INNOVATE UTTARAKHAND · HACKATHON 3.0

STUDENT READING MATERIAL

Speak English Confidently with AI

Smart Preparation for IELTS and TOEFL Speaking

Ms. Huong Vu

English Tutor · Vietnam

For students, teachers and innovators of Innovate Uttarakhand Hackathon 3.0 · SCERT Uttarakhand

BEFORE YOU BEGIN

Why practise speaking with AI?

Many students know English grammar and understand what they read, but feel nervous when they have to **speak**. They know the answer, yet the words do not come out easily. This is normal. Speaking is a skill, and like any skill it improves with regular practice.

AI-powered apps give you a patient speaking partner. You can practise **anytime**, **anywhere** and **at your own pace**, repeat as often as you like, and get instant suggestions — without feeling embarrassed about mistakes.

What you will learn

- Know four popular AI apps that support English speaking.
- Use an AI voice assistant as a speaking examiner, coach or Hackathon judge.
- Improve **pronunciation, fluency, vocabulary, grammar** and **confidence** step by step.
- Understand how this practice supports IELTS and TOEFL speaking preparation.
- Prepare to present your Hackathon 3.0 innovation clearly in English.
- Complete a seven-day speaking challenge and measure your own progress.

REMEMBER

You don't need perfect English to begin. You simply need the courage to practise. Fifteen minutes a day, every day, is better than two hours once a month.

PART 1

Four apps for English speaking practice

Each app has different strengths. Choose one that matches your goal, or combine two — for example, one for daily habit and one for speaking feedback.

App	Main strength	Best for
ELSA Speak	Pronunciation, speaking practice and personalized feedback	Sounding clearer; fixing difficult sounds and word stress
Duolingo	Short lessons, games and daily practice	Building a daily habit and basic vocabulary
Speak	AI-supported conversations	Practising everyday communication
ChatGPT Voice	Open spoken conversation, speaking questions and feedback on your answers	Test-style practice, presentations and follow-up questions

Features and plans of these apps change over time; some features may need a paid plan or an account. Ask your teacher or parent before signing up for any app.

PART 2

Practise speaking with an AI voice examiner

This guide uses **ChatGPT Voice**, but the same idea works with most AI voice assistants. Follow the steps in order.

1. **Open the app and start a voice conversation**
   Choose the voice mode so that you speak and the AI replies aloud. Sit in a quiet place and keep the phone close.

2. **Give the AI a role**
   Tell the AI to act as your IELTS examiner, TOEFL coach or Hackathon judge, and ask it to give one question at a time.

3. **Listen carefully to the question**
   If you did not understand, ask: "Could you repeat the question, please?" — this is good practice too.

4. **Answer in full sentences**
   Give your answer, then a reason, then an example. Aim for 30–45 seconds for a short question.

5. **Read or listen to the feedback**
   Notice comments on fluency, vocabulary, grammar and coherence. Write down one new word or phrase.

6. **Ask follow-up questions and try again**
   Ask the AI to improve your answer, then say the improved answer aloud yourself.

STARTER PROMPT: AI EXAMINER

"Hello! Please act as my IELTS speaking examiner. Ask me questions one at a time. After I answer, give me feedback on my fluency, vocabulary, grammar and coherence. Let's begin with an easy question."

Useful follow-up prompts

FOLLOW-UP 1

"Can you improve my answer using more advanced vocabulary while keeping it natural?"

FOLLOW-UP 2

"Can you give me another speaking question and help me answer more fluently?"

FOLLOW-UP 3

"Please speak a little more slowly, and correct only my two most important mistakes."

WORKED EXAMPLE

From a good answer to a better answer

QUESTION FROM THE AI EXAMINER

Do you prefer studying alone or studying with friends? Why?

STUDENT'S ANSWER

I prefer studying with friends because we can exchange ideas, help each other understand difficult topics, and make learning more interesting. However, when I need to concentrate deeply, I sometimes prefer studying alone.

Sample feedback (the kind of comments an AI may give)

Area	What went well	How to improve
Fluency	Smooth answer with clear reasons	Add a short personal example to speak a little longer
Vocabulary	Good phrases: “exchange ideas”, “concentrate deeply”	Try “collaborate”, “clarify doubts”, “stay focused”
Grammar	Correct sentences; good use of “because”	Try one complex sentence, e.g. with “which” or “when”
Coherence	“However” links the two ideas well	Finish with a short conclusion

IMPROVED ANSWER

On the whole, I prefer studying with friends, because we can **collaborate**, **clarify each other's doubts** and keep each other motivated. For example, before my science exam, my friends and I explained one chapter each, which made revision much faster. That said, when I need to **stay focused** on something difficult, such as maths problems, I prefer to work alone. So, **it really depends on** the task.

Notice the pattern: Answer → Reason → Example → Contrast → Short conclusion. You can use this pattern for many speaking questions.

PART 3

Quick IELTS and TOEFL speaking preparation

	IELTS Speaking	TOEFL iBT Speaking
Format	A face-to-face conversation with an examiner in three parts: questions about yourself, a short talk on a topic card, and a longer discussion.	Since 21 January 2026, a shorter section of about 8 minutes with two task types: **Listen & Repeat** and an **Interview**, with no preparation time.
Practise with AI	Ask the AI to simulate all three parts and give structured feedback.	Repeat sentences the AI says, word for word; answer interview questions quickly and clearly.
Focus on	Fluency, vocabulary range, grammar and pronunciation; extending your answers.	Accurate listening, clear pronunciation, and organized answers without long pauses.

Test formats can change. Always check the official IELTS and ETS (TOEFL) websites for the latest format before your test.

PROMPT: IELTS PART 2 PRACTICE

"Act as my IELTS speaking examiner. Give me a Part 2 topic card, wait while I speak for up to two minutes, then give me feedback on fluency, vocabulary, grammar and pronunciation."

PROMPT: TOEFL COACH

"Act as my TOEFL speaking coach. Give me one speaking task and then evaluate my answer based on clarity, organization, grammar and vocabulary."

PROMPT: LISTEN & REPEAT PRACTICE

"Say five English sentences one at a time. After each one, wait for me to repeat it, then tell me which words I did not say clearly."

IMPORTANT

AI feedback is for practice. It is not an official IELTS band score or TOEFL score. Use it to find your weak areas, then keep practising.

PART 4

Speak about your Hackathon 3.0 innovation

Innovation is not only about creating new ideas — it is also about **communicating** those ideas. Whether your project is about environmental protection, education, agriculture or road safety, you may need to explain it to judges, teachers, researchers or international audiences.

A simple 60-second pitch

Step	What to say	Sentence starters
1. Hook	Introduce yourself and the problem	"Hello, I am … from … . Every day in our village, …"
2. Problem	Why it matters and who it affects	"This is a problem because …"
3. Solution	Your idea or prototype in one or two sentences	"Our solution is … . It works by …"
4. Impact	Who benefits and how	"This will help … to … ."
5. Close	Thank the audience and invite questions	"Thank you. We are happy to answer your questions."

PROMPT: AI HACKATHON JUDGE

"Act as a Hackathon judge. I am a student presenting an innovation project. Ask me five questions about my idea, its usefulness and its impact. After each answer, help me improve my English communication."

Questions judges often ask

- What problem does your project solve, and who will use it?
- How is your idea different from what already exists?
- How much will it cost to make, and is it easy to use?
- What did you learn while building your prototype?
- How could you improve your project in the future?

Useful phrases for answering questions

When you need to…	Say…
Buy thinking time	"That's a good question. Let me think for a moment."
Check you understood	"Do you mean …?" / "Could you repeat that, please?"
Give a reason	"The main reason is …" / "This is because …"

PART 5

Seven-day English speaking challenge

Practise for just **15 minutes every day for seven days**. On Day 1, record your first answer; on Day 7, record again and compare. Tick each day when you finish.

Day	Practice activity	Tip	Time	Done
1	**Introduce yourself and your school**	Name, class, school, favourite subject	15 min	☐
2	**Describe your interests and hobbies**	Why you enjoy them; how often you do them	15 min	☐
3	**Practise IELTS-style personal questions**	Ask the AI for five Part 1 questions	15 min	☐
4	**Practise a timed TOEFL-style response**	Listen & Repeat, then a short interview	15 min	☐
5	**Explain your Hackathon innovation**	Use the 60-second pitch on the previous page	15 min	☐
6	**Answer five questions from an AI judge**	Use the AI Hackathon judge prompt	15 min	☐
7	**Record and compare your speaking progress**	Repeat Day 1 and compare the two recordings	15 min	☐

Self-check: rate yourself from 1 (beginning) to 5 (excellent)

Skill	I can…	Day 1	Day 7
Fluency	speak without long pauses	___ / 5	___ / 5
Pronunciation	be understood clearly	___ / 5	___ / 5
Vocabulary	use new and precise words	___ / 5	___ / 5
Grammar	make correct sentences	___ / 5	___ / 5
Confidence	speak without fear of mistakes	___ / 5	___ / 5

My reflection after seven days:

_____

_____

GOOD HABITS

Using AI responsibly and wisely

- **Do the speaking yourself.** Let AI give questions and feedback, but the words should be yours.
- **Check important facts.** AI can make mistakes; confirm information with your teacher or a trusted source.
- **Protect your privacy.** Do not share your full address, phone number, passwords or photos of documents.
- **Be honest.** Do not present AI-written work as your own in competitions or exams.
- **Take breaks.** Short, regular practice is healthier and more effective than long sessions.
- **Practise with people too.** Speak English with classmates, teachers and family whenever you can.

Phrase bank for speaking

Purpose	Useful phrases
Giving an opinion	In my opinion… · I strongly believe… · From my point of view…
Adding ideas	Moreover… · In addition… · Another reason is…
Giving examples	For example… · For instance… · A good example is…
Contrasting	However… · On the other hand… · That said…
Concluding	Overall… · To sum up… · So, it really depends on…

CHECK YOUR UNDERSTANDING

Quick quiz

1. Which app in this guide focuses most on pronunciation?

a) Duolingo b) ELSA Speak c) Speak

2. What should you do first when practising with an AI examiner?

a) Ask for a score b) Give the AI a role c) Answer quickly

3. Is AI feedback the same as an official IELTS band score?

a) Yes b) No

4. Which pattern makes a speaking answer stronger?

a) Answer → Reason → Example b) Answer only c) Example only

5. How long should you practise each day in the seven-day challenge?

a) 5 minutes b) 15 minutes c) 2 hours

Answers: 1 b · 2 b · 3 b · 4 a · 5 b

A MESSAGE FROM YOUR TUTOR

English is not just a subject. It is a powerful tool for learning, collaboration, innovation and global communication. Keep innovating, keep communicating, and keep growing!

Thank you! Xin cảm ơn! Namaste! — Ms. Huong Vu