

90-Day Spoken English & Cultural Immersion Plan

Week 1

Day 1: Introducing Yourself + Greetings

Day 2: Asking for Directions

Day 3: Ordering Food & Drinks

Day 4: Shopping & Asking for Prices

Day 5: Asking Time and Date

Day 6: Review All Topics (1-5)

Day 7: Watch Sitcom (e.g., Friends) + Journal Summary

Week 2

Day 8: Making Small Talk

Day 9: Describing Your Routine

Day 10: Talking about Hobbies

Day 11: Talking about Family & Friends

Day 12: Describing Places

Day 13: Roleplay Practice (All Topics)

Day 14: Watch Cultural Vlog + Self-reflection

Week 3

Day 15: Giving Opinions

Day 16: Talking about Movies

Day 17: How to Complain Politely

Day 18: Talking about Your Day

Day 19: Cultural Norms (Politeness, Taboos)

Day 20: Review and Shadowing Practice

Day 21: Video Journal (Introduce Your City)

Week 4

Day 22: Describe a Person (Physical + Personality)

Day 23: Making Appointments (Doctor, Haircut)

Day 24: Inviting Someone & Responding

Day 25: Making Excuses Politely

Day 26: Talking about Weather

Day 27: Review with Shadowing

Day 28: Watch Vlog + Respond

Week 5

Day 29: Describing Daily Problems (e.g., no electricity)

Day 30: Talking about Feelings

Day 31: Discussing Dreams & Ambitions

Day 32: Travel and Transportation

Day 33: Booking Tickets or Rooms

Day 34: Review and Practice Roleplay

Day 35: Video Call Practice with Partner

Week 6

Day 36: Talking about School/Work

Day 37: Debate: Online vs Offline

Day 38: Giving Instructions (e.g., recipes)

Day 39: Describing a Process

Day 40: Writing/Reading Comments on Social Media

Day 41: Review and Reflection

Day 42: Podcast Summary & Opinion

Week 7

Day 43: English Slang & Phrasal Verbs

Day 44: Cultural Body Language

Day 45: Taboo Topics & Humor

Day 46: Telling Jokes

Day 47: Cultural Faux Pas

Day 48: Review + Speaking Freestyle

Day 49: Watch Stand-up or Comedy + Journal

Week 8

Day 50: Job Interview Practice

Day 51: CV and Elevator Pitch (Speaking)

Day 52: Email vs Chat (Polite Style)

Day 53: Handling Conflict in English

Day 54: Formal vs Informal Speech

Day 55: Review + Simulated Call

Day 56: LinkedIn Profile + Video Intro

Week 9

Day 57: News and Current Events

Day 58: Talking about Technology

Day 59: Describing a Trend

Day 60: Agreeing and Disagreeing

Day 61: Group Discussions

Day 62: Review + Q&A Practice

Day 63: Watch News Clip + Opinion

Week 10

Day 64: Storytelling Practice (Past Tense)

Day 65: Describing a Bad Day

Day 66: Expressing Regret, Apology

Day 67: Handling Phone Calls

Day 68: Ordering Online

Day 69: Roleplay Catch-up

Day 70: Movie Scene Imitation

Week 11

Day 71: Review All Skills + Speaking Challenge

Day 72: Podcast or Vlog Response

Day 73: Tell Your Journey in English

Day 74: Cultural Comparison (Your Country vs US/UK)

Day 75: Your Favorite English Expressions

Day 76: Final Speaking Challenge

Day 77: Goodbye Journal (in English)

Week 12

Week 13

Day 85: Review All Skills + Speaking Challenge

Day 86: Podcast or Vlog Response

Day 87: Tell Your Journey in English

Day 88: Cultural Comparison (Your Country vs US/UK)

Day 89: Your Favorite English Expressions

Day 90: Final Speaking Challenge + Goodbye Journal