

FRENCH WITH GURI

@frenchwithguri

Your Plan to CLB 7

A clear, step-by-step path for TEF Canada

Perfect for complete beginners — no French required

Four steps » four classes a week » one clear goal

Recognised by IRCC » Test d'évaluation de français pour le Canada



@frenchwithguri

Your French. Your future in Canada.

YOUR ROADMAP

A clear path to CLB 7

Four simple steps. Each one builds on the last, so you always know what to do next — and what ‘done’ looks like.

	Step	You'll reach
0	Start Here — get set up & find your level	A clear goal
1	Foundations — the basics (A1–A2)	CLB 4
2	Build Up — start functioning (B1)	CLB 5
3	Exam Ready — argue & perform (B2)	CLB 7

How to use this plan

- Start at Step 1 (Foundations) — even if you have studied a little French before. The foundation is everything.
- Follow the steps in order. Each step has one job and one clear goal.
- Don't move up until you've hit the milestone — that's how you avoid getting stuck later.
- Come to four classes a week and study a little every day in between. 20 minutes daily beats 2 hours once a week.
- Check your progress with a short mock at the end of each step before moving on.

Your week — 4 classes

Class 1 · Grammar & structure One grammar point, explained simply, then practised until it sticks.	Class 2 · Reading & vocabulary A timed reading task, plus new words added to your daily review.
Class 3 · Listening & speaking Listening practice with real audio, then speaking drills and role-plays.	Class 4 · Writing & review A full writing task with feedback, a short mock, and a review of your mistakes.

Between classes: 20–30 minutes a day. Review your vocabulary and yesterday's corrections. Little and often beats cramming.

STEP 0

Start here — before your first class

A little setup saves you weeks. Do these four things first:

YOUR SETUP CHECKLIST

- Take a free level check to find your starting level in each skill.
- Choose your goal — most immigration candidates aim for CLB 7.
- Learn your exam: the four sections, the timing, and how each is scored.
- Set up two tools — a vocabulary app for daily review and a notebook for your mistakes.

What you're aiming for

Your scores convert to a CLB level — the scale used for Canadian immigration. Here are the bands that matter for this plan.

CLB 7 — Your main goal — the first band that earns strong immigration points.

CLB 5 — A solid milestone on the way, and enough for some programs and French draws.

CLB 4 — Your first checkpoint — the foundations are firmly in place.

The score you need (TEF Canada)

Reading is scored out of 300, Listening out of 360, Writing & Speaking out of 450.

CLB	Reading	Listening	Writing	Speaking
CLB 7	207–232	249–279	310–348	310–348
CLB 6	181–206	217–248	271–309	271–309
CLB 5	151–180	181–216	226–270	226–270
CLB 4	121–150	145–180	181–225	181–225

The shaded row is CLB 7 — your goal. Higher bands (CLB 8–10) earn extra points; ask about extending the plan.

Complete beginner · A1–A2 · About 8–12 weeks

NEW TO FRENCH? PERFECT. No French? That's the right starting point. Most students who reach CLB 7 started exactly here. Every rule in this step is taught from scratch — you do not need any prior French, any prior courses, or any confidence yet. That all comes from doing the work.

You will go from zero French to short, correct sentences you can say out loud. By the end, you stop guessing word-by-word and start producing French on demand. This is the most important step: everything in Steps 2 and 3 runs on what you lock in here.

WHAT YOU'LL COVER

Grammar. Present tense — regular -er/-ir/-re verbs plus the four you'll use every day: *être* (to be), *avoir* (to have), *aller* (to go), *faire* (to do/make). Articles and noun gender (*le/la/un/une/du/de la*). Adjective agreement and placement. Negation (*ne...pas*, *ne...jamais*, *ne...rien*). Two question forms (*est-ce que* + inversion). Your first past tense: *passé composé* with *avoir* & *être*. Near future: *aller* + infinitive.

Vocabulary. Your first ~1,500–2,000 words — the ones that cover 80% of everyday speech. Yourself and family. Numbers, time and dates. Food and shopping. The home. The city and directions. Weather, basic health and work. Starter phrases used every class: *Je voudrais*, *Est-ce que*, *Il faut*, *Je ne comprends pas*, *Pouvez-vous répéter?*

Reading. Short real-life texts: signs, menus, ads, bus schedules and short messages. You practise finding the key information — the who, what, when, where — not understanding every single word.

Listening. Slow, clear spoken French — prices, times, addresses, short conversations. You train your ear to French sounds, *liaison* (linked words) and the rhythm that makes French sound fast even when it isn't.

Writing. Filling in forms, and writing short personal messages of 40–60 words: a note to a neighbour, an invitation, a simple reply email.

Speaking. Introducing yourself, giving your details, and keeping a simple everyday exchange going. You will speak out loud every single class from week one.

BY THE END, YOU CAN

- Handle simple, everyday exchanges with confidence.
- Understand the main point of short, clear texts and conversations.
- Talk about yourself, your family and your daily routine in French.

In your 4 classes: Speaking and listening repetition every class to build confidence quickly. Grammar is explained simply, practised in real sentences — not memorised from lists.

Milestone to pass this step: Score around CLB 4 on a short practice test — you are ready for Step 2.

Intermediate · B1 · About 10–14 weeks

Move from surviving to functioning. You'll handle the past properly, give and justify opinions, and complete the shorter exam tasks.

WHAT YOU'LL COVER

Grammar. The two past tenses (imparfait vs passé composé) and when to use each, the future and the conditional, object pronouns and y/en, relative pronouns (qui, que, où, dont), comparatives, reflexive verbs, and the linking words that connect ideas.

Vocabulary. Growing to ~3,000–4,000 words across opinions and feelings, work and studies, travel, housing, health and the media — plus when to be formal (vous) or informal (tu).

Reading. Longer texts, articles and formal letters — finding both the main idea and specific details under time pressure.

Listening. Voicemails, radio clips, interviews and announcements — following the thread and taking quick notes.

Writing. The shorter exam task: delivering clear information in about 80 words, well organised and in the right tone.

Speaking. Role-plays — asking for information and making requests — and keeping a 2–3 minute conversation going with reasons and examples.

BY THE END, YOU CAN

- Deal with most situations you'd meet while travelling.
- Describe experiences, events and opinions, and give reasons.
- Write simple, connected text on familiar topics.

In your 4 classes: Add timed practice and start the shorter writing and speaking tasks.

Milestone to pass this step: Reach CLB 5 in all four skills on a half-length mock.

Upper-intermediate · B2 · About 12–18 weeks

This is the level that earns real immigration points. You'll argue clearly, read between the lines, and perform under exam timing.

WHAT YOU'LL COVER

Grammar. The subjunctive and its main triggers, the pluperfect, all three types of 'if' sentences with the past conditional, the passive, reported speech, advanced connectors — and fixing the small recurring errors that hold your score back.

Vocabulary. Reaching ~5,000–7,000 words for abstract and argument topics — society, environment, technology, economy — plus nuance, hedging, and natural word partnerships (collocations).

Reading. Dense newspaper and opinion pieces — reading quickly for tone, intention and implied meaning, not just the literal words.

Listening. Debates, news and natural-speed conversation — catching attitude, opinion and what is implied.

Writing. The longer task: a clear, structured argued opinion of about 200 words with an introduction, reasons, examples and a conclusion.

Speaking. Presenting and defending a point of view for several minutes, then handling the examiner's follow-up questions.

BY THE END, YOU CAN

- Understand the main ideas of complex texts and arguments.
- Interact fluently and spontaneously with native speakers.
- Write clear, detailed, well-argued text and defend a viewpoint.

In your 4 classes: Full timed mocks with detailed feedback on your writing and speaking.

Milestone to pass this step: Reach CLB 7 in all four skills on a full, timed mock — you're ready to book.

YOUR EXAM

The writing & speaking tasks — TEF Canada

Reading and listening are trained the same way for both exams. These are the speaking and writing tasks you'll practise and master.

WRITING

- Section A — continue a short news item or factual message (about 80 words).
- Section B — write an argued opinion to an authority (about 200 words).

SPEAKING

- Task A — ask questions to get information in a role-play (about 5 minutes).
- Task B — persuade and defend a point of view with the examiner (about 10 minutes).

When you're ready to book

- Take two full, timed mocks on different days, both at your target band.
- Book your official test, and keep light daily practice going until exam day.

Aiming higher? For maximum points (CLB 9+), keep this same rhythm and push for precision, range and fluency. Message @frenchwithguri and we'll extend your plan.

Ready to start? Take a free level check to find your starting level — even if you think it's zero. Then follow the four steps from the beginning. For classes, questions, or a personalised plan, message @frenchwithguri.

Score-to-CLB levels follow IRCC's official equivalency charts. These can change — always check the current values on canada.ca before you book your test.