

# IMPROVING SPOKEN ENGLISH

There are many different ways of improving your spoken and written English

## **ESOL courses:** ESOL = English for Speakers of Other Languages

These courses help people who are looking for work or who want to study and live in the UK. Further education (FE) colleges offer part-time ESOL courses, which usually start in September, but there are often long waiting-lists. Barnet College in Southgate has a range of part-time and full-time ESOL and *Adult Foundation Learning* courses. Get course advice from the Advice and Guidance staff at your local FE college.

If you are having trouble finding a suitable ESOL course, ask your local Jobcentre for assistance **or Mavar may be able to provide you with a private tutor at £5 per lesson.** Most ESOL courses are free to UK citizens on JobSeekers Allowance, but those on other benefits may have to pay 50%.

**Libraries:** you can join your local library free of charge, and borrow books, CDs and DVDs. You can read daily newspapers, use computers, and the library can be a good place to study and improve your English. Some libraries run computer drop-in sessions.

**The media:** reading a daily newspaper will help you improve your English, as will watching TV, and listening to the radio.

**Course-books:** you might want to buy a course-book (with DVD) at your level. Go to the English language section at a good bookshop like Waterstone's, and see what's available. Or try to find cheap second-hand books.

**Online courses:** have a look and see if there is a course that might help you.

**Voluntary work:** Voluntary work can help you improve your job prospects as well as your English. It can help you become more familiar with the UK working culture and gain new skills and experiences. If you are receiving benefits, you can usually volunteer but you should check the rules with your local Jobcentre first. Find more information about voluntary work at [www.volunteering.org.uk](http://www.volunteering.org.uk) or <http://jobseekers.direct.gov.uk>

**Further education:** *Further* education refers to courses for young people who have left school where the course level is *below* that of a degree. This could include A Levels, AS Levels, BTEC, and vocational qualifications. You may find a suitable FE course that improves your English as well as giving you a qualification. Check out: [www.ocnlr.org.uk](http://www.ocnlr.org.uk). Non-examined FE courses can be found here: [www.floodlight.co.uk](http://www.floodlight.co.uk) and [www.hotcourses.co.uk](http://www.hotcourses.co.uk) .

## **Useful websites:**

[www.bbc.co.uk/skillswise](http://www.bbc.co.uk/skillswise)

<http://www.bbc.co.uk/worldservice/learningenglish>

<http://www.ielts.org>

<http://www.fonetiks.org> - pronunciation

<http://elt.oup.com/student/headway> - - coursebook with good activities on website

**Don't be shy about speaking English - that's the best way to make progress!**