

HOW TO IMPROVE YOUR ENGLISH WITH PODCASTS AND AUDIOBOOKS

Podcasts - Free audio “channels” focused on a specific topic (history, politics, business, health, etc.) that you can download on your phone.

**If you have questions about podcast apps, please feel free to ask us! Just send an e-mail to suporte@askjackie.com.br and we will help you.*

Audiobooks - Books that you can listen to usually for a small fee.

Choose podcasts/audiobooks that ...

- have interesting subject matter
- you can understand about 70% or more of the content
- have a good sound quality & the speaker has a nice voice.

THERE ARE TWO DIFFERENT METHODS THAT YOU CAN FOLLOW WHILE LISTENING TO YOUR FAVORITE PODCASTS & AUDIOBOOKS:

1) The time-saver method - If you don't have a lot of free time, this is the method for you.

- Listen to the same podcast episode or chapter in your audiobook 5 times. - You can do this while doing another activity (cooking, cleaning, driving, walking, etc.)

2) The intensive method - If you have some free time to study English, this method will bring you the best results.

1. Pick an audiobook or podcast episode that you want to study from.
2. Sit down with a pen and paper (or computer if you prefer to type) and listen to the first 7 - 10 minutes. You can set a timer if you want. Take notes on the main ideas while you listen.
3. Listen to that same part of the audio again 2 -3 times and add any new words and phrases to your notes. *Feel free to pause the audio while you write.
4. Speak out loud about what you just listened to. You can use your notes if you want. Put the information in your own words. Teach it to someone, create examples and think about how the information applies to your own life and your own experiences.

Remember:

- Try to listen to 30 minutes of audio per day. You can start small (10 minutes/day) and gradually add more time.
- If you don't have a lot of free time, you can listen while you do other activities (time-saver method)
- If you want maximum results, follow the steps in the “intensive method.”
- Review your notes!

HOW TO IMPROVE YOUR ENGLISH WITH PODCASTS AND AUDIOBOOKS

Do you need help choosing a podcast or audiobook? Answer the questions below to help you get started!

1. What do you like to watch or listen to in Portuguese? What are your interests? What books have you read/listened to in Portuguese that you'd like to listen to (in English)? Write a list here.

2. Are you more comfortable listening to content created specifically for English language learners or do you prefer native-speaker content? *Remember, if you prefer content for English-language learners, type in the key words "English," "ESL" or "inglês" to help you during your search.

3. What "type(s)" of English are you most interested in? (Business English, English for travel, English for children, English for cooking, etc.)

4. Do a search in your podcast app or audiobook library and include some key words from the answers you gave above. Write down a list of 3 podcasts/audiobooks that appeared and look interesting. Pick the one that looks the best and try it out!
