



The Ultimate Beginner's Guide to Language Learning

Successfully Learning Languages with
INTERLINGUA.APP



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Introduction: Your Path to Multilingualism



Why This Guide?

Congratulations! You've taken the first and most important step: You've decided to learn a new language. This guide will be your faithful companion on this exciting journey.

What to Expect

- **Structured 30-Day Plan:** Day-by-day instructions for your perfect start
- **500+ Essential Vocabulary:** Sorted by topics for maximum relevance
- **Grammar Checklists:** Clearly structured from A1 to B1
- **Practice Scenarios:** Immediately applicable conversations
- **Proven Learning Techniques:** Recommended by experts

How to Use This Guide

1. **First read the complete 30-Day Plan** 2. **Start on Day 1** and follow the plan consistently 3. **Use the vocabulary lists** parallel to your learning 4. **Practice daily** with the conversation scenarios 5. **Return to this guide** regularly

The First 30 Days: Your Quick Start Plan



Week 1: Building Foundation (Days 1-7)

Goal: Build basic vocabulary and pronunciation foundation

Day 1: Kickoff

- ■ 10 minutes: Alphabet and pronunciation
- ■ 15 minutes: The 20 most important words (Hello, Thank you, Please, etc.)
- ■ 10 minutes: First conversation with INTERLINGUA.APP
- **Daily Vocabulary:** Hello, Goodbye, Thank you, Please, Yes, No, Sorry, Good, Bad, I

Day 2: Introducing Yourself

- ■ 15 minutes: "My name is...", "I'm from...", "I'm... years old"
- ■ 15 minutes: Pronouns (I, you, he, she, we, you, they)
- ■ 10 minutes: Practice introduction conversation
- **Daily Vocabulary:** Name, country, city, years, age, where from, how, who, what

Day 3: Numbers 1-100

- ■ 15 minutes: Learn and practice numbers 1-20
- ■ 15 minutes: Numbers 20-100 (tens)
- ■ 10 minutes: Understanding and stating prices
- **Daily Vocabulary:** Numbers 1-100, dollar, price, cost, how much

Day 4: Time and Date

- ■ 15 minutes: Days of week and months
- ■ 15 minutes: Understanding and telling time
- ■ 10 minutes: Simulate appointment conversation
- **Daily Vocabulary:** Today, tomorrow, yesterday, week, month, year, o'clock, time, when

Day 5: Food and Drink - Basics

- ■ 15 minutes: 20 most important foods
- ■ 15 minutes: Restaurant vocabulary
- ■ 10 minutes: Practice ordering in restaurant
- **Daily Vocabulary:** Water, bread, coffee, tea, eat, drink, restaurant, order, bill, pay

Day 6: Review & Consolidation

- ■ 20 minutes: Review all vocabulary Day 1-5
- ■ 20 minutes: Free conversation with everything learned
- **Focus:** Apply everything you've learned so far

Day 7: Week Test & Reflection

- ■ 15 minutes: Mini-test (all vocabulary of the week)
- ■ 15 minutes: Longer conversation (5-10 minutes)
- ■ 10 minutes: Write learning journal - What went well? What was difficult?

Week 2: Mastering Daily Life (Days 8-14)

Day 8: Going Shopping

- ■ 15 minutes: Stores and products
- ■ 15 minutes: "I would like...", "Do you have...?"
- ■ 10 minutes: Shopping scenario
- **Daily Vocabulary:** Supermarket, buy, sell, expensive, cheap, size, color

Day 9: Asking for Directions

- ■ 15 minutes: Directions (left, right, straight)
- ■ 15 minutes: Places in the city
- ■ 10 minutes: Give and understand directions
- **Daily Vocabulary:** Where is...?, left, right, straight, street, square, station, airport

Day 10: Family and Friends

- ■ 15 minutes: Family members
- ■ 15 minutes: Describe relationships

- ■ 10 minutes: Talk about family
- **Daily Vocabulary:** Mother, father, brother, sister, friend, family, child, parents

Day 11: Hobbies and Leisure

- ■ 15 minutes: Leisure activities
- ■ 15 minutes: "I like...", "I play..."
- ■ 10 minutes: Talk about hobbies
- **Daily Vocabulary:** Sports, music, reading, film, play, do, like, love

Day 12: Adjectives for Descriptions

- ■ 15 minutes: 20 important adjectives
- ■ 15 minutes: Describe people and things
- ■ 10 minutes: Description exercises
- **Daily Vocabulary:** Big, small, beautiful, ugly, new, old, good, bad, fast, slow

Day 13: Week 2 Review

- ■ 20 minutes: Review vocabulary Days 8-12
- ■ 20 minutes: Free everyday conversations

Day 14: 2-Week Milestone

- ■ 20 minutes: Big vocabulary test (Days 1-13)
- ■ 20 minutes: Record and listen to 10-minute conversation

Week 3: Verbs & Actions (Days 15-21)

Day 15: Present Tense Verbs - Part 1

- ■ 15 minutes: be, have, make, go, come
- ■ 15 minutes: Practice conjugation
- ■ 10 minutes: Form sentences
- **Daily Vocabulary:** I am, you have, he makes, we go, they come

Day 16: Present Tense Verbs - Part 2

- ■ 15 minutes: see, hear, speak, read, write
- ■ 15 minutes: Practice conjugation
- ■ 10 minutes: Sentences with new verbs
- **Daily Vocabulary:** see, hear, speak, read, write, understand

Day 17: Modal Verbs

- ■ 15 minutes: can, must, want, should
- ■ 15 minutes: Sentences with modal verbs
- ■ 10 minutes: Express wishes and obligations
- **Daily Vocabulary:** can, must, want, should, may, would like

Day 18: Past Tense - Basics

- ■ 15 minutes: Introduce past tense (I did)
- ■ 15 minutes: 10 most important verbs in past
- ■ 10 minutes: Talk about yesterday
- **Daily Vocabulary:** yesterday, day before yesterday, last week, was, had, did

Day 19: Future - Basics

- ■ 15 minutes: Future with "will"
- ■ 15 minutes: Express plans
- ■ 10 minutes: Talk about tomorrow
- **Daily Vocabulary:** tomorrow, next week, soon, later, will, plan

Day 20: Week 3 Review

- ■ 20 minutes: Review all verbs
- ■ 20 minutes: Tell stories in present, past and future

Day 21: 3-Week Test

- ■ 30 minutes: Comprehensive test of all tenses
- ■ 10 minutes: Progress reflection

Week 4: Conversation Mastery (Days 22-30)

Days 22-24: Thematic Conversations

- **Day 22:** Travel & Transport (Airport, Station, Taxi)
- **Day 23:** Health & Doctor Visit (Symptoms, Pharmacy)
- **Day 24:** Work & Career (Interview, Colleagues)

Days 25-27: More Complex Structures

- **Day 25:** Relative clauses basics (the man who...)
- **Day 26:** Prepositions (in, on, at, by, with, to)
- **Day 27:** Conjunctions (and, or, but, because, that)

Day 28: Free Speaking

- ■ 40 minutes: Only conversation - all topics

Day 29: 30-Day Final Test

- ■ 30 minutes: Comprehensive vocabulary and grammar test
- ■ 10 minutes: Record 10-minute conversation

Day 30: Celebration & Planning

- ■ 20 minutes: Celebrate successes - what have you achieved?
- ■ 20 minutes: Plan next 30 days

Vocabulary Lists by Topic



■ Food & Drink (50 Words)

Beverages:

- Water
- Coffee
- Tea
- Juice
- Milk
- Beer
- Wine
- Soda

Foods:

- Bread
- Butter
- Cheese
- Meat
- Fish
- Egg
- Rice
- Pasta
- Potato

- Vegetables
- Fruit
- Salad
- Soup

In the Restaurant:

- Menu
- Order
- Bill
- Pay
- Tip
- Waiter/Waitress
- Reservation
- Table
- Taste
- Delicious

■ At Home (40 Words)

Rooms:

- Living room
- Bedroom
- Kitchen
- Bathroom
- Toilet
- Hallway
- Balcony
- Garden

Furniture:

- Bed
- Table
- Chair
- Sofa
- Closet
- Shelf
- Lamp
- Carpet

Activities:

- Live
- Sleep
- Cook
- Clean
- Tidy up
- Watch TV
- Read

■ Travel & Transport (45 Words)**Transportation:**

- Car
- Bus
- Train
- Subway
- Tram
- Bicycle
- Airplane
- Taxi
- On foot

Places:

- Airport
- Station
- Stop
- Parking
- Gas station

Activities:

- Drive
- Fly
- Arrive
- Depart
- Transfer
- Buy ticket
- Check in

■ Work & Career (40 Words)

Professions:

- Teacher
- Doctor
- Engineer
- Salesperson
- Chef
- Programmer

In the Office:

- Work
- Colleague
- Boss
- Meeting
- Computer
- Email
- Project
- Break
- Salary

■ Family & Relationships (35 Words)

Family:

- Mother
- Father
- Parents
- Brother
- Sister
- Siblings
- Grandmother
- Grandfather
- Child
- Son
- Daughter
- Uncle
- Aunt

- Cousin

Relationships:

- Friend/Girlfriend/Boyfriend
- Partner
- Married
- Single
- Divorced

■ Time & Date (50 Words)

Days of Week:

- Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

Months:

- January, February, March, April, May, June, July, August, September, October, November, December

Time Expressions:

- Today
- Yesterday
- Tomorrow
- Day before yesterday
- Day after tomorrow
- Now
- Later
- Earlier
- Soon
- Week
- Month
- Year

■ Adjectives - The Most Important 50

Size & Shape:

- Big - small
- Long - short
- Thick - thin

- Wide - narrow

Quality:

- Good - bad
- New - old
- Beautiful - ugly
- Clean - dirty
- Right - wrong

Speed & Intensity:

- Fast - slow
- Loud - quiet
- Bright - dark
- Hot - cold
- Warm - cool

Emotions & States:

- Happy - sad
- Cheerful - depressed
- Tired - awake
- Hungry - full
- Thirsty

Grammar Checklists A1-B1



A1 Grammar Checklist

■ I can...

Nouns & Articles:

- Use the/a/an correctly
- Form plural forms (man → men)

Verbs:

- Conjugate "be" (I am, you are, he is...)
- Conjugate "have" (I have, you have...)
- Regular verbs in present tense (I make, you make...)
- Modal verbs basics (I can, I must, I want)

Sentence Structure:

- Form statements (I go home)
- Questions with question words (Where do you live?)
- Yes/No questions (Do you go to the cinema?)

Pronouns:

- Personal pronouns (I, you, he, she, it, we, you, they)
- Possessive pronouns basics (my, your, his)

Numbers & Time:

- Numbers 1-1000
- Understand and tell time
- Days of week and months

A2 Grammar Checklist

■ I can...

Verbs - Past Tense:

- Form past tense (I did, I went)
- Common irregular verbs in past
- Past tense of be & have (I was, I had)

Verbs - Future:

- Future with "will" (I will go)
- Future with present tense (I'm going tomorrow)

Sentence Structure:

- Connect main clauses (and, or, but, because)
- Subordinate clauses with because
- Subordinate clauses with that (I think that...)

Adjectives:

- Adjective declension basics
- Comparative and superlative (nice, nicer, nicest)

Prepositions:

- Local prepositions (in, on, at, by, to)
- Temporal prepositions (at, on, in)

B1 Grammar Checklist

■ I can...

Verbs - Advanced:

- Safely use all tenses (present, past, future)
- Conditional for politeness (I would like...)
- Understand passive voice (The book was read)

Complex Sentences:

- Relative clauses (The man who stands there is my teacher)
- Temporal subordinate clauses (when, while, before, after)
- Causal subordinate clauses (because, since)
- Purpose clauses (so that, in order to)

Adjectives & Adverbs:

- Adjective declension in all cases
- Form and use adverbs

Pronouns - Advanced:

- Reflexive pronouns (I enjoy myself)
- Demonstrative pronouns (this, that)

Conversation Scenarios for Daily Life



Scenario 1: Ordering in a Restaurant

Situation: You're in a restaurant and want to order.

Useful Phrases:

- "Hello! A table for two, please."
- "The menu, please."
- "I would like... / I'll have..."
- "What do you recommend?"
- "Is this vegetarian / vegan?"
- "The bill, please."
- "Can I pay by card?"
- "The food was delicious, thank you!"

Mini-Dialogue:

Waiter: Hello! What can I get you? You: I would like the menu, please. Waiter: Of course, here you go. Would you like something to drink? You: Yes, water please. Waiter: Sparkling or still? You: Sparkling, please. ... You: The bill, please. Waiter: That's 25 dollars. You: Can I pay by card? Waiter: Yes, of course.

Scenario 2: Asking for Directions

Situation: You're looking for the train station.

Useful Phrases:

- "Excuse me, where is the train station?"
- "How do I get to...?"
- "Is it far from here?"
- "Can I walk or do I need a taxi?"
- "Straight ahead? Left or right?"
- "Thank you very much for your help!"

Mini-Dialogue:

You: Excuse me, how do I get to the main station? Passerby: Go straight ahead, then second street on the left. You: Is it far? Passerby: No, about 10 minutes on foot. You: Thank you very much! Passerby: You're welcome!

Scenario 3: Shopping in Supermarket

Useful Phrases:

- "Where can I find...?"
- "Do you have...?"
- "How much is this?"
- "Is this on sale?"
- "I'll take two of these."
- "Where is the checkout?"

Scenario 4: At the Doctor

Useful Phrases:

- "I have a headache / stomachache / fever."
- "I don't feel well."
- "Since when have you had these symptoms?"
- "I need a prescription."
- "Where is the nearest pharmacy?"

Scenario 5: Hotel Check-in

Useful Phrases:

- "I have a reservation under the name..."
- "For how many nights?"
- "Is there WiFi?"
- "What's the code?"
- "What time is breakfast?"

- "When do I need to check out?"

Learning Tips from Successful Polyglots



Tip 1: The 80/20 Rule

80% of everyday conversations use only 20% of a language's total vocabulary. Focus on this 20%!

The first 500 words cover about 80% of everyday conversations. **The first 1,000 words** cover about 90%.

Tip 2: Input + Output Balance

Input (Listening, Reading) is important, but **Output** (Speaking, Writing) is crucial.

Optimal Balance:

- 40% Input (Listening, Reading)
- 60% Output (Speaking, Writing)

Tip 3: Spaced Repetition

Repeat vocabulary according to this schedule:

- After 1 day
- After 3 days
- After 7 days
- After 14 days
- After 30 days

Tip 4: Create Immersion

You don't have to go abroad to experience immersion:

- Change your smartphone to the target language
- Watch series with subtitles
- Listen to podcasts while commuting
- Follow social media accounts in the target language
- Cook with recipes in the target language

Tip 5: The "Buddy & Mentor" Method

Switch between two learning modes:

Buddy Mode: Relaxed conversations, mistakes are okay, focus on fluency

Mentor Mode: Structured learning, grammar focus, corrections

With INTERLINGUA.APP you can switch between these modes!

Tip 6: The 15-Minute Rule

Daily 15 minutes is better than weekly 2 hours.

Why?

- Better memory formation
- Higher consistency
- Less overwhelm
- Easier to integrate into daily life

Tip 7: Mistakes as Learning Opportunities

Bad Attitude: "I make so many mistakes, I'm bad."

Good Attitude: "Every mistake is a learning opportunity. The more mistakes I make, the faster I learn."

Scientifically Proven: Error-based learning leads to 40% better memory formation!

Tip 8: Context Over Isolation

Never learn words in isolation.

■ **Wrong:** "Apple = Apfel"

■ **Right:** "I want to buy an apple."

Tip 9: Speak from Day 1

Don't wait until you're "good enough". Speak from day one!

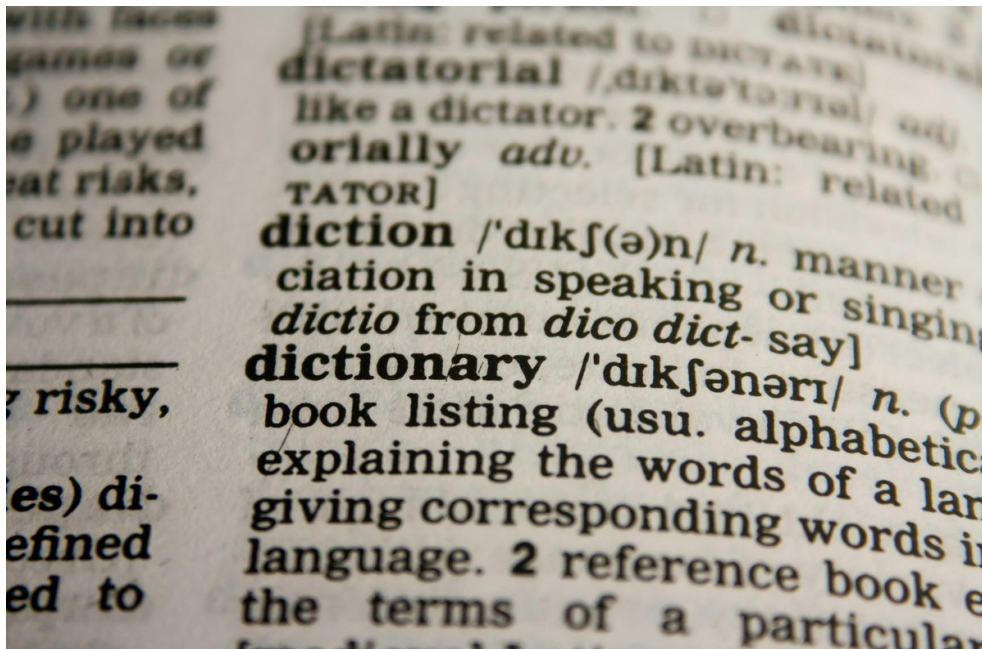
With INTERLINGUA.APP you have a patient, judgment-free conversation partner.

Tip 10: Set Concrete Goals

■ **Vague Goal:** "I want to learn Spanish."

■ **SMART Goal:** "In 3 months I can have a 10-minute conversation about my hobby in Spanish."

Avoiding Common Mistakes



Mistake 1: Too Much Focus on Grammar at the Beginning

Problem: Spending months with grammar books before speaking.

Solution: Start speaking immediately. Learn grammar contextually.

Mistake 2: Perfectionism

Problem: Staying silent for fear of mistakes.

Solution: Mistakes are part of the learning process. More mistakes = faster learning.

Mistake 3: Only Passive Learning

Problem: Watching videos for hours but never speaking yourself.

Solution: 60% of your time should be active speaking/writing.

Mistake 4: Learning Vocabulary in Isolation

Problem: Memorizing hundreds of vocabulary from lists.

Solution: Learn words in sentences and contexts.

Mistake 5: No Daily Practice

Problem: Learning 2 hours once a week.

Solution: Daily 15-30 minutes is 5x more effective.

Mistake 6: Unrealistic Expectations

Problem: "I want to be fluent in 3 months!"

Solution: Set realistic milestones. A2 in 3 months is realistic with daily practice.

Mistake 7: No Repetition

Problem: Always new material, never repeat.

Solution: Use spaced repetition. Review regularly.

Mistake 8: Neglecting Pronunciation

Problem: Only practicing reading and writing.

Solution: Pay attention to correct pronunciation from the beginning.

Resources and Tools



Recommended Apps & Websites

Conversation Practice:

- **■ INTERLINGUA.APP** - Your AI conversation partner (24/7 available!)

Vocabulary Training:

- Anki (Spaced Repetition)
- Quizlet

Grammar:

- Duolingo
- Grammarly

Immersion:

- YouTube (Channels in your target language)
- Netflix (with subtitles)
- Spotify (Podcasts)

Books for Self-Learners

- "Fluent Forever" by Gabriel Wyner
- "Polyglot: How I Learn Languages" by Kató Lomb
- "The Foreign Language Learning Myth" by Michael Janich

YouTube Channels for Language Learning

- Easy Languages (Real Street Interviews)
- Polyglot Conference
- Matt vs Japan (Immersion Method)

Your Success Plan



Checklist for the Next 3 Months

Month 1: Foundation

- 30-day plan completed
- 500 words learned
- Daily 15+ minutes practiced
- 10+ conversations held
- A1 level reached

Month 2: Expansion

- 1000 words learned
- Daily 30+ minutes practiced
- 30+ conversations held
- First longer conversations (10+ minutes)
- A2 level reached

Month 3: Consolidation

- 1500 words learned
- Daily 45+ minutes practiced
- 60+ conversations held
- Spontaneous conversations possible
- B1 level in sight

Final Words



Congratulations! You now hold the complete roadmap for your language learning journey in your hands.

Remember:

- Rome wasn't built in a day - and neither is language competence
- Consistency beats intensity
- Mistakes are your best teachers
- With INTERLINGUA.APP you have a patient partner

Your Next Step: 1. Close this guide 2. Open INTERLINGUA.APP 3. Start with Day 1 4. Begin your journey NOW!

About INTERLINGUA.APP

INTERLINGUA.APP is your revolutionary AI-powered language learning platform with:

- ■ Personalized AI conversation partners (Anna & Max)
- ■ Adaptive CEFR levels (A1-C2)
- ■ Real-time feedback on pronunciation & grammar
- ■ 500+ idiom library
- ■ Progress tracking & statistics
- ■ 14+ languages supported

Start today: www.interlingua.app

Good luck on your language learning journey! ■

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