



A 14-day Polish pronunciation practice plan

Train perception, articulation, rhythm, and self-comparison without pretending spelling is audio

The non-negotiable rule

Use reviewed native recordings as the target whenever possible. Browser speech can help with convenience, but it varies by device and is not labeled as a native or expert-reviewed model. Record yourself, compare one feature at a time, and keep the original so progress is audible.

Days 1-7: build the sound map

Day	Focus	Practice	Self-check
1	stable vowels a, e, i, o, u/ó, y	repeat short words; avoid English diphthongs	does each vowel stay one clear target?
2	ł, w, j	contrast mały, woda, jak	is ł closer to English w than l?
3	sz, cz, ż/rz, dż	slow articulation, then ordinary words	is the tongue position consistent across the row?
4	ś/si, ć/ci, ź/zi, dź/dzi, ń/ni	compare written patterns before vowels	can you hear the softer row, not just see i?
5	s, z, c, dz vs the other rows	listen-then-choose contrast practice	identify before repeating
6	ą and ę by environment	compare before fricatives, stops, and word-finally	avoid one fixed English-style nasal vowel
7	penultimate stress	mark syllables, then read ordinary words and phrases	is the stressed syllable clear without overlengthening?



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Move from isolated sounds to connected speech

Days 8-14: connect the system

Day	Focus	Practice	Self-check
8	final devoicing	compare spelling with what is heard word-finally	can you preserve the spelling while hearing the sound change?
9	voicing assimilation	work with short consonant groups at word boundaries	do neighboring obstruents influence one another?
10	consonant clusters	build from the stressed vowel outward; do not insert extra vowels	does the word keep its original syllable count?
11	phrase rhythm	shadow three short phrases at normal speed	match pauses and prominence, not just each consonant
12	minimal contrasts	listen, choose, reveal, then repeat	score perception separately from production
13	personal difficult words	select ten words from your own life	compare the same recording twice, days apart
14	baseline comparison	repeat the day-one text without rehearsing it first	name one improved feature and one next target

A useful recording log

- ☐ Target word or phrase and source recording saved.
- ☐ One sound or rhythm feature selected before recording.
- ☐ First attempt kept instead of immediately deleted.
- ☐ Difference described in plain language.
- ☐ Second attempt recorded after a short pause.
- ☐ Uncertain item marked for native-speaker or teacher feedback.