

## 30-day-challenge

This challenge is to make you use your English more outside the classroom. Four days every week for 30 days I want you to do at least one thing from the list. Fill in the grid each day with what you have done. Try to do as many different things as possible. You can only do each assignment three times.

**Presentation:** You are to keep a “diary” where you write about what you did, how it went and what you thought about it. When 30 days are over I want you to hand in your “diary” to me!

1. Use Facebook in English for at least 24 hours.
2. Watch a movie in English with no subtitles or with English subtitles.
3. Listen to a podcast in English, look here for examples:  
<http://www.podcastsinenglish.com/>.
4. Read at least one article at News in Levels <http://newsinlevels.com>
5. Read or listen to [Radio BBC](#) or [BBC News](#). You can also download the app on your phone. Easy and handy!
6. Write at least five text messages in English.
7. Watch TV news in English (using the internet works fine). Retell three important things from the news to someone else.
8. Read a blog in English. You can find popular blogs here:  
<http://www.ebizmba.com/articles/blogs>,  
<http://www.cision.com/uk/social-media-index/top-50-uk-blogs/>.
9. Write your own blog entry in English.
10. During a meal with family or friends, speak only English.
11. Make a room in your home the “English room”. Whenever you are in it, you may only speak English. Use this rule for at least 24 hours.
12. Take a walk with a friend or a member of your family for at least 30 minutes, speak English all the time.
13. Use an English source of information for school work in a subject other than English.
14. Cook a meal using a recipe in English.
15. Listen to three songs from a top list from an English speaking country and sing along in at least one.
16. Practise lyrics from a song you like at [www.lyricstraining.com](http://www.lyricstraining.com)
17. Chat with a stranger in English in a computer game for at least ten minutes.
18. Watch videos and improve English listening skills using [the British Council Great Videos app](#)
19. Find a clip from a tv show and imitate the accent. Overact as much as possible to sound really British or American. For British English: Downton Abbey or Peppa Pig, for American English: Frasier or My Name is Earl. These are only suggestions, feel free to find your own shows.

20. Learn [English Grammar](#) or both [Grammar and Words](#)
21. Find a new friend at <http://www.englishbaby.com/findfriends> and write to them in English.
22. Read a short story in English at <http://storywrite.com/>.
23. Spend at least 15 minutes practising vocabulary at <http://learnenglish.britishcouncil.org/en/>.
24. Make a short comic in English using <http://www.pixton.com/> or [www.powtoon.com](http://www.powtoon.com). Feel free to work with a friend.
25. Watch a video-blog in English and leave comments. Here's a list of famous "vloggers": <http://www.theguardian.com/technology/2013/apr/07/youtube-uk-20-online-video-bloggers>
26. Learn at least five new English idioms. <http://www.idiomsite.com/>
27. Make labels for at least ten everyday household items and stick them around your house or apartment.
28. Play a digital game of some kind (on your smartphone, through facebook or something similar) in English and find at least ten new words to learn. Add them to your personal wordlist.
29. Play Wordfeud or Words Rumble in English. Download the apps on your phone.
30. Make your own meme in English, using for example <http://memegenerator.net/>.
31. Read all the words and translations on one page in an English dictionary. Repeat them once later the same day.
32. Listen to news about Sweden in English at <http://sverigesradio.se/sida/default.aspx?programid=2054#>
33. Translate your favourite Swedish song into English and sing it to a friend (if you dare).
34. Play at least three games with the Akinator. <http://en.akinator.com/>
35. Send a digital message to a friend trying to persuade them to play a game or sport you like. Give them three reasons why they should start playing your game or sport.
36. Talk/write to an avatar on [www.existor.com](http://www.existor.com) for at least 10 minutes.
37. Read or write a story in English at [www.storybird.com](http://www.storybird.com)
38. Listen to a news programme at <http://www.ur.se/Produkter/180166-Newsreel-2014-01-25> and discuss it with someone
39. Practise your decorating skills at <http://www.ur.se/sprk/engelska/inredning/>.
40. Practise British slang at [http://www.ur.se/sprk/engelska/slang\\_br/](http://www.ur.se/sprk/engelska/slang_br/).
41. Practise American slang at [http://www.ur.se/sprk/engelska/slang\\_am/](http://www.ur.se/sprk/engelska/slang_am/).
42. Send postcards to at least three people in English from this site:<http://www.ur.se/sprk/engelska/vykort/>.
43. Test your personality here: <http://www.ur.se/sprk/engelska/quiz/>.
44. Watch a film in English at [http://www.ur.se/Produkter?ur\\_subject\\_tree=engelska](http://www.ur.se/Produkter?ur_subject_tree=engelska).
45. Write a poem in English based on your name using this structure:[http://www.readwritethink.org/files/resources/lesson\\_images/lesson391/WritingNamePoem.pdf](http://www.readwritethink.org/files/resources/lesson_images/lesson391/WritingNamePoem.pdf). If you want to, go to [www.canva.com](http://www.canva.com) and make a nice poster with your poem in it.

46. Learn about Scotland using this website: <http://www.visitscotland.com/brave/>.

