



30-DAY ENGLISH CHALLENGE

WITH LINGUAMARINA



MARK A DAY WHEN YOU COMPLETE THE TASK

Day 0

Test

Done? ☒ ☐

Day 1 Listening Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 2 Speaking Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 3 Reading Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 4 Writing Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 5 Grammar Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 6 Vocabulary Done? <input checked="" type="checkbox"/> <input type="checkbox"/>
Day 7 Day off Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 8 Listening Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 9 Speaking Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 10 Reading Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 11 Writing Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 12 Grammar Done? <input checked="" type="checkbox"/> <input type="checkbox"/>
Day 13 Vocabulary Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 14 Day off Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 15 Listening Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 16 Speaking Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 17 Reading Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 18 Writing Done? <input checked="" type="checkbox"/> <input type="checkbox"/>
Day 19 Grammar Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 20 Vocabulary Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 21 Day off Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 22 Listening Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 23 Speaking Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 24 Reading Done? <input checked="" type="checkbox"/> <input type="checkbox"/>
Day 25 Writing Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 26 Grammar Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 27 Vocabulary Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 28 Day off Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 29 Revising Done? <input checked="" type="checkbox"/> <input type="checkbox"/>	Day 30 Test Done? <input checked="" type="checkbox"/> <input type="checkbox"/>

Day 0



Take [a test](#) to find out your current English level

My test results:

My goal:

”

“Setting goals is the first step in turning the invisible into the visible.”

Tony Robbins

LISTENING



Go to ed.ted.com, choose a topic that you're interested in, and watch a video. You can watch videos with or without subtitles, but try to watch them without subtitles if you can.

After watching, you can take the comprehension test, to do this click on the 'Think' tab (not every video has this test, but a lot of them have). You can also read the information under the 'Dig Deeper' tab and share your opinion about what you saw in the 'Discuss' tab. Don't forget to mention that you came from the Linguamarina channel.

Notes:

New words:

Day 2

SPEAKING



I'm sure many of you are thinking now: but I have no one to practice speaking with. I have 2 solutions for you:

1. Watch my video [8 ways to practice your English](#), where I shared with you 8 tips that will help you practice speaking.
2. The second solution is to sign up for our course "[Learn to Speak English Like an American](#)"

There are 14 lessons and 3 live streams where you can ask all your questions. You'll learn how to pronounce words correctly and fix your mistakes. And never again be frightened of speaking with an accent, or being misunderstood. There will be a group on Telegram for those who need some extra help and support. You can start any day you want, but I recommend you start today! Use the promo code **PROFI** to get a **\$20** discount.

Notes:

New words:

Day 3

READING



Go to a free website with news <https://breakingnewsenglish.com/>

The news there is divided into 7 levels from 0 (zero) to 6th, so you can choose the one that suits you. Each news has several reading comprehension tasks and audio. Therefore, if you want, you can also practice listening on this website.

Notes:

New words:

Day 4

WRITING



Write an essay about your ideal day in 5 years.

”

“If you can dream it, you can do it.”

Walt Disney

Day 5

GRAMMAR



Select one grammar topic that you're struggling with. Go to the website <https://learnenglish.britishcouncil.org/>, or if you are a teenager, you can use the website <https://learnenglishteens.britishcouncil.org/> and type into the search bar the topic that you find difficult. Then watch the video or read the explanations and do the test.

Notes:

New words:

VOCABULARY



Have you been writing down the words as I suggested? Their time has come. Most likely, you already have quite enough words, but I intentionally didn't tell you to learn them, because you already did an amazing job these 6 days with learning English every day. But now it's time to add learning words to your everyday routine. Otherwise, you won't be able to improve your English.

Take a look at your list of words and choose 10 words that you will use in your everyday speech or those words that may be useful to you at work or school. And make a sentence with each of these words. Try to write sentences that you can use in your life.

After that spend 10 minutes memorizing these words.

Words:

Day 7

DAY OFF



This means you can do whatever you want. But in English. What do you enjoy doing the most? Watch my video on [Silicon Valley Girl](#), watch a TV show on [Netflix](#), listen to music, or read a book.

But remember to take 5 minutes to review the words you wrote yesterday.

Notes:

New words:

LISTENING



Turn on your favorite song and try to write down the words you hear, then check them by lyrics and sing the song, of course.

If you don't like music, you can listen to the podcast from the [BBC 6 Minute English](#). Before listening, read "this week's question" and vocabulary. After listening, go back to the question and answer it.

The BBC also has a wonderful podcast - [The English We Speak](#). There you can find 2-3 minutes podcasts where the meaning of a word is explained and examples of its use in speech are given.

Do not forget to write down new, interesting words and spend 5 minutes memorizing them.

Notes:

New words:

Day 9

SPEAKING



You should continue to practice speaking with your partner. Discuss with them what you heard yesterday in the podcast.

But besides this, today we are going to learn to speak like a native. I have filmed a whole [series of videos](#) about this, watch one video, repeat after me and try to implement the tricks that I'm talking about in the video in your speech.

Notes:

New words:

Day 10

READING



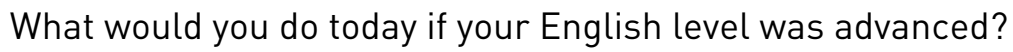
Two more websites where you can practice reading.

- rong-chang.com/reading. This site is for those of you who are just starting to learn English. It contains texts about various topics, each text has audio, and some of them have tests for checking your understanding.
- dreamreader.net is a website where you can not only improve your reading skills but also learn interesting and sometimes unusual facts about the world. Each article has audio and a test that you can take if you want to.

Notes:

New words:

WRITING

[illegible]

Day 12

GRAMMAR



Download the workbook "[Grammar is all you need](#)". Choose a topic that is the most difficult for you, and complete some tasks on this topic.

Notes:

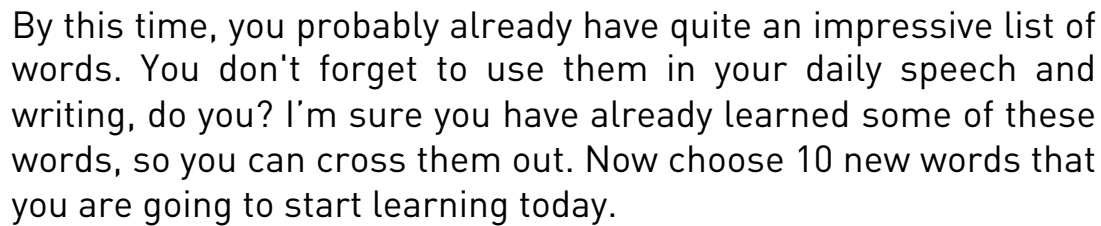
New words:

”

"It does not matter how slowly you go as long as you do not stop."

Confucius

VOCABULARY



Notes:

[illegible]

Day 14

DAY OFF



Do what you love doing. But in English. I recommend you to watch a Netflix show called [“The one”](#)

Notes:

New words:

It's been two weeks since we started our marathon. How is it going so far? Please go back to [my video](#) and share your experience.

Day 15

LISTENING



As you can see, we've got 7 topics for each day of the week and then we repeat all over again. So, that is what you are going to do for the next 14 days. Just repeat the task from the first two weeks.

Notes:

New words:

Day 16

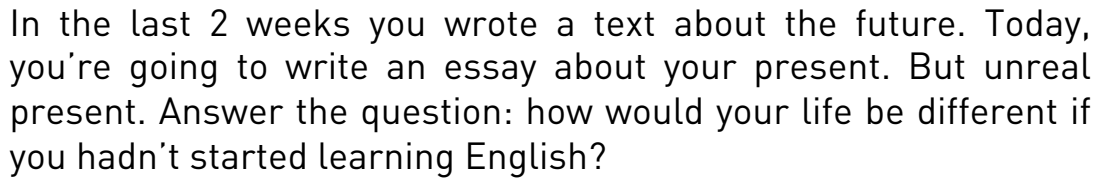
SPEAKING



Notes:

New words:

WRITING

[illegible]

“

Jack Ma

Day 19

GRAMMAR



Notes:

New words:

Day 20

VOCABULARY



Notes:

New words:

Day 21

DAY OFF



It has been 3 weeks already! You've been learning English every day for 3 weeks! That's amazing! Please go back to [my video](#) and share your experience in the comments. What was the most difficult day for you? What do you enjoy doing the most?

Notes:

New words:

Day 22

LISTENING



Notes:

New words:

”

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”

Aristotle

Day 23

SPEAKING



Notes:

New words:

Day 24

READING



Notes:

New words:

WRITING



Write an essay about your best vacation or best trip. If you haven't yet got one, then write what your ideal vacation should be like.

”

"A person who never made a mistake never tried anything new."

Albert Einstein

Day 26

GRAMMAR



Notes:

New words:

Day 27

VOCABULARY



Notes:

New words:



Notes:

New words:

REVISING



You are a hero! It's true. Not everyone was able to reach the end of our marathon, but you did. Today, look at everything that you have gone through, look through your notes, what was the most difficult topic for you? Practice this topic today.

Notes:

New words:

”

"It always seems impossible until it's done."

Nelson Mandela

Day 30



You've done it!

You learned English every day for 30 days.

Take the test that you did on the first day again and compare your results with what you had at the beginning of our marathon. Don't forget to share your result in the comments.

My test results:

My next goal:
