GoalTodo

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

## Learn Spanish

55 weeks · Mon, Nov 30 → Sun, Dec 19

# Week by week

Tick a box each time you do a session.

Nov 30–Dec 6
Week 1

## Sounds and greetings: 15 minutes a day

Getting started

- Lesson: new words and phrases — 10 min ☐☐☐☐☐☐☐
- Flashcards (spaced review) — 5 min ☐☐☐☐☐☐☐

**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.

Dec 7–13
Week 2

## Numbers and introducing yourself: 30 minutes a day

Getting started

- Lesson, then listen to Spanish — 20 min ☐☐☐☐☐☐☐
- Flashcards (spaced review) — 10 min ☐☐☐☐☐☐☐

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

Dec 14–20
Week 3

## Ser and describing people: 45 minutes a day

Getting started

- Lesson, then listen to Spanish — 30 min ☐☐☐☐☐☐☐
- Flashcards (spaced review) — 15 min ☐☐☐☐☐☐☐

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

Dec 21–27
Week 4

## Family and possessives

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Dec 28–Jan 3
Week 5

## Regular present-tense verbs

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jan 4–10
Week 6

## Estar and where things are

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jan 11–17
Week 7

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Jan 18–24
Week 8

## Food and ordering in a café

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Jan 25–31
Week 9

## Telling the time and your daily routine

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Feb 1–7
Week 10

## Gustar: what you like

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Feb 8–14
Week 11

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Feb 15–21
Week 12

## Your town and directions

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Feb 22–28
Week 13

## Irregular verbs: tener, ir, hacer

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Mar 1–7
Week 14

## Shopping, prices and clothes

A1 basics

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Mar 8–14
Week 15

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Mar 15–21
Week 16

## Plans with ir a

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Mar 22–28
Week 17

## Weather, seasons and months

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Mar 29–Apr 4
Week 18

## Comparisons

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Apr 5–11
Week 19

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Apr 12–18
Week 20

## The past: regular preterite

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Apr 19–25
Week 21

## The past: irregular preterite

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Apr 26–May 2
Week 22

## Your weekend and your trips

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

May 3–9
Week 23

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

May 10–16
Week 24

## The imperfect: how things used to be

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

May 17–23
Week 25

## Preterite and imperfect together

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

May 24–30
Week 26

## Object pronouns

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

May 31–Jun 6
Week 27

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Jun 7–13
Week 28

## Health and the doctor's

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jun 14–20
Week 29

## Travel: transport and hotels

A2 everyday Spanish

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jun 21–27
Week 30

## The present perfect

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jun 28–Jul 4
Week 31

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jul 5–11
Week 32

## The future tense

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jul 12–18
Week 33

## The conditional and polite requests

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jul 19–25
Week 34

## Giving your opinion

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Jul 26–Aug 1
Week 35

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Aug 2–8
Week 36

## The present subjunctive: forms

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Aug 9–15
Week 37

## Subjunctive for wishes and advice

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Aug 16–22
Week 38

## Commands

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Aug 23–29
Week 39

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Aug 30–Sep 5
Week 40

## Work and studies

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Sep 6–12
Week 41

## Telling a longer story

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Sep 13–19
Week 42

## Por and para

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Sep 20–26
Week 43

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Sep 27–Oct 3
Week 44

## Subjunctive for feelings and doubt

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Oct 4–10
Week 45

## News and current events

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Oct 11–17
Week 46

## Linking ideas: que, donde, lo que

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Oct 18–24
Week 47

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Oct 25–31
Week 48

## If-sentences

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Nov 1–7
Week 49

## Ambitions and plans

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Nov 8–14
Week 50

## A short talk about yourself

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Nov 15–21
Week 51

## Go back over the last three weeks

Review week

- [ ] Review the last three weeks' lessons, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Nov 22–28
Week 52

## Sorting out a problem

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min listening or reading
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

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

Nov 29–Dec 5
Week 53

## Reading a whole book

B1 independent

- [ ] Lesson and listening
  45 min: 25 min lesson, 20 min reading your book
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Dec 6–12
Week 54

## A practice B1 test

B1 independent

- [ ] Practice test: one part a day (reading, listening, writing, speaking), then check it
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] Speaking practice: a tutor, an exchange partner, or aloud on your own
  45 min

**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.

Dec 13–19
Week 55

### A real conversation at B1

Finish

- [ ] Go over the hardest topics from the practice test, then listening
  45 min
- [ ] Flashcards (spaced review)
  15 min
- [ ] A long conversation with a tutor or a Spanish speaker
  45 min

**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.

# 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.

# Tools

▪ A course at your level: a textbook with audio, an app, or a class.

▪ A flashcard app with spaced repetition, which shows each card again just before you'd forget it. Add the new words from every lesson.

▪ Audio in Spanish: podcasts and videos for learners first, then slowed-down news, then ordinary shows with subtitles.

▪ Graded readers: short books written for learners at each level.

▪ A notebook for phrases you want to use in your speaking sessions.

▪ A tutor or exchange partner for the speaking days.

# Common mistakes

▪ Cramming to catch up. If you miss a day, don't double the next one. Just carry on.

▪ Only learning new things. Skipping flashcards and review weeks means forgetting what you learned a month ago.

▪ Judging by how today felt. Spread-out practice can feel slower in the moment even though it lasts better. Judge by the review weeks, not by single days.

▪ Putting off speaking. Many learners understand far more than they can say. Speak from the first weeks, even alone.

▪ Switching courses often. Every new course starts again from greetings. Choose one and finish it.

# 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.

# 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.

# Sources


**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.”

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

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

**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.”

**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.”

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

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

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

**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.”

**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!”

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| **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` |