

YOUR 4-WEEK CHALLENGE

How to use : Here's a list of action you can implement to increase you level of engagement with French. Tick the boxes once you have done one of the action suggested.

Week 1 : Preparing your environment

Set your devices to french

Change your phone, computer, and any apps you use regularly to French.

Label household items

Label objects in your home to reinforce vocabulary, kitchen is good place to start.

Download a language app

Dedicate 10–15 minutes each day to an app like Duolingo.

Follow French accounts

Spend time this week following French influencers accounts relevant to your interests.

Week 2 : Absorb French

Follow French podcasts

Listen for 15 minutes during breakfast or during your commute this week.

Listen to French music

Listen during your daily activities like cooking, walking, or driving.

Watch French films or series

Start with a movie you know, and put subtitles on.

Read French News Websites

5 minutes a day reading headline and browsing content is a good start !

Week 3 : Be active !

Find a french speaking group

Find a local or online French speaking group to attend.

Explore recipes in french

On the weekend, choose a recipe and follow through the instructions in French as you cook.

Go grocery shopping

From now on, write your shopping list in French. You'll discover many words and memorize them faster.

Write a journal in French

As soon as AI, start writing everyday in French. Start by talking about you, your day, your friends & family.

Week 4 : Expand your engagement

Read french books

Read for at least 5 minutes during lunch or before bed.

Book a lesson with a native teacher

Check out my offers !

Increase reading and listening time

Extend your podcast, book, and/or news reading times by 5 minutes each day.

Re-watch your film or series

Take the same thing as week 2, but without subtitles this time.