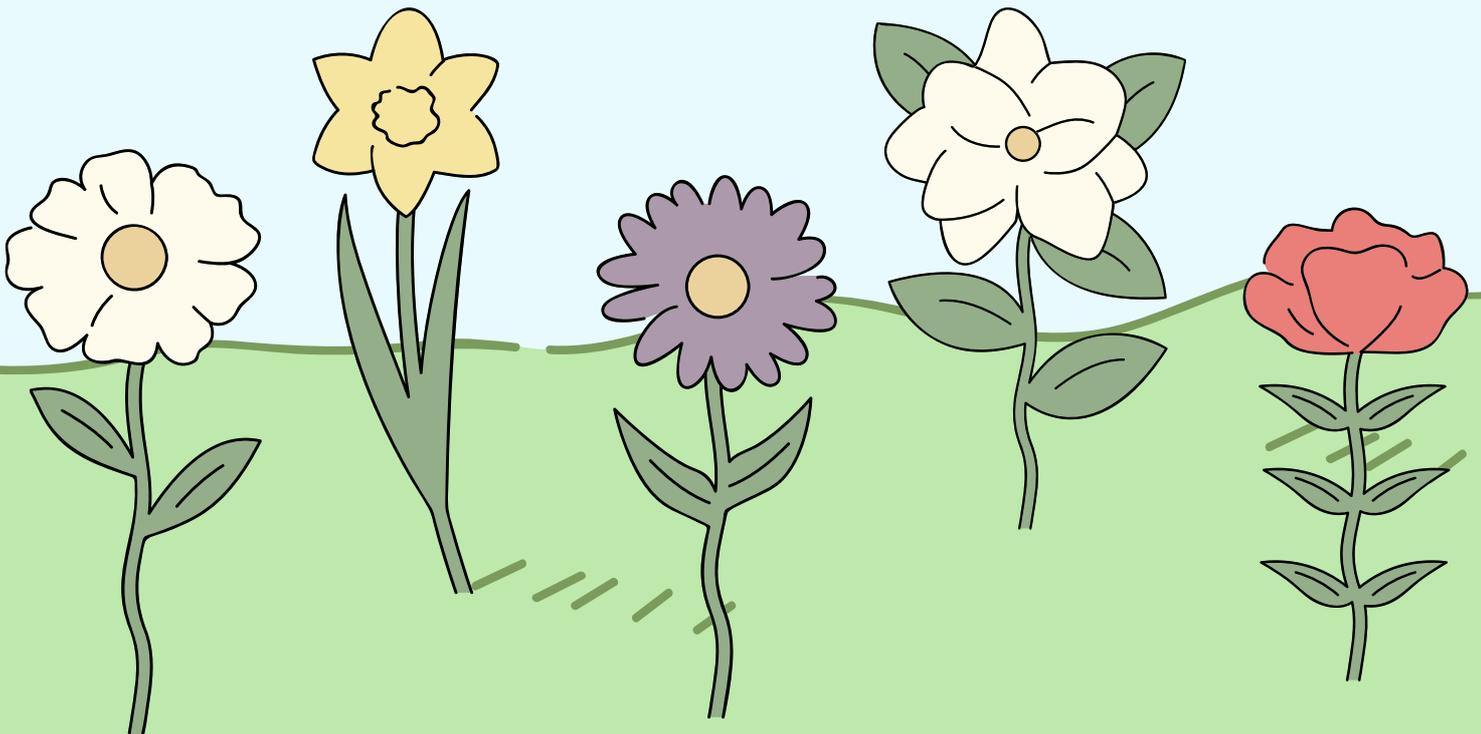
CELEBRATE

You did it!

Congratulations! You have completed this 7 day language challenge. Now it's time to celebrate your achievements!

Let the community know that you've completed the challenge and share what you've learnt via the button below:

[SHARE YOUR SUCCES WITH THE OLS COMMUNITY](#)



LEARN MORE

Keep the momentum going

OLS resources

Courses

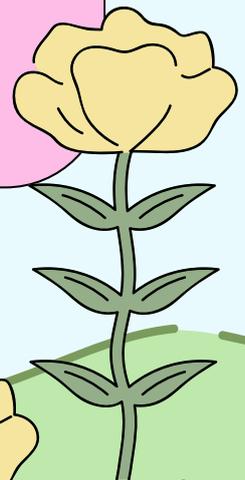
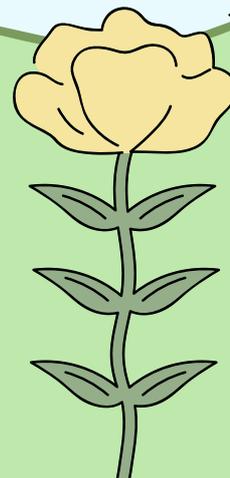
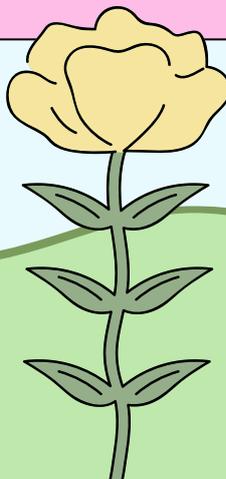
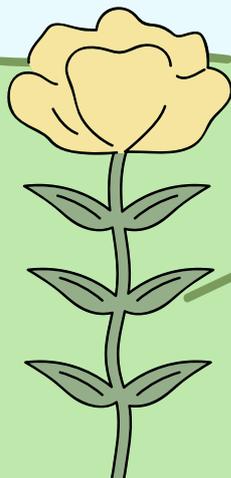
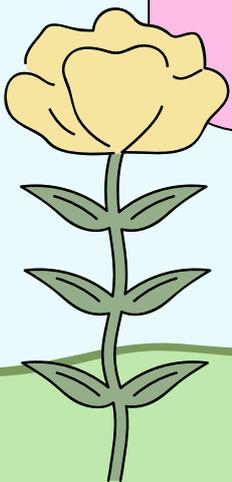
- [Dutch A1 level course](#)
- [Dutch A2 level course](#)

Quick lessons

- [Emotions vocabulary worksheet](#)
- [Survival kit: Dutch greetings](#)
- [Translation exercise: at the beach](#)
- [Survival kit: asking for directions](#)

Articles

- [A guide to Dutch verbs](#)
- [Dutch expressions](#)



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