

Japanese Listening Course

SmileNihongo.com/Listening

This self-paced listening course helps learners improve real-life Japanese listening skills by training them to first catch general meaning and then understand specific details using slow and natural audio. Each lesson guides students through listening, vocabulary support, targeted exercises, transcripts, and grammar notes using everyday topics like introductions, invitations, directions, and restaurant conversations. By repeating this structured process, learners gradually build confidence and understanding of natural spoken Japanese in daily situations.

Instructor: 裕子先生 (ゆうこせんせい) **Yuko Sensei**

I am a native Japanese with an M.A. Degree in Japanese Pedagogy (Teaching Japanese as a Foreign Language). I have over 20 years of teaching experience.

Introduction

ようこそ **Welcome - Improve your listening comprehension!**

How to navigate through each lesson ([Sample Video](#))

Lesson 1 - 自己紹介 (じこしょうかい) Self-Introduction (1)

- **Download Lesson 1 Worksheet** (PDF 2 pages)
- **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Self-Introduction (1) Audio - Slow (MP3)
 - Self-Introduction (1) Audio - Natural (MP3)
- **Check Vocabulary**
 - List of Vocabulary (PDF)
 - List of Vocabulary (MP3)
- **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
- **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 2 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes

Lesson 2 - 自己紹介 (じこしょうかい) Self-Introduction (2)

- **Download Lesson 2 Worksheet** (PDF 2 pages)

- **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Self-Introduction (2) Audio - Slow (MP3)
 - Self-Introduction (2) Audio - Natural (MP3)
 - **Check Vocabulary**
 - List of Vocabulary
 - List of Vocabulary Audio (MP3)
 - **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
 - **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 2 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes
-

Lesson 3 - お誘い (おさそい) Invitation

- **Download Lesson 3 Worksheet** (PDF 3 pages)
 - **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Invitation Audio - Slow (MP3)
 - Invitation Audio - Natural (MP3)
 - **Check Vocabulary**
 - List of Vocabulary
 - List of Vocabulary Audio (MP3)
 - [Extra Vocabulary - Days of the Week](#)
 - [Extra Vocabulary Audio \(MP3\)](#)
 - **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
 - **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 2 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes
-

Lesson 4 - 音楽 (おんがく) Music

- **Download Lesson 4 Worksheet** (PDF 3 pages)
- **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Music Audio - Slow (MP3)
 - Music Audio - Natural (MP3)

- **Check Vocabulary**
 - List of Vocabulary (PDF)
 - List of Vocabulary (MP3)
 - Extra Vocabulary - Music Genres
 - Extra Vocabulary Audio (MP3)
 - **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
 - **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 2 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes
-

Lesson 5 - 家族 (かぞく) Family

- **Download Lesson 5 Worksheet** (PDF 4 pages)
 - **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Family Audio - Slow (MP3)
 - Family Audio - Natural (MP3)
 - **Check Vocabulary**
 - List of Vocabulary (PDF)
 - List of Vocabulary (MP3)
 - Extra Vocabulary - How to Count People
 - Extra Vocabulary Audio (MP3)
 - **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
 - **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 3 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes
-

Lesson 6 - 家の案内 (いえのあんない) House Tour

- **Download Lesson 6 Worksheet** (PDF 4 pages)
- **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - House Tour Audio - Slow (MP3)
 - House Tour Audio - Natural (MP3)

- **Check Vocabulary**
 - List of Vocabulary (PDF)
 - List of Vocabulary (MP3)
 - Extra Vocabulary - Things in the House
 - Extra Vocabulary Audio (MP3)
 - **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
 - **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 3 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes
-

Lesson 7 - 道を聞く (みちをきく) Asking for Directions (1)

- **Download Lesson 7 Worksheet** (PDF 4 pages)
 - **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Asking for Directions (1) Audio - Slow (MP3)
 - Asking for Directions (1) Audio - Natural (MP3)
 - **Check Vocabulary**
 - List of Vocabulary (PDF)
 - List of Vocabulary (MP3)
 - Extra Vocabulary - Location Words
 - Extra Vocabulary Audio (MP3)
 - **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
 - **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 2 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes
-

Lesson 8 - 道を聞く (みちをきく) Asking for Directions (2)

- **Download Lesson 8 Worksheet** (PDF 4 pages)
- **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - Asking for Directions (2) Audio - Slow (MP3)
 - Asking for Directions (2) Audio - Natural (MP3)

- **Check Vocabulary**

 - List of Vocabulary (PDF)

 - List of Vocabulary (MP3)

 - [Extra Vocabulary - Location Words](#)

 - [Extra Vocabulary Audio \(MP3\)](#)

- **Listen Again & Exercise**

 - Listen for Specific Words - Exercise

- **Answers & Grammar Notes**

 - Answer Keys and Original Transcript (PDF 3 pages)

 - Listen to the text ([Video](#))

 - Grammar Notes

Lesson 9 - 猫を探しています (ねこをさがしています) Lost Pet

- **Download Lesson 9 Worksheet** (PDF 5 pages)

- **Listen First**

 - Catch General Ideas

 - Catch Specific Ideas

 - Lost Pet Audio - Slow (MP3)

 - Lost Pet Audio - Natural (MP3)

- **Check Vocabulary**

 - List of Vocabulary (PDF)

 - List of Vocabulary (MP3)

 - [Extra Vocabulary](#)

 - Months

 - Dates with traditional Japanese numbers

 - [Extra Vocabulary Audio \(MP3\)](#)

- **Listen Again & Exercise**

 - Listen for Specific Words - Exercise

- **Answers & Grammar Notes**

 - Answer Keys and Original Transcript (PDF 3 pages)

 - Listen to the text ([Video](#))

 - Grammar Notes

Lesson 10 - レストランで At a Restaurant

- **Download Lesson 10 Worksheet** (PDF 7 pages)

- **Listen First**
 - Catch General Ideas
 - Catch Specific Ideas
 - At a Restaurant Audio - Slow (MP3)
 - At a Restaurant Audio - Natural (MP3)
- **Check Vocabulary**
 - List of Vocabulary (PDF)
 - List of Vocabulary (MP3)
 - Extra Vocabulary
 - Counter for small objects or orders
 - Menu at a Restaurant
 - Extra Vocabulary Audio (MP3)
- **Listen Again & Exercise**
 - Listen for Specific Words - Exercise
- **Answers & Grammar Notes**
 - Answer Keys and Original Transcript (PDF 3 pages)
 - Listen to the text ([Video](#))
 - Grammar Notes

BONUS - 言葉と心（ことばとこころ） Words and Heart

- How words affect our well-being ([Video in Japanese](#))
- Audio in Japanese (MP3)
- Script - Japanese & English (PDF 5 pages)

Go to the Homepage of the course
SmileNihongo.com/Listening