I **experience déjà vu** pretty often. Not every day and even not every month, but definitely a few times a year which I think is often.

Once I was walking down a street of an Italian city which I had never visited before when suddenly I realised that I had already been there! I had never travelled to Italy before and I had never seen this street in any photos or videos (which could have happened because I had been making a research on Italy before the journey, but sure I didn’t!). This is just one of many cases I can bring in.

"Déjà Vu" is a common experience that has happened to a lot of people. I would even say most people, judging by how often I hear about it from my friends and family. The expression comes from the French, meaning "already seen." When it occurs, it seems **to ignite a memory** of a place we have already been, someone we have already seen, or something we have already done. However, this is a **false memory**.

One explanation for déjà vu is that there is a very short, less than a second, **delay in transferring information** from one side of the brain to the other. One side of the brain gets the information twice – once directly, and once from the other side which leads to the feeling that the event has happened before.

Two types of *déjà vu* are recognized: the **pathological** *one that is* usually **associated with** epilepsy or some other neurological or psychiatric illness, and the non-pathological type, characteristic of healthy people, about two-thirds of whom have had *déjà vu* experiences. People who travel a lot or watch a lot of films and series **are more likely to experience *déjà vu*** than others. Furthermore, people also **tend to have *déjà vu* experiences** in fragile conditions or under high pressure, and research shows that *déjà vu* cases also decrease with age.

So, how about you? Have you ever experienced a déjà vu? How did it happen?

Meanwhile let’s look at some of the vocabulary I used in my story.

1. experience déjà vu – felt déjà vu, realised it was a case of déjà vu
2. ignite a memory – trigger a memory, spark a memory
3. delay in transferring information – interval
4. false memory – not real
5. pathological – unhealthy, related to an illness
6. associated with – connected with
7. are more likely to experience *déjà vu* – have more chance to experience *déjà vu*
8. tend to have *déjà vu* experiences – regularly have *déjà vu* experiences

Grammar

1. Once I was walking down a street of an Italian city which I had never visited before
2. Suddenly I realised that I had already been there!
3. I had never travelled to Italy before and I had never seen this street
4. I had been making a research on Italy before the journey