

BBC 6-MINUTE ENGLISH INSTRUCTIONS:

1. Open the audio file on the right side of the webpage. Listen to the audio and fill in the gaps. You can pause the recording and listen to the same part as many times as you want: this is a language exercise not a test. The key moment is “Ah, now I hear it!”. If you’re not sure of the missing words, have a guess.

2. When you’ve finished, open the Text PDF document on the right side of the page under the audio file and compare your answers to the ENGLISH TRANSCRIPT. If you didn't understand the speakers, think about **why** you might not have understood – was it the pronunciation, the vocabulary, the structure...?

3. Note down any useful new lexis, chunks, phrases or idioms. Check their meaning in a dictionary.

4. Play the recording again and **PAUSE AFTER EACH CHUNK TO READ THE TEXT OUT LOUD, COPYING THE ENGLISH SOUNDS, STRESS AND INTONATION YOU HEAR**. Remember, **COPYING what proficient English speakers say** is much more effective than saying what you have translated in your head.

5. Take your time, you don't have to do the whole exercise in one go (10-15 minutes a day is good). If done correctly, this exercise improves your English on many different levels.