

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
YouTube
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
LAE Madrid
using the hashtag
#30DiasConLAEMadrid

Publish an
InstaStory tagging
LAE Madrid
using the hashtag
#30DiasConLAEMadrid

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



LAE MADRID
La Aventura Española

