

How to improve your English and enjoy it.

If you want to speak English really well, you need to do three things. You have to read, listen and speak some English every day for at least an hour.

I don't mean you have to study! You don't! Let me explain. Let's start with reading. Don't read to study English! Read to get some new information or to enjoy an interesting story. Choose material that you can understand, with just a few new words. Look the new words up if you can't guess them, but don't interrupt the flow of your reading. Do this for at least twenty minutes; that's not very long!

Also, listen to English for twenty minutes every day.

Start with listening to simple audio books or the news.

You can also watch short clips and films on Youtube. You can easily find something fun!

Then, there is speaking. You need to speak for - you guessed it! - at least 20 minutes every day. Speak to real people, if possible. It can be your teacher or your friends. Find somebody who is at your level of English or a bit better than yourself. But if you have nobody to speak to, there are two things you can do. First, shadowing. Shadowing is a useful and fun way to learn! You listen to native speakers in films or on the news, and repeat exactly what they say **and** how they say it, a sentence at a time. Secondly, spend some time **thinking** in English and then - think **aloud**. Do this somewhere private or people might think you are crazy!

Following these instructions, as well as doing your very best in your English classes, will really make a big difference to your level of English. Give it a try!



1. Is an hour a day the minimum amount of time recommended, or the maximum?
2. Which three skills are necessary?
3. According to the article, what kind of things should you read in English?
4. While reading, should you spend ages (=a lot of time) looking up and learning new words?
5. What sort of things are recommended for listening?
6. Ideally speaking, how long should you practise your speaking?
7. If you haven't got anybody to speak English with, what two things can you do to make sure that you get to speak?
8. Which one of these pieces of advice will most improve your pronunciation, do you think?
9. Apart from this document, name other ways to practice your English.