



Listening B1

Fill in dates in the table as you set your objectives and reach them.

My objective Date:	Language:	I can do this		
		a bit	quite well	very well
	I can follow an everyday conversation if it is carried out clearly and in a standard dialect.			
	I can follow the main points of a discussion on a familiar topic, if it is discussed slowly and in a standard dialect.			
	I can follow short narratives and somewhat longer presentations on familiar topics, when a standard dialect is used.			
	I can understand the main points of live or recorded radio news items, if the delivery is clear and in a standard dialect.			
	I can follow detailed instructions, news items and information, for example in weather forecasts or when using an answering machine.			
	I can follow a range of TV programmes on topics of personal interest, when a standard dialect is used.			



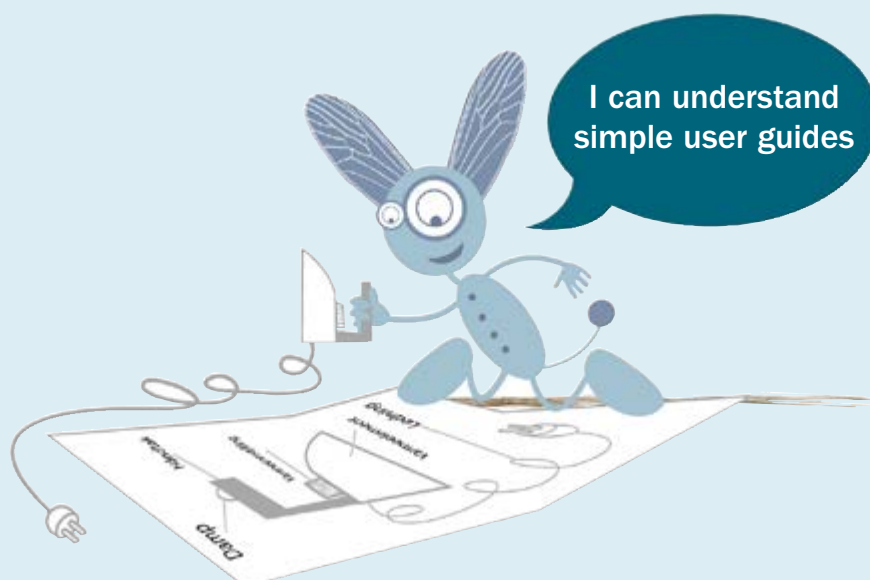


Reading B1 *del 1*

Fill in dates in the table as you set your objectives and reach them.

My objective Date:	Language:	I can do this		
		a bit	quite well	very well
	I can understand the main points in most simple and factual texts, if they follow a clear structure and the topic is familiar.			
	I can understand details in texts on familiar topics, presenting thoughts and ideas, e.g. short articles in magazines, sports resumes or interviews with celebrities.			
	I can find the information I am looking for in familiar text types, such as weather forecasts, factual web pages and quizzes.			
	I can find web pages on various topics, and understand most of what I read.			
	I can understand personal letters or longer e-mails describing events, wishes, feelings or plans.			
	I can understand and follow simple instructions, e.g. in games, user guides for technical equipment, recipes or installation guides for computer programs.			

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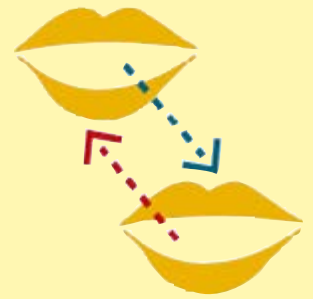




Reading B1 *del 2*

Fill in dates in the table as you set your objectives and reach them.

My objective Date:	Language:	I can do this		
		a bit	quite well	very well
	I can understand the basic plot of stories that native speakers of my age would like to read, if I can use a dictionary to understand difficult words.			
	I can make some sense of poems and songs on topics that are familiar to me or easy to imagine, if the message is clear and explicit.			
	I can scan longer, clearly structured texts in order to locate specific information.			



Spoken Interaction B1

Fill in dates in the table as you set your objectives and reach them.

My objective Date:	Language:	I can do this		
		a bit	quite well	very well
	I can participate in most conversations on topics that are familiar or of personal interest, if the others speak clearly and in standard dialects.			
	I can respond to what people say in everyday conversations, to show that I understand and am interested.			
	I can check that people understand what I am saying.			
	I can take part in fairly extended conversations with friends about things that interest us.			
	I can express and respond to feelings such as surprise, happiness, sadness, uncertainty or indifference.			
	I can enter conversations on familiar topics.			
	I can help to solve practical problems that arise, e.g. while working on a project, and I can state my opinion and ask for other people's views.			
	I can handle most everyday situations.			
	I can participate in relatively long Internet chat sessions with people who share my interests.			
	I can explain why something is a problem and comment on what other people think.			

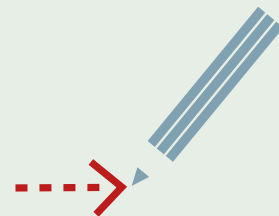


Spoken Production B1

Fill in dates in the table as you set your objectives and reach them.

My objective	Language:	I can do this		
		a bit	quite well	very well
Date:				
	I can describe personal experiences, reactions, dreams, hopes and ambitions.			
	I can talk about things I want to do in the future.			
	I can talk about abstract concepts such as films and music and say how I react to them.			
	If I have time to prepare, I can give a comprehensible presentation and answer specific questions related to it.			
	I can roughly describe how to do something, like cooking or looking after a pet.			
	I can give a short account and explanation of my opinions, plans and actions.			
	I can briefly summarise a film I have seen or a book I have read.			



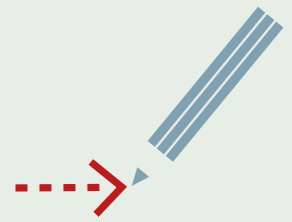


Writing B1 *part 1*

Fill in dates in the table as you set your objectives and reach them.

My objective Date:	Language:	I can do this		
		a bit	quite well	very well
	I can write simple connected texts on topics of personal interest, if I have access to dictionaries or other resources.			
	I can write descriptions of people, places or things that I know well or that I can imagine.			
	I have a sufficient vocabulary to express myself on most topics related to my everyday life, and I can use some language structures and idiomatic expressions.			
	I can write, in a simple way, about something that has happened.			
	I can write fairly long letters or e-mails to people I know, expressing opinions or feelings.			
	I can participate in Internet chat rooms about familiar topics.			
	I can write messages and letters to hand on information, or to suggest doing things or going somewhere.			
	I can fill in forms and charts with detailed information.			

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Writing B1 *part 2*

Fill in dates in the table as you set your objectives and reach them.

My objective Date:	Language:	I can do this		
		a bit	quite well	very well
	I can write simple instructions for doing things that I often do myself.			
	I can write poems and songs that have short and simple lines or contain familiar ideas.			
	I can write texts where I borrow words and expressions from the Internet and from other sources, for example while working on a project.			

I can fill in forms and charts with detailed information.

