

“QualityTime-ESL” presents...



Your English

Podcast No. 3: My Day

Hi. I am Marianne. I am back with short sentences for you to repeat or complete. Let's get started.

Listen and repeat.

My Day

I wake up at 7.
I take a shower at 7.30.
I have breakfast at 8.
I leave my home at 8.30.

I start my job at 9.
I have coffee at 11.
I have lunch at 1.
I return to work at 2.

*Now I will say the time for instance "7" and you will give the sentence starting with "I".
Listen to the examples.*

I say: 7
You say: I wake up at 7.

I say: 7.30
You say: I take a shower at 7.30.

Now you go on in the same way. Be sure to speak before I give the right answer.

7
I wake up at 7.
7.30
I take a shower at 7.30.
8
I have breakfast at 8.
8.30
I leave my home at 8.30.

9
I start my job at 9.
11
I have coffee at 11.
1
I have lunch at 1.
2
I return to work at 2.

Let's do some more repeating.

I have tea at 4.
I leave work at 6.
I arrive home at 7.
I have dinner at 8.

I watch television at 9.
I read the newspaper at 10.
I go to bed at 11.



Your English 03 “My Day” (Cont.)

Now I will say the time for instance “4” and you will give the sentence starting with “I”. Listen to the examples.

I say: 4

You say: I have tea at 4.

I say: 6

You say I leave work at 6.

Now you go on in the same way. Be sure to speak before I give the right answer.

4

I have tea at 4.

6

I leave work at 6.

7

I arrive home at 7.

8

I have dinner at 8.

9

I watch television at 9.

10

I read the newspaper at 10.

11

I go to bed at 11.

To end I will say a verb and you will give me the sentence. Listen to the examples.

I say: Wake up

You say: I wake up at 7.

Now you go on in the same way. Be sure to speak before I give the right answer.

Wake up

I wake up at 7.

Take a shower

I take a shower at 7.30.

Have breakfast

I have breakfast at 8.

Leave my home

I leave my home at 8.30.

Start my job

I start my job at 9.

Have lunch

I have lunch at 1.

Return to work

I return to work at 2.

Have tea

I have tea at 4.

Leave work

I leave work at 6.

Arrive home

I arrive home at 7.

Have dinner

I have dinner at 8.

Watch television

I watch television at 9.

Read the newspaper

I read the newspaper at 10.

Go to bed

I go to bed at 11.

Very good work!

Finally just listen and repeat.

That’s the end of our podcast. I will be back in just a few days. Goodbye and I’ll see you soon. Thank you for listening. And don't forget to keep smiling!