GoalTodo

Learn Spanish to B1: about a year at an hour a day

Learn Spanish

55 weeks · Mon, Nov 30 → Sun, Dec 19

Starting point: **I don't speak any Spanish**
60 minutes a day

This booklet belongs to _____

Before you start

An English-speaking adult learning Spanish alone, from zero, from A1 or from A2, who wants a dated plan to B1 at about an hour a day, using free tools if they like.

Not for: Anyone who needs an exam result by a fixed date (DELE, SIELE, a visa or a school): use the exam body's own pages, such as Instituto Cervantes for DELE. Not for heritage speakers or learners already past B1, or for someone who wants a tutor-led course.

A five-minute check

- [ ] Can you name a time and place you meet every day, such as after breakfast or on your commute? If not: Pick one before day 1 and put it in your calendar. The same time and place every day makes it easier to keep going. [17, 18]
- [ ] Do you have 15 to 30 minutes a day for week 1, and about an hour a day from week 3 or 4? If not: Choose fewer minutes a day on the plan page and the dates move to fit. Or start on a date when the time is there.
- [ ] Have you chosen one course: a textbook with audio, an app or a class? If not: Choose one before week 1. See What you need and Free resources. One course you finish beats three you start.
- [ ] Is there a flashcard app on your phone or computer? If not: Install one before day 1. Anki is free on computers and Android. On an iPhone, any free flashcard app works. [21, 22]
- [ ] Can you introduce yourself and count to 20 in Spanish? If not: Start at 'I don't speak any Spanish'. If yes, and you can also talk about last weekend, start at A2; if not, start at A1.
- [ ] Do you know who you'll speak with by about your fourth week? If not: That's fine for now. Until then, speaking days are reading aloud and recording yourself. Look for a partner during the first month.

My why

A page for you. Write it now, and read it again in the week you want to stop.

Why this goal, and why now?

What will be different when you've done it?

Who will you tell, and when?

What is most likely to get in the way?

How the plan works

The finish line is B1, the level where you can hold everyday conversations, talk about your life and plans, and give your opinion. B1 is a level on the CEFR scale, which most courses and exams use.

Hours decide the length. LanguageCert estimates about 95 guided hours for A1, 95 more for A2 and 180 more for B1: roughly 370 hours from zero. At about an hour a day that's a little over a year. LanguageCert's figures are for taught hours toward its English exams; we use them as a rough guide to the study hours each level takes. Spanish is one of the quicker languages for English speakers: it is in the FSI's Category I, the group that takes English speakers the least time. These are estimates, and people vary, so treat the dates as a guide.

A normal week is about 7 hours:

- Five days of a lesson and listening, 45 minutes: 25 minutes of new material from your course, then 20 minutes of listening or reading in Spanish.
- Flashcards every day, 15 minutes, with an app that spaces out your reviews.
- Two days of speaking practice, 45 minutes: a tutor, an exchange partner, or reading and repeating aloud on your own.

The first weeks build up slowly, from 15 or 30 minutes a day to the full hour, so the habit settles before the load grows.

Every fourth week is a review week. No new topic: you go back over the last three. Coming back to old material again and again, at growing gaps, is what makes it stay.

If your date is closer, the plan leaves out some review weeks. You still need the same hours, so plan on about 80 minutes a day instead of 60, and keep reviewing through your flashcards.

Which level to pick

- I don't speak any Spanish: you can't yet introduce yourself or count to 20. 55 weeks.
- I know the basics (A1): you can introduce yourself, order a coffee, and use the present tense of common verbs, but you can't yet talk about the past. 40 weeks.
- I can get by (A2): you can talk about your day, your past weekend and your plans, and manage shops and travel. 27 weeks.

Not sure? Take a free online placement test, or start one level lower: the first weeks of each level are a refresh, so you'll know quickly.

Before you start

- Pick one course and stick with it: a textbook, an app or a class. The plan's weekly topics follow a common order for beginner courses; if yours runs in a different order, follow your course and use the plan for the hours and the review weeks.
- Set a fixed time each day, such as after breakfast or on your commute. A daily slot is easier to keep than a weekly target.
- Find a speaking partner by week 4 or so: an online tutor, a language exchange, or a local conversation group. Until then, read aloud and repeat after audio.
- If you have, or think you might have, dyslexia, a hearing difficulty or another learning difficulty, a teacher or a qualified professional can suggest ways to adapt how you study. The sources behind this plan don't cover this, so this advice is general.

Keeping it up

Never miss twice in a row. A missed day happens; two in a row is how a habit fades.

On a bad day, do the minimum: 10 minutes of flashcards. Even 10 to 15 minutes of daily practice keeps you moving.

If you feel worn out for more than a few days, drop to the minimum for a week. A smaller plan you keep beats a bigger one you quit.

Mark your progress in the review weeks. Every few months, record yourself speaking for two minutes about your week and listen back to an older recording.

The finish

- The week before the end you take a practice B1 test: sample papers for the main Spanish exams are free online. Do one part a day and note the topics you found hardest.
- In the last week, go over those topics and book two long conversations with a tutor or a Spanish speaker.
- You've reached the finish line when you can talk about your life, your plans and your opinions and follow most of the reply, asking for repeats in Spanish when you need them.
- If you'd like a certificate, you can sit an official B1 exam afterwards. Check the exam's dates and how to book early, as they differ from one exam to another.

What you need

What	Why	Free option
One course	It gives you the new material for each lesson day, in a sensible order.	VideoEle: a free online video course for learners of Spanish, with no sign-up or payment. [23, 24]
A flashcard app	Every day of the plan has flashcards. An app spends more time on the cards you find hard and less on the ones you know.	Anki, free on computers and on Android (AnkiDroid). On an iPhone, any free flashcard app works. [20, 21, 22]
Spanish to listen to	Twenty minutes of most lesson days is listening or reading: videos for learners first, then news for learners, then ordinary shows with subtitles.	VideoEle's free videos to start with. [24]
A speaking partner, optional	Two days a week are speaking days. A partner from about week 4 makes them real conversations.	Conversation Exchange, to find native speakers to practise with for free. Start with text, voice or video chat on the site. If you meet in person, make the first time a busy public place such as a café, tell someone where you'll be, and don't share your home address or send money. Until you have a partner, read aloud and record yourself. [25]
A dictionary, optional	For the words your course doesn't have, such as the ones for your job.	SpanishDict, a free Spanish-English dictionary and learning site. [26]
A notebook, optional	For phrases you want to use on speaking days, and your scripts for the week's topic.	A notes app on your phone.
Headphones and a voice recorder, optional	To listen on the move and to record yourself speaking, so you can hear your progress.	Your phone's earphones and its voice memo app.

How to

Sounds first, from week 1
Put the sounds before the words. For each new word, read it aloud from its spelling first, then play your course's audio and copy it. Say every phrase out loud, even alone: your mouth needs the practice as much as your memory. Keep doing this with every new word, not only in week 1.

Your daily flashcards
A full hour is about 15 minutes of flashcards, 25 of lesson and 20 of listening or reading. Do your flashcards every day, before the lesson, even on days with nothing else. When time is short, do just the 15 minutes of flashcards; on a bad day, 10 minutes still counts.

- Add the new words and phrases from each lesson, with Spanish on one side.

- Say the answer aloud before you turn the card.

- Clear the reviews due before you add new cards.

An app such as Anki spends more time on the cards you find hard and less on the ones you know. If you don't go back to what you learned, you start to forget it. [9, 20]

A lesson and listening day
25 minutes of lesson: the next unit of your one course. Read the new phrases aloud and make their flashcards.

20 minutes of listening or reading: videos for learners first (VideoEle is free), then news for learners, then ordinary shows with subtitles. Listen to the same piece twice: once for the gist, once for detail. Don't look up every word: if you can follow it, keep going. [23, 24]

A speaking day, with a partner or alone
With a partner (from about week 4): agree on this week's topic, talk in Spanish, and ask for repeats in Spanish: ¿Puedes repetir, por favor? Conversation Exchange is one free way to find a native speaker to practise with. Start with text, voice or video chat on the site. If you meet in person, make the first time a busy public place such as a café, tell someone where you'll be, and don't share your home address or send money.

Alone: read your lesson aloud, repeat after the audio, then talk for two minutes about the week's topic and record it. Keep the recordings. In review weeks, play an old one: it's the clearest way to hear how far you've come. [25]

A review week
Every fourth week has no new topic. Go back over the last three weeks' lessons, one week at a time. Start each day by trying that week's 'done when' without notes, then study what didn't come.

Review can feel slower than new material. Spaced review doesn't always show better results straight away, but coming back again and again over time is what makes it stay. [8, 10]

Your practice time

60 minutes a day, 7 days a week: 7 hours a week.

Level	Hours	At this pace
A1	95	Sun, Mar 7 [1, 2]
A2	190	Sun, Jun 13 [1, 2]
B1	370	Sun, Dec 5 [1, 2]

What to do with the time you have

10 minutes
Flashcards: clear the reviews due today, saying each answer aloud. Read one page of your lesson aloud. Watch one short video for learners, twice. Say three sentences aloud about your day, in this week's tense.

20 minutes
Flashcards, then 10 minutes of the next lesson. Listen to a short news item for learners twice, then sum it up in three sentences. Record one minute on this week's topic and listen back. Read a few pages of a graded reader aloud.

45 minutes
A lesson day: 25 minutes of your course, then 20 of listening or reading. A conversation with a partner on this week's topic. Role-play this week's situation aloud, both parts, then record it. Write a paragraph on this week's topic, then read it aloud.

Level checks

A1

- [ ] Use familiar everyday expressions and very basic phrases for everyday needs
- [ ] Manage a simple chat when the other person speaks slowly and clearly and helps you
- [ ] Say your name, where you're from and where you live, and count to 100
- [ ] Order a drink and a snack and ask for the bill
- [ ] Ask for and give directions to a place near your home
- [ ] Ask what something costs and buy it

Without notes, have a five-minute chat with a partner who speaks slowly: introduce yourself, order in a role-played café, and ask the way. If you got through it with their help, you're at A1. [11, 12]

A2

- [ ] Swap simple, direct information on familiar, routine matters
- [ ] Describe your background and where you live in simple terms
- [ ] Tell someone about last weekend for two minutes
- [ ] Describe how things used to be when you were a child
- [ ] Book a room and buy a ticket in a role-play
- [ ] Say what hurts and follow simple advice

Without notes, record two minutes about last weekend and two about your childhood, then role-play booking a hotel room. If you kept going to the end of each, you're at A2. [13]

B1

- [ ] Deal with most situations you'd meet while travelling where Spanish is spoken
- [ ] Write simple connected text on topics you know or care about
- [ ] Describe experiences and events, and your hopes and ambitions
- [ ] Give brief reasons and explanations for your opinions and plans
- [ ] Follow a short news item in easy Spanish and sum it up
- [ ] Sort out a problem in a role-played phone call

Hold a 20-minute conversation about your life, plans and opinions, then write a short connected paragraph about a trip. For a fuller check, do every part of a B1 practice test, such as your course's. [14]

Free resources

Resource	What it is	Level
Anki (https://apps.ankiweb.net/)	Flashcards that spend more time on what you find hard and less on what you know. Free on computers and on Android.	All levels [20, 21, 22]
VideoEle (https://www.videoele.com/)	A free online video course for learners of Spanish, with no sign-up or payment. For lesson and listening days.	[23, 24]
Conversation Exchange (https://www.conversationexchange.com/)	Native speakers to practise with, free. Chat online first; to meet, pick a busy public place, tell someone, and never share your address or send money.	From your first speaking weeks [25]
SpanishDict (https://www.spanishdict.com/)	A Spanish-English dictionary and learning site, free, for the words your course doesn't have.	All levels [26]

Week by week

Tick a box for each session you do. Write a line after each week: what went well, what didn't.

Week 1 Getting started: Sounds and greetings: 15 minutes a day Nov 30–Dec 6

Milestone: Read Spanish aloud from its spelling

By now: 7 hours

Lesson: new words and phrases · 10 min

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Flashcards (spaced review) · 5 min

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Done when: You can say hello, goodbye, please and thank you, and read Spanish words aloud from their spelling

Sticking point: Starting is the hard part. Put a daily time in your calendar now: 15 minutes is enough this week.

Why this week: Week 1 is short on purpose: 15 minutes a day, so the daily slot settles before the work grows.
Tip: Read each new word aloud from its spelling before you play the audio, then check yourself against it.
Ask yourself: Which Spanish sounds didn't match how you'd say them in English?

How it went, and your answer

Week 2 Getting started: Numbers and introducing yourself: 30 minutes a day Dec 7–13

By now: 14 hours

Lesson, then listen to Spanish · 20 min

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Flashcards (spaced review) · 10 min

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Done when: You can count to 100 and say your name, where you're from and where you live

Why this week: Numbers, your name and where you live are the first things anyone will ask you.
Tip: Say your phone number and your age aloud in Spanish once a day.
Ask yourself: Can you say where you're from without stopping to think?

How it went, and your answer

Week 3 Getting started: Ser and describing people: 45 minutes a day Dec 14–20

By now: 21 hours

Lesson, then listen to Spanish · 30 min

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Flashcards (spaced review) · 15 min

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Done when: You can describe yourself and two people you know in three short sentences each

Why this week: The day grows to 45 minutes this week. Ser lets you say who people are and what they're like. [5, 16]

Tip: Missed a session? Don't add it on top. Do today's as planned, flashcards first. If 45 minutes won't fit, do just the 15 minutes of flashcards.

Ask yourself: Which day was hardest to fit in, and what would make it easier next week?

How it went, and your answer

Week 4 A1 basics: Family and possessives

Dec 21–27

Milestone: Your first speaking day

By now: 28 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 21 Dec ☐ Tue 22 Dec ☐ Thu 24 Dec ☐ Fri 25 Dec ☐ Sun 27 Dec

Flashcards (spaced review) · 15 min

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Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 23 Dec ☐ Sat 26 Dec

Done when: You can name your family members and say a sentence about each

Sticking point: This is the first full-hour week. If an hour won't fit on a day, do 10 minutes of flashcards and pick up the next day.

Why this week: This week: your family, and mi, tu, su. It's your first full-hour week, with speaking days on Wednesday and Saturday. Short of time? Do 15 minutes of flashcards and carry on as planned the next day.

Tip: Describe three people in your family aloud with mi, tu and su. Then decide what Wednesday's speaking day will be: a partner, or recording yourself.

Ask yourself: Who could you speak Spanish with by the end of this month?

How it went, and your answer

Week 5 A1 basics: Regular present-tense verbs Dec 28–Jan 3

By now: 35 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 28 Dec ☐ Tue 29 Dec ☐ Thu 31 Dec ☐ Fri 1 Jan ☐ Sun 3 Jan

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 30 Dec ☐ Sat 2 Jan

Done when: You can say what you do on a normal day with ten -ar, -er and -ir verbs

Why this week: Regular verbs follow a pattern: learn the endings for one -ar, one -er and one -ir verb, and the others work the same way.

Tip: Make a flashcard for each ending of hablar, comer and vivir.

Ask yourself: Which ten verbs describe your normal day?

How it went, and your answer

Week 6 A1 basics: Estar and where things are Jan 4–10

By now: 42 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 4 Jan ☐ Tue 5 Jan ☐ Thu 7 Jan ☐ Fri 8 Jan ☐ Sun 10 Jan

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 6 Jan ☐ Sat 9 Jan

Done when: You can say where five things in your home are and how you feel today

Why this week: Spanish has two verbs for 'to be'. This week's, estar, is for where things are and how you feel.

Tip: Walk round your home and say where five things are, out loud.

Ask yourself: When do you use ser, and when estar?

How it went, and your answer

Week 7 Review week: Go back over the last three weeks

Jan 11–17

By now: 49 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 11 Jan ☐ Tue 12 Jan ☐ Thu 14 Jan ☐ Fri 15 Jan ☐ Sun 17 Jan

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 13 Jan ☐ Sat 16 Jan

Done when: Without notes, you can talk about your family, your normal day, and where things are

Sticking point: Review can feel slower than learning something new. It's what makes the words stay.

Why this week: Your first review week: no new topic, just family, present-tense verbs and estar again. Coming back to them is what makes them stay. [8]

Tip: Before you open your notes each day, try that week's 'done when' check from memory.

Ask yourself: Which of the last three weeks needed the most review?

How it went, and your answer

Week 8 A1 basics: Food and ordering in a café Jan 18–24

By now: 56 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 18 Jan ☐ Tue 19 Jan ☐ Thu 21 Jan ☐ Fri 22 Jan ☐ Sun 24 Jan

Flashcards (spaced review) · 15 min

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Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 20 Jan ☐ Sat 23 Jan

Done when: You can order a drink and a snack and ask for the bill, out loud

Sticking point: Speaking feels awkward at first. Say every phrase aloud, even alone: your mouth needs the practice as much as your memory.

Why this week: Ordering food and drink is the first task you can do for real, on holiday or in a Spanish café near you.

Tip: Write a short café script in your notebook and say it aloud three times this week.

Ask yourself: Could you ask for the bill without reading it?

How it went, and your answer

Week 9 A1 basics: Telling the time and your daily routine Jan 25–31

By now: 63 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 25 Jan ☐ Tue 26 Jan ☐ Thu 28 Jan ☐ Fri 29 Jan ☐ Sun 31 Jan

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 27 Jan ☐ Sat 30 Jan

Done when: You can describe your day from waking up to going to bed, with times

Why this week: Telling the time lets you say what you do and when, from waking up to going to bed.
Tip: Each morning, say aloud what time it is and what you'll do next.
Ask yourself: Which part of your day was hardest to describe?

How it went, and your answer

Week 10 A1 basics: Gustar: what you like Feb 1–7

By now: 70 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 1 Feb ☐ Tue 2 Feb ☐ Thu 4 Feb ☐ Fri 5 Feb ☐ Sun 7 Feb

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 3 Feb ☐ Sat 6 Feb

Done when: You can say five things you like and five you don't, and ask someone what they like

Why this week: What you like and don't like gives you something to say to any partner.
Tip: Learn gustar as whole phrases first: me gusta, me gustan, ¿te gusta?
Ask yourself: What are five things you like and five you don't?

How it went, and your answer

Week 11 Review week: Go back over the last three weeks Feb 8–14

By now: 77 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 8 Feb ☐ Tue 9 Feb ☐ Thu 11 Feb ☐ Fri 12 Feb ☐ Sun 14 Feb

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 10 Feb ☐ Sat 13 Feb

Done when: Without notes, you can order in a café, describe your day with times, and say what you like

Why this week: Review week: the café, times and your routine, and what you like.
Tip: Record two minutes of ordering, your day and your likes, without notes. Keep the file for later.
Ask yourself: What can you say now that you couldn't in week 1?

How it went, and your answer

Week 12 A1 basics: Your town and directions

Feb 15–21

By now: 84 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 15 Feb ☐ Tue 16 Feb ☐ Thu 18 Feb ☐ Fri 19 Feb ☐ Sun 21 Feb

Flashcards (spaced review) · 15 min

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Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 17 Feb ☐ Sat 20 Feb

Done when: You can ask for and give directions to a place near your home

Why this week: Directions bring together estar, numbers and the places in your town.
Tip: Describe the way from your home to the nearest shop, aloud, as if to a visitor.
Ask yourself: Which place words did you need that your course didn't have?

How it went, and your answer

Week 13 A1 basics: Irregular verbs: tener, ir, hacer Feb 22–28

By now: 91 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 22 Feb ☐ Tue 23 Feb ☐ Thu 25 Feb ☐ Fri 26 Feb ☐ Sun 28 Feb

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 24 Feb ☐ Sat 27 Feb

Done when: You can use tener, ir and hacer in the present for every person

Why this week: Tener, ir and hacer don't follow the pattern from regular verbs, so they need their own flashcards.

Tip: Make one flashcard per form, and say a sentence about yourself with each.

Ask yourself: Which form keeps slipping?

How it went, and your answer

Week 14 A1 basics: Shopping, prices and clothes

Mar 1–7

By now: 98 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 1 Mar ☐ Tue 2 Mar ☐ Thu 4 Mar ☐ Fri 5 Mar ☐ Sun 7 Mar

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 3 Mar ☐ Sat 6 Mar

Done when: You can ask what something costs and buy it, in a role-play or a real shop

Why this week: Buying something brings together numbers, prices and polite phrases.
Tip: Role-play buying a coat with your partner, or say both parts aloud on your own.
Ask yourself: Could you follow a price said at normal speed?

How it went, and your answer

Week 15 Review week: Go back over the last three weeks Mar 8–14

Milestone: A1: the basics

By now: 105 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 8 Mar ☐ Tue 9 Mar ☐ Thu 11 Mar ☐ Fri 12 Mar ☐ Sun 14 Mar

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 10 Mar ☐ Sat 13 Mar

Done when: Without notes, you can give directions, use tener, ir and hacer, and buy something in a shop

Sticking point: Progress is hard to feel day to day. Compare what you can say now with a month ago, not with yesterday.

Why this week: This review closes A1: familiar everyday expressions and very basic phrases for everyday needs. [11]

Tip: Run the A1 level check in this booklet, without notes.

Ask yourself: Which part of the A1 check was hardest?

How it went, and your answer

Week 16 A2 everyday Spanish: Plans with ir a Mar 15–21

By now: 112 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 15 Mar ☐ Tue 16 Mar ☐ Thu 18 Mar ☐ Fri 19 Mar ☐ Sun 21 Mar

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 17 Mar ☐ Sat 20 Mar

Done when: You can say five things you're going to do this month

Why this week: A2 starts here. Ir a and a verb let you talk about the future with a verb you already know.
Tip: Each night, say three things you're going to do tomorrow.
Ask yourself: What are five things you're going to do this month?

How it went, and your answer

Week 17 A2 everyday Spanish: Weather, seasons and months Mar 22–28

By now: 119 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 22 Mar ☐ Tue 23 Mar ☐ Thu 25 Mar ☐ Fri 26 Mar ☐ Sun 28 Mar

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 24 Mar ☐ Sat 27 Mar

Done when: You can talk about today's weather and your favourite season

Why this week: Weather and seasons are easy small talk with any partner.
Tip: Start each speaking session with a sentence about today's weather.
Ask yourself: Can you talk about your favourite season for a minute?

How it went, and your answer

Week 18 A2 everyday Spanish: Comparisons

Mar 29–Apr 4

By now: 126 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 29 Mar ☐ Tue 30 Mar ☐ Thu 1 Apr ☐ Fri 2 Apr ☐ Sun 4 Apr

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 31 Mar ☐ Sat 3 Apr

Done when: You can compare two cities, two people and two foods

Why this week: Comparing two things lets you say which you prefer, and why.
Tip: In each flashcard session, compare two things aloud: two foods, two cities, two people.
Ask yourself: Which comparison words do you still mix up?

How it went, and your answer

Week 19 Review week: Go back over the last three weeks Apr 5–11

By now: 133 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 5 Apr ☐ Tue 6 Apr ☐ Thu 8 Apr ☐ Fri 9 Apr ☐ Sun 11 Apr

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 7 Apr ☐ Sat 10 Apr

Done when: Without notes, you can talk about your plans, the weather, and compare two things

Why this week: Review week: plans, weather and comparisons. Progress is easier to see month to month than day to day.

Tip: Play your last recording, then record a new one about your plans and the weather.

Ask yourself: What is easier now than a month ago?

How it went, and your answer

Week 20 A2 everyday Spanish: The past: regular preterite Apr 12–18

By now: 140 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 12 Apr ☐ Tue 13 Apr ☐ Thu 15 Apr ☐ Fri 16 Apr ☐ Sun 18 Apr

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 14 Apr ☐ Sat 17 Apr

Done when: You can say ten things you did yesterday with regular verbs

Why this week: With the past tense, you can say what happened, not only what happens.
Tip: Each evening, say ten things you did today, in the past.
Ask yourself: Which past endings do you mix up with the present?

How it went, and your answer

Week 21 A2 everyday Spanish: The past: irregular preterite Apr 19–25

By now: 147 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 19 Apr ☐ Tue 20 Apr ☐ Thu 22 Apr ☐ Fri 23 Apr ☐ Sun 25 Apr

Flashcards (spaced review) · 15 min

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Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 21 Apr ☐ Sat 24 Apr

Done when: You can use fui, tuve, hice, estuve and dije in sentences about last week

Sticking point: Irregular past forms take a while to stick. Put each one on a flashcard and let the reviews do the work.

Why this week: Irregular past forms take a while to stick. Fui, tuve, hice, estuve and dije are the ones to start with.

Tip: Put each irregular form on its own flashcard, with a sentence about last week.

Ask yourself: Which irregular form stuck first?

How it went, and your answer

Week 22 A2 everyday Spanish: Your weekend and your trips Apr 26–May 2

Milestone: Talk about your weekend for two minutes

By now: 154 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 26 Apr ☐ Tue 27 Apr ☐ Thu 29 Apr ☐ Fri 30 Apr ☐ Sun 2 May

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 28 Apr ☐ Sat 1 May

Done when: You can tell someone about your last weekend for two minutes

Why this week: Two minutes about your weekend is a real conversation opener.
Tip: Tell your speaking partner, or your recorder, about last weekend for two minutes.
Ask yourself: Where did you have to stop for a word?

How it went, and your answer

Week 23 Review week: Go back over the last three weeks May 3–9

By now: 161 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 3 May ☐ Tue 4 May ☐ Thu 6 May ☐ Fri 7 May ☐ Sun 9 May

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 5 May ☐ Sat 8 May

Done when: Without notes, you can say what you did yesterday and last weekend, regular and irregular verbs both

Why this week: Review week: the regular and irregular past, and your weekend.
Tip: Write five sentences about last week without notes, then check them against your course.
Ask yourself: Which past forms came easily, and which didn't?

How it went, and your answer

Week 24 A2 everyday Spanish: The imperfect: how things used to be May 10–16

By now: 168 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 10 May ☐ Tue 11 May ☐ Thu 13 May ☐ Fri 14 May ☐ Sun 16 May

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 12 May ☐ Sat 15 May

Done when: You can describe your childhood home and what you used to do

Why this week: The imperfect is for how things used to be: your old home, what you did as a child.
Tip: Describe your childhood home aloud for two minutes.
Ask yourself: What did you use to do every summer?

How it went, and your answer

Week 25 A2 everyday Spanish: Preterite and imperfect together May 17–23

By now: 175 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 17 May ☐ Tue 18 May ☐ Thu 20 May ☐ Fri 21 May ☐ Sun 23 May

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 19 May ☐ Sat 22 May

Done when: You can tell a short story that mixes both past tenses

Sticking point: Choosing between the two past tenses takes practice more than rules. Read short stories and notice which one each verb uses.

Why this week: Choosing between the two past tenses takes practice more than rules.
Tip: Read a short story at your level and notice which past tense each verb uses.
Ask yourself: Which tense did the story use for the background, and which for what happened?

How it went, and your answer

Week 26 A2 everyday Spanish: Object pronouns May 24–30

By now: 182 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 24 May ☐ Tue 25 May ☐ Thu 27 May ☐ Fri 28 May ☐ Sun 30 May

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 26 May ☐ Sat 29 May

Done when: You can answer questions with lo, la, le and se lo instead of repeating the noun

Why this week: Lo, la, le and se lo let you answer without repeating the noun.
Tip: Answer five questions a day with a pronoun: ¿Tienes el libro? Sí, lo tengo.
Ask yourself: Which pronoun do you still hesitate over?

How it went, and your answer

Week 27 Review week: Go back over the last three weeks May 31–Jun 6

By now: 189 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 31 May ☐ Tue 1 Jun ☐ Thu 3 Jun ☐ Fri 4 Jun ☐ Sun 6 Jun

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 2 Jun ☐ Sat 5 Jun

Done when: Without notes, you can describe how things used to be, tell a short story in the past, and use object pronouns

Sticking point: Around now many learners feel stuck. Look back at week 1: you couldn't count to ten then.

Why this week: You may feel stuck around now. Look back at week 1: you couldn't count to ten then.
Tip: Read your week 1 notes aloud, then tell a short story about your childhood without notes.
Ask yourself: What would you have said in week 1 if someone asked about your childhood?

How it went, and your answer

Week 28 A2 everyday Spanish: Health and the doctor's Jun 7–13

By now: 196 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 7 Jun ☐ Tue 8 Jun ☐ Thu 10 Jun ☐ Fri 11 Jun ☐ Sun 13 Jun

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 9 Jun ☐ Sat 12 Jun

Done when: You can say what hurts and understand simple advice

Why this week: Saying what hurts is a phrase you'll want ready before you travel.
Tip: Make flashcards for ten parts of the body and for me duele.
Ask yourself: Could you explain a headache to a pharmacist?

How it went, and your answer

Week 29 A2 everyday Spanish: Travel: transport and hotels Jun 14–20

Milestone: A2: getting by

By now: 203 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 14 Jun ☐ Tue 15 Jun ☐ Thu 17 Jun ☐ Fri 18 Jun ☐ Sun 20 Jun

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 16 Jun ☐ Sat 19 Jun

Done when: You can book a room and buy a ticket in a role-play

Why this week: This week closes A2: simple, direct exchanges on familiar, routine matters. Booking a room and buying a ticket are two of them. [13]

Tip: Run the A2 level check in this booklet, without notes.

Ask yourself: Which part of the A2 check do you want to come back to?

How it went, and your answer

Week 30 B1 independent: The present perfect Jun 21–27

By now: 210 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 21 Jun ☐ Tue 22 Jun ☐ Thu 24 Jun ☐ Fri 25 Jun ☐ Sun 27 Jun

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 23 Jun ☐ Sat 26 Jun

Done when: You can say what you've done today and this year with he, has and ha

Why this week: B1 starts here. He, has and ha with a verb say what you've done today or this year.
Tip: Each night, say three things you've done today.
Ask yourself: When do you use the present perfect, and when the past tense from week 20?

How it went, and your answer

Week 31 Review week: Go back over the last three weeks Jun 28–Jul 4

By now: 217 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 28 Jun ☐ Tue 29 Jun ☐ Thu 1 Jul ☐ Fri 2 Jul ☐ Sun 4 Jul

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 30 Jun ☐ Sat 3 Jul

Done when: Without notes, you can explain a health problem, sort out travel, and say what you've done this year

Why this week: Review week: health, travel and the present perfect.
Tip: Role-play a hotel check-in that goes wrong, without notes.
Ask yourself: Which of the last three topics needs more flashcards?

How it went, and your answer

Week 32 B1 independent: The future tense Jul 5–11

By now: 224 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 5 Jul ☐ Tue 6 Jul ☐ Thu 8 Jul ☐ Fri 9 Jul ☐ Sun 11 Jul

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 7 Jul ☐ Sat 10 Jul

Done when: You can make five predictions about your life in ten years

Why this week: The future tense lets you make predictions and promises.
Tip: Make five predictions about your life in ten years and say them to your partner.
Ask yourself: Which future forms are irregular?

How it went, and your answer

Week 33 B1 independent: The conditional and polite requests Jul 12–18

By now: 231 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 12 Jul ☐ Tue 13 Jul ☐ Thu 15 Jul ☐ Fri 16 Jul ☐ Sun 18 Jul

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 14 Jul ☐ Sat 17 Jul

Done when: You can ask for things politely and say what you would do in someone else's place

Why this week: Podría and me gustaría make any request polite.
Tip: Ask for three things politely each day, aloud.
Ask yourself: What would you do in your partner's place?

How it went, and your answer

Week 34 B1 independent: Giving your opinion Jul 19–25

Milestone: Give and defend an opinion

By now: 238 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 19 Jul ☐ Tue 20 Jul ☐ Thu 22 Jul ☐ Fri 23 Jul ☐ Sun 25 Jul

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 21 Jul ☐ Sat 24 Jul

Done when: You can give and defend an opinion on a simple topic for two minutes

Why this week: Giving reasons for your opinions is part of what B1 means. [14]
Tip: Each day, give your opinion on one simple topic for two minutes, with creo que and porque.
Ask yourself: Could you defend your opinion when someone disagreed?

How it went, and your answer

Week 35 Review week: Go back over the last three weeks Jul 26–Aug 1

By now: 245 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 26 Jul ☐ Tue 27 Jul ☐ Thu 29 Jul ☐ Fri 30 Jul ☐ Sun 1 Aug

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 28 Jul ☐ Sat 31 Jul

Done when: Without notes, you can talk about the future, make polite requests, and give an opinion

Why this week: Review week: the future, polite requests and opinions.
Tip: Record a two-minute opinion and play it next to an older recording.
Ask yourself: What is easier now than a month ago?

How it went, and your answer

Week 36 B1 independent: The present subjunctive: forms Aug 2–8

By now: 252 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 2 Aug ☐ Tue 3 Aug ☐ Thu 5 Aug ☐ Fri 6 Aug ☐ Sun 8 Aug

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 4 Aug ☐ Sat 7 Aug

Done when: You can form the present subjunctive of regular verbs and of ser, ir, tener and hacer

Sticking point: The subjunctive is where many learners stall. This week you only learn the forms; using them comes over the next weeks.

Why this week: The subjunctive can feel hard at first. This week you only learn the forms; using them comes next.

Tip: Make one flashcard per form of ser, ir, tener and hacer.

Ask yourself: Which forms look like ones you already know?

How it went, and your answer

Week 37 B1 independent: Subjunctive for wishes and advice Aug 9–15

By now: 259 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 9 Aug ☐ Tue 10 Aug ☐ Thu 12 Aug ☐ Fri 13 Aug ☐ Sun 15 Aug

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 11 Aug ☐ Sat 14 Aug

Done when: You can give advice with es mejor que and te recomiendo que

Why this week: Now you use the forms: es mejor que and te recomiendo que take the subjunctive.
Tip: Give your partner three pieces of advice with te recomiendo que.
Ask yourself: Which advice phrase came out without thinking?

How it went, and your answer

Week 38 B1 independent: Commands

Aug 16–22

By now: 266 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 16 Aug ☐ Tue 17 Aug ☐ Thu 19 Aug ☐ Fri 20 Aug ☐ Sun 22 Aug

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 18 Aug ☐ Sat 21 Aug

Done when: You can give a friend instructions for a recipe or a route

Why this week: Commands are how you give instructions: a recipe, a route.
Tip: Explain a recipe you know, step by step, aloud.
Ask yourself: Could a friend follow your instructions?

How it went, and your answer

Week 39 Review week: Go back over the last three weeks Aug 23–29

By now: 273 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 23 Aug ☐ Tue 24 Aug ☐ Thu 26 Aug ☐ Fri 27 Aug ☐ Sun 29 Aug

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 25 Aug ☐ Sat 28 Aug

Done when: Without notes, you can form the subjunctive, give advice with it, and give instructions

Why this week: Review week: subjunctive forms, advice and commands. The subjunctive takes more than one pass.

Tip: Write five pieces of advice and five instructions without notes, then check them.

Ask yourself: What would you still avoid saying, and why?

How it went, and your answer

Week 40 B1 independent: Work and studies Aug 30–Sep 5

By now: 280 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 30 Aug ☐ Tue 31 Aug ☐ Thu 2 Sep ☐ Fri 3 Sep ☐ Sun 5 Sep

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 1 Sep ☐ Sat 4 Sep

Done when: You can describe your job or studies and what you like about them

Why this week: Your job or studies will come up in almost any first conversation.
Tip: Prepare two minutes on what you do and what you like about it, then say it without the page.
Ask yourself: Which work words did you need that your course doesn't have?

How it went, and your answer

Week 41 B1 independent: Telling a longer story Sep 6–12

By now: 287 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 6 Sep ☐ Tue 7 Sep ☐ Thu 9 Sep ☐ Fri 10 Sep ☐ Sun 12 Sep

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 8 Sep ☐ Sat 11 Sep

Done when: You can tell a five-minute story about something that happened to you

Why this week: B1 means describing experiences and events, so a five-minute story is a real test. [14]
Tip: Tell your partner one true story, using both past tenses.
Ask yourself: Where did the story stall?

How it went, and your answer

Week 42 B1 independent: Por and para Sep 13–19

By now: 294 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 13 Sep ☐ Tue 14 Sep ☐ Thu 16 Sep ☐ Fri 17 Sep ☐ Sun 19 Sep

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 15 Sep ☐ Sat 18 Sep

Done when: You can explain the difference between por and para with your own examples

Why this week: Por and para can both mean 'for', so learn them through examples, not rules alone.
Tip: Write five sentences with each from your own life, and put them on flashcards.
Ask yourself: Can you explain the difference in your own words?

How it went, and your answer

Week 43 Review week: Go back over the last three weeks Sep 20–26

By now: 301 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 20 Sep ☐ Tue 21 Sep ☐ Thu 23 Sep ☐ Fri 24 Sep ☐ Sun 26 Sep

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 22 Sep ☐ Sat 25 Sep

Done when: Without notes, you can talk about your work or studies, tell a longer story, and use por and para

Sticking point: Progress is hard to feel day to day. Compare what you can say now with a month ago, not with yesterday.

Why this week: Review week: work and studies, a longer story, por and para. Compare with a month ago, not with yesterday.

Tip: Tell your story again, then play your last recording.

Ask yourself: What has changed since last month?

How it went, and your answer

Week 44 B1 independent: Subjunctive for feelings and doubt Sep 27–Oct 3

By now: 308 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 27 Sep ☐ Tue 28 Sep ☐ Thu 30 Sep ☐ Fri 1 Oct ☐ Sun 3 Oct

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 29 Sep ☐ Sat 2 Oct

Done when: You can react to news with me alegra que, no creo que and es posible que

Why this week: Me alegra que, no creo que and es posible que use the subjunctive forms you already know.

Tip: React to one piece of news a day with one of the three phrases.

Ask yourself: Which phrase felt natural?

How it went, and your answer

Week 45 B1 independent: News and current events Oct 4–10

By now: 315 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 4 Oct ☐ Tue 5 Oct ☐ Thu 7 Oct ☐ Fri 8 Oct ☐ Sun 10 Oct

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 6 Oct ☐ Sat 9 Oct

Done when: You can follow a short news item in easy Spanish and sum it up in your own words

Sticking point: Real Spanish feels fast. Use news made for learners, and listen to the same piece twice.

Why this week: Real Spanish feels fast. News made for learners is the step between.

Tip: Listen to the same short news item twice, then sum it up in three sentences.

Ask yourself: How much more did you get on the second listen?

How it went, and your answer

Week 46 B1 independent: Linking ideas: que, donde, lo que Oct 11–17

By now: 322 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 11 Oct ☐ Tue 12 Oct ☐ Thu 14 Oct ☐ Fri 15 Oct ☐ Sun 17 Oct

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 13 Oct ☐ Sat 16 Oct

Done when: You can join short sentences into longer ones with que, donde and lo que

Why this week: Que, donde and lo que join short sentences into longer ones: the simple connected text of B1. [14]

Tip: Take three short sentences from your notebook and join them with que, donde or lo que.

Ask yourself: Which joining word do you use most?

How it went, and your answer

Week 47 Review week: Go back over the last three weeks Oct 18–24

By now: 329 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 18 Oct ☐ Tue 19 Oct ☐ Thu 21 Oct ☐ Fri 22 Oct ☐ Sun 24 Oct

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 20 Oct ☐ Sat 23 Oct

Done when: Without notes, you can react to news, sum up a news item, and link your ideas into longer sentences

Why this week: Review week: reacting to news, summing it up, and linking your ideas.
Tip: Sum up a news item aloud without notes, using two linking words.
Ask yourself: Which of the last three topics feels shakiest?

How it went, and your answer

Week 48 B1 independent: If-sentences Oct 25–31

By now: 336 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 25 Oct ☐ Tue 26 Oct ☐ Thu 28 Oct ☐ Fri 29 Oct ☐ Sun 31 Oct

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 27 Oct ☐ Sat 30 Oct

Done when: You can say what will happen if something happens, with si and the present

Why this week: Si with the present lets you say what will happen if something happens.
Tip: Say five si sentences about this weekend.
Ask yourself: Could you say them without stopping to think about the tense?

How it went, and your answer

Week 49 B1 independent: Ambitions and plans Nov 1–7

By now: 343 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 1 Nov ☐ Tue 2 Nov ☐ Thu 4 Nov ☐ Fri 5 Nov ☐ Sun 7 Nov

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 3 Nov ☐ Sat 6 Nov

Done when: You can talk about your hopes and plans for the next few years

Why this week: Describing your hopes and ambitions is part of what B1 means. [14]
Tip: Write your plans for the next few years in five sentences, then say them without the page.
Ask yourself: What do you most want to do with your Spanish?

How it went, and your answer

Week 50 B1 independent: A short talk about yourself

Nov 8–14

By now: 350 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 8 Nov ☐ Tue 9 Nov ☐ Thu 11 Nov ☐ Fri 12 Nov ☐ Sun 14 Nov

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 10 Nov ☐ Sat 13 Nov

Done when: You can give a three-minute talk about yourself without notes

Why this week: A three-minute talk about yourself brings together everything since week 1.
Tip: Practise the talk once a day, then give it to your partner on Saturday.
Ask yourself: Could you give it without notes?

How it went, and your answer

Week 51 Review week: Go back over the last three weeks Nov 15–21

By now: 357 hours

Review the last three weeks' lessons, then listening · 45 min

☐ Mon 15 Nov ☐ Tue 16 Nov ☐ Thu 18 Nov ☐ Fri 19 Nov ☐ Sun 21 Nov

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 17 Nov ☐ Sat 20 Nov

Done when: Without notes, you can use if-sentences, talk about your ambitions, and give your three-minute talk

Why this week: Review week: if-sentences, ambitions and your three-minute talk.
Tip: Record your three-minute talk and play it after one of your first recordings.
Ask yourself: What surprised you about the difference?

How it went, and your answer

Week 52 B1 independent: Sorting out a problem Nov 22–28

By now: 364 hours

Lesson and listening · 45 min: 25 min lesson, 20 min listening or reading

☐ Mon 22 Nov ☐ Tue 23 Nov ☐ Thu 25 Nov ☐ Fri 26 Nov ☐ Sun 28 Nov

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 24 Nov ☐ Sat 27 Nov

Done when: You can make a complaint or sort out a problem in a role-played phone call

Why this week: B1 means dealing with most situations you'd meet while travelling, including the ones that go wrong. [14]

Tip: Role-play a phone call about a wrong hotel booking with your partner.

Ask yourself: How did you ask the other person to slow down?

How it went, and your answer

Week 53 B1 independent: Reading a whole book Nov 29–Dec 5

Milestone: Finish a whole book in Spanish

By now: 371 hours

Lesson and listening · 45 min: 25 min lesson, 20 min reading your book

☐ Mon 29 Nov ☐ Tue 30 Nov ☐ Thu 2 Dec ☐ Fri 3 Dec ☐ Sun 5 Dec

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 1 Dec ☐ Sat 4 Dec

Done when: You finish a short graded reader at your level

Sticking point: Don't look up every word. If you can follow the story, keep going.

Why this week: Finishing a whole graded reader shows you can follow a story without stopping.
Tip: Read for the story: look a word up only if you've lost the thread.
Ask yourself: Did you finish it, and what was it about?

How it went, and your answer

Week 54 B1 independent: A practice B1 test Dec 6–12

By now: 378 hours

Practice test: one part a day (reading, listening, writing, speaking), then check it · 45 min

☐ Mon 6 Dec ☐ Tue 7 Dec ☐ Thu 9 Dec ☐ Fri 10 Dec ☐ Sun 12 Dec

Flashcards (spaced review) · 15 min

☐ ☐ ☐ ☐ ☐ ☐ ☐

Speaking practice: a tutor, an exchange partner, or aloud on your own · 45 min

☐ Wed 8 Dec ☐ Sat 11 Dec

Done when: You finish every part of a sample B1 test and write down the three topics you found hardest

Sticking point: A weak part isn't a failure. It tells you what to go over next week.

Why this week: A sample test shows which parts need work. A weak part isn't a failure: it tells you what to go over next.

Tip: Do one part of a B1 practice test a day, such as your course's, and write down the three topics you found hardest.

Ask yourself: Which three topics will you go over next week?

How it went, and your answer

Week 55 Finish: A real conversation at B1 Dec 13–19

Milestone: B1: a real conversation

By now: 385 hours

Go over the hardest topics from the practice test, then listening · 45 min

☐ Mon 13 Dec ☐ Tue 14 Dec ☐ Thu 16 Dec ☐ Fri 17 Dec ☐ Sun 19 Dec

Flashcards (spaced review) · 15 min

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A long conversation with a tutor or a Spanish speaker · 45 min

☐ Wed 15 Dec ☐ Sat 18 Dec

Done when: You hold a conversation about your life, your plans and your opinions, and follow most of what the other person says

Sticking point: You won't understand every word, and that's normal at B1. Ask the other person to repeat or explain, in Spanish.

Why this week: The finish: a conversation about your life, plans and opinions, following most of what's said. You won't get every word, and that's normal.

Tip: Book two long conversations, and ask for repeats in Spanish: ¿Puedes repetir, por favor?

Ask yourself: What will you do next with your Spanish?

How it went, and your answer

Common mistakes

Doubling up after a missed day
Do today's session as planned and carry on. Do your flashcards first so the reviews don't pile up. [5]

Missing twice in a row
On a bad day, do 10 minutes of flashcards and nothing else. A short session still counts. [6, 7]

Only learning new things
Keep the daily flashcards and every review week. Without them, you start to forget what you learned a month ago. [9]

Judging by how today felt
Spaced review doesn't always show better results straight away. Judge by the review weeks: play a recording from a month ago, then make one today. [10]

Waiting to speak until you feel ready
Speak from week 1, even alone: read aloud and repeat after the audio. Look for a partner during the first month.

Switching courses often
Choose one course and follow it to the end. If its order differs from this plan's topics, follow your course and use the plan for the hours and the review weeks.

Aiming for 'fluent' with no level in mind
Aim for B1: you can describe experiences and plans and give reasons for your opinions. B2, where regular conversation with native speakers goes without strain, comes after. [14, 15]

Looking up every word
If you can follow the story, keep going. Look a word up only when you've lost the thread.

Milestones

When	Milestone	What it feels like	Mark it
Sun, Dec 6	Read Spanish aloud from its spelling	Slow and a little odd at first. By the end of the week you can say hello, please and thank you without thinking.	Tick it off when week 1's seven short sessions are done.
Sun, Dec 27	Your first speaking day	Awkward, and over sooner than you feared. Speaking alone counts.	Keep the recording, or note who you spoke with. You'll want it later.
Sun, Mar 14	A1: the basics	You can use everyday expressions and very basic phrases, and manage a simple chat when the other person speaks slowly and helps.	Run the A1 level check without notes and write the date beside it. [11, 12]
Sun, May 2	Talk about your weekend for two minutes	Your first real past-tense conversation. You'll stop for words, and you'll get to the end.	Record it and keep the file next to your first recording.
Sun, Jun 20	A2: getting by	Simple, direct exchanges on familiar, routine matters work, and you can describe your background and where you live.	Run the A2 level check without notes and write the date beside it. [13]
Sun, Jul 25	Give and defend an opinion	You say what you think and why, and you keep going when someone disagrees.	Tell your speaking partner it's a milestone, and ask them to disagree with you. [14]

When	Milestone	What it feels like	Mark it
Sun, Dec 5	Finish a whole book in Spanish	Some words go past you, and the story still makes sense.	Write the title and the date on your log page.
Sun, Dec 19	B1: a real conversation	You talk about your life, plans and opinions and follow most of the reply, asking for repeats in Spanish when you need them.	Run the B1 level check, then fill in the certificate at the back of this booklet. [14]

Questions people ask

How long does it take to learn Spanish?
This plan reaches B1, where you can hold everyday conversations, in 55 weeks from zero at about an hour a day, passing A1 around week 15 and A2 around week 29. It uses LanguageCert's estimates of study hours for each level, about 370 hours from zero to B1 in all. They're LanguageCert's guided-learning estimates for its English exams; we use them as a guide for Spanish. They're estimates, and people vary. Pick your daily minutes on the plan page to see the dates at your own pace. [1, 2]

How long does it take to learn Spanish as an English speaker?
A summary of the FSI's ranking (fsi-language-courses.org) puts Spanish in one group with French, Romanian and Dutch, at around 24 to 30 weeks or 600 to 750 class hours to reach its S-3/R-3 level. Those are class hours on the FSI's own scale, not the CEFR levels this plan uses. For B1 at about an hour a day, this plan takes 55 weeks from zero. [1, 3, 4]

How long does it take to learn Spanish with Duolingo?
None of our sources gives a time for Duolingo, Babbel or any app on its own, so we don't promise one. You can use an app as your one course and keep this plan's hours and review weeks. Keep the two speaking days too: B1 means describing experiences and giving reasons for your opinions and plans. [14]

How can I learn Spanish for free?
Anki's flashcards are free on computers and Android. VideoEle is a free online video course for learners of Spanish, with no sign-up or payment. Conversation Exchange lets you find native speakers to practise with for free: chat online first, and if you meet, choose a busy public place and never share your address or send money. Those three cover the flashcards, lessons and speaking days in this plan. [21, 22, 23, 24, 25]

How can I learn Spanish on my own?
This plan is written for one person: a daily lesson, daily flashcards and two speaking days a week. Until you find a partner, a speaking day is reading aloud, repeating after audio and recording yourself. Choose a time and place you meet every day of the week, and study there. [17]

How do I learn Spanish as an adult?
Fit it around your day: plan when and where you'll study. Start small: this plan begins at 15 minutes a day, and even 10 to 15 minutes of focused daily practice adds up over weeks. If you miss a day, don't double up; just carry on. [5, 7, 18]

What is the best way to learn Spanish?
No source names one best way, but ours agree on two things: practise a little every day, and keep coming back to what you learned. That's why this plan has daily flashcards and a review week every fourth week. Speak from the first weeks too, since B1 is about describing experiences and giving reasons for your opinions. [7, 8, 14]

I've missed a day or two. Do I have to start again?
No. Missing a day or two doesn't seriously set back a new habit, and progress soon picks up again. Don't add the missed sessions on top or repeat the week: do today's session as planned, with your flashcards first so the reviews don't pile up. If you've missed two days in a row, do 10 minutes of flashcards today rather than nothing. [5, 6, 16, 19]

If you fall behind

Missed 1 week: Missed a week: carry on with the next week. Don't double up to fit in what you missed: do your flashcards to catch up on reviews, and keep going.

Missed 2 weeks: Repeat the last week you finished in full, then carry on. If that pushes past your date, the plan can leave out a review week, but keep your daily flashcards.

Missed 3 weeks: Go back to the last review week you finished and do it again, then carry on from there. Enter your date on the plan page to see if it's still realistic.

Missed 6 or more weeks: You'll have forgotten some of it, and that's normal. Pick the level that matches what you can say today, and enter a new date on the plan page.

If this happens, I will

Plan your answer to the moments that stop people. Read them on a bad day.

If...	...then I will
I miss a day	I do today's session as planned, flashcards first, and never add yesterday's on top.
I've missed two days in a row	I do 10 minutes of flashcards today, before anything else.
today's session won't fit	I do 15 minutes of flashcards and go on as planned tomorrow, without adding the rest.
my speaking partner cancels	I read aloud and record myself on the week's topic for the same time.

GoalTodo

Done.

This is to say that

_____

reached the goal

Learn Spanish

on _____

Planned for Sun, Dec 19

Sources

1 **LanguageCert**
`https://www.languagecert.org/Guided-Learning-Hours`
“Please note that these are estimates of the numbers of hours a candidate is likely to undertake for each level.”

2 **LanguageCert**
`https://www.languagecert.org/Guided-Learning-Hours`
“They are not cumulative estimates across levels.”

3 **FSI Language Courses**
`https://fsi-language-courses.org/blog/fsi-language-difficulty`
“This group contains languages like French, Spanish, Romanian and Dutch.”

4 **FSI Language Courses**
`https://fsi-language-courses.org/blog/fsi-language-difficulty`
“Languages that usually require around 24-30 weeks or 600-750 class hours to reach S-3/R-3 proficiency.”

5 **Ling**
`https://ling-app.com/blog/build-a-daily-language-habit/`
“If you miss a day, do not try to double up, simply resume your routine.”

6 **Ling**
`https://ling-app.com/blog/build-a-daily-language-habit/`
“Never miss twice in a row.”

7 **Ling**
`https://ling-app.com/blog/build-a-daily-language-habit/`
“Even 10-15 minutes of focused, daily practice produces measurable progress over weeks.”

8 **Babbel**
`https://babbel.com/en/magazine/spaced-repetition-language-learning`
“The path to meaningful retention involves returning to something again and again over time.”

9 **Babbel**
`https://babbel.com/en/magazine/spaced-repetition-language-learning`
“If you don’t go back to what you learned earlier from time to time, you might start to forget it.”

10 **Duolingo**
`https://blog.duolingo.com/spaced-repetition-for-learning`
“Because spaced repetition means learning information over time, it doesn't necessarily result in better immediate learning!”

11 **lifelong-learning.lu (Luxembourg), CEFR global scale**
`http://www.lifelong-learning.lu/formation-tout-au-long-de-la-vie/cecr-cadre-europeen-commun-de-reference-pour-les-langues/en`
“Can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type.”

12 **lifelong-learning.lu (Luxembourg), CEFR global scale**
`http://www.lifelong-learning.lu/formation-tout-au-long-de-la-vie/cecr-cadre-europeen-commun-de-reference-pour-les-langues/en`
“Can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.”

13 **lifelong-learning.lu (Luxembourg), CEFR global scale**
`http://www.lifelong-learning.lu/formation-tout-au-long-de-la-vie/cecr-cadre-europeen-commun-de-reference-pour-les-langues/en`
“Can communicate in simple and routine tasks requiring a simple and direct exchange of information on

familiar and routine matters. Can describe in simple terms aspects of his/her background, immediate environment and matters in areas of immediate need."

14 **lifelong-learning.lu (Luxembourg), CEFR global scale**
`http://www.lifelong-learning.lu/formation-tout-au-long-de-la-vie/cecr-cadre-europeen-commun-de-reference-pour-les-langues/en`
"Can deal with most situations likely to arise whilst travelling in an area where the language is spoken. Can produce simple connected text on topics which are familiar or of personal interest. Can describe experiences and events, dreams, hopes and ambitions and briefly give reasons and explanations for opinions and plans."

15 **lifelong-learning.lu (Luxembourg), CEFR global scale**
`http://www.lifelong-learning.lu/formation-tout-au-long-de-la-vie/cecr-cadre-europeen-commun-de-reference-pour-les-langues/en`
"Can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible without strain for either party."

16 **British Journal of General Practice (PubMed Central)**
`https://pmc.ncbi.nlm.nih.gov/articles/PMC3505409/`
"Missing the occasional opportunity to perform the behaviour did not seriously impair the habit formation process: automaticity gains soon resumed after one missed performance."

17 **British Journal of General Practice (PubMed Central)**
`https://pmc.ncbi.nlm.nih.gov/articles/PMC3505409/`
"Be consistent: choose a time and place that you encounter every day of the week."

18 **British Journal of General Practice (PubMed Central)**
`https://pmc.ncbi.nlm.nih.gov/articles/PMC3505409/`
"Plan when and where you will do your chosen action."

19 **British Psychological Society, Research Digest**
`https://bps.org.uk/research-digest/how-form-habit`
"It seems the message of this research for those seeking to establish a new habit is to repeat the behaviour every day if you can, but don't worry excessively if you miss a day or two."

20 **Anki**
`https://apps.ankiweb.net/`
"Anki is a flashcard program that helps you spend more time on challenging material, and less on what you already know."

21 **Anki**
`https://apps.ankiweb.net/`
"The free computer version is available for all major platforms."

22 **Anki**
`https://apps.ankiweb.net/`
"AnkiDroid for Android is free and developed by contributors."

23 **VideoEle**
`https://www.videoele.com/`
"VideoEle es un curso de español para extranjeros, online y gratuito basado en vídeos."

24 **VideoEle**
`https://www.videoele.com/`
"Todos los materiales son de acceso libre, no es preciso ningún registro, ni suscripción ni pago para usarlos."

25 **Conversation Exchange**
`https://www.conversationexchange.com/`
"Practice your second language by meeting up with natives in your area for FREE!"

26 **SpanishDict**
`https://www.spanishdict.com/`
“Our team of passionate, dedicated language experts is on a mission to teach the world Spanish for free.”

This plan online	`https://goaltodo.com/learn-spanish`
Reach it with others on Welang	`https://welang.com/goals`
Reach it on your own in HourLife	`https://www.hourlife.com`