

Resource Library: Low-Data Edition

JBK Independent Learning Program

Light Resources for Learners Who Pay for Data

This is the short edition of the JBK Resource Library. It is for learners who pay for mobile data. All the resources here can be used for free, and most are “light”: they use very little data. They cover seven skills (listening, reading, speaking, writing, vocabulary, grammar, and pronunciation). Most lessons are for levels A1, A2, and B1, but many of these websites also have lessons at B2 or C1. Look at the level beside each resource.

This course uses ideas from the European Language Portfolio: you check your level, choose a goal, and record your progress. AI tools can also help you at low cost. Write to the AI; do not talk to it. Writing uses very little data. For more resources, see the full Master Index.

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Data Markers

Marker	Meaning
LIGHT	Uses very little data. You can use it with mobile data.
MEDIUM	Uses more data. Use Wi-Fi if you can.
WI-FI	Uses a lot of data. Use it only with Wi-Fi.

The data marker shows the lightest useful part of a resource. The grey line under each resource shows which parts are Light, Medium, or Wi-Fi only.

The data markers are estimates. They can change when a website changes.

Download Once, Study Many Times

A lesson you download costs data one time. After that, it is free. A web page costs data every time you open it.

1. Find Wi-Fi, or use your data.
2. Download the lesson. It is a PDF file or an audio file.
3. Turn off your data.
4. Study the lesson again and again. It is free now.
5. Share the file with a friend.

How to Save Data and Money on Your Phone

Smartphones are great for learning, but internet data can be expensive. Here are simple ways to use your phone, learn every day, and spend less money.

1. Download Content on Free Wi-Fi

- **Save materials for later:** When you find free Wi-Fi (at school, a library, or a community center), download your lessons, articles, or audio files.
- **Study offline:** Turn off your mobile data when you read or listen to saved files. This uses **zero data**.

2. Turn Off Background Data

- **Stop hidden data use:** Many apps use internet even when you are not using them.
- **Check your settings:** Go to **Settings > Data Usage** on your phone. Turn off "**Background Data**" for apps you do not need all the time.

3. Use Data Saver Mode in Apps

- **Web Browsers:** Turn on "Data Saver" or "Lite Mode" in web browsers like **Chrome** or **Opera Mini**. This makes web pages smaller and uses less data.
- **Messaging:** In apps like **WhatsApp**, go to *Settings > Storage and Data*. Set images and videos to download **only on Wi-Fi** instead of automatically.

4. Practice with Voice Notes and Text

- **Choose light formats:** Text messages and short voice notes use very little data compared to video calls or streaming videos.
- **Keep videos short:** If you must watch a video for study, change the video quality setting to **240p** or **360p** to use less data.

5. Download Free Offline Dictionaries

- **Download on Wi-Fi:** Open translation apps (like Google Translate or Naver Papago) when you have free Wi-Fi. Download the **English pack** and your native language pack to your phone.
- **Use offline:** Now you can look up new words anywhere without using internet data.

6. Turn Off Auto-Play Videos

- **Stop automatic videos:** Apps like Facebook, Instagram, WhatsApp, and YouTube play videos automatically when you scroll. This uses a lot of data.
- **Change settings:** Go to **Settings** in the app. Find **Media** or **Autoplay**. Choose "**Never Autoplay Videos**" or "**Autoplay on Wi-Fi Only**."

7. Turn Off Auto-Updates and Photo Sync

- **Update apps on Wi-Fi only:** App updates use a lot of data. Go to **Google Play Store** or **Apple App Store** settings. Select "**Update apps over Wi-Fi only**."
- **Save photos on Wi-Fi:** Google Photos and iCloud send your photos to the internet. Change your settings so photo backup works **only on Wi-Fi**.

8. Save Maps for Offline Travel

- **Download your map:** Open **Google Maps** or **Apple Maps** on Wi-Fi. Type the name of your city. Tap "**Download Offline Map**."
- **Find streets offline:** You can use the map to walk or drive without using mobile data.

9. Download Audio Before You Listen

- **Download podcasts on Wi-Fi:** If you like English learning podcasts or music, tap the **Download** button when you are on Wi-Fi.
- **Listen offline:** Play your saved audio on the bus or while walking. It uses zero data.

Key Words to Remember

- **Offline:** Using your phone without an internet connection.
- **Background Data:** Internet used by apps when you are not looking at them.
- **Data Saver:** A setting that reduces the amount of internet your phone uses.

Practice Questions (For Students)

1. Where can you go to find free Wi-Fi to download your lessons?
o **Answer:** _____
2. What setting should you turn off to stop extra apps from using internet secretly?
o **Answer:** _____
3. Which uses less data: text messages and voice notes, or video calls?
o **Answer:** _____
4. What app can you download on Wi-Fi to look up new words offline?
o **Answer:** _____
5. What setting stops videos from playing automatically when you scroll?
o **Answer:** _____
6. Should you update your phone apps on cellular data or Wi-Fi?
o **Answer:** _____

Answer Key (For Teacher / Self-Check)

1. You can go to a school or a community center (or library).
2. You should turn off Background Data.
3. Text messages and voice notes use less data.
4. You can download an offline dictionary or language pack (like Google Translate).
5. You should turn off Autoplay (or set it to "Wi-Fi Only").
6. You should update apps on Wi-Fi only.

Check Your Level

EF SET | Level: All levels | **MEDIUM**

<https://www.efset.org/>

A free English test. It shows your level from A1 to C2. Start with the 20-question practice test. Write your result in My Learning Record. You can also use the self-assessment in Part 1, Module 2. It uses no data.

Medium: the 20-question practice test. **Wi-Fi only:** the 50-minute and 90-minute tests.

Listening

ELLLO | Level: A1–C1 | **LIGHT**

<https://ello.org/>

Short conversations with the written words, and grammar lessons with PDFs. Listen, read the words, and listen again.

Light: grammar lessons and their PDFs. **Medium:** audio conversations with the written words, and the speaking games Repeat Relay and Speaking Challenge. **Wi-Fi only:** videos.

VOA Learning English | Level: A2–C1 | **LIGHT**

<https://learningenglish.voanews.com/>

News and stories in clear, slow English. Read the article first. Listen when you have more data.

Light: the article text. **Medium:** the article with audio. **Wi-Fi only:** videos. The videos are also on YouTube: <https://www.youtube.com/voalearningenglish>

Randall's ESL Cyber Listening Lab | Level: A2–B2 | **MEDIUM**

<https://www.esl-lab.com/>

Short everyday conversations with a quiz. Listen, do the quiz, then read the words.

Medium: short conversations with audio and a quiz.

BBC Learning English | Level: A2–C1 | **MEDIUM**

<https://www.bbc.co.uk/learningenglish>

Short audio programmes with the written words in a PDF. Download one programme and its PDF. Listen and read.

Medium: audio programmes (for example, 6 Minute English) and their PDF transcripts. **Wi-Fi only:** video courses.

Spotlight English | Level: A2–B1 | **LIGHT**

<https://spotlightenglish.com/>

Slow, clear 15-minute programmes with the full written words. Read the script. Listen on Wi-Fi.

Light: the scripts (the written words). **Wi-Fi only:** the 15-minute audio.

Reading

Breaking News English | Level: A2–C1 | **LIGHT**

<https://breakingnewsenglish.com/>

Short news stories at many levels. Choose Level 0, 1, 2, or 3. Read the story and do the short PDF.

Light: Level 0 to Level 3 stories, the short PDFs (2 or 7 pages), and the short audio. **Wi-Fi only:** the 27-page lesson.

News in Levels | Level: A2–B1 | **MEDIUM**

<https://www.newsinlevels.com/>

Short news stories at three levels. Read Level 1 first. Then try Level 2 of the same story.

Medium: the stories with audio. **Wi-Fi only:** the videos.

Simple English Wikipedia | Level: B1–B2 | **LIGHT**

<https://simple.wikipedia.org/>

An encyclopedia in simple English. Search for a topic you know. Read the first part.

Light: all articles.

American English (U.S. Department of State) | Level: All levels | **MEDIUM**

<https://www.americanenglish.org/>

A website for teachers and learners, with free stories and activities to download. Download one short story. Then read it with no internet. Teachers can find lesson plans and activities for a class.

Medium: single stories and worksheets (PDF files). **Wi-Fi only:** full books and audio.

Speaking

ESL Fast / Rong-Chang | Level: A1–B1 | **LIGHT**

<https://www.eslfast.com/speaking/>

Hundreds of short dialogues and stories with audio. Listen, read, and repeat the dialogue.

Light: short dialogues and stories with audio.

EnglishSpeak | Level: A1–A2 | **LIGHT**

<https://www.englishspeak.com/>

Everyday phrases with slow and normal audio. Listen at slow speed and repeat. Then listen at normal speed.

Light: lessons and phrases with short audio.

ITSLJ Conversation Questions | Level: A2–B2 | **LIGHT**

<http://iteslj.org/questions/>

Lists of questions on many topics. Choose a topic. Ask and answer five questions with a friend.

Light: all pages (text only).

Writing

British Council LearnEnglish Teens A1 Writing | Level: A1 | **LIGHT**

<https://learnenglishteens.britishcouncil.org/skills/writing/a1-writing>

Short model texts with PDF worksheets. Read the model and do the worksheet. Then write your own text. It is made for teenagers, but adults can use it too.

Light: writing lessons and PDF worksheets.

LanguageTool | Level: All levels | **LIGHT**

<https://languagetool.org/>

A free checker for grammar and spelling. Write your text first. Then paste it in and read each correction.

Light: checking your writing.

Cambridge Write & Improve | Level: All levels | **LIGHT**

<https://writeandimprove.com/>

A free writing tool from Cambridge. Choose a task and write. Read the feedback and write again. You do not need an account.

Light: writing a text and getting feedback.

Quill.org | Level: A2 and higher | **MEDIUM**

<https://www.quill.org/>

Short writing and grammar activities with feedback. They are made for school students. Do one activity and read the feedback. A free account saves your work.

Medium: writing and grammar activities. You must be online.

Vocabulary

Cambridge Dictionary | Level: All levels | **LIGHT**

<https://dictionary.cambridge.org/>

A dictionary for learners, with audio. Look up a word, listen to it, and read one example.

Light: word searches with audio.

SKELL | Level: B1–C1 | **LIGHT**

<https://skell.sketchengine.eu/>

Example sentences for any word. Type a word and read five sentences.

Light: word searches.

Anki | Level: All levels | **WI-FI**

<https://apps.ankiweb.net/>

A flashcard app. Make cards for new words and study them every day. On an Android phone, get the app “AnkiDroid” in the Play Store.

Wi-Fi only: download the app one time. After that, it uses no data.

Google Translate | Level: All levels | **WI-FI**

<https://translate.google.com/>

Translate words and sentences between English and your language.

Wi-Fi only: download your language one time. After that, it works with no data.

Grammar

Perfect English Grammar | Level: A2–C1 | **LIGHT**

<https://www.perfect-english-grammar.com/>

Clear grammar explanations and PDF exercises with answers. Read one explanation and do one exercise.

Light: grammar explanations and PDF exercises.

English Grammar Online | Level: A2–B2 | **LIGHT**

<https://www.ego4u.com/>

Simple grammar explanations with exercises and answers.

Light: grammar pages with exercises.

Test-English A1 Grammar | Level: A1 | **MEDIUM**

<https://test-english.com/grammar-points/a1/>

Grammar explanations and exercises with answers. The website also has A2, B1, and B2 pages.

Medium: grammar pages with exercises. You must be online.

Englishpage.com | Level: B1–C1 | **LIGHT**

<https://www.englishpage.com/>

Grammar lessons and exercises. It is very good for verb tenses.

Light: grammar pages with exercises.

UsingEnglish.com | Level: B1–C1 | **LIGHT**

<https://www.usingenglish.com/>

Grammar and vocabulary pages and quizzes.

Light: reference pages and quizzes.

Pronunciation

Forvo | Level: All levels | **LIGHT**

<https://forvo.com/>

Recordings of single words by real speakers. Search for a word and listen.

Light: word recordings.

Pronuncian | Level: All levels | **LIGHT**

<https://pronuncian.com/>

Free lessons for the sounds of American English, with pairs of similar words. Listen and repeat. Then record your voice and listen to it.

Light: sound lessons and word pairs with short audio. **Wi-Fi only:** videos.

All Skills and Courses

British Council LearnEnglish | Level: A1–C1 | **LIGHT**

<https://learnenglish.britishcouncil.org/>

Lessons for reading, listening, writing, and grammar at every level, with PDF worksheets. Choose your level and one skill.

Light: reading, writing, and grammar lessons with PDF worksheets. **Medium:** listening lessons with audio. **Wi-Fi only:** videos.

Learn American English Online | Level: A1–B1 | **LIGHT**

<https://www.learnamericanenglishonline.com/>

A free course in seven levels. Start at your level and do one lesson each day.

Light: text lessons. **Wi-Fi only:** videos.

REEPworld | Level: A1–A2 | **LIGHT**

<https://reepworld.org/>

Free story lessons for adult beginners about family, health, and work. You do not need an account. Teachers can print the worksheets for a class.

Light: the printable worksheets. **Medium:** the story lessons with pictures and audio. You must be online.

Cambridge English: Learning English | Level: A1–C2 | **MEDIUM**

<https://www.cambridgeenglish.org/learning-english/>

Short activities by level and skill. Choose your level and do one activity.

Medium: short activities. You must be online.

Saylor Academy ESL Courses | Level: A2 and higher | **LIGHT**

<https://www.saylor.org/>

Free courses with a free certificate. You need an account. Study the reading lessons. Take the final exam in a place with good internet.

Light: the reading lessons. **Wi-Fi only:** the app download and the videos. The final exam needs good internet.

OpenLearn — The Open University | Level: B1–C1 | **MEDIUM**

<https://www.open.edu/openlearn/>

Free courses that you can download and study with no internet.

Medium: download a course as a PDF or e-book file and study offline. **Wi-Fi only:** courses with video.

AI Tools

ChatGPT | Level: All levels | **LIGHT**

<https://chatgpt.com/>

An AI tool. Write your question. It can check your answers and explain your mistakes.

Light: writing to the AI. **Wi-Fi only:** talking to the AI with your voice.

Google Gemini | Level: All levels | **LIGHT**

<https://gemini.google.com/>

An AI tool from Google. You need a Google account.

Light: writing to the AI. **Wi-Fi only:** talking to the AI with your voice.

Meta AI in WhatsApp | Level: All levels | **LIGHT**

In the WhatsApp app

An AI tool inside WhatsApp. It is not in every country.

Light: writing to the AI.

Study Skills

British Council LearnEnglish — Study Skills Tips | Level: A2 | **LIGHT**

<https://learnenglish.britishcouncil.org/free-resources/reading/a2/study-skills-tips>

A short reading lesson about how to study, with a PDF worksheet.

Light: the reading page and its PDF worksheet.

EnglishClub — How to Learn English | Level: A1–B2 | **LIGHT**

<https://www.englishclub.com/learn-english/>

A very large free website for all skills: grammar, vocabulary, pronunciation, listening, speaking, reading, and writing. It also has advice on how to learn English.

Light: text pages.

More Help

The Learner Guide explains more: “Learning English with Little Data,” “Low-Cost Things to Do with AI,” “Did You Find a New Website?” and “Stay Safe Online.”

The full Master Index has more resources for learners with good internet.

Your goal comes first. The resource comes second.