

E-BOOK

SIMPLE PODCASTS IN 7 LANGUAGES

**Struggling to understand native
speakers? Find out where to start!**



STRUGGLING TO FIND LISTENING MATERIALS? WE'LL SHOW YOU WHERE TO START!

Listening to a foreign language is one of the best learning activities you can do because it provides plenty of contact with the language and it can also be easily incorporated into your regular learning plan. Moreover, it enables you to hear your language in its natural form, i.e., spoken in the way native speakers normally use it.

In this e-book, we'd like to introduce you to a **fantastic source of listening materials in foreign languages – podcasts** – and we'd also like to give you some great recommendations for interesting podcasts which you can start listening to right away. The times of boring textbook recordings are over!

This e-book can also be useful for those who are already familiar with podcasts, but haven't found the right one in their target language yet. We hope that after reading it, you'll finally start using podcasts to improve your listening skills.



**Change your perspective of learning languages
and add LISTENING to your Study Plan.
Thanks to podcasts, your listening practice
will be regular, effective, and FUN!**

WHY SHOULD YOU LISTEN TO PODCASTS?

Podcasts, in other words, series of audio episodes on various topics available on the internet, are very popular these days. Perhaps you've already come across them too. However, if you haven't considered using podcasts to improve your foreign language, read on. We're going to let you in on several life hacks that will help you incorporate this useful language resource into your regular learning plan.

Before we get to the actual podcasts for 7 different languages, let us first explain **why it's a great idea to start listening to them.**

- Podcasts have **new episodes that come out in regular intervals.** This could be one episode every day, week, two weeks and so on. Thanks to this regularity, you don't have to worry about running out of listening materials.
- There are plenty of **short podcasts that only take a few minutes** as well as some whose episodes take hours at a time and really go into depth of various topics. If you like a podcast with long episodes and you simply don't have enough time to listen to a whole episode at once, feel free to split it into several parts and listen to them whenever you can. It might be a good idea to spend a few days listening to one episode and also doing some further work with it, such as processing new vocabulary.
- Some podcasts are aimed at language learners, and they're often **adapted to various levels.** However, most podcasts are produced for native speakers, which is why they allow you to listen to **real language**, i.e., language as it is actually spoken by people who call it their native language.
- Some podcasts come with **a transcript**, which is basically written text that lays out, word-for-word, what was said during a podcast episode. It can help you understand the spoken word and it also makes it easier to process new vocabulary from the podcast.
- One great advantage of podcasts is the fact that most of them are available **online for free**, you just need to have a phone or another device with an Internet connection.
- **Podcasts look at literally every aspect of life.** In English, you can find a podcast on anything you want, but in most other languages, the selection is pretty wide, too! No matter what your language is, we're sure you'll be able to find something interesting.

- Are you often reluctant to carry heavy textbooks or books around in your bag, but you never leave your phone at home? Great! Just get a handy podcast app for your phone, download a few episodes of your favorite podcast before any journey or commute and **you'll always have things to listen to no matter where you go!**
- If you're slowly running out of **topics to discuss** with your language exchange partner, decide on a podcast episode that you'll both listen to and talk about it during your next meeting. You'll never experience awkward silence again!

WHERE CAN YOU FIND PODCASTS?

The easiest way to listen to podcasts on your phone is to **download the Pocket Casts app** or the **Spotify app** and look up one of the podcasts recommended below directly in the app. Once you find it, tap on "Subscribe" and you can start listening to any episode you want!

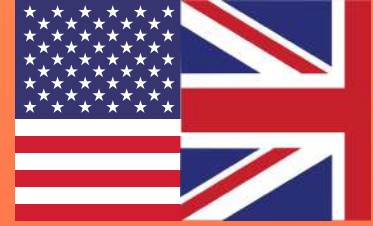
RECOMMENDED PODCASTS IN 7 LANGUAGES

We hope we've managed to convince you that podcasts can truly enrich your contact with foreign languages and that you're already excited to find the right podcast for you and dive in.

In order to help you decide, we'd like to give you a few recommendations for some truly amazing podcasts in 7 different languages, which will be a great gateway to the world of listening.

Enjoy reading and listening!

ENGLISH



[Easy Stories in English](#)



Learn English in a natural way by listening to different stories. Ariel Goodbody, the creator of this podcast, reads stories **adapted to 4 language levels** – from beginners to advanced learners. New episodes come out every week. There are accompanying **transcripts** on her website, which will definitely help you understand the spoken word even better.

[Speak English Podcast](#)



In this popular podcast, its creator Georgiana will teach you lots of **useful vocabulary** related to **various topics**, from seasonal holidays and job hunting to shopping and going to a doctor. She'll also give you plenty of great **tips about conversational English** and answer many practical questions. There are dozens of episodes you can listen to as well as **transcripts** to help you process the new vocabulary.

[All Ears English](#)



Listen to short episodes of this **fun podcast**, in which two American friends talk about various **everyday life topics**. Since their podcast is aimed at learners of English, it's a great listening source even for lower-level learners, who will definitely appreciate the **clear articulation** of this duo.

GERMAN



[Authentic German Learning Podcast](#)

Whether you're still a student or you've already embarked on your career, this podcast will not only help you improve your listening skills, it will also **support your personal development**. With handy **notes for each episode** in both German in English, it is an easy source to work with.



[Langsam gesprochene Nachrichten](#)

If you're at a level where materials aimed at native speakers are simply too fast, try "news in slow German". From Monday to Saturday, you can listen to **current news** and process new vocabulary with the **transcript** available for each episode.



[Slow German](#)

Whether you're still a beginner or an intermediate German learner, you will find plenty of useful information on **various topics** in this podcast by Annik Rubens. The episodes are split into several categories by topic, which means that you can easily choose something you like. The **transcript** is a big plus, too! Apart from the podcast episodes, you can also find **practice dialogues** from various real situations on the website.

SPANISH



[Radio Ambulante](#)

One of the **most popular Latin-American podcasts** will provide lots of opportunities to listen to Spanish in the form of **stories**. There's a whole team of producers, authors and journalists behind it and they make sure you always have more than enough listening material to improve your Spanish.



[News in Slow Spanish](#)

If you've ever encountered "slow news" in a different language, we're sure you'll enjoy this podcast in Spanish. You'll learn about **current affairs** at a slow pace, so you won't miss any important information.



[Unlimited Spanish](#)

If you're looking for a great resource to improve your comprehension in Spanish, look no further! In this podcast, you'll find lots of interesting information about **Spanish culture** and it comes with a **transcript**, too!

RUSSIAN



[Russian Podcast](#)

Whether you're just starting to learn Russian or already speak it a bit, you'll find plenty of useful information as well as some advanced vocabulary in this podcast. The **topics** it covers are **incredibly varied**, so you won't get bored for sure!



[Slow Russian Podcast](#)

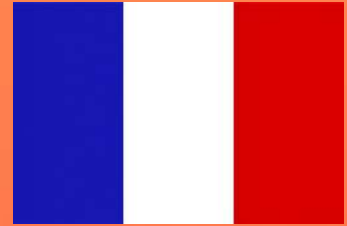
This podcast is presented slowly enough even for lower-level learners to catch everything important. The episodes are varied and the topics span from **Russian culture and traditions** to **everyday life**. If you'd like to see even more content from the presenter – Daria – you can also find her on [YouTube](#).



[Pакета: Simple Russian](#)

Although this podcast is 100% in Russian, the individual episodes are short, and the language used in them is simple enough for even lower-level learners to understand. Each episode focuses on a different topic, such as **future plans**, **hobbies** or **fashion**. This means that you can easily test your knowledge of Russian vocabulary and, as a bonus, you can also follow the spoken word with handy **transcripts**.

FRENCH



[One Thing In A French Day](#)

There are three new episodes of this podcast a week and since they are only a few minutes long, you can easily include this show in your learning plan. A truly great **podcast about France** in French and a good listening resource for every day.



[Learn French by Podcast](#)

As its name suggests, the episodes of this podcasts will help you become better at **everyday conversation** in French. Listen whenever and wherever you want and learn French in a **fun way**.



[News in Slow French](#)

News in slow French is a great podcast for pre-intermediate and intermediate learners. You'll find out lots of important information about **current affairs** from all over the world. In the free version, you only have partial access to the episodes. If you want to listen to them in full and be able to read the **transcripts** as well, you can subscribe for the paid version of this news service.

ITALIAN



[Coffee Break Italian](#)

Thanks to this podcast, you can learn Italian from scratch! Its friendly presenters explain **basic Italian phrases** using English and over time, you'll definitely become more and more confident in Italian!



[ItalianPod101.com](#)

Whether you're a beginner or an experienced learner of Italian, this podcast offers something for everyone. The topics vary from **Italian culture** to **current affairs**, and you'll even find out lots of interesting facts about the Italian language.



[La Bottega di Babel](#)

This podcast for pre-intermediate learners is presented by Gianluca, a friendly Italian man who **interviews** native speakers as well as students of Italian about the **traditions, culture, and everyday life in Italy**. If you use the Babel app, you can find the podcast directly in it together with a handy **transcript**.

PORTUGUESE



TUDO MUNDO POD!
PORTUGUÊS PARA ESTRANGEIROS

[TODO MUNDO POD](#)

These short episodes in slow Brazilian Portuguese are great for learners at the beginning level. They feature **language tips** as well as topics connected to **Brazilian culture or history**.



[Histórias de Ninar para Garotas Rebeldes](#)

This podcast in Brazilian Portuguese is based on the book *Good Night Stories for Rebel Girls: 100 Tales of Extraordinary Women*. Each 15–20-minute episode introduces a **story about an inspiring woman**. Although it's not aimed at learners, it can still be useful for beginners. You can also compare it to the English version of this podcast.



[Portuguese Lab](#)

This podcast offers a lot of **episodes on different levels**, also beginners, for those learning European Portuguese. Check out the **mini stories** which are a great way to get exposure to natural spoken, yet slow, language.

KEEP IN TOUCH!

Have fun discovering the world of podcasts and making your learning even more enjoyable. All you need to do is find the right podcast for you and you'll have an unlimited source of listening materials. And the best thing about podcasts is that you can listen to them on the go or while doing different activities. So it doesn't even feel like learning. Yay! Do you have any questions? Don't hesitate to reach out!

Happy listening! :)

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