

ENGLISH COURSE · LEVEL 1 · A1 · 12 WEEKS · 30 MINUTES A DAY

English Course Level 1: From Zero

طور الإنجليزي بتاعك من الصفر

Start English from zero at home: words, sentences to memorise, grammar, exercises with answers and a daily listening plan.

كورس إنجليزي للمبتدئين — ٣ شهور، ٣٠ دقيقة يوميًا.

360 words

120 key sentences

12 grammar points

48 exercises + answers

3 progress checks

How to Use This Course

This book is all you need for the next 3 months. Every day has a clear job. Do 30 minutes, 6 days a week, and on day 7 just enjoy a story or a video. Don't skip days — 30 minutes every day is better than 3 hours once a week.

الكتاب ده هو كل اللي محتاجه في الـ ٣ شهور الجايين. ذاكر ٣٠ دقيقة في اليوم، ٦ أيام في الأسبوع، واليوم السابع استمتع بقصة أو فيديو بالإنجليزي.

Who is this level for?

المستوى ده لأي حد بيبداً الإنجليزي من الصفر أو حاسس إن أساسه ضعيف. في آخر الـ ١٢ أسبوع هتقدر تعرّف نفسك، وتتكلّم عن عيلتك وببيتك ويومك، وتشترى وتسأل وتطلب مساعدة بالإنجليزي.

After this level you can...

- After this level you can introduce yourself and talk about your family.
- After this level you can describe your home, your town and your daily routine.
- After this level you can shop, order food and ask about prices.
- After this level you can talk about the past and make plans for the future.
- After this level you can ask for help, explain a health problem and travel.

Your 30 minutes every day

Time	What to do
5 min	Review yesterday's words and sentences: cover the English and say it from the Arabic.
8 min	Learn today's 6 words and 2 sentences. Say each one aloud 5 times and copy it into your notebook.
10 min	Listen / watch today's resource from the weekly plan, using the 4-step method below.
5 min	Practise: do today's exercise in pencil, then check the Answer Key at the end of the book.
2 min	Speak: say 3 sentences about your day using today's words.

The 4-step listening method

#	Step
1	Listen only. Don't read. Try to catch the general idea.
2	Listen and read the script or subtitles. Underline new words.
3	Shadow: pause after each sentence and repeat it with the same sound and speed.
4	Listen again without the text. You will understand much more!

Too fast? On YouTube tap ⚙ Settings → Playback speed → 0.75 and turn on English subtitles (CC) — not Arabic. After Weeks 4, 8 and 12 there is a Progress Check: score 16/20 or more to move on.

إزاي تذاكر الكورس ده؟ (اقرأ الصفحة دي الأول)

ذاكر 30 دقيقة كل يوم، 6 أيام في الأسبوع، واليوم السابع راحة أو استماع لقصة. كل أسبوع فيه: كلمات بمعناها بالعربي، وجمل تحفظها، وقاعدة مشروحة بالعربي، وتمارين، وخطة استماع لكل يوم.

الـ 30 دقيقة بتتوزع كل يوم

5 دقائق	راجع كلمات وجمل امبارح: غطّي الإنجليزي وقول الكلمة من العربي.
8 دقائق	احفظ 6 كلمات وجملتين جدد، وقول كل واحدة بصوت عالي 5 مرات واكتبها في الكشكول.
10 دقائق	اسمع أو اتفرج على درس النهارده من خطة الأسبوع (عمود Listen / Watch).
5 دقائق	حل تمرين النهارده بالقلم الرصاص، وصَحّح من الإجابات في آخر الكتاب.
2 دقيقة	اتكلم: قول 3 جمل عن يومك بكلمات النهارده.

طريقة الاستماع في 4 خطوات

1. اسمع بس من غير ما تقرا، وافهم الفكرة العامة.
2. اسمع واقرا النص أو الترجمة الإنجليزي، وخط خط تحت الكلمات الجديدة.
3. ردّد وراه: وقّف بعد كل جملة وقولها بنفس الصوت والسرعة.
4. اسمع تاني من غير النص.

إزاي تستخدم المصادر؟

- دوس على اسم الدرس في خطة الأسبوع، أو اكتبه بالظبط في جوجل أو يوتيوب، وافتح النتيجة من الموقع نفسه.
- (podcast) أو (audio) = صوت بس، (video) = فيديو، (reading) = قراءة، (listening) = استماع بالنص.
- لو الكلام سريع: في يوتيوب ⚙️ ← Playback speed ← 0.75، وشغل الترجمة الإنجليزي مش العربي.

قبل ما تبدأ

- اعمل اختبار مستوى مجاني واكتب نتيجتك، وكرّره في آخر الكورس.
- جهّز كشكول: الإنجليزي على الشمال والعربي على اليمين، صفحة لكل أسبوع.
- نزل تطبيق كروت مجاني زي Anki وخط فيه كلمات كل يوم.
- بعد الأسبوع الرابع والثامن والثاني عشر فيه اختبار: لو جبت 16 من 20 أو أكثر كمّل، لو أقل راجع جمل الأسابيع دي 3 أيام وحاول تاني.
- القاعدة الذهبية: مش لازم تفهم كل كلمة. افهم الفكرة وكمّل.

All Your Links in One Place

Every resource in this book is free. Tap a title in the weekly plan to find it, or use these main links:

Video lessons (male teachers)

- engVid — Alex
- engVid — Adam
- engVid — Benjamin
- engVid — James

Listening with scripts (audio)

- British Council LearnEnglish — A1 listening
- British Council LearnEnglish — A1 reading
- ELLLO — beginner audio lessons

Podcasts

- Easy Stories in English (podcast)

If a link ever stops working, search the exact title in YouTube or Google — every lesson in this book has its exact name.

Hello! This Is Me

Grammar: Verb to be (am / is / are)

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Greetings · Sentences 1–2	engVid (James): "English Speaking – Saying Hello and Goodbye" (video)	Exercise 1
Day 2	Words: People · Sentences 3–4	engVid (Alex): "Basic English Grammar – BE verb" (video)	Exercise 2
Day 3	Words: Personal information · Sentences 5–6	British Council: "Student card application" (reading)	Exercise 3
Day 4	Words: How I feel · Sentences 7–8	engVid (Alex): "English Grammar – Making simple 'TO BE' questions" (video) + ELLLO SixPix: "Flags of the World" (audio)	Exercise 4
Day 5	Words: Question words · Sentences 9–10	engVid (Alex): "The 10 Most Common 'WHAT' Questions in English" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	British Council: "Meeting other students" (listening)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "The Teacher and the Student" (podcast)	Tick your tracker

30 words to learn

Set 1 • Greetings

hello	مرحبًا
goodbye	مع السلامة
please	من فضلك
thank you	شكرًا لك
sorry	آسف
welcome	أهلاً بك

Set 2 • People

name	اسم
man	رجل
woman	امرأة
friend	صديق
teacher	مُعلِّم
student	طالب

Set 3 • Personal information

age	العُمر
address	العنوان
phone number	رقم الهاتف
email	البريد الإلكتروني
country	بلد / دولة
city	مدينة

Set 4 • How I feel

happy	سعيد
tired	مُتعب
fine	بخير
busy	مشغول
hungry	جائع
new	جديد

Set 5 • Question words

what	ماذا / ما
where	أين
who	مَن
how	كيف
how old	كم العُمر
from	من (مكان)

My extra words

10 sentences to memorise

1	Hello, my name is Ahmed.	مرحبًا، اسمي أحمد.
2	Nice to meet you.	تشرفت بمعرفتك.
3	How are you? — I'm fine, thank you.	كيف حالك؟ — أنا بخير، شكرًا.
4	Where are you from? — I'm from Egypt.	من أين أنت؟ — أنا من مصر.
5	I live in Cairo.	أعيش في القاهرة.
6	I am 30 years old.	عمري ٣٠ سنة.
7	What's your phone number?	ما رقم هاتفك؟
8	Sorry, I don't understand.	آسف، لا أفهم.
9	Can you say that again, please?	هل يمكنك أن تقولها مرة أخرى من فضلك؟
10	See you tomorrow!	أراك غدًا!

Grammar of the week

Positive	Short form	Negative	Question
I am	I'm	I'm not	Am I...?
You / We / They are	you're / we're / they're	aren't	Are you...?
He / She / It is	he's / she's / it's	isn't	Is she...?

في العربية نقول «أنا سعيد» بدون فعل، لكن في الإنجليزية لا بد من am / is / are : نقول I am happy وليس I happy.

Exercises

Exercise 1 — Complete with am, is or are.

- I ___ a student.
- She ___ my teacher.
- They ___ from Alexandria.
- We ___ tired.
- My name ___ Omar.
- You ___ my friend.

Exercise 2 — Correct the mistake in each sentence.

- I from Egypt.
- She are happy.
- He is 25 years.
- What your name?
- They is busy.
- I am fine, thanks you.

Exercise 3 — Write the short form.

- I am
- she is
- they are
- we are not
- he is not
- it is

Exercise 4 — Translate into English.

- أنا مشغول اليوم.
- من أين صديقك؟
- هي ليست جائعة.
- ما عنوانك؟

Write & Speak — Write 5 sentences about you: your name, age, country, city and job. Read them aloud 3 times. Example: My name is Karim. I am 28 years old. I am from Egypt. I live in Giza. I am an accountant.

My Family and Friends

Grammar: have / has · my, your, his, her · 's

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Family 1 · Sentences 1–2	ELLLO SixPix: "Family Photo" (audio)	Exercise 1
Day 2	Words: Family 2 · Sentences 3–4	engVid (Alex): "How to show possession in English – MY / MINE, HER / SHE / HERS, etc." (video)	Exercise 2
Day 3	Words: Family 3 · Sentences 5–6	engVid (Benjamin): "English Vocabulary: BABIES & CHILDREN" (video)	Exercise 3
Day 4	Words: Describing people · Sentences 7–8	engVid (Adam): "6 confusing words – small & little, big & large, tall & high" (video) + ELLLO SixPix: "Hairstyles" (audio)	Exercise 4
Day 5	Words: Appearance · Sentences 9–10	engVid (Alex): "English Expressions with 'HAVE'" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	British Council: "Meeting people at a dinner" (listening)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "Big Peter and Little Peter" (podcast)	Tick your tracker

30 words to learn

Set 1 • Family 1

father	أب
mother	أم
brother	أخ
sister	أخت
son	ابن
daughter	ابنة

Set 2 • Family 2

husband	زوج
wife	زوجة
parents	الوالدان
children	أطفال / أبناء
uncle	عم / خال
aunt	عمة / خالة

Set 3 • Family 3

grandfather	جَد
grandmother	جَدَّة
cousin	ابن / ابنة العم أو الخال
married	متزوج
single	أعزب
baby	طفل رضيع

Set 4 • Describing people

tall	طويل
short	قصير
young	صغير السن
old	كبير السن
kind	طيب / لطيف
funny	مَرِح / مضحك

Set 5 • Appearance

hair	شعر
eyes	عيون
beard	لحية
glasses	نظارة
smile	ابتسامة
look like	يُشَبِّه

My extra words

10 sentences to memorise

1	I have two brothers and one sister.	لديّ أخوان وأخت واحدة.
2	My father's name is Hassan.	اسم أبي حسن.
3	She has a big family.	لديها عائلة كبيرة.
4	Are you married? — No, I'm single.	هل أنت متزوج؟ — لا، أنا أعزب.
5	This is my wife, Mona.	هذه زوجتي منى.
6	We have three children.	لدينا ثلاثة أطفال.
7	My brother is tall and funny.	أخي طويل ومرح.
8	He has short black hair.	لديه شعر أسود قصير.
9	I look like my mother.	أنا أشبه أمي.
10	Do you have any brothers or sisters?	هل لديك إخوة أو أخوات؟

Grammar of the week

have	has	Possessives
I / you / we / they have	he / she / it has	I → my · you → your · he → his · she → her · we → our · they → their

his تُستخدم إذا كان المالك ذكرًا، و her إذا كان المالك أنثى — العبرة بصاحب الشيء وليس بالشيء نفسه: Sara loves her father.

's = owner: Ali's car (سيارة علي) · my father's name (اسم أبي)

Exercises

Exercise 1 — Complete with have or has.

- I ___ a car.
- My sister ___ two children.
- We ___ a small house.
- He ___ blue eyes.
- They ___ a new baby.
- Mona ___ long hair.

Exercise 2 — Complete with my, his, her or their.

- Ahmed is my friend. ___ wife is a doctor.
- Sara loves ___ mother.
- My parents live in Tanta. ___ house is big.
- I love ___ children.
- Omar and ___ brother are tall.
- This is Nour, and this is ___ husband.

Exercise 3 — Rewrite with 's.

- the name of my father
- the phone of Sara
- the room of my brother
- the friend of Omar

Exercise 4 — Translate into English.

- لدي ابن وابنة.
- اسم أختي سارة.
- جدي كبير في السن وطيب.
- هل لديك أطفال؟

Write & Speak — Write 6 sentences about your family. Then show a family photo to someone and say them aloud. Example: I have a small family. My father's name is Mahmoud. He is kind and funny. My mother is a teacher. I have one sister. Her name is Hana and she has long black hair.

My Home and My Town

Grammar: there is / there are · in, on, under, next to... · a / an

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Home · Sentences 1–2	Learn English with Bob the Canadian: "Let's Learn English! Topic: The Kitchen" (podcast)	Exercise 1
Day 2	Words: Furniture · Sentences 3–4	Learn English with Bob the Canadian: "Let's Learn English! Topic: Describing Things Around The Home!" (podcast)	Exercise 2
Day 3	Words: Places 1 · Sentences 5–6	ELLLO SixPix: "Places" (audio)	Exercise 3
Day 4	Words: Places 2 · Sentences 7–8	engVid (Alex): "Prepositions of Place: AT, ON, IN" (video) + British Council: "Finding the library" (listening)	Exercise 4
Day 5	Words: Where is it? · Sentences 9–10	engVid (Alex): "English Vocabulary – Spatial Location – BEHIND, UNDER, ON TOP OF, BETWEEN, and more!" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	ELLLO SixPix: "Car Dude" (audio)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "Goldilocks and the Three Bears" (podcast)	Tick your tracker

30 words to learn

Set 1 • Home

house	بيت / منزل
flat	شقة
kitchen	مطبخ
bedroom	غرفة نوم
bathroom	حمام
living room	غرفة المعيشة

Set 2 • Furniture

bed	سرير
table	طاولة
chair	كرسي
sofa	أريكة / كنبه
fridge	ثلاجة
window	نافذة / شباك

Set 3 • Places 1

street	شارع
mosque	مسجد
hospital	مستشفى
school	مدرسة
bank	بنك
pharmacy	صيدلية

Set 4 • Places 2

supermarket	سوبرماركت
restaurant	مطعم
park	حديقة عامة
station	محطة
bakery	مخبز
office	مكتب

Set 5 • Where is it?

in	في (داخل)
on	على
under	تحت
next to	بجانب
near	قريب من
opposite	مقابل

My extra words

10 sentences to memorise

1	There is a bank near my house.	يوجد بنك قريب من بيتي.
2	There are three bedrooms in my flat.	توجد ثلاث غرف نوم في شقتي.
3	Is there a pharmacy near here?	هل توجد صيدلية قريبة من هنا؟
4	The keys are on the table.	المفاتيح على الطاولة.
5	The supermarket is next to the mosque.	السوبرماركت بجانب المسجد.
6	Excuse me, where is the station?	عفوًا، أين المحطة؟
7	Go straight and turn left.	امش على طول ثم انعطف يسارًا.
8	It's opposite the hospital.	إنه مقابل المستشفى.
9	My flat is small but nice.	شقتي صغيرة لكنها جميلة.
10	Come in and sit down, please.	تفضل ادخل واجلس.

Grammar of the week

	one thing (singular)	two or more (plural)
Positive	There is a park.	There are two parks.
Negative	There isn't a park.	There aren't any parks.
Question	Is there a park?	Are there any parks?

«يوجد» = There is / There are لا تقل It has a bank near my house — قل There is a bank near my house.

a + consonant sound: a bank, a hospital · an + vowel sound (a, e, i, o, u): an apple, an office

Exercises

Exercise 1 — Complete with is or are.

1. There ___ a sofa in the living room.
2. There ___ two windows in the kitchen.
3. There ___ many shops in my street.
4. There ___ a park opposite the school.
5. ___ there a bakery near here?
6. ___ there any restaurants in your area?

Exercise 2 — Complete with the right preposition (the Arabic helps you).

1. The cat is ___ the bed. (تحت)
2. The phone is ___ the table. (على)
3. The milk is ___ the fridge. (في)
4. The bank is ___ the bakery. (بجانب)
5. The school is ___ the park. (مقابل)
6. My house is ___ the station. (قريب من)

Exercise 3 — Write a or an.

1. ___ apple
2. ___ bank
3. ___ office
4. ___ egg
5. ___ hospital
6. ___ umbrella

Exercise 4 — Translate into English.

1. توجد صيدلية مقابل البنك.
2. هل يوجد مطعم قريب من هنا؟
3. مكتبي بجانب المحطة.
4. توجد أربعة كراسي في المطبخ.

Write & Speak — Describe your home in 6 sentences. Then explain the way from your home to the nearest shop. Example: I live in a flat in Nasr City. There are two bedrooms and a big living room. There is a sofa next to the window. The kitchen is small. There is a bakery opposite my building. Go out, turn right, and the supermarket is next to the mosque.

My Day

Grammar: Present simple (I / you / we / they) · at, on, in · telling the time

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Morning · Sentences 1–2	Learn English with Bob the Canadian: "An Early Morning English Lesson! Topic: How to Talk about the Morning!" (podcast)	Exercise 1
Day 2	Words: Daytime · Sentences 3–4	engVid (Alex): "Present Simple Tense" (video)	Exercise 2
Day 3	Words: Evening · Sentences 5–6	engVid (James): "Talking about SLEEP in English" (video)	Exercise 3
Day 4	Words: Time · Sentences 7–8	Learn English with Bob the Canadian: "An English Lesson About Time" (podcast) + engVid (Alex): "English Grammar – Present Simple – WH-QUESTIONS" (video)	Exercise 4
Day 5	Words: Days · Sentences 9–10	Learn English with Bob the Canadian: "Free English Class! Topic: Our Daily Routines!" (podcast)	Write & Speak
Day 6	Review all 30 words + 10 sentences	British Council: "A study timetable" (reading)	Redo mistakes
Day 7	Free day 😊	Learn English with Bob the Canadian: "How to Describe a Day Off in English!" (podcast)	Tick your tracker

30 words to learn

Set 1 • Morning

wake up	يستيقظ
get up	ينهض من السرير
have breakfast	يتناول الإفطار
take a shower	يستحم
get dressed	يرتدي ملابسه
leave home	يفادر البيت

Set 2 • Daytime

go to work	يذهب إلى العمل
start	يبدأ
finish	يُنتهي
have lunch	يتناول الغداء
come back	يعود
cook	يطبخ

Set 3 • Evening

watch TV	يشاهد التلفاز
relax	يسترخي
pray	يصلي
read	يقرأ
have dinner	يتناول العشاء
go to bed	يذهب إلى السرير

Set 4 • Time

o'clock	تمامًا (الساعة)
half past	والنصف
quarter past	والربع
quarter to	إلا ربعًا
early	مبكرًا
late	متأخرًا

Set 5 • Days

Saturday	السبت
Sunday	الأحد
Monday	الاثنين
Tuesday	الثلاثاء
Wednesday	الأربعاء
Thursday • Friday	الخميس • الجمعة

My extra words

10 sentences to memorise

1	I wake up at seven o'clock.	أستيقظ الساعة السابعة.
2	I have breakfast at home.	أتناول الإفطار في البيت.
3	I go to work by bus.	أذهب إلى العمل بالحافلة.
4	I start work at nine and finish at five.	أبدأ العمل في التاسعة وأنتهي في الخامسة.
5	What time is it? — It's half past three.	كم الساعة؟ — الثالثة والنصف.
6	What time do you go to bed?	متى تذهب إلى السرير؟
7	I don't work on Friday.	لا أعمل يوم الجمعة.
8	We have dinner together at eight.	نتناول العشاء معًا في الثامنة.
9	Do you cook? — Yes, I do.	هل تطبخ؟ — نعم.
10	I'm sorry, I'm late.	آسف، لقد تأخرت.

Grammar of the week

Use it for habits and routines. at + time (at 7) · on + day (on Monday) · in the morning / afternoon / evening · at night

Positive	Negative	Question	Short answer
I work.	I don't work.	Do you work?	Yes, I do. / No, I don't.

لا تقل I am work every day. الفعل في المضارع البسيط يأتي وحده بدون .am: I work every day

Exercises

Exercise 1 — Complete with at, on or in.

1. I get up ___ six o'clock.
2. I don't work ___ Friday.
3. I read ___ the evening.
4. We pray ___ night.
5. We visit my parents ___ Saturday.
6. I have lunch ___ two o'clock.

Exercise 2 — Make the sentence negative (–) or a question (?).

1. I watch TV in the morning. (–)
2. They cook every day. (?)
3. We go to bed late. (–)
4. You work on Saturday. (?)

Exercise 3 — Write the time in words.

1. 7:00
2. 3:30
3. 9:15
4. 5:45

Exercise 4 — Translate into English.

1. أستيقظ مبكرًا كل يوم.
2. لا أشاهد التلفاز.
3. متى تبدأ العمل؟
4. نعود إلى البيت الساعة السادسة.

Write & Speak — "My day": write 8 sentences about your normal day, with times. Say it aloud without looking. Example: I wake up at six thirty. I take a shower and have breakfast. I leave home at half past seven. I start work at eight. I have lunch at two. I come back home at five. In the evening I relax and watch TV. I go to bed at eleven.

PROGRESS CHECK

Progress Check 1 · Weeks 1–4

20 marks · no help · 20 minutes

A. Complete the sentences (10 marks)

1. She ___ my sister.
2. I ___ two children.
3. There ___ a bank near my house.
4. My brother is a doctor. ___ wife is a teacher.
5. I get up ___ six o'clock.
6. ___ you work on Saturday?
7. They ___ from Aswan.
8. There ___ three chairs in the kitchen.
9. I ___ watch TV in the morning. (–)
10. The keys are ___ the table. (على)

B. Translate into English (5 marks)

1. أنا من مصر وأعيش في الجيزة.
2. لديّ أخ وأختان.
3. هل توجد صيدلية قريبة من هنا؟
4. أذهب إلى العمل الساعة الثامنة.
5. كم الساعة؟

C. Write the Arabic meaning (5 marks)

1. kitchen = _____
2. tired = _____
3. opposite = _____
4. daughter = _____
5. finish = _____

D. Speaking check — tick what you can do

- ☐ I can introduce myself and say where I'm from.
- ☐ I can talk about my family.
- ☐ I can describe my home and say where places are.
- ☐ I can describe my daily routine with times.

My score: _____ / 20 18–20 Excellent · 16–17 Very good · under 16: repeat the sentences of these weeks for 3 days, then try again.

Free Time and Habits

Grammar: Present simple: he / she + s · does / doesn't · always, usually, never...

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: How often? · Sentences 1–2	engVid (Alex): "English Grammar – How Often? – ALWAYS, USUALLY, OFTEN, SOMETIMES, NEVER" (video)	Exercise 1
Day 2	Words: Hobbies · Sentences 3–4	engVid (James): "Learn English – What do you do for fun?" (video)	Exercise 2
Day 3	Words: Jobs at home · Sentences 5–6	engVid (Alex): "Spelling – Rules for Third Person 'S'" (video)	Exercise 3
Day 4	Words: Likes · Sentences 7–8	engVid (Alex): "English Grammar – Present Simple – YES/NO QUESTIONS" (video) + ELLLO SixPix: "Sports" (audio)	Exercise 4
Day 5	Words: Time words · Sentences 9–10	ELLLO SixPix: "Daily Diet" (audio)	Write & Speak
Day 6	Review all 30 words + 10 sentences	Learn English with Bob the Canadian: "Let's Learn English! Topic: Spare Time Activities!" (podcast)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "How the Moon Became Beautiful" (podcast)	Tick your tracker

30 words to learn

Set 1 • How often?

always	دائمًا
usually	عادةً
often	غالبًا
sometimes	أحيانًا
rarely	نادرًا
never	أبداً

Set 2 • Hobbies

play football	يلعب كرة القدم
swim	يسبح
walk	يمشي
draw	يرسم
listen to music	يستمتع إلى الموسيقى
visit friends	يزور الأصدقاء

Set 3 • Jobs at home

clean	ينظف
wash	يغسل
go shopping	يتسوق
study	يذاكر / يدرس
drive	يقود (سيارة)
help	يساعد

Set 4 • Likes

like	يحب
love	يحب جدًا
hate	يكره
enjoy	يستمتع بـ
prefer	يفضل
free time	وقت الفراغ

Set 5 • Time words

every day	كل يوم
once a week	مرة في الأسبوع
twice a week	مرتين في الأسبوع
weekend	عطلة نهاية الأسبوع
morning	الصباح
afternoon	بعد الظهر

My extra words

10 sentences to memorise

1	My brother plays football every Friday.	أخي يلعب كرة القدم كل جمعة.
2	She works in a bank.	هي تعمل في بنك.
3	He doesn't drink coffee.	هو لا يشرب القهوة.
4	Does she speak English? — Yes, she does.	هل تتحدث الإنجليزية؟ — نعم.
5	I usually walk in the evening.	عادةً أمشي في المساء.
6	I sometimes visit my friends at the weekend.	أحيانًا أزور أصدقائي في عطلة نهاية الأسبوع.
7	What do you do in your free time?	ماذا تفعل في وقت فراغك؟
8	I like listening to music.	أحب الاستماع إلى الموسيقى.
9	How often do you go to the gym?	كم مرة تذهب إلى الجيم؟
10	I go shopping once a week.	أنتسوق مرة في الأسبوع.

Grammar of the week

Add -es after ch, sh, s, x, o (watches, washes, goes, does). Consonant + y → ies (study → studies), but vowel + y → s (play → plays).

Frequency words go before the main verb (I usually walk) but after am / is / are (He is never late).

he / she / it	Negative	Question
He works. She watches. He goes. She studies.	He doesn't work.	Does he work?

بعد doesn't أو Does يرجع الفعل لأصله بدون s: He doesn't work (وليس doesn't works).

Exercises

Exercise 1 — Write the correct form of the verb.

- 1) She (work) ___ in a hospital.
- 2) My father (watch) ___ the news every night.
- 3) He (go) ___ to the gym twice a week.
- 4) Ali (study) ___ English every day.
- 5) She (not like) ___ coffee.
- 6) ___ your brother (drive) ___ ?

Exercise 2 — Put the word in brackets in the right place.

- 1) I walk in the morning. (usually)
- 2) He is late. (never)
- 3) We visit our grandmother. (often)
- 4) She drinks tea. (always)

Exercise 3 — Correct the mistake.

- 1) He work in an office.
- 2) She don't like football.
- 3) Does he plays tennis?
- 4) My mother cook every day.

Exercise 4 — Translate into English.

- 1) أختي تذهب إلى العمل بالمترو.
- 2) هو لا يدخن أبداً.
- 3) هل يطبخ زوجك؟
- 4) أحب السباحة في الصيف.

Write & Speak — Write 6 sentences about the day of a friend or family member (use he / she). Example: My friend Tamer is an engineer. He gets up at six. He always drinks coffee in the morning. He drives to work. He doesn't work on Friday. He plays football twice a week.

Food and Shopping

Grammar: Countable / uncountable · some / any · How much? How many? · I'd like...

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Food · Sentences 1–2	engVid (James): "Vocabulary for EATING and DRINKING" (video)	Exercise 1
Day 2	Words: Fruit and vegetables · Sentences 3–4	ELLLO SixPix: "Fruits" (audio)	Exercise 2
Day 3	Words: Drinks and more · Sentences 5–6	British Council: "Ordering in a café" (listening)	Exercise 3
Day 4	Words: Shopping · Sentences 7–8	engVid (James): "Basic shopping vocabulary in English" (video) + British Council: "Booking a table" (listening)	Exercise 4
Day 5	Words: How much? · Sentences 9–10	engVid (Adam): "Learn English Vocabulary: Shopping at the Supermarket" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	British Council: "A restaurant menu" (reading)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "Stone Soup" (podcast)	Tick your tracker

30 words to learn

Set 1 • Food

bread	خبز / عيش
rice	أرز
egg	بيضة
cheese	جبين
chicken	دجاج / فراخ
fish	سمك

Set 2 • Fruit and vegetables

apple	تفاحة
banana	موزة
orange	برتقالة
tomato	طماطم
potato	بطاطس
onion	بصل

Set 3 • Drinks and more

water	ماء
milk	حليب / لبن
tea	شاي
coffee	قهوة
juice	عصير
sugar	سكر

Set 4 • Shopping

price	سعر
cheap	رخيص
expensive	غالي
pay	يدفع
cash	نقدًا / كاش
receipt	إيصال / فاتورة

Set 5 • How much?

a kilo of	كيلو من
a bottle of	زجاجة من
a cup of	كوب / فنجان من
a piece of	قطعة من
a lot of	كثير من
a little	قليل من

My extra words

10 sentences to memorise

1	I'd like a cup of tea, please.	أريد كوبًا من الشاي من فضلك.
2	How much is this? — It's fifty pounds.	بكم هذا؟ — خمسين جنيهًا.
3	Can I have the bill, please?	الحساب من فضلك.
4	We need some eggs and some bread.	نحتاج إلى بعض البيض وبعض الخبز.
5	Is there any milk in the fridge?	هل يوجد حليب في الثلاجة؟
6	How many apples do you want?	كم تفاحة تريد؟
7	It's too expensive. Do you have a cheaper one?	إنه غالي جدًا. هل لديك واحد أرخص؟
8	Can I pay by card?	هل يمكنني الدفع بالبطاقة؟
9	I don't eat much sugar.	لا أكل الكثير من السكر.
10	This food is delicious!	هذا الطعام لذيذ!

Grammar of the week

some in positive sentences and offers (Would you like some tea?) · any in negatives and questions (I don't have any rice. Is there any milk?)

How much is it? = asking the price.

Countable (can count)	Uncountable (can't count)
an apple → two apples · How many apples?	water, rice, bread, milk, money (no a, no -s) · How much water?

«بكم؟» = How much is it? · وفي المطعم الأدب أن تقول I'd like... أو Can I have... بدلاً من I want.

Exercises

Exercise 1 — Complete with How much or How many.

- | | |
|----------------------------|------------------------------|
| 1) ___ eggs do we need? | 4) ___ children do you have? |
| 2) ___ water do you drink? | 5) ___ sugar do you take? |
| 3) ___ is this shirt? | 6) ___ people are there? |

Exercise 2 — Complete with some or any.

- | | |
|----------------------------|-------------------------------|
| 1) I want ___ bread. | 4) I'd like ___ fish, please. |
| 2) We don't have ___ rice. | 5) There aren't ___ tomatoes. |
| 3) Is there ___ juice? | 6) Would you like ___ tea? |

Exercise 3 — Countable (C) or uncountable (U)?

- | | |
|----------|-----------|
| 1) chair | 4) rice |
| 2) water | 5) banana |
| 3) egg | 6) money |

Exercise 4 — Translate into English.

- (1) أريد كيلو طماطم من فضلك.
- (2) بكم هذا القميص؟
- (3) لا يوجد أي سكر.
- (4) هل يمكنني الدفع نقدًا؟

Write & Speak — Write a 6-line conversation in a café or shop. Read both parts aloud, then act it out with someone. Example: A: Good evening. Can I help you? — B: Yes, I'd like a cup of tea, please. — A: Anything else? — B: A piece of cake, please. How much is it? — A: It's ninety pounds. — B: Here you are. Thank you!

Work and Skills

Grammar: can / can't · Wh- questions (where, when, why, how...)

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Jobs 1 · Sentences 1–2	engVid (Alex): "English Vocabulary: Talking about WORK" (video)	Exercise 1
Day 2	Words: Jobs 2 · Sentences 3–4	ELLLO SixPix: "Job Center" (audio)	Exercise 2
Day 3	Words: At work · Sentences 5–6	British Council: "Meeting a new team member" (listening)	Exercise 3
Day 4	Words: Skills · Sentences 7–8	engVid (Alex): "Expressing ability with CAN, COULD, BE ABLE TO" (video) + British Council: "A request from your boss" (listening)	Exercise 4
Day 5	Words: More questions · Sentences 9–10	engVid (Alex): "17 Common 'WHEN' Questions in English" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	British Council: "Job adverts" (reading)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "Simon's New Job" (podcast)	Tick your tracker

30 words to learn

Set 1 • Jobs 1

doctor	طبيب
engineer	مهندس
accountant	محاسب
nurse	ممرض / ممرضة
driver	سائق
shop assistant	بائع

Set 2 • Jobs 2

manager	مدير
worker	عامل
lawyer	محام
chef	طباخ / شيف
police officer	ضابط شرطة
farmer	مزارع

Set 3 • At work

company	شركة
job	وظيفة
salary	راتب / مرتب
boss	مدير / رئيس العمل
colleague	زميل عمل
meeting	اجتماع

Set 4 • Skills

speak	يتحدث
write	يكتب
use a computer	يستخدم الكمبيوتر
fix	يُصلح
sell	يبيع
teach	يُعلِّم

Set 5 • More questions

when	متى
why	لماذا
which	أي
how much	بكم / كم (كمية)
how long	كم من الوقت
what time	في أي ساعة

My extra words

10 sentences to memorise

1	What do you do? — I'm an accountant.	ماذا تعمل؟ — أنا محاسب.
2	I work for a big company.	أعمل في شركة كبيرة.
3	I can use a computer very well.	أستطيع استخدام الكمبيوتر جيدًا جدًا.
4	I can't speak English well — yet!	لا أستطيع التحدث بالإنجليزية جيدًا — حتى الآن!
5	Can you help me, please?	هل يمكنك مساعدتي من فضلك؟
6	Where do you work?	أين تعمل؟
7	Why do you want this job?	لماذا تريد هذه الوظيفة؟
8	How long does it take to get to work?	كم من الوقت تستغرق للوصول إلى العمل؟
9	I have a meeting at ten.	لدي اجتماع الساعة العاشرة.
10	My colleagues are very friendly.	زملائي في العمل ودودون جدًا.

Grammar of the week

Question order: Wh-word + do/does + person + verb → Where do you work? What does she do?

With be: Wh-word + is/are + person → Where is your office?

Positive	Negative	Question
I / He / They can swim.	She can't drive.	Can you cook? — Yes, I can.

لا تقل Where you work? — السؤال في الإنجليزية يحتاج do أو does: Where do you work? وبعد can يأتي الفعل بدون s: He can speak

Exercises

Exercise 1 — Make sentences with can / can't / Can...? (✓ = can, × = can't, ? = question).

- 1) she / speak French ✓
- 2) I / drive ×
- 3) he / fix cars ✓
- 4) they / swim ×
- 5) you / use a computer ?

Exercise 2 — Choose the question word.

- 1) ___ do you live? — In Giza.
- 2) ___ is your boss? — Mr Samir.
- 3) ___ do you start work? — At 8.
- 4) ___ do you study English? — Because I need it for my job.
- 5) ___ is the bus ticket? — Ten pounds.
- 6) ___ does the meeting take? — One hour.

Exercise 3 — Correct the mistake.

- 1) Where you work?
- 2) He can speaks English.
- 3) What does she does?
- 4) I am work in a bank.

Exercise 4 — Translate into English.

- (1) أخي مهندس في شركة كبيرة.
- (2) هل تستطيع أن تصلح هذا؟
- (3) متى يبدأ الاجتماع؟
- (4) لا أستطيع قيادة السيارة.

Write & Speak — Write 6 sentences about your job (or your dream job): what you do, where, and what you can / can't do. Example: I am a sales manager. I work for a phone company in Maadi. I start work at nine. I can use a computer and I can speak to customers. I can't speak English very well yet. My colleagues are friendly and helpful.

Right Now: Weather and Clothes

Grammar: Present continuous (am / is / are + -ing)

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Weather · Sentences 1–2	engVid (James): "Vocabulary – How to talk about the weather in English" (video)	Exercise 1
Day 2	Words: Seasons · Sentences 3–4	engVid (Alex): "English Vocabulary: Talking about AUTUMN" (video)	Exercise 2
Day 3	Words: Clothes · Sentences 5–6	British Council: "Shopping for clothes" (listening)	Exercise 3
Day 4	Words: Colours · Sentences 7–8	engVid (Benjamin): "Vocabulary: Talking about CLOTHES in English" (video) + British Council: "A voicemail message" (listening)	Exercise 4
Day 5	Words: Now words · Sentences 9–10	engVid (Alex): "54 Common Present Progressive Questions in English" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	ELLLO SixPix: "Winter Wonderland" (audio)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "The North Wind and the Sun" (podcast)	Tick your tracker

30 words to learn

Set 1 • Weather

hot	حار
cold	بارد
warm	دافئ
sunny	مشمس
windy	فيه رياح
raining	ثُمطر

Set 2 • Seasons

summer	الصيف
winter	الشتاء
spring	الربيع
autumn	الخريف
sky	السماء
cloud	سحابة

Set 3 • Clothes

shirt	قميص
trousers	بنطلون
dress	فستان
shoes	حذاء / جزمة
jacket	جاكيت
scarf	كوفية / وشاح

Set 4 • Colours

black	أسود
white	أبيض
red	أحمر
blue	أزرق
green	أخضر
brown	بني

Set 5 • Now words

now	الآن
right now	في هذه اللحظة
at the moment	حاليًا
today	اليوم
wear	يرتدي
wait	ينتظر

My extra words

10 sentences to memorise

1	What are you doing? — I'm studying English.	ماذا تفعل؟ — أنا أذاكر الإنجليزية.
2	It's raining today.	إنها تمطر اليوم.
3	It's very hot in summer in Egypt.	الجو حار جدًا في الصيف في مصر.
4	I'm waiting for the bus.	أنا أنتظر الحافلة.
5	She's wearing a blue dress.	إنها ترتدي فستانًا أزرق.
6	He isn't working today.	هو لا يعمل اليوم.
7	Are you listening to me?	هل تستمع إليّ؟
8	What's the weather like?	كيف الجو؟
9	I'm looking for a black jacket.	أبحث عن جاكيت أسود.
10	Wait a minute, I'm coming!	انتظر دقيقة، أنا قادم!

Grammar of the week

Spelling: make → making · sit → sitting · study → studying

Habit vs now: I usually wear a suit, but today I'm wearing jeans.

Positive	Negative	Question
I am working. She is cooking. They are playing.	He isn't working.	Are you listening?

العربية تستخدم نفس الفعل للعادة وللآن، أما الإنجليزية فتستخدم am / is / are + ing لما يحدث الآن فقط.

Exercises

Exercise 1 — Use the present continuous.

- 1) She ___ (cook) dinner now.
- 2) I ___ (read) a book at the moment.
- 3) They ___ (play) football right now.
- 4) We ___ (not watch) TV.
- 5) ___ you ___ (wait) for me?
- 6) It ___ (rain).

Exercise 2 — Present simple or present continuous?

- 1) I usually (drink) ___ tea, but today I (drink) ___ coffee.
- 2) Listen! The baby (cry) ___.
- 3) He (go) ___ to work every day.
- 4) Look! She (wear) ___ a red scarf.

Exercise 3 — Correct the mistake.

- 1) I am work now.
- 2) She wearing a hat.
- 3) Are you understand?
- 4) It raining.

Exercise 4 — Translate into English.

- 1) ماذا ترتدي اليوم؟
- 2) أنا أطيخ الآن.
- 3) هم لا ينامون؛ إنهم يشاهدون التلفاز.
- 4) الجو بارد في الشتاء.

Write & Speak — Look out of your window or around a café. Write 6 sentences about what is happening now, and what the weather is like. Example: It's sunny and warm today. A man is selling fruit in the street. Two boys are playing football. A woman is waiting for the bus. She is wearing a green scarf. I am drinking tea and writing this.

PROGRESS CHECK

Progress Check 2 · Weeks 5–8

20 marks · no help · 20 minutes

A. Complete the sentences (10 marks)

1. My father ____ (watch) the news every night.
2. She ____ (not like) coffee.
3. How ____ water do you drink?
4. We don't have ____ bread.
5. I ____ use a computer, but I can't drive.
6. ____ do you work? — In a bank.
7. Look! It ____ (rain).
8. I usually wear a shirt, but today I ____ (wear) a T-shirt.
9. ____ your brother play football?
10. How ____ is this jacket?

B. Translate into English (5 marks)

1. أختي تعمل في مستشفى.
2. أريد كوبًا من الشاي من فضلك.
3. هل يمكنك مساعدتي؟
4. ماذا تفعل الآن؟
5. أحيانًا أزور أصدقائي.

C. Write the Arabic meaning (5 marks)

1. expensive = _____
2. colleague = _____
3. never = _____
4. sunny = _____
5. receipt = _____

D. Speaking check — tick what you can do

- ☐ I can talk about other people's routines and hobbies.
- ☐ I can order food and ask about prices.
- ☐ I can talk about my job and what I can do.
- ☐ I can say what is happening now and describe the weather.

My score: _____ / 20 18–20 Excellent · 16–17 Very good · under 16: repeat the sentences of these weeks for 3 days, then try again.

Yesterday and Long Ago

Grammar: was / were · there was / there were

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Past time · Sentences 1–2	Easy Stories in English (Beginner): "The Great Race" (podcast)	Exercise 1
Day 2	Words: Feelings · Sentences 3–4	engVid (Adam): "Bored or Boring? Learn about -ED and -ING adjectives in English" (video)	Exercise 2
Day 3	Words: Events · Sentences 5–6	engVid (James): "WEDDING & MARRIAGE Vocabulary in English" (video)	Exercise 3
Day 4	Words: Describing · Sentences 7–8	engVid (Alex): "English for Beginners: VERY, NOT VERY, VERY MUCH" (video) + British Council: "Holiday home adverts" (reading)	Exercise 4
Day 5	Words: My life · Sentences 9–10	engVid (James): "AGO & FROM NOW – Talking about time in English" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	Easy Stories in English (Beginner): "The Lion and the Mouse" (podcast)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "Grandmother March" (podcast)	Tick your tracker

30 words to learn

Set 1 • Past time

yesterday	أمس
last night	ليلة أمس
last week	الأسبوع الماضي
ago	منذ / قبل (two days ago)
in 2010	في عام ٢٠١٠
when I was a child	عندما كنت طفلًا

Set 2 • Feelings

bored	يشعر بالملل
excited	متحمس
angry	غاضب
worried	قلق
sad	حزين
surprised	مندعش

Set 3 • Events

wedding	فرح / حفل زفاف
party	حفلة
holiday	إجازة
beach	شاطئ
village	قرية
trip	رحلة

Set 4 • Describing

great	رائع
terrible	سيئ جدًا
boring	ممل
interesting	ممتع / مثير للاهتمام
crowded	مزدحم
quiet	هادئ

Set 5 • My life

was born	وُلِدَ
childhood	الطفولة
primary school	المدرسة الابتدائية
university	الجامعة
neighbour	جار
first time	أول مرة

My extra words

10 sentences to memorise

1	I was at home yesterday.	كنت في البيت أمس.
2	Where were you last night?	أين كنت ليلة أمس؟
3	I was born in 1995 in Mansoura.	وُلدت عام ١٩٩٥ في المنصورة.
4	The wedding was great!	كان الفرح رائعًا!
5	The weather wasn't very good.	لم يكن الجو جيدًا جدًا.
6	Were you tired? — Yes, I was.	هل كنت متعبًا؟ — نعم.
7	There were a lot of people at the party.	كان هناك الكثير من الناس في الحفلة.
8	When I was a child, I was very quiet.	عندما كنت طفلًا، كنت هادئًا جدًا.
9	The beach was crowded but beautiful.	كان الشاطئ مزدحمًا لكنه جميل.
10	How was your day?	كيف كان يومك؟

Grammar of the week

	Positive	Negative	Question
I / he / she / it	was	wasn't	Was he...?
you / we / they	were	weren't	Were you...?

«كان / كانوا» = was / were. لا تقل I was go — was تأتي مع صفة أو مكان: I was tired / I was at home.

am / is → was · are → were · there is → there was · there are → there were

Exercises

Exercise 1 · Complete with was, were, wasn't or weren't.

- I ___ tired yesterday.
- They ___ at the beach last week.
- The film ___ boring.
- We ___ at a wedding last night.
- ___ you at work yesterday?
- She ___ happy. (-)

Exercise 2 · Complete with there was / there were / was there / were there.

- ___ a lot of cars in the street.
- ___ a small shop in my village.
- ___ any people in the park?
- ___ a problem with the car.

Exercise 3 · Make questions.

- You were at home.
- The film was good.
- They were late.
- She was born in Cairo.

Exercise 4 · Translate into English.

- كنت قلقًا أمس.
- أين كنتم الأسبوع الماضي؟
- لم تكن الرحلة ممتعة.
- وُلد أبي في قرية.

Write & Speak — Write 6 sentences about your childhood with was / were / there was / there were.

Example: I was born in 1992 in Zagazig. My house was small but nice. There was a big tree next to it. My primary school was near my house. My teachers were kind. I was a quiet child.

What Happened?

Grammar: Past simple: regular (-ed) and irregular verbs · didn't · Did...?

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Regular verbs · Sentences 1–2	engVid (Adam): "How to say -ed endings in English" (video)	Exercise 1
Day 2	Words: Irregular 1 · Sentences 3–4	engVid (Alex): "5 Common Irregular Past Tense Verbs" (video)	Exercise 2
Day 3	Words: Irregular 2 · Sentences 5–6	Easy Stories in English (Beginner): "The Pumpkin Jug" (podcast)	Exercise 3
Day 4	Words: Irregular 3 · Sentences 7–8	engVid (James): "Speaking English – Say, Tell, Hear, Listen – How to use them correctly" (video) + Easy Stories in English (Beginner): "The Boy Who Cried Wolf" (podcast)	Exercise 4
Day 5	Words: Telling a story · Sentences 9–10	Easy Stories in English (Beginner): "The Rabbit and the Tortoise" (podcast)	Write & Speak
Day 6	Review all 30 words + 10 sentences	Easy Stories in English (Beginner): "Think Fast!" (podcast)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "The Freezer Door" (podcast)	Tick your tracker

30 words to learn

Set 1 • Regular verbs

walked	مشى
worked	عمل
watched	شاهد
visited	زار
called	اتصل
stayed	بقي / أقام

Set 2 • Irregular 1

go → went	ذهب
have → had	تناول / كان لديه
eat → ate	أكل
drink → drank	شرب
see → saw	رأى
do → did	فعل

Set 3 • Irregular 2

come → came	جاء
get → got	حصل على / وصل
buy → bought	اشترى
make → made	صنع / عمل
take → took	أخذ
give → gave	أعطى

Set 4 • Irregular 3

say → said	قال
tell → told	أخبر
meet → met	قابل
sleep → slept	نام
leave → left	غادر
find → found	وجد

Set 5 • Telling a story

first	أولاً
then	ثم
after that	بعد ذلك
finally	أخيراً
before	قبل
later	لاحقاً

My extra words

10 sentences to memorise

1	I watched a film last night.	شاهدت فيلماً ليلة أمس.
2	We went to Alexandria last summer.	ذهبنا إلى الإسكندرية الصيف الماضي.
3	I didn't sleep well.	لم أنم جيداً.
4	What did you do at the weekend?	ماذا فعلت في عطلة نهاية الأسبوع؟
5	Did you call your mother? — Yes, I did.	هل اتصلت بأمك؟ — نعم.
6	She bought a new phone yesterday.	اشتريت هاتفاً جديداً أمس.
7	I met an old friend in the street.	قابلت صديقاً قديماً في الشارع.
8	First I had breakfast, then I left home.	أولاً تناولت الإفطار، ثم غادرت البيت.
9	He told me about his new job.	أخبرني عن وظيفته الجديدة.
10	I lost my keys, but I found them later.	أضعت مفاتيحي، لكنني وجدتتها لاحقاً.

Grammar of the week

Positive	Negative	Question
I worked. She went.	I didn't work. She didn't go.	Did you work? Did she go?

بعد didn't و Did يرجع الفعل لأصله: I didn't go (وليس didn't went) · Did you see · (وليس Did you saw)?

Regular: + ed (worked, stayed) · study → studied · stop → stopped. Irregular verbs: learn them by heart (see the word sets).

Say -ed as /t/ (walked), /d/ (stayed) or /ɪd/ after t or d (visited, wanted).

Exercises

Exercise 1 · Write the past form.

- | | |
|----------|----------|
| 1) go | 5) see |
| 2) eat | 6) study |
| 3) buy | 7) take |
| 4) watch | 8) meet |

Exercise 2 · Complete with the past simple.

- | | |
|---|-----------------------------------|
| 1) Yesterday I ____ (visit) my uncle. | 4) ____ you ____ (see) the match? |
| 2) We ____ (eat) fish for lunch. | 5) He ____ (buy) a car last year. |
| 3) She ____ (not go) to work on Monday. | 6) They ____ (leave) at ten. |

Exercise 3 · Correct the mistake.

- | | |
|---------------------------|-------------------------|
| 1) I didn't went to work. | 3) She bought a dress. |
| 2) Did you saw him? | 4) We goed to the park. |

Exercise 4 · Translate into English.

- (1) ذهبت إلى السوق واشترت بعض الفاكهة.
- (2) لم أشاهد التلفاز أمس.
- (3) في أي ساعة عدت إلى البيت؟
- (4) قابلت زميلي في المحطة.

Write & Speak — "My last weekend": write 8 sentences using first, then, after that and finally. Record yourself reading it.

Example: Last Friday was a great day. First, I got up late and had a big breakfast. Then I went to the mosque. After that, I visited my parents and we had lunch together. In the afternoon I met my friends at a café. We drank tea and talked. Finally, I came back home at ten. I was tired, so I went to bed early.

Plans and Invitations

Grammar: be going to · will / won't · Would you like...? Let's...

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Future time · Sentences 1–2	Learn English with Bob the Canadian: "Let's Learn English! Topic: The Future!" (podcast)	Exercise 1
Day 2	Words: Travel · Sentences 3–4	engVid (Adam): "TRAVEL ENGLISH: Vocabulary & expressions for your flight" (video)	Exercise 2
Day 3	Words: Life goals · Sentences 5–6	Easy Stories in English (Beginner): "New Year, New Me" (podcast)	Exercise 3
Day 4	Words: Invitations · Sentences 7–8	Learn English with Bob the Canadian: "Learn How To Ask Polite English Questions For Directions, In Restaurants, Suggestions, and More!" (podcast) + British Council: "Organising a group project" (listening)	Exercise 4
Day 5	Words: Deciding · Sentences 9–10	engVid (Benjamin): "Giving Excuses: How to say NO in English" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	British Council: "Text messages to a friend" (reading)	Redo mistakes
Day 7	Free day 😊	ELLLO SixPix: "The Hotel" (audio)	Tick your tracker

30 words to learn

Set 1 • Future time

plan	خطة / يخطط
tomorrow	غداً
next week	الأسبوع القادم
next year	العام القادم
soon	قريباً
tonight	الليلة

Set 2 • Travel

travel	يسافر
ticket	تذكرة
passport	جواز سفر
hotel	فندق
airport	مطار
suitcase	شنطة سفر

Set 3 • Life goals

learn	يتعلم
save money	يُذخر المال
move	ينتقل (للسكن)
get married	يتزوج
start a business	يبدأ مشروعاً
improve	يحسّن

Set 4 • Invitations

invite	يدعو
Would you like...?	هل تود...؟
Let's...	هيا بنا...
Why don't we...?	لماذا لا...؟
I'd love to.	يسعدني ذلك.
I'm afraid I can't.	للأسف لا أستطيع.

Set 5 • Deciding

promise	يُعد
decide	يقرر
hope	يأمل
maybe	ربما
probably	على الأرجح
sure	متأكد

My extra words

10 sentences to memorise

1	I'm going to visit my parents tomorrow.	سأزور والدي غداً.
2	We're going to travel to Luxor next month.	سنسافر إلى الأقصر الشهر القادم.
3	What are you going to do tonight?	ماذا ستفعل الليلة؟
4	I think it will rain tomorrow.	أعتقد أنها ستمطر غداً.
5	Don't worry, I'll help you.	لا تقلق، سأساعدك.
6	Would you like to have dinner with us?	هل تود تناول العشاء معنا؟
7	I'd love to, thank you!	يسعدني ذلك، شكرًا!
8	I'm afraid I can't. I'm busy on Thursday.	للأسف لا أستطيع. أنا مشغول يوم الخميس.
9	Let's meet at the café at six.	لنلتق في المقهى الساعة السادسة.
10	I hope I'll speak English well next year.	آمل أن أتحدث الإنجليزية جيداً العام القادم.

Grammar of the week

be going to + verb	will + verb
A plan you already made: I'm going to visit my uncle on Friday.	A decision now, a promise, an offer or a guess: I'll help you. It will rain. · will not = won't

«سوف / س» لها في الإنجليزية شكلان: going to للخطة المقررة، و will للقرار اللحظي أو الوعد.

Exercises

Exercise 1 · Use be going to.

- I ___ (visit) my uncle on Friday.
- She ___ (buy) a new car.
- We ___ (not travel) this summer.
- ___ they ___ (move) to a new flat?

Exercise 2 · will ('ll) or going to?

- The phone is ringing. — I ___ answer it!
- I ___ study medicine next year. I have a place at university.
- It's cold. — I ___ close the window.
- We ___ get married in June. We booked the hall.

Exercise 3 · Match each sentence with the best answer.

- Would you like a coffee?
- Let's go to the park.
- Can you come on Friday? (you are busy)
- Would you like to come to my wedding?

Exercise 4 · Translate into English.

- سأسافر إلى دبي العام القادم (خطة).
- سأتصل بك لاحقًا (وعد).
- هل تود أن تأتي إلى حفلتي؟
- لن أتأخر.

Write & Speak — Write 6 sentences about your plans for next week, then write a short message inviting a friend somewhere.

Example: Next week I'm going to be busy. On Sunday I'm going to start a new course. On Tuesday I'm going to visit my sister.
... Message: Hi Ali! Would you like to watch the match with me on Friday? Let's meet at the café at eight. See you!

Health, Travel and Asking for Help

Grammar: should / shouldn't · Could you...? May I...? · instructions

This week's plan

Day	Learn	Listen / Watch	Practise
Day 1	Words: Health · Sentences 1–2	engVid (Alex): "Speaking English – Talking about pains and aches" (video)	Exercise 1
Day 2	Words: Body · Sentences 3–4	engVid (Adam): "Learn English Vocabulary: Your Body & Organs" (video)	Exercise 2
Day 3	Words: Getting help · Sentences 5–6	British Council: "An airport departures board" (reading)	Exercise 3
Day 4	Words: Travel · Sentences 7–8	engVid (Alex): "WH Questions in English: The most common WHERE Questions" (video) + ELLLO SixPix: "To the Station" (audio)	Exercise 4
Day 5	Words: Being polite · Sentences 9–10	engVid (Alex): "How to Ask Permission Politely in English – CAN, COULD, MAY, and DO YOU MIND" (video)	Write & Speak
Day 6	Review all 30 words + 10 sentences	engVid (Benjamin): "Polite English: Modals for Advice – SHOULD, MUST, HAVE TO..." (video)	Redo mistakes
Day 7	Free day 😊	Easy Stories in English (Beginner): "The Tooth Fairy" (podcast)	Tick your tracker

30 words to learn

Set 1 • Health

headache	صداع
fever	حمى / سخونية
cough	كحة / سعال
cold	برد / زكام
medicine	دواء
appointment	موعد

Set 2 • Body

head	رأس
stomach	معدة / بطن
back	ظهر
tooth / teeth	سن / أسنان
arm	ذراع
leg	ساق / رجل

Set 3 • Getting help

problem	مشكلة
lost	تائه / ضائع
emergency	طوارئ
call	يتصل
ask	يسأل
explain	يشرح

Set 4 • Travel

map	خريطة
ticket office	شباك التذاكر
taxi	تاكسي
platform	رصيف (المحطة)
arrive	يصل
return ticket	تذكرة ذهاب وعودة

Set 5 • Being polite

Could you...?	هل يمكنك من فضلك...؟
May I...?	هل تسمح لي أن...؟
Excuse me	عفوًا / لو سمحت
Of course	بالطبع
No problem	لا مشكلة
You're welcome	العفو

My extra words

10 sentences to memorise

1	I have a headache.	عندي صداع.
2	My stomach hurts.	معدتي تؤلمني.
3	You should see a doctor.	ينبغي أن تذهب إلى الطبيب.
4	You shouldn't drink cold water.	لا ينبغي أن تشرب ماءً باردًا.
5	I'd like to make an appointment, please.	أود أن أحجز موعدًا من فضلك.
6	Could you speak more slowly, please?	هل يمكنك أن تتكلم ببطء أكثر من فضلك؟
7	Excuse me, I'm lost. Could you help me?	لو سمحت، أنا تائه. هل يمكنك مساعدتي؟
8	A return ticket to Aswan, please.	تذكرة ذهاب وعودة إلى أسوان من فضلك.
9	What time does the train arrive?	متى يصل القطار؟
10	Thank you so much. — You're welcome!	شكرًا جزيلاً. — العفو!

Grammar of the week

Advice	Instructions	Polite requests
You should rest. You shouldn't smoke.	Take this medicine. Don't eat fast food.	Could you open the door, please? May I sit here?

بعد should و could و may يأتي الفعل بدون to وبدون s: He should rest (وليس should to rest).

Exercises

Exercise 1 • Complete with should or shouldn't.

- | | |
|--|--|
| 1) You have a fever. You ___ go to work. | 4) You have a cough. You ___ smoke. |
| 2) He has a toothache. He ___ see a dentist. | 5) She's lost. She ___ ask a police officer. |
| 3) You're tired. You ___ sleep early. | 6) You ___ eat a lot of sugar. |

Exercise 2 • Make these polite.

- | | |
|----------------------|------------------------|
| 1) Open the window. | 3) I want to sit here. |
| 2) Give me the menu. | 4) Repeat that. |

Exercise 3 • Put the conversation at the doctor's in order.

- 1) a) What's the matter?
- 2) b) Good morning, doctor.
- 3) c) I have a fever and a bad cough.
- 4) d) Take this medicine three times a day, and you should rest.
- 5) e) Thank you, doctor.
- 6) f) Good morning. Please sit down.

Exercise 4 • Translate into English.

- (1) عندي ألم في ظهري.
- (2) ينبغي أن تشرب الكثير من الماء.
- (3) لو سمحت، أين شباك التذاكر؟
- (4) هل يمكنك أن تتصل بطبيب؟

Write & Speak — FINAL PROJECT: record a 2-minute voice note about yourself — name, family, home, job, daily routine, last weekend and your plans. Use something from every week!

Example: Hello! My name is ... I'm ... years old and I live in ... I have ... My flat is ... Every day I ... Last weekend I ... Next month I'm going to ... My English is better now and I'm going to continue!

Final Check · Weeks 9–12

20 marks · no help · 20 minutes

A. Complete the sentences (10 marks)

- 1) I ___ at home yesterday.
- 2) We ___ (go) to the beach last summer.
- 3) ___ you see the match?
- 4) She didn't ___ (buy) anything.
- 5) They ___ tired after the trip.
- 6) I'm ___ visit my parents tomorrow.
- 7) Don't worry, I ___ help you.
- 8) You have a fever. You ___ go to work.
- 9) ___ you open the window, please?
- 10) Last night I ___ (sleep) very well.

B. Translate into English (5 marks)

- (1) ذهبت إلى السوق أمس.
- (2) لم أشاهد الفيلم.
- (3) سنسافر إلى الأقصر الشهر القادم.
- (4) ينبغي أن ترى طبيبًا.
- (5) هل تود تناول العشاء معنا؟

C. Write the Arabic meaning (5 marks)

- 1) ticket = _____
- 2) headache = _____
- 3) crowded = _____
- 4) tonight = _____
- 5) worried = _____

D. Speaking check — tick what you can do

- ☐ I can talk about my past and my last weekend.
- ☐ I can make plans and invite people.
- ☐ I can explain a health problem and ask for help.
- ☐ I can speak about myself for 2 minutes.

My score: ____ / 20 18–20 Excellent · 16–17 Very good · under 16: repeat the sentences of these weeks for 3 days, then try again.

You Finished Level 1! What Next?

Congratulations — in 12 weeks you learned 360 words, 120 key sentences and all the basic grammar of English. Keep your 30 minutes a day!

- Finish the course with these 4 bonus lessons:
- engVid (James): "English for Beginners: THIS, THAT, THESE, THOSE" (video)
- engVid (Alex): "Grammar – Articles – When to use A, AN, or no article" (video)
- engVid (Alex): "10 Common 'HOW' Questions in English" (video)
- British Council: "The first English class" (listening)
- Every day: one ELLLO beginner lesson (audio), then try BBC 6 Minute English (podcast).
- Move to British Council A2 listening and A2 reading.
- Read one Easy Stories in English story a week, then try Level 2.
- Take the level test again and compare with your first score.
- Then start Level 2: Elementary.

لا تتوقف الآن! راجع الجمل الـ ١٢٠ مرة كل أسبوع، واستمر في الاستماع يوميًا — هكذا يتحول ما تعلمته إلى كلام طبيعي.

My progress tracker

Tick ✓ each day you finish your 30 minutes.

Week	D1	D2	D3	D4	D5	D6	D7	Notes
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								

Answer Key

Check your answers after you finish each exercise. Translations can have other correct forms — if you are not sure, ask your teacher.

Week 1 • Hello! This Is Me

Answers	
Exercise 1	1) am · 2) is · 3) are · 4) are · 5) is · 6) are
Exercise 2	1) I am from Egypt. · 2) She is happy. · 3) He is 25 years old. / He is 25. · 4) What is your name? · 5) They are busy. · 6) I am fine, thank you. / I am fine, thanks.
Exercise 3	1) I'm · 2) she's · 3) they're · 4) we aren't / we're not · 5) he isn't / he's not · 6) it's
Exercise 4	1) I am busy today. · 2) Where is your friend from? · 3) She isn't hungry. / She's not hungry. · 4) What is your address?

Week 2 • My Family and Friends

Answers	
Exercise 1	1) have · 2) has · 3) have · 4) has · 5) have · 6) has
Exercise 2	1) His · 2) her · 3) Their · 4) my · 5) his · 6) her
Exercise 3	1) my father's name · 2) Sara's phone · 3) my brother's room · 4) Omar's friend
Exercise 4	1) I have a son and a daughter. · 2) My sister's name is Sara. · 3) My grandfather is old and kind. · 4) Do you have (any) children?

Week 3 • My Home and My Town

Answers	
Exercise 1	1) is · 2) are · 3) are · 4) is · 5) Is · 6) Are
Exercise 2	1) under · 2) on · 3) in · 4) next to · 5) opposite · 6) near
Exercise 3	1) an · 2) a · 3) an · 4) an · 5) a · 6) an
Exercise 4	1) There is a pharmacy opposite the bank. · 2) Is there a restaurant near here? · 3) My office is next to the station. · 4) There are four chairs in the kitchen.

Week 4 • My Day

Answers	
Exercise 1	1) at · 2) on · 3) in · 4) at · 5) on · 6) at
Exercise 2	1) I don't watch TV in the morning. · 2) Do they cook every day? · 3) We don't go to bed late. · 4) Do you work on Saturday?
Exercise 3	1) seven o'clock · 2) half past three / three thirty · 3) (a) quarter past nine / nine fifteen · 4) (a) quarter to six / five forty-five
Exercise 4	1) I wake up early every day. · 2) I don't watch TV. · 3) What time / When do you start work? · 4) We come back home at six o'clock.

Progress Check 1 • Weeks 1–4

Answers	
A	1) is · 2) have · 3) is · 4) His · 5) at · 6) Do · 7) are · 8) are · 9) don't · 10) on
B	1) I'm from Egypt and I live in Giza. · 2) I have one brother and two sisters. · 3) Is there a pharmacy near here? · 4) I go to work at eight o'clock. · 5) What time is it?

Answers

C 1) kitchen = 2 · مطبخ (tired = 3 · متعب) opposite = 4 · مقابل (daughter = 5 · ابنة) finish = يُنهى

Week 5 · Free Time and Habits

Answers

Exercise 1	1) works · 2) watches · 3) goes · 4) studies · 5) doesn't like · 6) Does ... drive
Exercise 2	1) I usually walk in the morning. · 2) He is never late. · 3) We often visit our grandmother. · 4) She always drinks tea.
Exercise 3	1) He works in an office. · 2) She doesn't like football. · 3) Does he play tennis? · 4) My mother cooks every day.
Exercise 4	1) My sister goes to work by metro. · 2) He never smokes. · 3) Does your husband cook? · 4) I like swimming in the summer.

Week 6 · Food and Shopping

Answers

Exercise 1	1) How many · 2) How much · 3) How much · 4) How many · 5) How much · 6) How many
Exercise 2	1) some · 2) any · 3) any · 4) some · 5) any · 6) some
Exercise 3	1) C · 2) U · 3) C · 4) U · 5) C · 6) U
Exercise 4	1) I'd like / I want a kilo of tomatoes, please. · 2) How much is this shirt? · 3) There isn't any sugar. / There's no sugar. · 4) Can I pay in cash? / Can I pay cash?

Week 7 · Work and Skills

Answers

Exercise 1	1) She can speak French. · 2) I can't drive. · 3) He can fix cars. · 4) They can't swim. · 5) Can you use a computer?
Exercise 2	1) Where · 2) Who · 3) What time / When · 4) Why · 5) How much · 6) How long
Exercise 3	1) Where do you work? · 2) He can speak English. · 3) What does she do? · 4) I work in a bank.
Exercise 4	1) My brother is an engineer in a big company. · 2) Can you fix this? · 3) When / What time does the meeting start? · 4) I can't drive.

Week 8 · Right Now: Weather and Clothes

Answers

Exercise 1	1) is cooking · 2) am reading · 3) are playing · 4) aren't watching · 5) Are ... waiting · 6) is raining
Exercise 2	1) drink / am drinking · 2) is crying · 3) goes · 4) is wearing
Exercise 3	1) I am working now. · 2) She is wearing a hat. · 3) Do you understand? · 4) It is raining.
Exercise 4	1) What are you wearing today? · 2) I'm cooking now. · 3) They aren't sleeping; they're watching TV. · 4) It's cold in winter.

Progress Check 2 · Weeks 5–8

Answers

A	1) watches · 2) doesn't like · 3) much · 4) any · 5) can · 6) Where · 7) is raining · 8) am wearing · 9) Does · 10) much
B	1) My sister works in a hospital. · 2) I'd like a cup of tea, please. · 3) Can / Could you help me? · 4) What are you doing now? · 5) I sometimes visit my friends. / Sometimes I visit my friends.
C	1) expensive = 2 · غالي (colleague = 3 · زميل عمل) never = 4 · أبداً (sunny = 5 · مشمس) receipt = إيصال / فاتورة

Week 9 · Yesterday and Long Ago

Answers	
Exercise 1	1) was · 2) were · 3) was · 4) were · 5) Were · 6) wasn't
Exercise 2	1) There were · 2) There was · 3) Were there · 4) There was
Exercise 3	1) Were you at home? · 2) Was the film good? · 3) Were they late? · 4) Was she born in Cairo?
Exercise 4	1) I was worried yesterday. · 2) Where were you last week? · 3) The trip wasn't boring. · 4) My father was born in a village.

Week 10 · What Happened?

Answers	
Exercise 1	1) went · 2) ate · 3) bought · 4) watched · 5) saw · 6) studied · 7) took · 8) met
Exercise 2	1) visited · 2) ate · 3) didn't go · 4) Did ... see · 5) bought · 6) left
Exercise 3	1) I didn't go to work. · 2) Did you see him? · 3) She bought a dress. · 4) We went to the park.
Exercise 4	1) I went to the market and bought some fruit. · 2) I didn't watch TV yesterday. · 3) What time did you come back home? · 4) I met my colleague at the station.

Week 11 · Plans and Invitations

Answers	
Exercise 1	1) am going to visit · 2) is going to buy · 3) aren't going to travel · 4) Are ... going to move
Exercise 2	1) 'll · 2) am going to ('m going to) · 3) 'll · 4) 're going to
Exercise 3	1) c · 2) d · 3) b · 4) a
Exercise 4	1) I'm going to travel to Dubai next year. · 2) I'll call you later. · 3) Would you like to come to my party? · 4) I won't be late.

Week 12 · Health, Travel and Asking for Help

Answers	
Exercise 1	1) shouldn't · 2) should · 3) should · 4) shouldn't · 5) should · 6) shouldn't
Exercise 2	1) Could you open the window, please? · 2) Could you give me the menu, please? / Could I have the menu, please? · 3) May I / Can I sit here, please? · 4) Could you repeat that, please? · (Can / Would you ... also correct)
Exercise 3	b → f → a → c → d → e
Exercise 4	1) My back hurts. / I have a pain in my back. / I have back pain. · 2) You should drink a lot of water. · 3) Excuse me, where is the ticket office? · 4) Could you call a doctor? / Can you call a doctor?

Final Check · Weeks 9–12

Answers	
A	1) was · 2) went · 3) Did · 4) buy · 5) were · 6) going to · 7) 'll / will · 8) shouldn't · 9) Could · 10) slept
B	1) I went to the market yesterday. · 2) I didn't watch the film. · 3) We're going to travel / We will travel to Luxor next month. · 4) You should see a doctor. · 5) Would you like to have dinner with us?
C	1) ticket = تذكرة · 2) headache = صداع · 3) crowded = مزدحم · 4) tonight = الليلة · 5) worried = قلق