

Disclosed is a method for spinning a multi-filament yarn made of a thermoplastic material, according to which the melted material is extruded through a plurality of holes of a spinning nozzle so as to form a filament bundle comprising many filaments and is coiled as a yarn once said material has solidified. The filament bundle is cooled below the spinning nozzle, a process which is characterized by the fact that the cooling takes place in two steps: a gaseous cooling medium flows against the filament bundle in a first cooling zone such that said gaseous cooling medium flows across the filament bundle in a transverse direction and is almost entirely evacuated from the filament bundle on the side of the bundle, which lies opposite the side on which the gaseous cooling medium flows against the filament bundle, whereupon the filament bundle is further cooled essentially by independently taking in a gaseous cooling medium which is supplied in the surroundings of the filament bundle in a second cooling zone located below the first cooling zone.