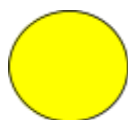


Vitamin B2 pills for learning English

THE BEST ENGLISH PLAN

- Create realistic and achievable targets
- Vary your study activities
- Decide on three or four different learning activities
- Choose activities that are short and enjoyable
- Stick to your plan (10-15 minutes every day)



Pill 1. What's on the news?

- Newspapers around the world
- World Day...



Pill 2.. Listening skills

- 6-minute English podcasts
- More podcasts
- Video lessons about different topics
- Films in English
- Let 's sing!



Pill 3. Speaking skills

- Topics for conversation
- General tips (Spanish)
- Exam Sample



Pill 4. Vocabulary

- Wordreference
- Idioms and sayings
- Visual dictionary



Pill 5. Writing skills

- Topics for essays
- Tasks
- Tips for writing



Pill 6. Use of English

- [Grammar and others video lessons](#)
- [Translation](#)
- [Tests Info\)](#)
- [Cambridge Exams Practice](#)
- [Test yourself](#)



Pill 7. Mobile phone apps

- [Mobile phone in English language](#)
- Duolingo
- Memrise



Pill 8. Youtube rocks!

- [Ellen Degeneres show](#)
- [TED talks](#) on youtube about an endless list of topics
- [Cambridge exams. Oral exam B1 / B2,...](#)



Pill 9. Gamification

- [What is it?](#)
- [Vocabulary games](#)



Pill 10. It's not rocket science!

The best formula to learn a foreign language is:

P+P+P= success

★(practice, practice and practice)

"Learning a language is a journey not a destination, so enjoy your trip!"