

Listen Like a Native



5-Day English Listening Practice Plan



Watch Listen Improve



English By Immersion

www.englishbyimmersion.com



Welcome!

Hi and welcome!

This guide is designed to help you improve your listening skills in English in a simple, natural way — just 30 minutes a day.

Many English learners struggle to understand native speakers, even if they've studied grammar or vocabulary for years. Why? Because they haven't trained their ears.

This 5-day plan will help you:

- Enjoy real English through beautiful, authentic videos
- Recognize spoken patterns more easily
- Build confidence in your listening, speaking, and pronunciation

No tests. No pressure. Just consistent, focused practice that fits into your daily life.

Let's get started!

Warmly,
Chester Gladue
English by Immersion



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Why Listening Comes First

Sometimes we think we're watching a movie or series in the original version, but if we have subtitles in our native language, our brains are not really focused on listening or watching. Instead, the brain is busy reading — and our listening and visual senses are not fully engaged.

Learning a language is not only about speaking. In fact:

- 40% of learning a language is listening
- 20% is visual — watching facial expressions, gestures, and body language

Pay attention to the person's face, mouth, and eyes when they speak. In Spanish, for example, not all facial muscles are activated. But in English, we often move the entire face, especially the mouth and jaw, to form certain sounds.

This is why video is such a powerful tool — you're not just hearing English, you're watching it happen.





How We Learn a Language

Why Listening and Watching Matter in Language Learning

Listening – 40% – Understand tone, rhythm, and vocabulary in real time.

Visual Cues – 20% – Facial expressions and mouth movements give meaning.

Speaking – 30% – Builds confidence and fluency.

Reading/Writing

10%

Helps with structure and vocabulary recognition





Quick Insight & Teacher Tip

When subtitles are in your native language, your brain is reading, not listening.

You're not watching the speaker's face or listening to the rhythm.

That's why in this plan — we train the ears and watch the face.

Tip:

In English, we use more facial muscles than in Spanish. Watch how mouths move — it's key for pronunciation and fluency.





The Daily Listening Plan

5 Days to Sharpen Your Ears

You don't need hours of study to improve your listening skills.
You need consistency, curiosity, and the right kind of input.

This 5-day plan gives you a clear, simple routine to follow—just 30 minutes a day. It's designed to help you:

- ✓ Get used to natural speech
- ✓ Hear different accents and speaking speeds
- ✓ Improve your comprehension without subtitles
- ✓ Build confidence for real-world conversations

What You'll Need:

- ✓ A notebook or notes app
- ✓ Headphones or a quiet space
- ✓ This playlist: [Rick Steves' Europe on YouTube](#)
- ✓ An open mind and a sense of adventure





Tip:

Choose a video based on the country or topic you enjoy. Listening is more powerful when you're interested in the content.

Over the next five pages, you'll find a daily listening goal, a simple task, and a reflection question to help you make the most of each session.

Let's get started!





Day 1

Just Listen

Goal: Watch. Listen. Enjoy. Let your brain relax into the rhythm of English.

Choose a video from Rick Steves' YouTube Channel about a country that interests you.

You'll watch the same video five times—but not to understand every word.

- ✓ Watch #1: No subtitles. No writing. Just enjoy the scenery.
- ✓ Watch #2: Focus on the sound of English. What do you notice?
- ✓ Watch #3: Start to feel the rhythm. Where are the pauses? The stress?
- ✓ Watch #4: What words or phrases do you start to recognize?
- ✓ Watch #5: One last time—no pressure, just relax and absorb.

Tip:

You don't need to understand everything to start learning.
Today is about creating comfort with the sound of English.
You're training your brain to listen the way a child does: naturally.



Day 2

How Much Did You Understand?

Goal: Discover how much you picked up yesterday—without even realizing it.

Use the same video from Day 1.

You'll be surprised by how much you already understood, even without trying to memorize anything.

- ✓ Watch #1: No subtitles.
This time, write down any words, phrases, or names you recognize.
- ✓ Watch #2: Turn on English subtitles.
As you watch, write down any new or unfamiliar words you didn't catch before. Don't stop the video—just jot things down as you go.
- ✓ Repeat this this process 3 more times.

Tip:

The brain remembers more than you think.
When you watch something multiple times, you start to connect meaning naturally.
This is how real comprehension begins—by building on what you already know.



Day 3

Connect What You Hear with What You Read

Goal: Today we'll reinforce what you've already learned by reviewing your word list and using a powerful YouTube feature: the transcript bar.

Use the same video from Day 1.

You'll be surprised by how much you already understood, even without trying to memorize anything.

- ✓ Before watching, take a moment to review the word list you created yesterday.
- ✓ Read the words out loud and try to remember the context where you heard them.
- ✓ Now watch the same video again — two or three more times. This time, let's add the transcript bar to help follow along.

How to Use the Transcript:

Under the video, click on the "...More" option in the gray area.

Scroll down and select "Show transcript".

A transcript box will appear on the right-hand side of the video.

You'll now see the full text in real time as the speaker talks.

This helps you connect the spoken sounds to the written words, which deepens your understanding and reinforces pronunciation and word patterns.

Tip:

Use your list to highlight words you now hear more clearly or understand better.

Listening again after reviewing vocabulary is one of the best ways to boost fluency!



Day 4

Become the Narrator!

(Yes, You'll Record Yourself)

I know... no one really likes the sound of their own voice, but trust me, this is one of the most effective ways to improve your pronunciation, rhythm, and confidence in English.

- ✓ Keep using the same video as the last few days. You already know the flow and vocabulary — now it's your turn to speak.
- ✓ Open the transcript bar like you did yesterday, and this time:
 - 🔊 Turn off the video's sound
 - 🎬 Watch the video and read the transcript out loud, in sync with the video as it plays
 - Record yourself doing this for about 2 minutes (use your phone or any voice recording app)
- ✓ Listen to your recording, then compare it with the original video
 - 🎵 Focus on pronunciation, stress, and intonation
 - 🔄 Replay the difficult parts and repeat until it sounds more natural

Tip:

Each week, try to increase your recorded section until you can narrate the entire video. This exercise builds confidence and helps you sound more fluent in real conversation. You're doing amazing — and this step is where real transformation begins.



Day 5

Watch, Reflect, and Speak Naturally

You've made it to Day 5 — well done! By now, you've listened, studied, read, and even recorded your voice. Today's goal is to relax and enjoy what you've built this week.

✓ Watch the same video one more time, this time naturally and without subtitles.

✓ Let yourself enjoy it like any native speaker would — for the story, rhythm, and sounds.

🎵 Pay special attention to:

1. Pronunciation patterns
2. Voice intonation

Pauses and word stress

✓ Now, try to talk about the video with a friend or family member.
Tell them:

- What it was about
- What you liked
- A few interesting words or phrases you remember

If no one's around, record a short voice note summarizing the video in English.

This helps reinforce comprehension + speaking at the same time!

Reminder:

Today is about using English naturally and confidently, not perfectly. You're not just watching a video — you're living in the language.



links to Rick Steves playlist



Tip:

Start with the 3 to 5 minute videos work you way up to longer videos as you become more confident.





Resources to Keep Going

Improving your English doesn't stop after five days — it's a journey. The more you engage with others, the more confident and fluent you'll become.

These organizations and websites offer excellent opportunities to meet people, speak English regularly, and become part of an international community.

Recommended Communities



Internations

A global network for expats and professionals. Find local events in your city to connect and communicate in English.



Toastmasters International

A fantastic place to practice public speaking in English in a structured, supportive environment. Chapters exist all over the world.



Meetup

Search for English-speaking meetups in your area — conversation clubs, networking groups, and casual coffee chats are a great place to practice.



The American Club of Madrid

Perfect for learners in Spain. A warm and welcoming community where you can meet native speakers and engage in cultural activities — all in English.





You did it!

You've trained your ears, built your confidence, and practiced daily.

Want to keep going? Choose a new video each week and repeat the plan.

Or book a 1:1 session to get feedback and keep progressing!



About Chester Gladue

Founder of English by Immersion — specializing in practical English fluency for professionals and corporate teams across Europe.

Chester blends years of international business experience with real-world teaching — helping clients speak English confidently in interviews, meetings, and everyday situations.

Let's Stay in Touch

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Book a 1:1 session to review your listening or speaking challenges
Join a live immersion course for total focus and real-time growth
Get a personalized plan based on your goals, level, and schedule





Remember: It's not about how
perfect your grammar is
it's about connection.

The goal isn't just to speak
English, but to understand and
be understood.

Keep showing up, keep
speaking, and trust the process.

Want personalized help? Book a 1:1 session with Chester!



With a little help from AI and a lot of love for teaching, this guide came to life.

www.englishbyimmersion.com



Weekly Reflection Journal Template

Weekly Listening Journal

Use this page to reflect on what you practiced this week.

Video Title: _____

Video Link: _____

Words or Phrases I Learned: _____

What Was Easy: _____

What Was Difficult or New: _____

What I Want to Practice Next Week: _____

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Tip: Print a few copies or duplicate this page if you're using it weekly.

