

		Beginner level – A1 = 60 h	Intermediate 1 level – A2= 120 h	Intermediate 2 level – B1= 150 h	Advanced 1 level – B2= 150 h
	Each group session is a 30h session	A1.1= Session 1 A1.2= Session 2	A2.1= Session 1 A2.2= Session 2 A2.3= Session 3 A2.4= Session 4	B1.1= Session 1 B1.2= Session 2 B1.3= Session 3 B1.4= Session 4 B1.5= Session 5	B2.1= Session 1 B2.2= Session 2 B2.3= Session 3 B2.4= Session 4 B2.5= Session 5
U N D E R S T A N D I N G	Listening	I can understand familiar words & very basic phrases concerning myself, my family, my work & immediate concrete surroundings when people speak slowly & clearly.	I can understand phrases & the highest frequency vocabulary related to areas of most immediate personal relevance (e.g. very basic personal & family information, shopping, local area, employment). I can catch the main point in short, clear, simple messages & announcements.	I can understand the main points of clear standard speech on familiar matters regularly encountered in work, leisure, etc. I can understand the main point of many radio or TV programmes on current affairs or topics of personal or professional interest when the delivery is relatively slow & clear.	I can understand extended speech & lectures & follow even complex lines of argument provided the topic is reasonably familiar. I can understand most TV news & current affairs programmes. I can understand the majority of films in standard dialect.
	Reading	I can understand familiar names, words & very simple sentences, for example on notices & posters or in catalogues.	I can read very short, simple texts. I can find specific, predictable information in simple everyday material such as advertisements, prospectuses, menus & timetables & I can understand short simple personal letters & e-mails.	I can understand texts that consist mainly of high frequency everyday or job-related language. I can understand the description of events, feelings & wishes in personal letters.	I can read articles & reports concerned with contemporary problems in which the writers adopt particular attitudes or viewpoints. I can understand contemporary literary prose.
S P E A K I N G	Spoken interaction	I can interact in a simple way provided the other person is prepared to repeat or rephrase things at a slower rate of speech & help me formulate what I'm trying to say. I can ask & answer simple questions in areas of immediate need or on very familiar topics.	I can communicate in simple & routine tasks requiring a simple & direct exchange of information on familiar topics & activities. I can handle very short social exchanges, even though I can't usually understand enough to keep the conversation going myself.	I can deal with most situations likely to arise whilst killfull in areas where the language is spoken. I can enter unprepared into conversation on topics that are familiar, of personal interest or pertinent to everyday life (e.g. family, hobbies, work, travel & current events).	I can interact with a degree of fluency & spontaneity that makes regular interaction with native speakers quite possible. I can take an active part in discussion in familiar contexts, accounting for & sustaining my views.
	Spoken production	I can use simple phrases & sentences to describe where I live, my work environment & people I know.	I can use a series of phrases & sentences to describe in simple terms my family & other people, living conditions, my educational background & my present or most recent job.	I can connect phrases in a simple way in order to describe experiences & events, my dreams, hopes & ambitions. I can briefly give reasons & explanations for opinions & plans. I can narrate a story or relate the plot of a book or film & describe my reactions.	I can present clear, detailed descriptions on a wide range of subjects related to my field of interest. I can explain a viewpoint on a topical issue giving the advantages & disadvantages of various options.
W R I T I N G	Writing	I can write a short, simple postcard, for example sending holiday greetings. I can fill in forms with personal details, for example entering my name, nationality & address on a hotel registration form.	I can write short, simple notes & messages. I can write a very simple personal letter, for example thanking someone for something.	I can write simple connected text on topics which are familiar or of personal interest. I can write personal letters describing experiences & impressions.	I can write clear, detailed text on a wide range of subjects related to my interests. I can write an essay or report, passing on information or giving reasons in support of or against a particular point of view. I can write letters highlighting the personal significance of events & experiences.