

Day 18

Podcast

This is another great way of getting English into your daily routine.

Want to stay up to date with the news? Listen to the BBC World Service?

Want to learn more about politics? The Rest is Politics is a brilliant podcast.

For entertaining short stories, The Truth podcast is great, and if you want to train your mental muscles, The Savvy Psychologist is short but brilliant.

But really, you can listen to anything you want - sport, true crime, celebrity gossip. Whatever it is, just make sure you choose a programme in English.

Listen to 20 minutes of a podcast today while you clean, cook, drive or travel to work. This is an easy way to add English to your life.

Optional Extra - Make notes about what you learned. Write down some words or phrases and practice putting them into your own sentences. Voice record yourself using these words or phrases.

Useful Resources

Business Daily

**Feel Better, Live More -
Longer podcasts about
health and wellbeing**

Football Podcast

BBC World Service

The Rest is Politics

The Savvy Psychologist

The Truth - Short Stories

Podcast Notes

Who or what did you listen to?

What was it about?

Words / Phrases -

Sentences -