

# 30-DAY SPANISH CHALLENGE

DAY 1 

Watch one  
**Tv-show**  
episode in Spanish



DAY 2 

Listen to  
Spanish  
**song**



DAY 3 

Read an  
**article**  
in Spanish



DAY 4 

Watch a  
**You Tube**  
video  
in Spanish



DAY 5

Change your  
**phone**  
settings  
to Spanish  
for a day



DAY 6 

Spend your  
**coffee**  
break  
practicing Spanish



DAY 7

**Repeat** your  
favorite activity  
from the list



DAY 8

**Doodle**  
something  
related to Spain



DAY 9

Send a  
**message**  
in Spanish



DAY 10 

Watch a  
**movie**  
in Spanish



DAY 11 

Learn  
five new  
**expressions**



DAY 12

Watch  
the  
**news**  
in Spanish



DAY 13 

Learn a  
Spanish  
**food**



DAY 14

**Repeat** your  
favorite activity  
from the list



DAY 15 

Read about a  
Spanish  
**city**  
you  
want to visit



DAY 16

Learn a  
**joke**  
in Spanish



DAY 17

Sing a  
Spanish song  
in **Karaoke**  
mode



DAY 18 

Read a  
Spanish  
**travel blog**



DAY 19 

Learn  
five Spanish  
**slang**  
words



DAY 20

Write your  
**to-do list**  
in Spanish ✓

DAY 21

**Repeat** your  
favorite activity  
from the list



DAY 22 

Learn ten  
**new words**  
on the same  
topic



DAY 23

Share your  
favorite  
Spanish  
**song**



DAY 24 

Learn about  
one of the  
Spanish  
**cities**



DAY 25

Post  
something  
in Spanish on your  
**Social Media**



DAY 26 

Learn  
a Spanish  
**tongue**  
twister



DAY 27

Memorise  
a Spanish  
**poem**  
of your  
choosing



DAY 28

**Repeat** your  
favorite activity  
from the list



DAY 29

Write your  
**bucket**  
list in  
Spanish



DAY 30 

Take a  
Spanish  
**Level**  
Test ✓ ✗

## FREE PASS

Publish a photo  
your **Instagram**  
account tagging  
**LAEMadrid**  
using the hashtag  
#30DiasConLAEMadrid

Publish an  
**InstaStory** tagging  
**LAEMadrid**  
using the hashtag  
#30DiasConLAEMadrid

Write a  
**Facebook post**  
saying why you love  
learning Spanish  
tagging **LAEMadrid**



**LAEMADRID**  
La Aventura Española

↪ Or ↪ ↪ Or ↪