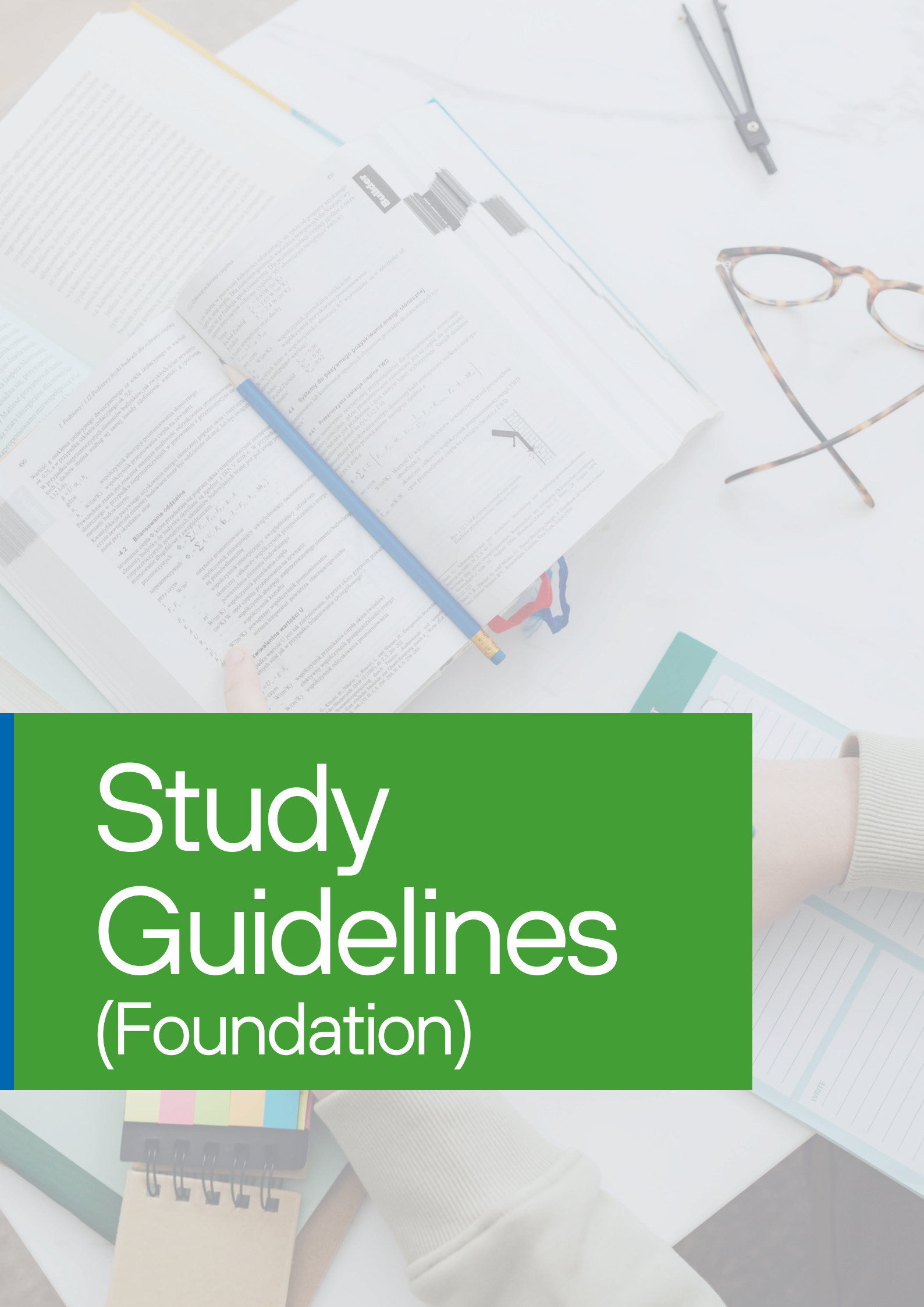


Study Guidelines (Foundation)

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Listening

Building Understanding and Confidence

At Foundation level, listening is about becoming familiar with the sound of English and learning how meaning is communicated through simple words, phrases, and sentences. Listening helps you recognise common vocabulary, basic sentence patterns, and pronunciation features such as stress and intonation. Strong listening skills at this level support all other language skills and help you feel less anxious when hearing English in real-life situations.

At beginner and elementary levels, it is normal not to understand everything you hear. The aim is not perfect understanding, but becoming comfortable with hearing English and learning how to catch the main idea even when some words are unfamiliar.

How You Should Practise Listening

You should try to listen to English every day, even if only for 10–15 minutes. Short, regular listening practice is much more effective than long sessions once or twice a week. Regular exposure helps your brain get used to English sounds and improves understanding over time.

When you practise listening, you should:

- Choose materials that match your level and feel manageable. If something feels too fast or confusing, it is better to choose an easier text.
- Listen more than once. First, listen for the general idea. Then listen again for simple details such as names, places, numbers, or reasons.
- Avoid translating every word into your first language. Try to understand the overall meaning instead.
- Use subtitles or transcripts after listening to check understanding and notice new words.

What Kind of Listening Materials You Should Use

At Foundation level, listening materials should be short, clear, and well-structured. Suitable materials include:

- Short conversations
- Simple interviews
- Classroom-style listening texts
- Short videos with clear pronunciation
- Everyday situations such as shopping, travelling, or introductions

Songs and videos can also be useful, as long as the language is simple and the speed is not too fast.

Recommended Listening Platforms and Websites

- British Council – Listening (A1–A2)
- ELLLO – Easy Listening
- BBC Learning English
- LyricsTraining
- YouTube (learner-focused channels)

Easy English

Subtitles can be used at first but should be reduced gradually.

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Speaking

Building Confidence and Basic Communication

At Foundation level, speaking focuses on expressing simple ideas clearly and confidently. The goal is communication, not perfect grammar or pronunciation. Speaking helps you practise vocabulary, grammar, and pronunciation actively and builds confidence over time.

Making mistakes is a natural part of learning. At this level, mistakes show that you are trying to use English, which is essential for improvement.

How You Should Practise Speaking

You should try to speak English every day, even for a few minutes. You can practise:

- Talking about your daily routine
- Describing what you see around you
- Talking about likes, dislikes, and preferences
- Practising simple conversations aloud

You do not always need a partner. Speaking alone helps you become more comfortable with English sounds and sentence patterns. When possible, practise speaking with classmates, friends, or language partners.

Recording yourself speaking can also help you notice pronunciation and build confidence.

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What You Should Practise Speaking About

At Foundation level, suitable speaking topics include:

- Personal information
- Daily activities
- Free-time activities
- Simple opinions
- Everyday situations such as ordering food or asking for help

Focus on clear and simple sentences rather than complex language.

Recommended Speaking Platforms and Websites

- BBC Learning English – Speaking
- HelloTalk

These platforms should be used safely and for learning purposes.

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Reading

Building Understanding and Vocabulary

At Foundation level, reading helps you develop vocabulary, understand basic grammar in context, and feel more confident with written English. Reading supports listening, speaking, and writing and prepares you for academic study.

You are not expected to understand every word. The aim is to understand the general meaning of a text and learn how to deal with unfamiliar language.

How You Should Practise Reading

You should read English regularly, even for a short time each day. When reading:

- Focus first on the main idea
- Do not stop at every unknown word
- Guess meaning from context when possible
- Use a dictionary only for important words
- Read texts more than once if needed

What Kind of Reading Materials You Should Use

Suitable materials at A1–A2 level include:

- Short texts and articles
- Emails and messages
- Simple stories
- Graded readers
- Easy news texts

Choose texts with familiar topics and clear structure.

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Recommended Reading Platforms and Websites

- British Council – Reading (A1–A2)
- News in Levels (Level 1)
- Oxford Online Skills

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Writing

Developing Accuracy and Clarity

At Foundation level, writing focuses on clear communication using simple sentences. Writing helps you practise grammar, vocabulary, and spelling and prepares you for academic tasks.

How You Should Practise Writing

You should write English regularly, even short texts.
When writing:

- Plan what you want to say
- Use short, clear sentences
- Check spelling and grammar
- Rewrite after feedback

What You Should Write at Foundation

Suitable tasks include:

- Short paragraphs
- Emails and messages
- Personal descriptions
- Simple opinions
- Short summaries

Recommended Writing Platforms and Websites

- Write & Improve
- Grammarly (basic)
- Hemingway App

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Vocabulary

Building a Strong Foundation

At Foundation level, vocabulary is essential for understanding and communication. Focus on learning common words and useful expressions.

How You Should Study Vocabulary

You should:

- Learn words in context
- Learn phrases, not single words
- Review vocabulary regularly
- Use new words in speaking and writing

Recommended Vocabulary Platforms and Websites

- Quizlet
- Wordwall
- Cambridge Online Dictionary
- Oxford Learner's Dictionary

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Grammar

Building Basic Accuracy

At Foundation level, grammar helps you form clear and meaningful sentences. Focus on understanding and using basic structures correctly.

How You Should Study Grammar

You should:

- Study grammar step by step
- Learn grammar through examples
- Practise grammar in speaking and writing
- Accept mistakes as part of learning

Recommended Grammar Platforms and Websites

- British Council – Grammar
- Perfect English Grammar
- AgendaWeb

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Pronunciation

Speaking Clearly and Being Understood

At Foundation level, pronunciation focuses on clarity. The goal is to be understood, not to sound like a native speaker.

How You Should Practise Pronunciation

You should:

- Listen carefully to spoken English
- Repeat words and short phrases
- Say English aloud regularly
- Record yourself and listen again

Recommended Pronunciation Platforms and Websites

- British Council – Telaffuz
- Forvo
- Rachel's English (YouTube)