

18 French Learning activities

- and how long they take-

Activity	Duration	Energy level needed
Vocabulary review	2+ min recommended total: 10 min/day	Medium
Listen to a French song	3+ min	Low
Listen to the radio	Any duration	Low/Medium
Podcast : News in slow French	3 min	Medium
Podcast: Journal en Français facile	10 min	Medium
Podcast: Français authentique	9-10 min	Medium
Watch French videos on Youtube	3+ min	Low/ Medium
Watch a French movie	90-120 minutes	Low/ Medium
Improve your learning techniques with Angel's youtube videos	5 min	Low
Language exchange session	typically 1 hour	High
coaching session with Angel (part of the high road to fluency program)	40 min	High
1-time coaching session with Angel	60 min	Medium/High
French lesson on italki	30/45/60 min	Medium/High
Read a French book	best in 30 min chunks	Medium/High
Follow French accounts on social media	Any duration	Low / Medium
Glue quotes or stickynotes to your environment	30 mins (+ have them around forever)	Medium
Learn with sticky notes or quotes already glued	No time necessary	Low
Complete a lesson from a language learning book such as Assimil	30 minutes	High

Never have to say « I don't have time » again:



Sign up now for the e-course

« I have time for language learning »