

30-Day German

From Zero to A1 in 30 Days — Free Study Plan

LEARN	One vocabulary set, grammar point, or listening resource per day.
PRACTICE	A speaking or writing task using what you just learned.
AI PROMPT	A suggested prompt for any AI tool to generate practice material and correct your German.

Each day takes 30-45 minutes. Do not skip days — the plan is cumulative.

Week 1 (Days 1-7): Foundations

Day 1 Greetings and Introductions	Day 2 Numbers 1-20 and Basic Verbs
LEARN Hallo, Guten Morgen, Guten Tag, Guten Abend, Tschuss	LEARN Numbers 1-20. Verbs: sein, haben, gehen, kommen
PRACTICE Say "Ich heiße ___" aloud 10 times. Introduce yourself to a mirror.	PRACTICE Write 5 sentences combining numbers with verbs.
AI PROMPT "Generate 2 short dialogues using Hallo and Ich heiße. Correct my mistakes."	AI PROMPT "Create 5 simple sentences using numbers 1-20 with sein, haben, gehen, kommen."
Day 3 Daily Routine Verbs	Day 4 Personal Pronouns and Simple Sentences
LEARN essen, schlafen, arbeiten, spielen	LEARN ich, du, er/sie/es, wir, ihr, sie/Sie
PRACTICE Say 3 sentences aloud: "Ich esse...", "Ich schlafe...", "Ich arbeite..."	PRACTICE Conjugate sein with each pronoun and say each one in a complete sentence.
AI PROMPT "Generate 5 sentences about a daily routine using these verbs."	AI PROMPT "Generate 6 simple sentences using each pronoun with sein."
Day 5 Objects Vocabulary: Home and Classroom	Day 6 Simple Questions
LEARN Tisch, Stuhl, Buch, Tur, Fenster	LEARN Wie heisst du? Wo wohnst du? Was machst du?
PRACTICE Name 5 objects in the room in German with their correct article.	PRACTICE Ask and answer all 3 questions aloud — as yourself, then as a character.
AI PROMPT "Generate a mini-dialogue using at least 3 of these nouns."	AI PROMPT "Create 2 Q&A; dialogues using these questions with different names and cities."
Day 7 Week 1 Review	
LEARN Review all Days 1-6 material	
PRACTICE Say every vocabulary word aloud. Rewrite sentences from memory.	
AI PROMPT "Quiz me on all Week 1 vocabulary and phrases. Correct every mistake."	
✓ Checkpoint: Can you introduce yourself, count to 20, and ask 3 basic questions?	

Week 2 (Days 8-14): Building Sentence Fluency

Day 8 Present Tense Verb Conjugation

LEARN	Regular verb pattern: ich gehe, du gehst, er geht, wir gehen, ihr geht, sie gehen
PRACTICE	Take 3 verbs from Week 1 and conjugate them fully. Say each aloud.
AI PROMPT	"Give me 5 regular German verbs. Ask me to conjugate each in present tense."

Day 9 Questions and Answers

LEARN	Was machst du? Wo bist du? Warum? Weil...
PRACTICE	Answer "Was machst du?" using weil: "Ich lerne Deutsch, weil..."
AI PROMPT	"Create 3 beginner dialogues using Was machst du, Wo bist du, and Warum."

Day 10 Vocabulary: Food, Colours, Family

LEARN	Brot, Wasser, Kaffee - rot, blau, grün - Mutter, Vater, Geschwister
PRACTICE	Describe a family member using colour and food vocabulary.
AI PROMPT	"Generate 5 sentences combining food, colour, and family vocabulary."

Day 11 Dialogue Practice

LEARN	Combine all Week 1 and 2 vocabulary
PRACTICE	Have a 2-minute conversation using everything learned so far. Record yourself.
AI PROMPT	"Simulate a 2-minute dialogue between two beginners meeting in Germany."

Day 12 Numbers 21-100 and Telling Time

LEARN	Numbers 21-100. Wie spät ist es? Es ist... Uhr.
PRACTICE	Say 5 different times aloud. Write 3 prices in German.
AI PROMPT	"Generate 5 questions and answers using numbers 21-100 and time expressions."

Day 13 Directions Vocabulary

LEARN	rechts, links, geradeaus, Wo ist...?
PRACTICE	Give directions from your home to a landmark — in German, aloud.
AI PROMPT	"Create 2 dialogues asking for and giving directions."

Day 14 Week 2 Review

LEARN	Review all Days 8-13 material
PRACTICE	Focus on anything that felt uncertain. Redo those exercises.
AI PROMPT	"Quiz me on Week 2: verbs, questions, food, colours, numbers, time, directions."

✓ **Checkpoint: Can you conjugate a verb, tell the time, and give basic directions?**

Week 3 (Days 15-21): Conversations and Listening

Day 15 Shopping Vocabulary

LEARN kaufen, bezahlen, Wie viel kostet das?

PRACTICE Walk through an imaginary shop and price 3 items in German.

AI PROMPT "Generate a shopping dialogue for a German beginner including prices."

Day 16 Cafe and Restaurant Orders

LEARN Ich mochte..., bitte, das Menu, Getranke

PRACTICE Order a full meal in German aloud — starter, main, drink, dessert.

AI PROMPT "Create a beginner restaurant conversation including ordering and paying."

Day 17 Directions in Context

LEARN Return to Day 13 vocabulary

PRACTICE Give directions from a map rather than a familiar location.

AI PROMPT "Describe a simple map to me in German. Ask me to give directions."

Day 18 Listening and Shadowing

LEARN Listen to a beginner German podcast or YouTube clip

PRACTICE Listen twice. Third listen: pause after each sentence and repeat aloud.

AI PROMPT No AI prompt today. Shadowing works best without interruption.

Day 19 Travel: Airport and Train Station

LEARN Flughafen, Zug, Fahrkarte, Abfahrt, Wo ist...?

PRACTICE "Ich habe eine Fahrkarte." "Wo ist der Ausgang?" Say until automatic.

AI PROMPT "Generate a 6-line beginner dialogue at a German train station."

Day 20 Describe Your Daily Activities

LEARN Combine all routine vocabulary from previous weeks

PRACTICE Describe your entire day in German from waking up to going to bed.

AI PROMPT "Generate 10 sentences describing a day. Then ask me to describe mine."

Day 21 Week 3 Review

LEARN Review all Days 15-20 scenarios

PRACTICE Focus on the scenarios that felt least natural.

AI PROMPT "Quiz me on Week 3: shopping, food, directions, travel, daily activities."

✓ **Checkpoint: Can you order food, navigate a station, and describe your day?**

Week 4 (Days 22-30): Real-World German

Day 22 Full Cafe Scenario		Day 23 Hotel Booking	
LEARN	Combine greetings, ordering, and payment vocabulary	LEARN	Zimmer, reservieren, Schlüssel, einchecken
PRACTICE	Run a complete cafe interaction start to finish. Do it twice, switching roles.	PRACTICE	"Ich mochte ein Zimmer reservieren." Simulate checking in.
AI PROMPT	"Simulate a full cafe dialogue from entering to leaving. Correct every mistake."	AI PROMPT	"Generate a hotel check-in dialogue including room type, stay, and payment."
Day 24 Travel Plans Writing		Day 25 Telephone Conversation	
LEARN	Travel vocabulary from previous weeks	LEARN	Telephone phrases and formal register
PRACTICE	Write 5 sentences about a trip in German without translating from English.	PRACTICE	Simulate a short phone call — introduce yourself and ask a question.
AI PROMPT	"Correct my German travel sentences. Generate 5 more for me to translate."	AI PROMPT	"Simulate a simple phone call. I am calling to ask about opening hours."
Day 26 Asking for Help and Emergencies		Day 27 Extended Daily Routine	
LEARN	Können Sie mir helfen? Ich brauche einen Arzt. Rufen Sie die Polizei.	LEARN	Return to Day 20 — use er/sie conjugations throughout
PRACTICE	Say each emergency phrase aloud until you can produce it without looking.	PRACTICE	Describe someone else's day rather than your own.
AI PROMPT	"Create 5 dialogues asking for help in different situations."	AI PROMPT	"Ask me to describe a fictional person's day. Correct er/sie conjugations."
Day 28 Full Travel Dialogue		Day 29 Shadowing Favourite Phrases	
LEARN	Combine Days 19 and 23 into one extended scenario	LEARN	Choose 5 dialogues from the past 4 weeks
PRACTICE	Airport to hotel as a continuous conversation.	PRACTICE	Repeat each dialogue aloud twice — first reading, then from memory.
AI PROMPT	"Simulate a full travel day in German from airport to hotel."	AI PROMPT	"Give me 10 of the most useful A1 German phrases. Quiz me until automatic."
Day 30 Final Review and A1 Readiness Check			
LEARN	Review all four weeks		
PRACTICE	Record yourself: introduction, shopping, travel scenario, daily routine.		
AI PROMPT	"Give me a full A1 German test covering everything from the 30-day plan."		
★ Congratulations! You have completed the 30-Day German Learning Challenge.			