



## Introduction

This transcript was generated with the help of AI. It should be correct, but if you spot any errors, please

*You're listening to Luke's English Podcast. For more information, visit [teacherluke.co.uk](http://teacherluke.co.uk)*

Hello listeners, welcome back to Luke's English Podcast, a podcast for learners of English all around the world. How are you doing today? I hope you're doing fine.

So this episode is mostly about accents, with some stuff also about study routines for learning a language, but mostly it's about accents. And I'm talking today to Patricio from the YouTube channel Patricio Languages. I first noticed Patricio and his work not that long ago when one of his videos popped into my YouTube recommendations.

It was about accents that you can hear in London, and I really enjoyed it. He talks about four distinct London accents. And at this point I'm just going to ask you, what do you think those accents are? When you think of London and the English accents that you can hear there from people who were born there, what accents do you expect those will be? What do you know about London accents? Patricio identified four, and those were the four accents he talked about in that video that I noticed.

And I really liked the video. I found it to be a very clear and accurate overview of the various accents that you might hear from people in London. And I checked out some of Patricio's other videos and saw that he's also done episodes about all kinds of different other accents in English, and not just regional accents within the UK, like London and Manchester, but also international accents, including ones that I don't often see people talking about and explaining, such as Caribbean English or English accents from West African nations, and many specific forms of American English, like the varieties you might hear in New York, Chicago, Texas, Florida, Los Angeles in California, Philadelphia, Baltimore, and plenty of others.

So loads of interesting content about accents reflecting the wide variety of ways in which English is spoken by different people all around the world. I think this has to be a really, really important thing. And I always want to encourage you, my listeners, to be aware of the varieties of English that you might hear.

And instead of having a narrow focus, focussing on one particular form of English that you, for whatever reason, have decided is the only one, I think that's not the right idea, that you need to be fully aware of the diversity of the English language, and you need to embrace that, and you need to become more and more familiar with different accents. I also noticed that Patricio is a language learner himself, who has learned Spanish and Brazilian Portuguese to a good level, and he's done videos about his study routines for those languages, which I found to be full of interesting and good advice. So I thought that Patricio would be a great person to talk to in an episode of this podcast.

I got in touch with him to ask him if he wanted to come on, and thankfully he said yes. So here it is, right, a conversation with Patricio from Patricio Languages on YouTube, a channel that you should definitely check out. So we're mainly going to talk about, as you've understood, accents that you'll find in London, specifically in London.

So accents not just American and British, and not just within the UK, not just within England, but specifically within London. So there's that. Then we have a discussion about issues around accents and learning English, and the way that you should see this whole subject.

And then we get on to Patricio's study routines for learning Spanish and Portuguese, which I think are very interesting. I think that should be interesting for my listeners to hear a native English speaker talking about his processes for

learning another language. It's just interesting to hear someone's approach described in English.

So what I'm trying to do with this is to help you map the sounds of English as it is spoken, meaning the various accents. But in this particular case, we're going to focus mainly on London. I want to raise your awareness of different accents.

I also want to help you understand the importance of being able to understand English spoken in a variety of accents. There are also considerations which you need to, you know, think about and questions that you might have, including what accent should I have? What accent should I be trying to learn? And should I try to remove all traces of my accent when I speak English? So wherever you come from, that might be something you've thought. You just think, where do I stand when it comes to learning English and my pronunciation? Should I be attempting to sound like a native speaker from London or something? In which case, which one? But should you try to eradicate all traces of your accent when you speak English? So there's all that.

Now, you will notice that during the conversation, Patricio and I both agree that when you are, let's say, teaching or explaining different accents, it's a bit tricky whether you should copy those accents while you're doing it. That's a bit of a tricky thing, depending on the accent, depending, maybe depending on the person who's doing it. But the point is that, let's say, if we're trying to teach you four different accents from London, naturally, we will want to demonstrate them and show you what they actually sound like.

But we've got to make a decision there because if we choose to actually copy those accents, unless we do them perfectly, right, unless we're able to copy the accents perfectly, there's three potential problems. Problem number one is that we just give a false representation of what the accent is. For example, if I'm trying to do a certain specific London accent and I can't quite do it perfectly, then that's not really teaching you what the accent genuinely sounds like.

But secondly, if I don't do it correctly or if Patricio doesn't do it correctly, then we could just make a fool of ourselves on the Internet. And people can be very sensitive about accents. You know, if you don't get it just right, people will call you out and they don't like it.

And thirdly, it can even be offensive, you know, to do another accent wrong. And there are various little pitfalls, sort of cultural, political, social pitfalls around copying

someone else's accent and not doing it 100 percent perfectly. And so for that reason, we don't demonstrate the accents all that much during the episode.

Instead, I encourage you to go and watch Patricio's videos, specifically the ones he's done about London accents. And I've put links in the description because in those videos, you'll see that Patricio actually plays different samples of people who were born sort of speaking like that, people who naturally speak like that. He plays samples of them talking in his videos, and that's quite a good way to, you know, get a sense of what those accents really sound like.

So we agreed that it's a little bit problematic to try to copy other people's accents. Having said that, I'm certain that during this conversation, you will definitely want to hear those accents demonstrated. And so actually, maybe against my better judgement, in the second part of this episode, I will go through those accents in a bit more detail.

I will point out some more specific sort of phonological details for those accents, certain vowel sounds or certain consonant sounds and things like that. I will get into a bit more detail after the conversation, and I will demonstrate some of the accents. Now, some of these four accents that we're talking about, I'm pretty confident I can do them fairly well.

And if not, I will try and find some samples to play you. So in the second half of this episode, I'll get into some more details and will demonstrate the accents to you in more detail. But otherwise, for now, let's talk to Patricio from Patricio Languages, and I really hope you enjoy this episode.

Stick around for more details afterwards. But now, without any further ado, let's get started. And here we go.

## **Conversation with Patricio**

So in the first instance, I actually started the channel to teach people how to learn languages by themselves. I've taught myself Spanish, I've taught myself Portuguese. And I thought, you know, I could give people some tips and tricks on how to learn languages if they're a busy working adult, and they can't really fit it around their schedule.

That was mainly my target demographic. Then one day I decided to do a video about London accents. It did fairly well.

So I'll continue to do videos about accents. Although I'm still doing videos about how to learn a language by yourself as a busy working adult. So my channel is a bit of a hybrid between how to learn languages and, you know, how to master accents or how to understand accents better.

So which of your videos is the most popular on your channel? At present, London accents explained, followed by California accent explained. Those two videos are really popular over, I think, 150,000 views a piece. But that's very recent success.

Prior to that, you know, I was struggling to break 50 or 70,000 views. Okay. Yeah, that's the way it often works with YouTube.

You just kind of plug away making your videos. And then for some reason, one video just gets picked up by the algorithm. Yeah.

And then there's a trickle down effect, right? Other videos start to do well as a byproduct of that video doing well. Cause what I found is that people are staying on the channel, watching the other accent videos and then staying in this kind of accent explained loop. And I've actually created an accent explained playlist, which discusses all of the accents that you mentioned and a few more to showcase how people sound, what words they say, and what you're likely to hear in specific regions of the world.

So the London accents explained one is currently the most popular, although the California one is catching up. Why do you think people are interested in that video then? I think the London accent explained one is twofold. There's a lot of examples in the video from actual Londoners speaking.

So I think that's helpful because sometimes when you hear accent explained videos, or you hear people breaking down accents, they're trying to emulate the accent themselves. They're not actually using clips or footage from locals to showcase. This is what you'll hear in this area.

I think hearing the accent in a more natural setting helps. So instead of trying to emulate the accent, sometimes I do not all the time, but sometimes I do, I tend to just use clips from locals speaking, and then I'll break down a particular sound. I'll use captions and subtitles as well to showcase how things were pronounced or how

things sound relative to how they sound compared to traditional kind of basic standard English.

That can vary depending on whether you're in the US or the UK, of course, but I try to point out where there are differences or where there's a slight pronunciation differentiation between a standard English speaker and the accent in question. So I think with the London video, that's one of the reasons that it did well. Also the fact that I'm a Londoner, maybe it helped to resonate a bit better with the audience, but I'm not sure whether that's the case because as I said, the California video has done really well.

My Texas videos have done really well and I don't sound like I'm from California and I don't sound like I'm from Texas. So potentially the whole resonating with the audience point is something that I would like to believe is true, but maybe it's not as true as I would like to believe. Yeah, that the authenticity aspects that, you know, you're a Londoner talking about London accents.

So there's that, you know, that sense of it being authentic. But also just maybe the approach that you take, because as you said, you do feature clips of people speaking in their natural accent as a way of, you know, illustrating the points you're making, but also just, um, they're just well done. They're just well made videos.

Um, so, I mean, yeah, you've done these, these videos about accents. Are you sort of, do you have any kind of academic background in terms of looking at accents and pronunciation, phonetics, phonology and stuff? No. So I'm just a language learner, somebody who's interested in languages and accents and a byproduct of that is this channel.

And I'm showcasing my interests by way of the channel. That's it. That's it.

Yeah. Don't have a formal background in it. I'm actually in finance.

What I do has nothing to do with accents or language. I mean, knowing languages helps, right. I've done deals in Brazil, Spain, Portugal.

So my language skills have helped in that regard, but I do not need to be a linguist to do what I do in the real world. So breaking down accents is more just sort of, uh, just something you're interested in just as a, as a hobby kind of thing. Yeah.

Yeah. But then maybe that helps as well, because if you are overly academic in the way that you describe features of accents, then it can start to become a little bit, um, uh, alienating for people who are not from the academic world. So I guess that you, you kind of like you do your research and break down different features of an accent, but then you can explain them in a kind of everyday in layman's terms, uh, which is quite an appealing thing for most people who are not sort of in, into the academic side of things.

Yeah. And a lot of it has to do with my interpretation of things. So what I hear in accents, and I try to get that across as well.

I'm not saying that what I'm saying is gospel is the absolute truth is this is how I've interacted with this accent, or this is how I've interacted with this language. Feel free to listen. Um, I'm not saying that this is the way to do things, or this is the way to learn, or this is the way the accent is, you know, it's open to interpretation.

Feel free to question me or, you know, leave a comment to say you were wrong on this, potentially you forgot about this. Always happy to learn, right? I don't, I don't think I know it all, but I think with the channel, as I said, it's born out of a genuine interest. So it's nice to see people interacting with it in such a positive fashion.

Yeah, absolutely. So let's talk about the London accent video. Then you, um, break down four different London accents in that video.

Can you tell us about those four accents? Yeah, absolutely. I think the first is RP, and this is probably the most popular accent outside of the UK because we hear it in period dramas and films, Hollywood likes to push this accent. So you'll hear RP a lot.

You'll also hear it in the news. And this is an accent, which I think my audience certainly, and potentially your audience is most familiar with, um, you know, stiff upper lip pronounce all their T's and you'll tend to hear pretty much everything pronounced in inverted commas. Well, it's clear.

Now there is a spectrum with this accent. Not everybody sounds the same. If you listen to King Charles, he doesn't sound like his sons.

And if you listen to the folks in kind of made in Chelsea, they probably don't sound like their parents. So the accent has evolved over the years. And I think this newer

variant is called standard Southern British English, which is a form of RP or what some would call modern RP.

So there is a difference between that classic RP and modern RP, which I'm sure we can get into later in this video, but that's the first accent, which I discussed in the video. The second is Cockney, which is a famous accent that's born out of the East end of London. A famous actor who has this accent is Danny Dyer.

Um, a few features of this accent, TH fronting. So using brother instead of brother or mother instead of mother. You'd also hear that glottal stop.

So instead of water and things like that usage of words like ain't and in it. So I ain't doing that. No, I am not doing that.

I ain't doing that. Or that was crap in it to intensify a claim. So it's not unusual to hear those things as well.

And then you have history, which falls somewhere between Cockney and RP. And depending on the speaker in question, they may be more Cockney leaning or more RP leaning. And the S3 accent is an interesting one because it shares a lot of features with Cockney.

I like to refer to it as a, maybe a diet Cockney or a kind of karma Cockney. So it sounds very Cockney leaning, but it's not quite Cockney. And it sounds RP leaning, but it's not quite RP.

But again, the speaker in question can lean closer to RP or closer to Cockney. It really depends on context. Then you have the MLE accent, which is the newest accent in London.

I think it's been around since the eighties or nineties. It's a relatively new accent. And the name MLE comes from multicultural London English.

And that multicultural piece pertains to the demographic of people who created this accent is born out of West Indian immigrants moving to the UK, particularly Jamaicans and adopting their speech or adapting their speech with Cockney. Cause if you hear MLE, it's a bit of a hybrid between Caribbean English or Jamaican English and Cockney, but there are other influences as well. Namely West African influences, East African influences, Southeast Asian influences that have influenced this modern MLE.

But I think primary influence is from the West Indies. You can really hear it. A lot of words are shared, even greetings, a word like Wagwan, which means, you know, what's up, what's up, what's good.

How are you? Wagwan, that's straight from Jamaica. And if you listen to how things are said, it has that kind of cadence that you will hear from the West Indies as well. And the pronunciation of things like the and that may become the and that, and that replacing of TH with a D is something that you'll hear in West Africa again in the Caribbean as well.

So that's where that accent comes from. What's interesting about the MLE accent is that there are a few telltale signs with it. One thing is the pronunciation of words like, like, why, and fly.

It will sound more like, like, why, fly. There's a relaxed sound when you use that word and sorry, there's a relaxed sound when you use those words. And MLE also uses intensifiers.

So take a word like still, instead of just saying, I'm going to the shop, you can say, I'm going to the shop still, or I spoke to him yesterday still. It doesn't really add value, but it does in the sense that it showcases the fact that something was done or you're going to do something. And another word that's popular with MLE speakers is man.

So I could say something like man's going out today, or man went there yesterday, or I was talking to my man, or man said, he's not going. So you can use it in the first person and the third person women use it. Sometimes it's not typical to hear that, but you may hear a woman from time to time referring to herself as a man in the first person, which I know sounds crazy to a lot of foreigners, especially to my American friends, but this is something that you may hear.

Okay. Right. Wow.

A lot of stuff all neatly summarised there. That's great. So listeners, you can check out Patricio's video about the four London accents, but also there's a specific video, a couple of videos about MLE as well, where you can hear examples of all those things that he's just mentioned.

I mean, one point that you've made, I've noticed in your videos, and I think you, I think you just, you said it earlier on, which is that the fact that every accent is a spectrum. So we talked about RP being a spectrum where you on one end, you've got the kind of heightened RP that you might hear from very old fashioned English or upper class English, you know, that you might hear on the, on a show like Downton Abbey or the crown, or even members of the royal family using, using it, or people from very upper class, uh, exclusive schools will speak in a certain heightened posh RP. And then there's a more standard RP.

I think you call it Southern standard, Southern British English, which is just, you could argue that it's a sort of neutral form of English. Whether it really is neutral is another question because, you know, just go North in England. Yeah.

It's not really in the North. They won't argue that Southern standard, Southern British English is the neutral form because that's not really fair to everyone North of wherever it is like the Midlands. Um, but there's a, there's a, there's always a spectrum within these distinctions that you've talked about, which is a really important thing to remember that it's not like cut and dry, just simple four basic forms, but there's a lot of sort of intermingling and a lot of, um, code switching where people will adapt their accents, depending on the situation, you know, individuals have fluid accents, but we can sort of roughly just, yeah.

And I think I'll add to that by saying, you know, depending on the context, somebody may code switch or pivot their accent to accommodate a certain audience. So you have RP speakers that sometimes sound a bit more estuary or Cockney depending on their context. If you're in a very formal setting, potentially at a law firm or, you know, at a high flying corporation somewhere, you may lean into your RP accent, but if you're in the pub or in the stands at a football stadium, you may lean into your Cockney accent.

If you're in an environment in Southwest or Southeast London, potentially you're in Peckham market, trying to buy fruits. You may lean into your Emily accent. It really depends on the context.

And I think a lot of Londoners do have that in their pocket. They can pull it out from time to time. Now, this isn't always conscious, by the way, a lot of this is subconscious.

Some folks are doing it consciously, um, but it also shows. So it's important to understand that just because you have an accent, it doesn't mean you always

sound one way, even within that accent, you can move up and down that spectrum and maybe lean towards another. I think with Emily, one thing I've noticed is that sometimes you have a more formal variety of Emily.

That's the variety with which I'm speaking now to be fair. But if I were with my friends that I grew up with in the neighbourhood, I probably wouldn't sound like this. And the same can be said for a lot of Cockney speakers, RP speakers and estuary speakers.

So the context really matters. I think having that fluidity is something that most Londoners have. And speaking of Londoners, the four accents that I mentioned, I mentioned them because these are accents that Londoners are likely to have as in people who were born and raised in London.

That doesn't mean that these are the only accents that exist in London. London has hundreds of accents. So people tend to conflate the two.

And I've seen comments in my video saying there are more accents than this in London. Absolutely. That's absolutely correct.

But these are the accents that Londoners as in people born and raised in London tend to have. I'm just thinking of my audience at this point who are out there in the world, you know, trying to learn English. And I guess an important thing to say for them is that, well, what accent should they be trying to have? And what's the difference between the accent that you would try to acquire in the language you're learning and just being aware of the many different accents that you will encounter when you're talking to people? What do you think about that? I think the latter is actually more important, right? Understanding and being understood, first and foremost, is the most important thing with language learning, in my opinion.

I think after a certain point, you sounding like a native is probably never going to happen. I think that's the unfortunate truth. You'll get close to sounding native in a language, but I don't think you're ever really going to sound like you're from somewhere unless you truly assimilate with that culture, move there, live there, and pick an accent and really try to emulate that.

But I think it's more important to understand those people so you can communicate, because that's the purpose of language, right? You don't want to just learn it in isolation and not speak to anyone. You want to speak to people, so you

need to understand them, first and foremost. So understanding accents, I think, is the most important thing.

Trying to emulate one, I think, is a step in the right direction, especially if you want to perfect your target language. But I don't think it's the most important thing. And actually, I think it's the hardest thing.

So I wouldn't spend too much energy in trying to sound like a native. Try to improve your English or whatever language you're learning. But understanding it is more important than sounding like an MLE speaker or an RP speaker or a Cockney speaker.

And I think there's a bit of a charm to having an accent, your native accent, when speaking English, to be honest. I think that helps you stand out. You don't sound like everybody else.

There's something about you that's intriguing and can start a conversation. That is a conversation to start out with. Where are you from? Because clearly you're not from this place.

That's your door in, right? If you sound like everybody else, now you've just closed the door that was potentially open to you. So just be cognisant of that as well. And I had to learn this through learning languages.

When I learned Spanish and Portuguese, which we'll get into later, I was trying to kind of get rid of my gringo accent, which I've accomplished to some degree in Spanish, not so much with Portuguese. But what I found is that having a gringo accent can actually be helpful, right? Because if you sound too close to a native, if your Spanish is too good, you may not get the best customer service in a restaurant when you're at an all-inclusive in Dominican Republic. But when you sound like a gringo, you get gringo treatment, which unfortunately sometimes is better.

So it may backfire if you'd sound too native. Yeah. Yeah.

Yeah. Um, right. So two things I'm thinking of.

One is that, um, yeah, being intelligible is got, has got to be the first thing that if you're learning language, you've got to just focus on being understood and being clear. Um, now that might involve picking an accent, which seems to be the neutral form and trying to aim at that, which probably in English is going to be a form of RP,

a sort of modern standard RP is probably going to be the one, right? Because that seems to be what most people will default to when they're attempting to be clear and neutral, you know? So, uh, that's happened to me. I'll give myself as an example.

I think that I don't really have a particularly strong accent as a default base level, for example, at home with my mom and dad, I'll pretty much speak like this, but then when I'm with my friends from the Midlands, cause I spent half my, um, my youth, let's say in, uh, the Birmingham area. So when I'm with my mates, then I'll start to sound a bit more Brummie and it sort of comes out a bit more like this. And then maybe like the intonation goes a bit more Birmingham like that.

Um, and then with my friends from London, I might start sounding, sounding a bit more like a Londoner and I'll start to drop my teas and I'll say, cause that bottle of water over there, what's he doing? You know, I'll start to sound a bit more like this. So I move around, but as an English teacher, I do tend to neutralise my accent to an extent. And I ended up with this RP.

So I think that probably RP is probably a, uh, a natural accent for people to aim at if they're learning English, because it seems to be a sort of neutral English. That's not to say it's any better than other accents or even more, more common than other accents. Because I think, uh, RP is actually, there's only about, only about 5% of people speaking English in the UK will speak with this accent, but that's not to say there is another accent that's, that's got a larger section of the pie chart.

That the pie chart in fact is, is really many, many small pieces. There isn't one accent that dominates, you know. And I think Hollywood and period dramas don't do a good job of representing the variety of accents that we have in London or the UK, but I'd actually like to ask you a question about the whole accent thing.

Do you think there's a point in time in the language learning journey where you should focus on an accent? Because in my experience, I don't think it's the healthiest thing to focus on an accent at the beginning or in the early stages. What are your thoughts on that? No, I think that it's, it depends. So when I, I think when I talk to my listeners, I'm assuming that they are not at the beginning of their learning journey, you know.

Um, but yeah, certainly for people at an elementary level, uh, pre-intermediate level, then obviously you've got to make sure that you're not making any, you're not saying things radically wrong, you know, that you're getting the basic, most

common words and pronouncing them with the right vowel sounds and the right stresses, you know, things like that. So the absolute basics are important, but, uh, yeah, it's not like perfecting your accent isn't the most important thing at the beginning. Instead, just pinning down the basics of grammar, getting the most frequently used words and understanding them and being able to use them fluently and being able to do most acts of communication successfully.

Those are the most important things. And then as you develop and get to higher levels, that's where you start to refine, um, things and become more sophisticated. And that can involve just moving towards moving ever further towards clarity.

And, um, also, uh, trying to get rid of the influence of your first language on English. Uh, so, you know, for example, just trying to get the word stress of multi-syllable words, uh, the same as most English speakers pronounce them and things like that. Right.

Um, so yeah, it's not the most important thing at the beginning, but certainly an important thing to develop as you progress and refine your English. Yeah. Yeah.

I get that. I think, yeah, I think I've had the same experience with learning foreign languages as well. I think in the early stages, my main concern is kind of there's grammar and getting sentence construction correct.

You know, I want to be saying things in the right order and then pronunciation will come with time. I think just practise, practise, practising, you'll get there with the pronunciation, but I try not to get too hung up on it in the beginning, because if you do, you can actually curtail your process or your progress. Yeah.

Yeah. Um, another point I wanted to make, which is on the subjects of the variety of different accents in English. So from the point of view of a learner of English, I think that can sometimes seem like a problem that you think, well, I'm trying to learn this language, but there's just so many different accents.

It's impossible. I totally understand that. But at the same time, I think we can consider it to be a because of this, right? So if you think, well, I'm trying to sound, I've been told, or I believe that I have to sound like a native speaker in order to be using this language correctly.

Not really, not really true. Like English is much more of an open source language than you might think. And the fact that there's so many different accents is a good thing because your accent is one of them as well.

So if you are a Polish person speaking English, for example, then, you know, that's okay to have a bit of a Polish accent because, you know, welcome to the club. We've all got to London. You'll find another thousand of yourself.

Like, don't worry about it. Exactly. There's like loads of Polish people with a, with a Polish English accent.

Obviously your accent shouldn't be so Polish that it doesn't sound like English. Yeah. Essentially it's got to be mostly English, but if you, if people know that you're from Poland or the, you know, they can tell that you're from somewhere, that's not necessarily a bad thing because everyone's got something like, you know, every, everyone has like the variety of accents is a thing to celebrate.

And it's a thing to realise that having an accent is okay. English allows you to have an accent. That's kind of part of what is great about English.

Absolutely. And it's most important to just understand and be understood. If you can do those two things, you're off to a good start.

Yeah. Yeah. Yeah.

Yeah. And I guess if we're talking about refining our English, part of that is this code switching thing that you talked about, knowing when to adjust your accent or your, the form of English that you're using, the register, whether you're being, you know, using more informal slang in a social context, or if you are in a business meeting and therefore you have to be very clear and to the point and use more formal language. These are all things that you start to learn how to do and to become more aware of as you progress through, you know, different levels of English.

Yeah. Yeah. I'd love to talk more about that.

The age of the person you're around, right? Because my old boss is touching 70 and he's from Canada. So I wouldn't have dared use Southwest London slang in the office with him. A, it wouldn't have been productive.

I mean, you know, he's still gonna understand me and B is just not the right thing to do in that context. Unless of course he wanted to understand the culture and whatever else is a bit different, but in the context of just doing work every day, if I wanted to get my work done and be efficient, it was in my best interest to be clear and understood. So sometimes the context is really important and the demographic with which you're around may determine how you speak.

Definitely. All right. So let's move on.

And so we mentioned earlier that you are a learner of Spanish and Portuguese. Can you tell me about your learning of Spanish and your learning of Portuguese? Why did you choose those languages? How have you done it? Yes. Yeah.

So Spanish is an interesting one. I think with most people in the UK, you'd take a language in secondary school. I was actually taking Spanish and French, but I found that I was falling too far behind.

So I actually dropped the two languages and I didn't pick it up until about seven years after. So when I was in university in Miami, I was around a lot of Spanish speakers and that taught me something that I need to learn Spanish ASAP. I picked up the basics, basic greetings and how to order food, but I couldn't quite grasp the language.

Fortunately at university, they gave me the opportunity to take a pass fail class. So what that means is that you're not graded ABC or it's not ranked in your GPA the same way it's pass or fail. You can only pass or fail the class.

So the stakes were quite low. I took the class and I passed it. I imagine the stakes would be high because depending on the I feel like in all respect, the pass mark was pretty low.

So I think it was a 60 or 70. So it wasn't the hardest class to pass. And I was around a lot of Spanish speakers who could help me on my journey towards passing the class.

But what I found after is that I didn't actually learn much. I just passed the class. So I was in Miami.

I had passed the Spanish class. I still couldn't speak the language as well as I would have liked. And then a few years passed and I thought to myself, you know what, you've got the basics or the very basics down.

You've always wanted to do this. You know, why not actually learn it properly? I had a bit of free time on my hands during this period. I think it was about 2019, 2020.

And I said, you know what, I'm going to learn this language. So I bought myself a textbook, Nuevo Prisma, I'll never forget. I went through all the exercises.

Um, I started taking lessons on italki. Oh yeah. Sorry.

The textbook, was it a grammar book? It was a grammar book, like a, you know, a Spanish textbook that you'd use in school or at university. And I went through all the exercises, all your exercises, written exercises, reading exercises, et cetera. I also took classes on italki to guide me through the language learning process.

So I had somebody to speak to on a regular basis to point me in the right direction. I took classes at a language exchange school in Columbia, and then went to Latin America for four months in 2020, Columbia, Panama, Puerto Rico, um, somewhere else. And Miami, I forget now there's another place in that journey.

And I went back to Miami because I've got a lot of friends there. I went to university there, spent a lot of time there. And this time, when I went to Miami, I actually spoke Spanish properly.

So it was great. And I felt the difference, you know, well-received by a lot of people. And it's a very different experience when you're able to speak Spanish fluently in Miami to when you can't believe you and me, it's night and day.

So I took that language learning process seriously. And I had a regime every day I'd wake up, I'd read, listen to something in Spanish, write, and speak. If I couldn't speak to somebody on italki or speak to somebody in real life, I'd record myself in my voice notes and listen to it back.

I was militant about learning this language. And this process sometimes took 15 minutes a day. Sometimes it took half an hour, sometimes an hour.

I tried not to overly think about it. The main thing for me was having a consistent regimen that I can do every day until I got better. After about six months of learning, that's when I'd say I became fluent.

So six months of learning intensively, that's when I became fluent. A few years past, I've been speaking Spanish frequently going to Latin America, often visiting Miami often because I've still got a lot of friends there. And then I went to Brazil for a month in 2022, but I couldn't speak Brazilian Portuguese.

And I noticed that my experience would have been better if I had spoken the language. I tried to communicate in Spanish, wasn't really received well. You're better off speaking in English than Spanish in Brazil, believe it or not.

And I thought to myself, you know what, if I learned this language, the next time I go to Brazil will be a lot better. So I decided to pick the language up, teach myself Brazilian Portuguese using the methods I'd used with Spanish and actually learn the language in half the amount of time. So I picked up Portuguese in three months.

I think it's because of one of two things. It's very similar to Spanish, right? So I knew the basics of conjugation, sentence structure. And a lot of the vocabulary is similar, not identical, but similar pronunciations, very different though.

So I had to get to grips with that. But because I had the foundation of Spanish there, I taught myself Spanish recently, implementing the same process with Portuguese allowed me to fast track my learning. Um, after three months I became fluent and I decided to learn it because, you know, I had a great time in Brazil where you like Brazilian culture plan on going back and hopefully potentially one day living there.

So it'll be a good idea to speak the language if that's my plan. Yeah. Well, great.

Wow. Real success story. Uh, give me a, give me a sample of like a, I don't know, 30 minute or one hour routine that you might do with Brazilian Portuguese.

If you can. Absolutely. So first things first, I'll wake up, I'll write something, you know, what I plan to do today, what I did yesterday, what my goals are with the language or whatever, just a quick five to 10 minute ordeal, nothing crazy.

It can be about anything, but just to get into the habit of writing the language. Secondly, if I'm going to listen to something, the news, ideally it will be in Brazilian

Portuguese. So every news outlet has a Brazilian version, right? So I listened to BBC news, Brazil, DW Brazil, and a few other Brazilian content creators that talk about current affairs.

I'll go into their channel or their podcast on Spotify, listen to something for about five to 10 minutes. After that, I will read typically if I'm on the train or on the bus, I've got my Kindle here. So I've got a bunch of books downloaded in the target language.

I'll read. So that can take 10, 20 minutes. And then after at some point in the day, if I don't have a class on italki, or if I haven't spoken to somebody in real life, I will record myself speaking to myself in my voice notes.

And this can be five minutes, a minimum, potentially 10 minutes. But in this way, you're practising speaking on a daily basis. So it's helpful to speak to other people because that's the purpose of learning a language, right? Ideally you want to be speaking to others, but if not, you can always kind of speak to your voice notes for me, um, to maintain that efficiency.

The only way to do so is to have a routine where I'm doing something consistently. And sometimes that may mean you can't rely on others. You need to do things yourself.

Yeah. Consistency, trying to do the four skills, listening, reading, uh, speaking, writing. Um, what about recording vocab? Do you, do you record vocabulary in a notebook or something like that? And how do you do it? So for, for vocabulary in the very beginning of the language learning process, what I tend to do, I know it's very old school flashcards, um, like a flashcard hack method where I've got a bunch of flashcards.

Um, I've got the word written, then a description on the back, but everything is done in the target language. I try to stay away from translations so that this way I'm not translating in my head. I'm thinking in the target language, um, to get to that point though, you may need to do a translation method first and then move into the point where you're doing everything in the target language.

I do understand that at the very beginning when I was learning Spanish, for example, I'll have a list of words in Spanish, then English. Then I'll have the description in Spanish so that I had some reference point in my mother tongue. But when I was learning Portuguese, I didn't do that.

I just went the word description. And over time reading these descriptions over and over again, I've got the word in context, but I do understand that for some people they need their mother tongue to jump from one to the other. It's impossible to, to make that jump.

But because I'd learned Spanish previously, there were a few context clues in the words or at the beginning of a word, the spelling may be the same as the beginning of a Spanish word. So I can kind of put two and two together to give you an example of words like *tradicion* in Spanish in Portuguese would be *tradicion*. So *tradiz*, I kind of knew, okay, that means tradition.

And then move on to the next one. And that's how I went with from there with my Portuguese. Do that.

Do you not try and put these words in context? Yeah. Sentences... in sentences. Yeah.

So with the flashcard method, I'll have a word on one side, then I'll have a sentence on the other side. And that will help me to remember, okay, this is what this means in context. And if, you know, I guess *wrong*, I put the pile on one side, if I guess *right*, it goes on the right side.

Yeah. And then just keep smashing that out until I feel comfortable enough to, to speak or I feel comfortable enough that I don't need to keep doing this. I can just actually have normal conversations and then brush up on the things that I'm not too good at at some point in the future.

But I try not to let the fact that I don't understand a few things stop me from learning. Right.

Try not to get too hung up on that. Just keep moving forward. Slow progress is better than no progress.

Yeah. Right. And it's not perfection.

Yeah. You know, you can't really expect 100% perfection, but you have to just acknowledge the bits that you're learning and progressing with. And the other stuff is just stuff that you're going to deal with later.

And I think, um, trying to consume the culture. So moving to a place would be very helpful if possible, but if not, you know, turning your phone settings or your electronic settings into the language. So you're forced to interact with the language daily.

Um, if you're going to read a book, why not read a book in the target language? If you're going to watch content, why not watch content in the target language? If you're going to listen to music, well consume music in the target language. These things are certainly helpful as well.

Um, quick question about watching content in the target language, uh, subtitles or no subtitles for you?

At the beginning. Yeah, I think it's helpful.

Um, and if you're struggling to understand, then yes, I don't think it's a hard and fast rule because to our point earlier about accents, some accents are very difficult to understand. So I may watch a show from, um, that's done in Alicante, Spain, where the Spanish to me is clean, very easy to understand. And then, you know, you may put on a show from Chile and that may be a very difficult accent to understand.

So you may need to subtitle. So it really depends. And this is irrespective of your level.

You could be technically C1 or B2 and still have difficulties understanding somebody from Cuba or Dominican Republic, you know, so it really, it really depends, but I think you should try to aim to turn the subtitles off if possible. But if you need them, you need them. I mean, sometimes I need them in English.

Yeah. Yeah. Same.

Yeah. Cause you know, again, people forget there are other factors involved in why a TV show or film might be difficult to understand. It's not just because your English level.

Um, and I've talked about this quite a lot that, uh, for example, the way that TV shows are recorded these days, uh, and the way that we listen to them often on a device, you know, with a small speaker or something like that. Uh, but yeah, the, the, the way that actors are recorded, they have these very small, tiny little microphones, which are very sensitive. And as a result, like the style of shows, I

don't know if it's a result of the recording techniques, but certainly the style of many TV shows these days is like, uh, to be hyper-realistic and there's a lot of mumbling, mumbled dialogue.

Unlike in the olden days of movies and TV shows, which were a lot more like theatre performances where the actors would be delivering their lines of dialogue, incredibly clearly like this, uh, these days, just like, you know, a lot of mumble dialogue and you can hear anything two and two together. That's a good point. You know, I never actually plopped onto that.

Yeah. And also there's background noise. You hear the street noise or whatever it is, or just the general hubbub of the background of the situation they're in.

And then there's music as well. And then often TV shows are visually, they're first of all, they focus on visual communication and the, the, the, the dialogue just sort of melts into the sound, the general sound. And it's often very unclear to try.

And so this is why many native speakers put subtitles on when they're watching shows, uh, on their phones or on their computers or whatever, just because it's often very hard to hear, uh, what people are saying. Yeah, this is true. This is true.

Yeah. But also I consume content by way of YouTube, um, and other forms of short form content on the internet. So it's not just Netflix and TV.

I like to listen to YouTubers in Portuguese and Spanish that helps as well. And I think that helps a bit more because people tend to speak in a more natural fashion online. The being themselves, I mean, I could be wrong.

They could be putting on an act, but at least it seems more authentic. And I think that's the kind of accent or language that you'll engage with on a day-to-day basis. So that's the kind of stuff I like to consume as well.

Yeah. I think maybe when someone's doing a YouTube video or a podcast that perhaps being more spontaneous rather than an actor reading dialogue from a script that they've had to remember and which was written by someone else like earlier, you know, that naturally that ends up resulting in slightly less natural and more contrived language. Whereas someone making a YouTube video in their bedroom, um, it's actually a lot more authentic and closer to the way that people actually speak, especially when you think about like a business meeting, like

watching someone talk to you on YouTube is not that far away from listening to someone talk to you in a Zoom call, you know, pretty similar.

So probably quite transferable in terms of, you know, the value of listening to, you know, someone on a podcast or YouTube is similar to a conference call or a telephone call or something like that. Yeah. Um, we've, we've, it's nearly time for us to finish, but I just actually wanted to ask you just a random, totally different thing.

Like I know that, uh, you've spent a lot of time playing football and you were semi-professional, I think for a while. You, you, you, that in fact, you went to the United States on a kind of sporting scholarship to study there and to play soccer, to play football. Um, so on the subject of football, the world cup is coming up and it's in North America.

Um, I don't know. I, uh, what do you think? Uh, have you got any predictions for the world cup this year? What do you think? You know what? I think we're in for a surprise. I'm not sure.

And I don't think this is based on merit or anything. I think on paper, potentially France should bag it. France should win.

Um, but something tells me Brazil's going to do something in this world cup. I don't know what it is. And it's not because I'm learning Brazilian Portuguese.

Something in my spirit just tells me that Brazil are going to do something. I don't know why. I don't know why.

What about you? You mean do something like win or do something like lose in the first round? No, at least make it far in the tournament. Like make a mark for themselves again. It's been a while, right? I think 2002 was the last time they, they on the world cup.

It's been a long time for Brazil. Yeah. It's been a bit of a role, a bumpy ride for Brazil over the last few years.

Obviously that's the, the, the, the debacle of when was it? 2014. Uh, I think it was against Germany. We should probably not talk about it.

Just, I don't want to traumatise my Brazilian listeners. Um, but yeah, of course, Brazil, you should never, ever underestimate them even despite previous form. I mean, of course they are legendary and still are.

So yeah, absolutely. They they've always got to be one of the favourites. Yeah.

I don't think they're the favourites this time around though. I think they've been written off by a lot of people. So we shall see, but I think they'll do something special England.

On the other hand, I don't think I'm going to do anything. Um, I think going to be a cause of a lot of, they're going to be the cause of a loss of heartbreak, but yeah, they always are. Yeah.

Um, I don't know. I've got no idea because I actually haven't really been keeping up with it, but I love international football. I love world cup football.

Uh, I don't actually have a club, you know, a local, a premiership. To be fair. And I haven't really kept up with it as well.

What I'm saying now is just based on a few things I've seen here or that I've seen there. Uh, France, France do look good. Yes.

Yes. I think so. Obviously Argentina, uh, to, um, okay.

Well, you know, um, I can't wait. Basically I'm can't wait for world cup fever to, to come around and it's going to be interesting in, uh, you know, Mexico, United States, Canada, that's kind of an interesting situation. I actually have one, a little anecdote, football related anecdote that you might appreciate, uh, especially with your sort of Brazilian connection.

So, um, I used to work in a language school in London and every Wednesday afternoon there were no classes and we would like get a bunch of the teachers and some of the learners would all get together and we'd go down to the park in Ravenscourt park in West London. Oh yeah. And where they have some, uh, outdoor sort of AstroTurf football pitches and we'd go and play football.

And we had, you know, obviously learners of English from all around the world. And we would have these great games of, you know, five aside or more football

together. And we had a student at the school one year who was a Brazilian world cup winner.

So a guy who was in the international, the Brazilian international team, part of the squad in 1994. Uh, and he was learning English with us at the school. He'd gone into, he'd gone into media.

It was like a TV presenter and wanted to improve his English. So his name was, no, I can't pronounce it very well, but I don't know if you'd know the player because he's quite well known in France, but Haida Oliveira. Do you know a player called Haida? I think that was before my time.

Definitely, definitely before your time. So we're talking like mid nineties. He was the brother.

He is the brother of Socrates, a legendary Brazilian player. Yeah. I know of him.

I know Socrates. Yeah. Yeah.

So this is his brother. I don't know how you'd say it. How do you say that in Brazilian Portuguese? The R is pronounced more like what we would use an H for.

So I actually made a video about this the other day that can be very difficult for English speakers, switching out the R for an H any R at the beginning of a word or R in the middle of a word will sound more like an H. So car, if you read it, it sounds like it looks like caro, but it's really caro and Rio, like Rio de Janeiro would be Rio de Janeiro. So when you see that R it sounds like an H, but if an R is singular in the middle of a word, it sounds like an R. Okay. All right.

Okay. So in the middle of a word, but at the beginning, so this is at the end of a word and at the end of the word, like car, something like that. Anyway, so it sounds like an H when it's at the beginning and in the middle, if it's a double R, but if there's an R at the end of a word by itself, it will sound like an R. So the word for speak is falar, falar, you hear the R at the end.

Car, which is to us, it would sound like caro, but really it's caro and then Rio, Rio instead of Rio. And those are a few things that I had to really get used to when speaking Brazilian Portuguese. Right.

Right. So this, so this legend of Brazilian football, who was in the world cup winning squad of 94 was learning English at our school on Wednesday afternoon, we persuaded him to come down and play football with us. And, uh, it was amazing.

Like, uh, he was a big star at the school of course. And the day that he came, so many other people came to play football with him. So he was, I was on the same team as him.

So I played on the same team as this Brazilian world cup winner. And also on our team, we had a guy and I can't for the life of me, remember where he was from. It might've been from China, but I'm not sure.

But there was this guy, I swear had never played football in his life. Right. Uh, and so on our team we had a world cup winning Brazilian legend and a guy who'd never played football in his life on the same team.

Yeah. It was amazing. And then me in the middle and I sort of placed myself right in the middle of those two extremes in terms of my football playing ability, maybe closer to the guy who's never played football before.

Um, but yeah, that's, that was a fun experience being able to, you know, I can say that I played in the same team as a world cup winner. Yeah. That's interesting.

That's interesting. I don't think I could say that. Well, yeah, but still we, I think we could have, could have used you on our team regardless.

Uh, yeah. Do you still play football? Every now and again, every now and again, but not as much as I would like, but the schedule doesn't permit. Yes.

Yeah. And what, what position do you play? Striker? Yeah. Upfront.

So not a big time goal scorer, more of a link up player, hold up player. But, um, yeah, up front is where I am. Okay.

All right. Cool. Well, Patricia, thank you very much for coming on the podcast.

It was really great to talk to you and I will recommend that people go and check out your videos. They'll find links in the description. Uh, yeah.

All right. I suppose that's that, isn't it? Awesome. Appreciate it.

Thanks for your time, Luke. It was a pleasure speaking to you.

## Ending Monologue

Okay. So that is that. Thank you again to Patricio for being part of this episode. I really enjoyed talking to him.

Let me recommend again that you check out his channel, specifically the videos that relates to the conversation we just had, the ones about accents in London, the ones about multicultural London English. Um, very good idea. You'll find links for those in the description.

Um, how was that for you? Did you manage to follow that? I expect so. I think that we, um, carried out that conversation fairly clearly. I think, um, I, at the end there, uh, near the end, Patricio talked about his study routines.

Um, and you know, what's interesting to me is that perhaps part of the secret of his success is not just the methods that he uses, but just simply the conscious choice that he made, like flicking a switch that time when he realised that he really needed to focus on his Spanish and he flicked a switch in his head and he said, right, I am now going to learn this language. And so his motivation was high and as sort of, um, um, the decision that he made, the intention that he had was, I think, a really important step. And then one of the other things, as well as the specific methods he used was the simple consistency of doing something in English or in Spanish or Brazilian Portuguese, in his case, every single day.

And the variety of learning the variety, mixing it up in terms of practising the four different skills, listening, reading, writing, and speaking, and even sort of flipping from one to the other. So listening to something and then responding to it by speaking, you know, reading something and then writing a few things down also working alone sometimes. And then also working with other people on a platform like italki and a range of other types of practise, including reading, writing, listening, speaking, grammar and vocabulary, mixing it all up with consistency and with a sort of intentional, motivated, regular approach.

Yeah, so that was that. Now, what about those four London accents? Did you get a sense? Did you get a sense of the four accents and how comfortable do you feel identifying them? So let me go through this bit again. And despite the fact that

Patricio and I both agreed that maybe it's not such a good idea to demonstrate accents by copying them.

I am perhaps unwisely going to try to do that for you right now. The four accents again, then. So we have received pronunciation.

Then there's Cockney. OK, and then we have Estuary English and then MLE, Multicultural London Accent, London English. Right.

That fourth one is probably the one that I am less familiar with and less able to copy. And so that's the probably the one I won't copy very much, but I will highlight some specific details. And again, you can listen to you can watch Patricio's videos about that specific accent to get loads of actual samples of people speaking that way.

So Cockney received pronunciation and I have talked a lot about received pronunciation on this podcast in the past. Let me just go through some of those details again. So, you know, there's there's one of the points that Patricio made here, which I think is a very good point, is that it's not cut and dry.

You know, it's not clear distinction between this is received pronunciation. Then there's a very clear line and this is Cockney and then there's a very clear line. This is Estuary English and a very clear line.

And then this is MLE. Instead, they all blend and blur together to an extent. And you'll find some people, you know, are a hybrid.

In fact, many several of those accents are kind of hybrid accents anyway. Some people will speak RP in a more posh way. Other people will speak RP with a bit more influence from Cockney, which makes it more like Estuary English.

Other people speak RP, you know, with other slight differences. You know, there's heightened or posh RP, there's standard Southern British English or sort of standard modern RP. But basically, this is the version of English that you get in the pronunciation guides.

When you look at it in a dictionary and you see the phonemic script, that is written as RP. So it's the sort of standard version. It's often called BBC English.

It's often associated with the educated class, universities, sort of middle, middle, upper class, educated people, southeast of England. OK, right. So you get the idea.

Heightened RP is a sort of posh accent. You've got the royal family that you might hear in that TV show, *The Crown*. And that's something in itself like the aristocracy speak in a very particular way.

Like the Queen talks about, at this time of year, at this time of year, thoughts turn to questions of family, family. You know, no one else really says family like that. Family.

That's just a small example. And then there's sort of posh RP, which I might associate with, I don't know, conservative politicians like Boris Johnson. You know, Boris Johnson sort of, you know, he's got this kind of, you know, really, really posh sort of voice like this, you know.

Boris Johnson, of course, has got his own specific way of speaking. But a lot of those people that Boris Johnson went to school and university with, like David Cameron and George Osborne, you know, they do sort of tend to have this, you know, pretty, pretty upper class sort of sort of voice like this, you know. And they might even drop a T sometimes.

But then it's vowel sounds that will give them away. Anyway, let's just consider RP to be the way that I speak mostly, especially when I make an effort to be very clear and I pronounce every T in every word and I don't drop sounds and things like that. Let's just call that, let's plant a flag there and call that RP.

All right, so you got that. Then there's Cockney. And these are the two major ones, right? So you've got sort of this more educated accent and then Cockney, which is traditionally associated with sort of a less educated class.

Now, I don't make any value judgement about that whatsoever. But that's generally the way it goes. You know, whenever you talk about English or British culture, you end up talking about the class system, because although arguably it doesn't exist anymore, although it probably still does, it was a clear way of understanding the hierarchy in British society was that there was a clear upper class, middle class, lower class.

And you can understand that in terms of accents as well, that the lower class tended and perhaps still do tend to speak with clear regional accents. And a regional accent that we associate with London is generally called Cockney, although Cockney is traditionally associated with a certain region in the east of the city. And

in, for example, West London, somewhere like Shepherds Bush, 50 years ago, when I think regional accents were a lot stronger, had its own thing as well.

It wasn't Cockney. Anyway, let's just call Cockney a sort of standard sort of, I don't know, working class London accent, let's say, although I'm a bit reluctant to use class as a distinction, because you can probably find some people who, in some ways, are closer to an upper class sort of cohort in their lifestyle and in terms of their bank balance, and yet still speak with a Cockney accent. So you get some people who are really rich, you know, some even people who are in the establishment, sort of people who've risen up socially and made millions of pounds, and yet they still speak with a Cockney accent kind of.

So anyway, what are the main features of a Cockney accent? I have done this on the podcast before. In fact, I did an episode in the early days, which was, I think, just called Cockney accent, and it featured an interview with Ray Winstone, who's a famous English actor, who's definitely got a Cockney accent, and we listened to him talking, and I break it all down, highlighting the different sounds and that. So that would be a good episode to listen to, the Cockney accent episode from years ago.

But the glottal stop is one of the main ones, glottal stop. That's where T sounds in the middle of words are dropped. So instead of glottal stop, you end up with glottal stop, glottal, that.

Instead of the T being pronounced at the front, it's pronounced at the back. So that's how you get those classic examples like a bottle, a bottle of water, not water, not bottle of water, but a bottle of water, right? There's that. TH fronting, which you hear a lot, and it's, I think it should be interesting for you as a learner of English who maybe have, you may have struggled with TH sounds, F and V sounds, depending on what your first language is, but a lot of languages out there in the world don't do that F or V sounds.

Like, for example, French speakers tend to struggle with TH sounds, and they might make them into a F or a V sound, right? Actually, plenty of native speakers do this too, and this is a feature of Cockney English. So becomes, think about the word, think, think about it, might sound like think about it, think about it. And brother, brother, sound, can sound like brother, brother, brother.

So the in the middle of brother ends up sounding like a V sound, like a V sound. So it sounds more like an F sound or a V sound, think, and brother, think about your

brother, do it for your brother. Okay, then there's H dropping, that's where the H sound is dropped from words.

Have a word, come here and have a word, have a word with Ari, have a word. Can I have a word? Oi, mate, can I have a word with you? Can I have a quick word with you, mate? Can I have a quick word with you? Oi, Ari, come over here. Give us, give us and with this.

Give us and, give us a hand, hand with this. Give us and with this. So H dropping, and then often you notice a diphthong shift, so this is a vowel sound.

So in words like baking Dave, I am baking Dave, that A sound might sound like I, I am biking, I am biking Dave, I am absolutely biking, mate. Biking, not baking, but biking. I am baking, mate.

I am absolutely sweltering, mate. You might remember that from the Paul Chowdhury episode I did a few years ago. Paul Chowdhury is a brilliant stand-up comedian who does different accents, different English accents, and he often copies a sort of standard sort of Cockney geezer called Dave.

All right, Dave, how's it going, mate? I'll tell you what, I am baking, mate. I am absolutely sweltering, Dave. Okay, so baking becomes like biking, like that, right? And various other vowel changes which are included in a link that I'm looking at from [voiceovertip.com](http://voiceovertip.com) called how to do a Cockney accent.

So the A sound, blood, right? So A sounds like in blood, uncle, but, and lovely can sound more like an A sound, like blood, uncle, but, lovely. That was absolutely bloody lovely, mate. Bloody lovely instead of bloody lovely.

So A can sound like A. Also, what else? So certainly when you compare American, standard American English to a Cockney accent, one of the major things between American and British is the or sound, where in American English, it sounds like an ah sound. So you end up with words like talk, thought, saw, because. In American English, like talk, thought, saw, and because.

And in a Cockney accent, they're gonna sound like talk, thought, saw, because. So ah, more like an ah sound. Talk, thought, saw, because.

Not tarks, tharts, are. That's generally true in most British accents that you end up with talk, thought, saw. Notice with talk, there's an L in there, which is actually silent.

But when a Cockney would say that, he might say talk. Talk with a woo woo woo sound, which is an interesting thing that L sounds often become like W sounds. I'm trying to find examples of that.

Known as a dark L. Talking, talking. People, people, sounds like people. Adorable, adorable.

Your daughter is adorable, mate. I had a brawl with Paul. I had a brawl with Paul.

Yeah, Paul. Oi, is that your mate, Paul? Oi, Paul, come over here, speak to your grandma. It's her birthday, innit? Diphthongs, okay.

Tree, three, fee, might sound like tree, three, fee, right? Good sounds like good. So ooh is like ooh. Good, not good, but good.

How about this one? Sometimes ow sounds become, like those diphthongs become monophthongs. So instead of town, ow, you end up with tan. And instead of frown, it's fran.

And about is like a bat. Oi, come over here, I want to talk to you about something. Nice.

So I can sound like I a little bit. So nice day, sold, pay, lie, nice, day, lovely day, nice one, mate. Sold, nice one, mate.

I am baking, mate. I'm sweltering, mate, mate, mate, mate. Okay, I could go into that in more detail.

I don't know if that's working for you. I could go into it in more detail, but I think I'll leave it there. So that's Cockney, and a lot of those big things, the th fronting, glottal stop, and some of those vowel sounds are the big major things about a Cockney accent.

And then we talk about estuary English, which is, generally speaking, a sort of simplified way of explaining this is it's a sort of a blend of Cockney and RP, where people who spoke with that accent moved out moved out of the centre of London

and into surrounding areas, especially in the east. The estuary refers to the Thames estuary. This is where the Thames River expands and joins the sea.

And that whole area around the Thames estuary is known for having this kind of accent. It's a sort of a mix of, it's like watered down Cockney or Cockney light. But again, it's quite a broad category because you'll find some people will speak their estuary English with a bit more RP, perhaps like me, although it's not really estuary English for me.

It's more like in the other direction, up towards the West Midlands, where my received pronunciation, if you're really able to notice details, you'll start to hear bits of a Birmingham Midlands influence, a West Midlands influence in my English, rather than an estuary influence. But it's a kind of the same thing where, let's say, received pronunciation is influenced by a local accent and blends with it a little bit. So if we talk about estuary English, which is kind of like the most common London accent that you will find.

So most people don't speak with a full-blooded Cockney accent. All right, mate, I'm baking, Dave. It is sweltering, mate.

Come over here, speak to your grandma. It's her fucking birthday, ain't it? Most people don't speak like that. Most people that you meet in an office job somewhere in London or in a pub somewhere will speak probably estuary English, which, as I said, is a blend of RP and Cockney.

Milder version of Cockney. So, you know, that L sound in the middle of words might sound like a W sound. Milk, milk, milk, milk.

Yeah, that dark L as it's known. The L at the end of certain words or before another consonant ends up being vocalised as a W instead of a L. Like talking, talking. People, people.

Adorable, adorable. Right? Where's your mate Paul? Paul, Paul. Oh, Paul? Yeah, Paul.

I had a brawl, that's a fight, with Paul. I had a brawl with Paul. Yeah, but that's quite strong, that's quite Cockney.

But you might still hear someone with estuary English saying, is that your mate Paul? Rather than Paul, hello, I'd like to speak to Paul, please. Right? Hello, I'd like to speak to Paul, please. Paul.

Okay, so that L, dropping the T in the middle of words, you know. Oi, Paul, can you pass me that water? So, Paul Taylor definitely speaks like this. When you hear him, when you hear him, when you hear him, when you hear him, you will notice that he drops the T in words, doesn't he? Water, let's have some more water.

Maybe dropping H at the beginning of words, house, ear. How come you live here? How come your house is here? How come you have an ass here? T sounds at the start might sound like ch. So instead of Tuesday or YouTube, you end up with Tuesday YouTube, which is so common in everyday English.

YouTube on Tuesday, not Tuesday. And maybe some of those TH sounds might be pronounced with a F or with a V. Youth club, it's the things you think about on a Thursday morning. These are just the things you think about, aren't they? Also, I have to mention like dialect words and phrases that out and out Cockney will include a lot of Cockney slang.

And yeah, estuary English might be a bit more like just sort of normal standard English without so many dialect words and phrases thrown in, but with some elements of that Cockney pronunciation. So you get the idea. I mean, essentially I'm talking about an accent that has a lot of the same features as Cockney, but just not quite as strong, you know? And similarly, all over the country, you're going to find RP is blended with the different local regional varieties, you know? And so most people will speak a form of RP, which is a hybrid with their local accent.

I did another episode years ago called features of regional accents in English. You can check the episode archive for that one. And I just, again, highlight a lot of the different accent features, which you find all over the country, which are distinct from received pronunciation.

And then finally, we end up with multicultural London English, which is the one that I'm, you know, less able to copy very accurately, I think, because it's got all these different multicultural influences. And, you know, I'm not really part of the community. I didn't grow up in a community where people spoke like this.

I think maybe if I had been born 20 years later, and had the same upbringing that I did in London, when I lived in West London, I lived in Ealing in West London, if I'd

grown up more recently, I might actually have a lot of these pronunciation features in my accent, because I think it's a lot more modern. So it's not really part of my cultural group, which is why I'm less able to copy it very effectively. But again, you should watch Patricio's video about it.

But it's, you know, a mix of multicultural influences, which makes it fascinating, especially since a lot of those influences come from former British colonies, where people have moved to the UK from places like the Caribbean, maybe from Africa, and also from places like India, Pakistan, and you end up with this interesting melting pot. A lot of it is Jamaican, a lot of it comes from sort of a Jamaican accent. But also there's the Cockney influence in there too.

So a lot of Cockney features we had before that we also had in Estuary English, the TH fronting, you know, it's the weather, it's the weather, and Thursday morning, Thursday morning weather, you know, glottal stop, bottle of water, L pronounced as wuh, you know, pool, instead of pool, dropping H at the start, have a look at this pool, you know, those sorts of things. But then we also have Caribbean influences, like certain words, like ting for thing, that for that. And as Patricio said, certain phrases like wagwan, which is like saying what's going on, you know, wagwan, which is like a very common thing.

And also many other complex influences like intonation, which I won't go into because it's just so complicated. And also certain vowel sounds like maybe the most noticeable one is the I, I in like, sounds more like I, like that. So you end up with like, like that, that's a nice bank.

I'm not very good at copying it, so I won't do that too much. West African influence, TH sounds like da or ta, open, open da door, open da door, open da door, you know, things like that. And some words borrowed from American English as well, especially African American English.

A lot of dialect words that come from hip hop, a lot of words that come from African American culture, Latin American influences too, and more. Can I go into some more details? So face, go, day, these are diphthongs, which become flattened. So diphthongs are words that have two vowel sounds that consist of two different vowels.

And so there's a rounded sense of movement, like in the word face, the diphthong in the middle is ay, ay, ay. So you can see that there's a roundness, which comes

from moving from the air to the e sound. So you end up with face, but the MLE tendency would be flatter than that.

And you end up with face, face, look at his face, not look at his face, but look at his face. Go, go, go, you can hear that definite diphthong, oh, oh, becomes a little flatter as well. Go, go.

Right, go over there, go over there and look at his face. Go, not go, but go. Day, which is the same sound as the previous one with face, day might sound like day, day, not day, slightly flatter.

Also, diphthongs are often backed, meaning they are pronounced further back in the mouth with the tongue pulled back more than in received pronunciation. So again, the ay sound, to me, it sounds like this diphthong is backed in MLE, ay, becoming that ay sound. So pay, way, take sounds like pay, way, take.

Sounds like the tongue is drawn a bit further back in the mouth. It also sounds flatter, more of a monophthong. Take the train now, Dave, or you'll be late might be like, take the train now, Dave, or you'll be late.

Again, doesn't sound quite right when I do it, but I'm just trying to demonstrate it for you. You know, I, I has a similar backed sound to me. So that's that I in like.

So a sentence like, like, why don't you try size nine might sound like, like, why don't you try size nine? So it's further back. That's a nice new bike. That's a nice new bike.

Right, that's just a general um, sense of what it sounds like. But again, you should watch Patricio's video where he actually plays lots of samples of people speaking like this. And, you know, we look at musicians like Stormzy, who is someone who is very well known and has been interviewed lots of times, but definitely comes from a sort of community where people would speak in this accent, you know, from sort of like Afro Caribbean communities or just community parts of London.

It's not just kind of like Afro Caribbean. You find plenty of sort of born and bred Londoners whose parents were English. So it's not just immigration, but it has certainly been influenced by immigration as well.

Right. So there's a lot of moving and shifting around where even kids who are born to English parents, whose parents were English, you know, non-immigrant,

non-immigrant people might speak with this accent as well because they're accommodating to their friends at school and stuff like that. Yeah.

Okay. I think that's probably enough in terms of outlining different accent features. I hope that's been useful.

I hope it has. I'm so hot right now. It is boiling.

It is baking. It is absolutely sweltering, mate. I am baking, mate.

It's so hot right now. I'm in the middle of it. I'm personally, but all of us are in the middle of a heat wave in this part of the world.

Has it been the same for you? I'm recording this a few weeks before it's going to be published, but I'm just so bloody hot. I am baking, mate. I am absolutely sweltering, mate.

Go back to that episode called British comedy, Paul Chowdhury. If you want to listen to Paul doing his funny stand up. In fact, I'm going to give you the numbers of the episodes I mentioned here for your reference.

So there's Paul Chowdhury was episode 575 British comedy, Paul Chowdhury. Okay. Then we've got the Cockney accent one with Ray Winstone, which is just brilliant.

That's episode 67. There was one episode in there too, somewhere in the archive where I talked about Danny Dyer, who is an actor that Patricio mentioned. Danny Dyer is an actor who's been in lots of things, films and things, but he was also in a TV show called EastEnders.

EastEnders is a soap opera set in the East End of London and everyone speaks like a proper Cockney in EastEnders, do you know what I mean? But Danny Dyer's accent is incredible and he's got that full on Cockney accent. And the thing I have talked about on the podcast before is the moment when he was on some sort of TV discussion programme about politics. I don't know why Danny Dyer was there, but he was and they were discussing Brexit and Danny Dyer said, that's the thing, isn't it? That's a thing about Brexit.

No one knows what it is. It's like this mad riddle. That's the thing about Brexit.

That's the, that's the thing in it. That's the thing about Brexit, right? No one knows what it is. No one knows what it is.

It's like a mad riddle. It's no one knows what it is. It's like a mad riddle.

It's like a mad riddle. And where's that David Cameron? Where's that David Cameron? He's the one who's called it on. Where's that David Cameron? He's the one who called it on, meaning he's the one who made the referendum happen.

There he is. He's down there in Nice with his trotters up. The twat.

He's down in Nice in the South of France with his trotters up. So with his feet up, but he doesn't say feet. He says trotters.

That's trotters. Trotters. That's the feet of a pig.

Pigs have trotters. So he's suggesting that David Cameron is like a pig sitting there with his trotters up. He's the one who's called it on.

How come, how come no one's, how come he's not said anything? So that's, that was brilliant. Danny Dyer talks about Brexit. You should check that out on YouTube.

But episode 67 was that interview with Ray Winstone. And it's just a fantastic sample of his particular Cockney accent, episode 67. And then the features of, of different regional accents.

Let's see. That was episode 682, Key Features of English Accents Explained, where I explored the main differences between standard English pronunciation and non-standard regional or colloquial accents. So that should be interesting.

That's episode 682. But that is the end of this particular episode right here, right now. Please leave your comments in the comments section.

Were you aware that there were four different accents that you hear in London? Have you been to London? How do you find the different accents? Are you able to identify, are you able to identify an American accent versus a British accent, first of all? Are you able to identify different types of American accent, different regions of the UK? Are you able to know the difference between England, Wales, Scotland, Ireland, Northern Ireland? Not that Ireland is in the UK. And what about cities like London and the different accents there? Manchester, Liverpool, Birmingham,

Newcastle? There's just so much to explore and so many wonderful different varieties. I just love the accents of English.

I think it's one of the things I love most about the English language. So yeah, that's the end of the episode. Check out Patricio Languages on YouTube.

You'll find links in the description. Thank you for listening. Thank you for watching.

Until next time then, I will now wish you a fond farewell and just hope that you're doing well, whatever time of day it is, wherever you are in the world, whatever you happen to be doing with yourself while you listen to this. But for me, until next time, it's now just time to finally say, good bye. Bye. Bye. Bye. Bye.

*Thanks for listening to Luke's English Podcast. For more information, visit [teacherluke.co.uk](http://teacherluke.co.uk)*