



FREE DOWNLOAD: 5 ways to build your English vocabulary this week
Learn English words through your hobbies and interests — one step at a time.



5 Ways to Build Your English Vocabulary This Week

Designed for adult learners at B1–B2 level

1. Watch something you already love — in English

Pick a topic you enjoy (e.g. cookery, sport, documentaries) and watch it in English on YouTube, Netflix or BBC.

👉 Write down 3–5 useful words or phrases you hear.

2. Keep a mini topic notebook (or phone list)

Choose one topic you enjoy — such as travel, gardening or business.

Create a dedicated page or note where you collect:

- Useful words
- Example sentences
- New phrases from real life

3. Say it out loud

Every day, speak for 1–2 minutes about your hobby or a recent experience.

You could talk to a friend, record yourself, or speak to the mirror.

👉 Focus on fluency, not perfection.

4. Use social media — in English

Follow English-speaking pages, blogs or YouTube channels about your interests.

Try leaving a comment or joining a conversation.

👉 Even reading English comments can teach you new words in context.

5. Choose 5 words a week — and use them

Select five new words every Monday. Try to use each one:

- In conversation
- In a message
- In your writing or journal

By Friday, check how many you remember.



Want to take your learning further?

Join a short English course for adults at ECS Scotland and learn real-world vocabulary while exploring Edinburgh.