**MONDAY:**

**Listening and reading practice:**

**Listen to English podcasts that you find interesting while commuting to work OR read a magazine, novel or anything in English if you do not drive. Set aside some time after work perhaps - half an hour is enough - read a short article and ask yourself questions about it.**

[**https://www.bbc.co.uk/podcasts?q=english**](https://www.bbc.co.uk/podcasts?q=english)

[**https://player.fm/featured/learning-english**](https://player.fm/featured/learning-english)

[**https://learnenglish.britishcouncil.org/en/stories**](https://learnenglish.britishcouncil.org/en/stories)

[**https://www.esolcourses.com/content/reading/advanced-english-graded-readers.html**](https://www.esolcourses.com/content/reading/advanced-english-graded-readers.html)

**TUESDAY:**

**Speaking practice:**  
**Try to find an intercambio (a language exchange). Get together for some conversation**   
**over a coffee or something cold for an hour.**

<https://www.meetup.com/>

**WEDNESDAY:**

**Grammar and Comprehension:**

**Sign up for a free course online/do grammar exercises online/Watch one TED Talk or TED Ed lesson and do the exercise. You may also ask me to send you some text books if you would like to use one for self study/ reflection in class.**

[**https://perfectlyspoken.com/**](https://perfectlyspoken.com/)

<https://ed.ted.com/lessons>

<https://learnenglish.britishcouncil.org/en/grammar>

**THURSDAY:**

**Pronunciation practice:**

**Set aside half an hour for tongue twisters. Focus on how you move your mouth/use a mirror if need be ! The aim is to try to say them slowly and then speed up a little bit every time you read one aloud. Reading aloud is also invaluable - find short texts or poems and practice reading them.**

[**http://pun.me/pages/tongue-twisters.php**](http://pun.me/pages/tongue-twisters.php)

<https://www.englishcurrent.com/category/upper-intermediate/>

<https://www.brainpickings.org/>

<https://beebom.com/cool-interesting-websites/>

**FRIDAY:**

**Writing and speaking aloud:**

**Record your voice - Where to record? You can use your phone or the computer’s built in device. What to record? Well, try thinking about the week behind/a list of things you are grateful for and why/5 plans for the week ahead. Write down your ideas and read them aloud. A dash of self reflection is in any case, helpful.**  
  
**SATURDAY/SUNDAY:**

**I recommend finding lyric videos on Youtube. Singing along will help you with intonation and rhythm. This is also helpful if wanting to increment vocabulary / learn how natiev speakers use rhythm,elision and linking. You could also stream English radio stations.**

<https://www.last.fm/music/The+Killers/_/Somebody+Told+Me>

<https://www.youtube.com/watch?v=sWxK1_umdCs>

<https://www.youtube.com/watch?v=kTaEjVWExXE>

<https://www.youtube.com/watch?v=IbfL0fxexU0>

<https://www.youtube.com/watch?v=YcALX-IN6gU>

<https://www.youtube.com/watch?v=S1Q62RgzIRE>