

The IPC system (RETOMANDO EL SISTEMA)

1. Recording ten minutes each day

The first four weeks are 5 minutes of reading and 5 minutes of questions and answers.

It is the first step. If you don't do it, the next part will be more difficult.

My reading is not an article on Google. I am writing a paper for my PhD and I read in English every day.

In the recording I am going to talk or present my progress, because on September 30th I have a 10-minute presentation in public.

2. Upload it publicly

The method requires YouTube to be public and without showing your face. Public because that way the teacher can check that I record every day.

I'm not sure which to choose between YouTube and TikTok. I can start with YouTube.

3. Dual practice

From the second week, the minimum will be two or three per week.

They are the reason to start alone: you arrive with your part done, and you don't jump to improvising without knowing how to order a sentence.

4. Group practice

Two calls per week, Sunday and Tuesday.

Tuesday in Spain is at 4 am, so I can only do it on Sunday.

How to record

An intro presenting what I'm going to talk about, the ideas, something else, and the conclusion of what I learned with a promise to keep improving.