**Assess your language level**

Tick the appropriate box/boxes to find out your level.

For levels above Beginners - If you have ticked more than a third of the boxes you should consider the next level.

**Beginners**

* You are a complete beginner and have no prior knowledge of the language, with the exception of perhaps a few key words.
* You have some prior, but very basic, knowledge of the language, and find it difficult to produce more than a few key words and phrases. Maybe you haven’t used the language in a while and/or want to start at ‘the beginning’.
* You have a very basic knowledge of the language. Your vocabulary is very limited and you have no real understanding of the grammar.

**Elementary – Year 2**

* You can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type
* You can introduce yourself and others
* You can ask and answer questions about personal details such as where you live, what you do, people you know and things you have
* You can ask and give directions
* You can order food and drink
* You can make very basic travel and accommodation arrangements
* You can have a basic conversation, provided the other person talks slowly and clearly and is prepared to help.

**Pre-intermediate Year 3**

* You can understand sentences and frequently used expressions related to areas including basic personal and family information, shopping, local geography and employment
* You can communicate in simple and routine tasks, requiring a simple and direct exchange of information on familiar and routine matters
* You can describe, in simple terms, aspects of your background, immediate environment and matters in areas of immediate need
* You can comfortably ‘get by’ when visiting the country, albeit with some difficulty.
* You can obtain the most important information from a short newspaper articles, everyday advertisements and public notice boards

**Intermediate Year 4**

* You can deal with most situations likely to arise whilst travelling in an area where the language is spoken
* You can produce simple connected text on topics which are familiar or of personal interest, e.g. environment
* You can describe experiences and events. Using the past tense and the future
* You can briefly give reasons and explanations for opinions and plans
* You can take an active part in discussions on subjects I know about, taking up a position and presenting my own point of view
* You can understand a wide range of shorter simple texts (such as advertisements)

**Upper intermediate – Year 5**

* You can talk about dreams, hopes and ambitions
* You can recognise and use the main features of grammar with confidence.
* You can listen effectively for specific details/general information, ideas and opinions from a range of sources.
* You can communicate adequately in a range of social, transactional and work-related situations.
* You can ask for and provide information on a range of topics.
* You can seek and respond to ideas and opinions on a range of topics.
* You can take part in varied discussions.
* You can read texts in the target language to extract specific details and to identify general information, ideas and opinions from different sources.
* You can write effectively in the target language for a range of purposes.

**Advanced – Year 6**

* You can understand a wide range of challenging, longer texts and also grasp implicit meanings.
* You can express yourself spontaneously and fluently without having to search for words frequently and noticeably.
* You can use the language effectively and flexibly in a social and professional life.
* You can make clear, structured and detailed statements on complex topics and apply various means of text association appropriately in the process.
* You can produce clear, detailed text on a wide range of subjects and explain a viewpoint on a topical issue, giving the advantages and disadvantages of various option.

**Advanced plus – Year 7 +**

* You can understand the main ideas of complex text on both concrete and abstract topics, including technical discussions in your field of specialisation or interest
* You can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible, without strain for either party
* You can communicate so spontaneously and fluently that a normal conversation with native speakers is easily possible without a great deal of effort on either
* You can deal with a very complex grammar