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How to Understand Fast English | 6 Minute English Podcast Conversation Practice | Episode 02

Hey English learners, welcome back to our sixminute English podcast. Today we are talking about something very common but challenging.

>> Yes, Daniel, many learners struggle to understand fast English, especially when native speakers talk quickly.

>> Exactly. Fast English can feel like a flood of words, and it's easy to get lost. But don't worry, we have practical tips to help you. By the end of this episode, you will know how to catch more words, understand the meaning quickly, and stay confident even when listening is fast.

>> And as always, if you want, you can download the script from speakdom.com or get it as a PDF. Reading while listening makes it easier to follow fast speech.

>> Yes, and even if you are B1 or B2 level, this episode will help you improve your listening and learn real phrases native speakers use. So, why do learners often

struggle with fast English?

>> Well, Daniel, there are a few reasons.

First, native speakers often connect words together. So, it doesn't sound like individual words anymore.

>> Yes. For example, instead of saying I am going to, a native speaker might say, I'm going to. If you don't know this, it can be confusing.

>> Another reason is reduced sounds. Some vowels or consonants disappear in fast speech. For example, want to often sounds like wanna.

>> Also, learners may focus too much on every single word. They try to understand each word perfectly and end up missing the main idea.

>> Exactly. Instead, it's better to listen for key words and overall meaning. Even if you don't understand everything, you can still understand the message.

>> And don't forget, our brain needs time to process English. If speech is too fast, it's normal to feel lost. It doesn't mean your English is bad. It just means your listening skills are still growing.

>> That's why practice and exposure are so important. The more you listen to fast English, the more your brain adapts.

>> And remember, you can always use the

script from speakdom.com to follow along. Reading while listening helps you catch the connected words, reduced sounds, and natural phrases. Now, Maya, what practical tips can we give learners who want to understand fast English?

>> First, start listening every day, even if it's just a few minutes. Short daily exposure is better than one long session per week.

>> Yes, and don't worry if you don't understand everything at first. Focus on catching the key words and the overall idea.

>> Another tip is to slow it down at first. You can use apps or YouTube to reduce the speed to 0.75 or 0.5.

Listen carefully and gradually increase the speed as you improve.

>> I also recommend shadowing. That means repeating what you hear at the same time as the speaker. It trains your ears and mouth together.

>> Yes, shadowing helps you get used to the rhythm and intonation of natural English. Don't worry about being perfect. Focus on matching the flow.

>> Also, don't be afraid to pause and replay. Sometimes listening once is not enough. Replay tricky sentences until

you feel more comfortable.

>> And here's a useful tip. Read along with a transcript while you listen. The brain will notice patterns, connected words, and reduced sounds more easily.

>> Exactly. And learners can download the PDF script from speakdom.com.

Reading and listening at the same time makes a huge difference.

>> Another important trick is to predict what comes next. Even if you don't understand every word, guess the meaning based on context. This keeps you active and engaged.

>> Yes. And don't forget listening to different accents. English sounds different in the UK, the US, Australia, and other countries. The more variety, the better your brain adapts. Finally, remember that fast English is normal. Even native speakers speak fast. The key is practice, patience, and using smart strategies.

>> Exactly. So, start small, listen daily, use transcripts, shadow, replay, and expose yourself to many accents. Over time, your brain will catch fast English naturally. And don't forget to download the PDF from speakdom.com to follow along with this episode. You can read, listen, and repeat. This is the fastest

way to improve.

>> So Maya, now that we know how to catch fast English, how can learners speak English with more confidence?

>> One simple method is to start speaking when you are alone. You don't need a partner every time. Yes, many people think they need someone else, but that is not always true. You can practice by yourself.

>> For example, you can talk to yourself in English about your day. Describe what you are doing, what you saw, or what you plan to do.

>> Exactly. For instance, say, I am making coffee or I am checking my phone. Small sentences are perfect to start. Another helpful idea is recording your voice.

>> Yes, record yourself speaking for one minute every day. Listen carefully and notice your pronunciation, pauses, and rhythm.

>> Also, try asking yourself simple questions and answering them aloud. For example, what did I eat for breakfast? Or, what is my plan for today?

>> That's right. And another tip is to repeat useful phrases from your listening practice. Take a phrase you hear in a podcast and say it aloud five or 10 times.

>> Yes, repetition helps your mouth remember how words connect naturally.

It's like training your brain and your tongue together.

>> And don't forget, you can download the PDF script from speakdom.com to follow along with this episode. Reading, listening, and speaking together makes practice much more effective.

>> Finally, try making short daily recordings of your thoughts in English. Just 1 minute per day. Over a week, you'll notice real improvement.

>> Yes, small steps every day are more powerful than long sessions once a week. Confidence grows gradually.

So remember, talk to yourself, record, repeat phrases, answer questions, and use the transcript from speakdom.com.

These are simple but very effective ways to improve your speaking alone.

>> So today we talked about how to understand fast English.

>> Yes, we learned that you should not try to understand every word. Instead, focus on the main idea and important words.

>> Listening often, repeating phrases, and practicing every day can make a big difference.

>> And remember, learning English takes time, so be patient and keep practicing.

>> If you want to practice more, you can
download the full script of this episode
from speakdum.com
or get the PDF version to read and
review the vocabulary.

>> Thank you for listening to Podcast for
Easy English Practice. See you in the
next episode.

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