This thesis deals with memory and its functions in foreign language vocabulary acquisition. In the theoretical part memory is explored from this perspective, but special attention is paid to practical implications of the theories and principles mentioned there. Some of these implications or recommendations were put into practice in the project described in the practical part. In this project a short course in memory strategies was prepared and carried out for a group of three adult pre-intermediate English learners. Its aim was to present a number of memory and note-taking strategies to the learners in order to enrich their studying habits and increase the effectiveness of both vocabulary learning and teaching.