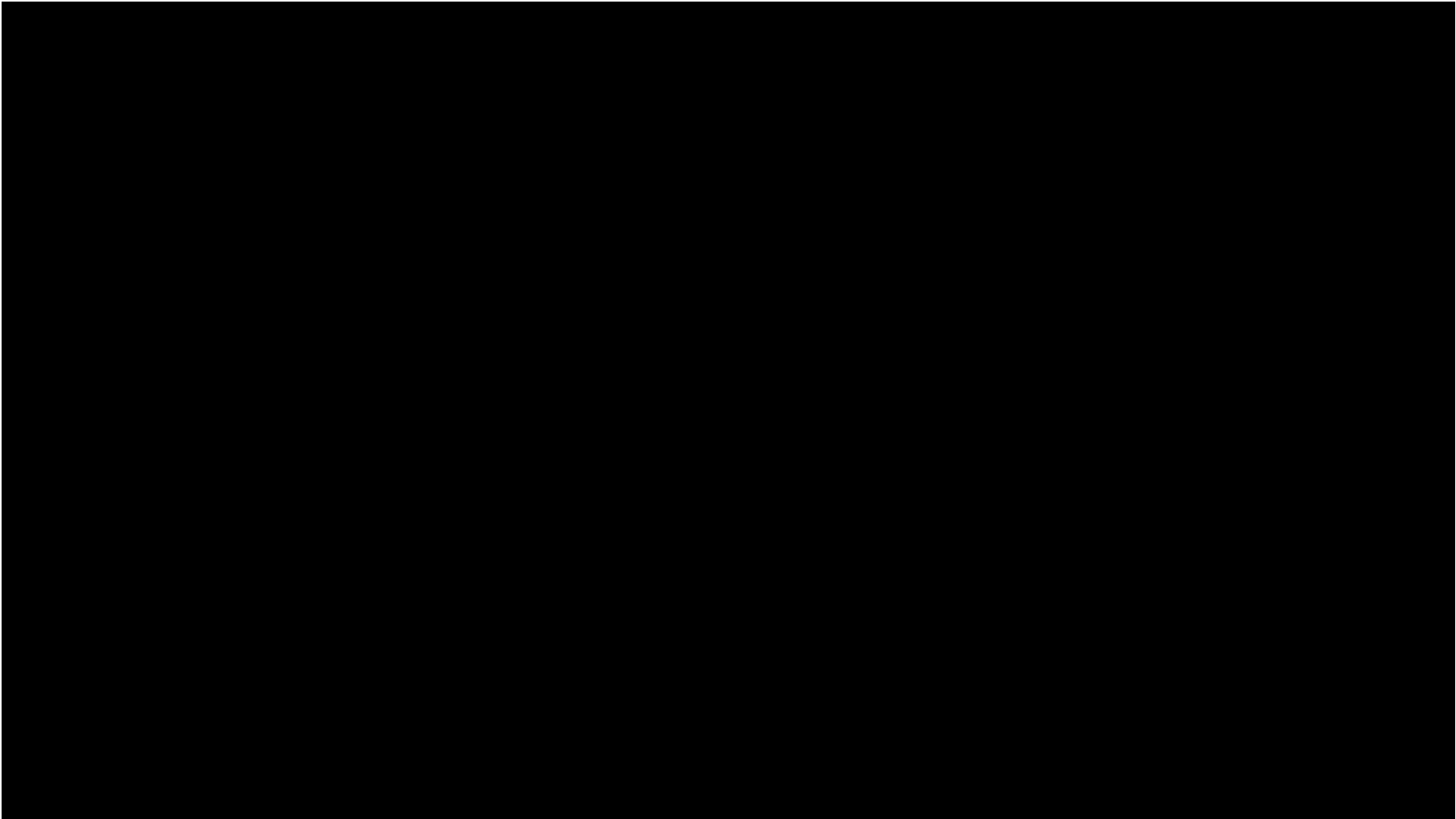


Fostering linguistic empowerment: an approach from Catalonia

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This presentation

- Background
 - Linguistic anxiety
 - Minoritization
- Catalan in Catalonia
 - Sociolinguistic context
 - Favorable conditions
- Linguistic empowerment
 - Key elements
 - How do we do it?



Convergence Norm in the Dominant Language

It involves abandoning the minority language when interacting with speakers of the dominant language (or who are interpreted as not speaking the minority language)

Converge in Spanish / Converge in French / Converge in Italian

Why do people switch to Spanish so fast? (reasons that may explain this “weird” behavior)

Politeness/respect (43,5%)

Fear of not being understood (16,3%)

That's what people say, what they believe, but this is the result of the process of minoritization that Catalan has been suffering for centuries.

“It is not disrespectful to speak your own language; it is disrespectful to ask others not to speak theirs”

“No és de mala educació parlar la teva llengua, és mala educació demanar als altres que no parlin la seva”

**M. Carme Junyent:
Diari ARA, 2020**



Linguistic Empowerment

- Process that leads from **linguistic awareness to a sociolinguistic habit** not subject to prejudices or inertia (especially in regards to the norm of convergence to the dominant language, but also prejudices about the appearance of the interlocutor)

Key elements in the process of linguistic empowerment:

- **Become aware of the situation**
- **Make a decision to change**
- **Improve linguistic self-esteem**
- **Feel the support network (there are millions of us!)**
- **Keep practicing and progressing in your change of habits**
- **Celebrate success**
- **Automate the new habit (you're no longer afraid of the conflict)**

How do we do it?

- **Practicing bilingual conversations**
- **Self-reflection on language use and domains**
- **Work from real situations**
 - Role playing
 - Analyzing experiences participants have lived

How do we do it? (strategies to start changing habits)

- **Gradually:** slowly increase the % of Catalan in your interactions
- **Make it explicit:** “I want to speak more Catalan with you from now on, is that fine?”
- **Choose your words:** make it simpler by choosing words that may be easier to understand
- **Be clear:** speak more clearly and more slowly (do not shout!)
- **Self-translate:** key concepts if needed
- **Be expressive:** reinforce the message with gestures, images, pointing...

And also...

- **Smiling, self care!**
(ecology/emotional sustainability)

Who are we?



TALLERS
D'EMPODERAMENT
LINGÜÍSTIC

Moltes gràcies!
Mila esker!
Thank you very much!



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