



Your first seven days of Chinese

A free taster. Spend about 15 minutes each day; the full course has additional class and homework time.

DAY 1 / Hear the tones

Say ma with a high, rising, dipping and falling tone. Listen to your teacher or a reliable pronunciation recording and repeat.

DAY 2 / Say hello

Practise the greeting below, then try it without reading.

DAY 3 / Say your name

Swap Anna for your own name in the introduction below.

你好！我叫安娜。

Nǐ hǎo! Wǒ jiào Ānnà.

Hello! My name is Anna.

Your turn: write your introduction.



Keep the conversation going

Days 4-7: small tasks you can repeat aloud.

DAY 4 / Ask a question

Practise asking a name. Question words stay where the answer would go.

DAY 5 / Recall ten words

Use the free practice tool. Look at each character, say its sound and recall the meaning before revealing it.

DAY 6 / Build a short exchange

Say hello, introduce yourself, ask a name and say goodbye. Practise both sides.

DAY 7 / Check your progress

Repeat day 6 without notes. Write down two things you remembered and one question for a teacher.

你叫什么名字？

Nǐ jiào shénme míngzi?

What is your name?

My next step

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