

MY FRENCH ROUTINE



WITH
MP3

Vol 1- Complete Beginners

By Talk in French

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INTRODUCTION

So you've decided to teach yourself French. *C'est magnifique!* Contrary to what some people believe, learning French on your own is very achievable. With the right amount of motivation, a healthy learning habit, and the right tools and resources, your dream of speaking French is just around the corner. And, lucky for you, I have just the thing to help you out.

Here is a book that promises to teach you all you need to learn French on your own: **a complete step-by-step learning method to have you speaking French in no time.**

How does it work?

This book is divided into twenty lessons and designed for you to tackle a single lesson each day, five days a week, for four weeks. Each daily lesson consists of the following:

- One to three grammar topics
- Sample dialogue to illustrate grammar points
- Audio recorded by native French speakers for you to listen to and follow along with
- MP3 guides to help you learn the pronunciations
- Exercises and practice activities
- Vocabulary lists
- And more!

The lessons are short enough to hold your interest, yet challenging enough to keep you on your toes, leaving you wanting more!

What makes this book different?

There are so many books out there that promise to teach you French. So, what makes you sure you've picked the right one this time?

The answer is simple: the method itself.

I have taken the best bits and pieces of what has worked so well for my students in the past and incorporated all of it into a single go-to guide for learning French.

A Strong Focus on Listening

This book is hinged on the idea that listening to intuitive audio material boosts your learning immensely. Unlike regular audiobooks in the market, however, the listening exercises in this book are carefully integrated into daily lessons, ensuring fully maximized learning.

Listen to French conversations that illustrate a grammar topic, follow along and practice your pronunciation of the vocabulary, and get a stronger grasp of your lessons through the audio aids provided.

Build a Learning Habit

If you have visited my website, TalkinFrench.com, or purchased any of my other French language books, you might already be aware of how much I stand behind the idea of building a learning habit. Learning a new language such as French takes a lot of time and effort, and for you to make headway and make things easier as you go along, creating a learning habit is very important.

This particular framework guides all of my products, and this book is no different. By allotting time to practice each day and doing so consistently over a period of time, learners like you will be able to learn French much more efficiently than doing it in a sporadic manner, regardless of how much time you spend on it.

Is this book for you?

If you are a beginner learner with little to no knowledge of the French language, you are looking at a book that is specially crafted with you in mind. It will also work for people who have studied French years before and want to get back on track. Lastly, it is perfect for learners who prefer learning French on their own and are tired of the incomplete materials available in the market.

What can you expect out of this book?

After a month of studying the lessons five days each week, you should be able to:

- Convey your ideas in French and be able to speak with an admirable level of confidence and skill;
- Become familiar with basic French grammar structures;
- Have simple conversations in French;
- Express opinions in French about various topics; and
- Learn a total of 1500 vocabulary words that you can use in your daily conversations.

Excited? Well, buckle up and let's get going!

Bonne chance, good luck!

Frédéric BIBARD

Founder, Talk in French

Week 1, Day 1 : Basics of Pronunciation / Greetings

What you will learn today: **Basics of pronunciation and greetings**

Vocabulary: Basic Greetings

Listen track 1

Man: Bonjour, comment ça va ? (Hello, how are you?)

Child: Bonjour, ça va bien. Comment allez-vous ? (Good, thanks. How are you?)

Man: Je vais bien, merci. (I am good, thank you.)

Child: Comment vous appelez- vous? (What is your name?)

Man: Je m'appelle Monsieur Dupont. Et toi ? (My name is Mister Dupont. And you?)

Child: Je m'appelle Kévin. (My name is Kevin.)

Man: Au revoir, Kévin. (Good bye, Kevin.)

Child: A bientôt, Monsieur Dupont ! (See you soon, Mister Dupont!)

Now, let's start with some basic greetings.

Standard/Formal Greetings:

Listen track 2

When greeting someone during the day, you would usually say "**Bonjour**," which means "Good Day"; if it is evening, you can say "**Bonsoir**," which means "Good Evening."

There are a few ways to say goodbye, the most common being "**Au revoir**," which means "See you again." You can use this phrase any time of day. You can also use the following phrases at different times of the day:

- In the morning, you could say "**Bonne journée**," which means "Have a good day."
- In the afternoon, you could say "**Bon après-midi**," which means "Have a good afternoon."
- In the evening, you could say "**Bonne soirée**," which means "Have a good evening."
- At bedtime, you would usually say "**Bonne nuit**," which means "Good night" in the same way that we mean it in English.

Informal Greeting:

If that seems a little too complicated, then you could just say "**Salut!**" This is an informal greeting that means "Hello," but can be used to say "Goodbye" as well, plus you can use it at any time of the day. However, it is a good idea to learn the various greetings and be able to say them accurately in French, especially if you will be conversing with people you do not know very well. It is simply polite to use more formal greetings; "**Salut**" is really only something you should use with friends or in informal situations -- i.e., not with your boss!

Listening and Practice:

Listen track 3

- **Bonjour**
- **Bonsoir**
- **Au revoir**
- **Bonne journée**
- **Bon après-midi**
- **Bonne soirée**
- **Bonne nuit**

After greeting someone, you may wish to continue the conversation. There are two questions you will usually ask. Here is the first:

Listen track 4

- Asking how someone is doing. There are two ways to ask this question; your choice will depend on whether it is a formal or informal situation.
- Formal way:

Question: "**Comment allez-vous?**"

Answer: "**Je vais bien, merci**" (I am good, thank you)

Informal way:

Question: "**Comment ça va?**"

Answer: "**ça va bien, merci.**" (Good, thanks)

- Next, you might ask the person's name, if you do not know him or her.

Question: "**Comment tu t'appelles?**" (informal)

"**Comment vous vous appelez?**" (formal)

Answer: "**Je m'appelle (your name), et toi?**" ("et toi" means "and you")

Pronunciation

Now, let's practice your pronunciation. Listen to the audio track (transcription below) and try to repeat the word.

Listen track 5

Bonjour = Hello

Bonsoir = Good evening

Au revoir = Goodbye

Bonne nuit = Good evening

Formal situation:

Listen track 6

Comment allez-vous? (How are you?)

Bien, merci. (Good, thank you.)

Et vous? (And you?)

Très bien, merci. (Very well, thank you.)

Informal situation (with friends)

Listen track 7

Salut, Sharon ca va? (Hi, Sharon, how are you?)

Ca va bien. Et toi ? (I am good, and you?)

Pas mal. (**“Not bad,” but in French it has a positive meaning.**)

Au revoir ! (See you again!)

A demain! (See you tomorrow!)

Exercises:

Let's begin with a simple exercise to help you memorize what you have just learned.

Fill in the gap:

Sophie (Mrs): Bonjour Monsieur.

Jean Dubois (Mr): _____ Madame.

Sophie: Comment allez-vous?

Jean Dubois: _____, merci, et vous?

Sophie: _____, merci.

Jean Dubois: Comment vous vous appelez?

Sophie: _____ Sophie. _____?

Jean Dubois: Je m'appelle Jean Dubois.

Answers:

Listen track 8

Sophie (Mrs): Bonjour Monsieur.

Jean Dubois (Mr): **Bonjour** Madame.

Sophie: Comment allez-vous?

Jean Dubois: **Bien**, merci, et vous?

Sophie: **Bien**, merci.

Jean Dubois: Comment vous appelez-vous?

Sophie: Je m'appelle Sophie. Et vous?

Jean Dubois: Je m'appelle Jean Dubois.

Translate from English into French:

Formal situation:

- Hello, Sir!
- Hello Sharon, how are you today?
- I am fine, and you?
- I am good, too.

Informal situation:

- Hi Claire.
- Hi Lisa.
- How are you?
- Not bad, and you?
- Good.

One last question:

How do you say "What is your name?" in French?

Answer:

Comment vous appelez-vous?

Additional Exercises:

Practice Corner -- Listening Part 1:

Listen track 9

Listen and repeat

- Bonjour (Hello)
- Bonsoir (Good evening)
- Bonne journée (Good day)
- Bonne soirée (Good evening)
- Bonne nuit (Good night)
- Au revoir (Goodbye)
- Salut (Hi)
- Comment allez-vous? (How are you?)
- Comment ça va? (How are you?)
- À demain (See you tomorrow)
- À bientôt (See you soon)
- À tout à l'heure (See you later)
- À ce soir (See you tonight)
- Comment t'appelles-tu? (What is your name?)
- Comment vous appelez-vous? (What is your name?)
- Je m'appelle ... et toi? (My name is... And you?)
- Quel âge as-tu? (How old are you?)
- J'ai ... ans (I'm ... years old)
- Où habites-tu? (Where do you live?)
- J'habite à ... (I live in ...)

Practice Corner -- Listening Part 2:

Listen to the dialogue (track 10) and answer the questions below. If it is too difficult, read the transcription without the translation and try to answer the questions.

Questions about the dialogue:

Comment s'appelle la femme ? (*What is the woman's name?*)

- 1) Sophie 2) Anna 3) Jeanne 4) Manon

Comment s'appelle l'ami de la femme ? (*What is the name of the woman's friend?*)

- 1) Jean 2) Gilbert 3) Pierre 4) Eric

Comment va Pierre ? (*How is Pierre?*)

- 1) Mal (*bad*) 2) Bien (*fine*) 3) Pas très bien (*not very good*) 4) Super bien (*very good*)

Réponses / Answers:

1 – 3 – 2

Transcription:

Listen track 10

Woman: Salut, Martin! (Hi, Martin!)

Man 1: Salut, Sophie! Ca va? (Hi, Sophie! How are you?)

Woman: Je vais bien, et toi? (I'm fine, and you?)

Man 1: Ca va aussi. C'est ton ami? (I'm fine too. Is he your friend?)

Woman: Oui, c'est mon ami. Il s'appelle Pierre. (Yes, he is my friend. His name is Pierre.)

Man 1: Bonjour, Pierre. Comment vas-tu? (Hello, Pierre. How are you?)

Man 2: Je vais bien, merci. Bonne journée! (I'm fine, thank you. Have a good day!)

Man 1: A toute à l'heure! (See you later!)

Writing Corner

Write a dialogue based on the time of the day (morning, noon, afternoon, evening/night).

Example:

Listen track 11

Le Matin (Morning):

- Bonjour tout le monde. (Hello everyone.)
- Bonjour. (Hello.)
- Comment t'appelles-tu? (What is your name?)
- Je m'appelle Adèle. (My name is Adèle.)
- Bonjour Adèle. Et toi? (Hello Adèle. And you?)
- Je m'appelle Michel. (My name is Michel.)
- Bonjour Michel. (Hello Michel.)
- Bonjour. (Hello.)
- Comment allez-vous? (How are you?)
- Ça va bien merci, et toi? (I am fine, thank you, and you?)
- Ça va. Je suis en pleine forme ce matin. (I'm fine. I'm in top form this morning.)
- Bien, bonne journée alors. (Good, have a good day then.)
- Bonne journée à toi aussi. (Good day to you, too.)

Listen track 12

À Midi (Noon):

- Salut! (Hi!)
- Salut! Il est midi, je vais rentrer pour déjeuner. (Hi! It's noon, I will go home to lunch.)
- Où habites-tu? (Where do you live?)
- J'habite près d'ici. (I live near here.)
- Bon appétit alors. (Enjoy your meal then.)
- Bon appétit à toi aussi et bonne après-midi tout le monde. (Enjoy your meal too and good afternoon everyone.)
- Merci, au revoir. (Thank you, goodbye.)

Listen track 13

L'après-midi et le Soir (Afternoon and Evening):

- Bonsoir les amis. (Good evening friends.)
- Bonsoir. (Good evening.)
- Tout va bien? (All is well?)
- Ça marche, merci. (It is, thank you.)
- Très bien, je vous souhaite une bonne continuation alors. (Well, I wish you good luck then.)
- Au revoir, et bonne soirée. (Goodbye and good evening.)
- Merci, à demain tout le monde. (Thank you, see you tomorrow everyone.)

La nuit (Night):

Listen track 14

- Bonsoir. (Good evening.)
- Bonsoir, comment s'est passée ta journée? (Good evening, how was your day?)
- Très bien merci. (Very well, thank you.)
- Bien, il est tard: je te souhaite une bonne nuit. (Well, it's late: I wish you all a good night.)
- Bonne nuit à toi aussi. (Good night to you too.)

Vocabulary corner:

Relier la bonne expression avec le temps correspondant par des flèches.

Link the expression/word with the corresponding time.

Pour saluer:

Expression	Time
	Midi
Bonjour	Soir
Bonsoir	Matin
	Nuit
	Après-midi

Pour se quitter:

Expression	Time
Bonne soirée	Midi
Bonsoir	Soir
Bonne nuit	Matin
Bonne après Midi	Nuit
Au revoir	Après midi

Réponses:

Listen track 15

- Bonjour -- Midi
- Bonsoir -- Soir
- Bonjour -- Matin
- Bonsoir – Nuit ou le soir
- Bonne Soirée – Nuit
- Bonsoir Après -- midi, Nuit, Soir
- Bonne-Nuit- Good Night
- Bonne Après-Midi – Midi / Après-Midi
- Au Revoir (toute situation)

Grammar corner (fill in the blanks):

Remplissez par/Fill in with: appelle, habites, allez, appelez, appelle, habite, âge.

Listen track 16

Comment t' _____-tu?

Je m' _____ Marie et vous, comment vous vous _____ ?

Je m' _____ Anne.

Quel _____ as-tu?

J'ai seize ans et toi?

J'ai dix-sept ans.

Où _____ tu?

J' _____ à Paris.

Réponses:

Appelles- appelle-appelez-appelle-âge-habites-habite

Additional Vocabulary:

Listen track 17

Bonjour	Hello
Salut	Hi
Au revoir	Goodbye
A bientôt	See you soon
À demain	See you tomorrow
À tout à l'heure	See you later
À plus tard	See you later
Oui	Yes
Non	No
S'il vous plaît	Please
Merci	Thank you
Merci beaucoup	Thank you very much
Je ne sais pas	I don't know
Excusez moi	Excuse me
Et toi?	And you? (informal)
Et vous?	And you? (formal)
Comment ça va?	How are you? (informal)
Comment allez-vous?	How are you? (formal)
Quel âge as-tu?	How old are you? (informal)
Quel âge avez -vous?	How old are you? (formal)
J'ai 15 ans.	I am 15 years old.
Où habites-tu?	Where do you live? (informal)
Où habitez-vous?	Where do you live? (formal)
J'habite à Paris	I live in Paris
Quelle est ta nationalité?	What is your nationality?
Quelle est votre nationalité?	What is your nationality? (formal)
Je suis français ou française	I am French
Je suis anglais ou anglaise	I am English
Je suis canadien ou canadienne	I am Canadian
Je suis américain ou américaine	I am American
Quel est ton numéro de téléphone (portable)?	What is your phone number?
Je m'appelle _____.	My name is _____.
enchanté	Nice to meet you
Comment vous appelez-vous?	What's your name? (formal)
quel est votre nom?	What's your name? (formal)
Je ne parle pas très bien français	I don't speak French very well.
Bonsoir	Good evening/night

A Quick Recap:

I. Standard/formal greetings

- To greet someone during the day: *Bonjour* (Good day)
- To greet someone in the evening: *Bonsoir* (Good evening)
- To say goodbye: *Au revoir* (See you again)
- At the end of a conversation during the day: *Bonne journée* (Have a good day)
- At the end of a conversation in the afternoon: *Bon après-midi* (Have a good afternoon)
- At the end of a conversation in the evening: *Bonne soirée* (Have a good evening)
- To say goodnight: *Bonne nuit*

II. Informal greeting

- When greeting friends or people your age (or younger), you can say "*Salut*" which means both "Hello" and "Goodbye."

III. Asking how someone is

- Formal: *Comment allez-vous?* Response: *Je vais bien, merci*" (I am good, thank you)
- Informal: *Comment ça va?* Response: *ça va bien, merci*" (Good, thanks)

IV. Asking someone's name

- Formal: *Comment vous vous appelez?*
- Informal: *Comment tu t'appelles?*
- Response: *Je m'appelle ... (your name), et toi ? (and you?)*

WEEK 1 – Recap

Listening

Weekly Recap Track 1

Answer the questions:

Comment s'appellent les parents de Marine? (*What are the names of Marine's parents?*)

- a. Gilbert et Odette b. Luc et Claire c. Roger et Claire

Comment s'appellent les parents de Luc? (*What are the names of Luc's parents?*)

- a. Simon et Marine b. Odette et Gilbert c. Marine et Roger

Combien d'enfants ont Gilbert et Odette? (*How many children do Gilbert and Odette have?*)

- a. 3 b. 1 c. 2

Answers:

a – c – b

Transcription:

Luc est le frère de Simon. Claire est la sœur de Simon et de Luc. Les parents de Claire s'appellent Marine et Roger. Les grands-parents de Claire sont Gilbert et Odette. Marine a une sœur.

Exercise 2:

Listen Weekly Recap Track 2 and answer the questions.

Questions about the dialogue:

Le garçon aime faire la cuisine et... ? (*The boy likes to cook and...?*)

- a. nager (*to swim*) b. chanter (*to sing*) c. lire (*to read*)

Qu'est-ce que la mère de la fille aime faire? (*What does the girl's mother like to do?*)

- a. cuisiner (*to cook*) b. manger (*to eat*) c. nager (*to swim*)

Quel est le lien de parenté entre les deux enfants? (*What is the family line between the two kids?*)

- a. ils sont frères et sœurs (*they are siblings*)
b. ils sont cousins (*they are cousins*)
c. ils sont amoureux (*they are lovers*)

Comment s'appelle la tante du garçon? (*What is the name of the boy's aunt?*)

- a. Paola b. Sarah c. Maria

Answers:

b – c – b – c

Transcription:

Girl: Bonjour ! Je suis Sarah. Quel est ton nom? (*Hello! I'm Sarah. What is your name?*)

Boy: Salut, je m'appelle Henry. J'aime chanter et faire la cuisine. Et toi? (*Hi, my name is Henry. I like to sing and cook. And you?*)

Girl: J'aime regarder la télévision et nager avec ma mère. (*I like to watch TV and swim with my mother.*)

Boy: Comment s'appelle ta maman? (*What is your mother's name?*)

Girl: Elle s'appelle Maria. Elle a une sœur, Paola. (*Her name is Maria. She has a sister, Paola.*)

Boy: Ma mère s'appelle Paola! (*My mother's name is Paola!*)

Writing

Exercise 1:

Write a few sentences about these family members receiving their cousins: Marc (the father), Sophie (the mother), Léo (the son), Plop (the dog), and Gilles et Anne (the cousins).

Use verbs like “être” (to be), “jouer” (to play), “préparer” (to prepare) (cf. lesson in day 5).

Weekly Recap Track 3

Example:

Marc et Sophie sont les parents de Léo. Marc est le mari de Sophie et le cousin de Gilles. Anne est la femme de Gilles. Anne et Gilles viennent voir Marc, sa femme et Léo.

Léo joue avec le chien Plop pendant que sa mère prépare un gâteau au chocolat. Son père ne cuisine pas, il regarde la télévision. Marc est content de voir son cousin.

Marc and Sophie are Léo's parents. Marc is Sophie's husband and Gilles' cousin. Anne is Gilles' wife. Anne and Gilles come to see Marc, his wife, and Léo.

Léo plays with the dog, Plop, while his mother prepares a chocolate cake. His father doesn't cook, he watches TV. Marc is happy to see his cousin.

Exercise 2:

Introduce Sophie, a character you create, by talking about her family members and hobbies. Write a few sentences about her.

Weekly Recap Track 4

Example:

Sophie est la fille de Martine. Son père s'appelle Roger. Sophie a trois frères : Bastien, Luc et Paul. Elle est la belle-soeur de Clarence, qui est la femme de Bastien. Sophie a un chat. Elle aime écouter de la musique et regarder des films. Luc aime chasser, mais sa sœur n'aime pas ça. Elle préfère le jardinage.

Sophie is Martine's daughter. Her father's name is Roger. Sophie has three brothers: Bastien, Luc, and Paul. She is the sister-in-law of Clarence, who is Bastien's wife. Sophie has a cat. She likes listening to music and watching movies. Luc likes hunting, but her sister doesn't like that. She prefers gardening.

Grammar

Exercise 1:

Fill in the gaps with the correct verb form.

Weekly Recap Track 5

Bonsoir, je ____ (être) en retard, je m'excuse. Je cherche mon frère, il ____ (s'appeler) Théo. Il ____ (jouer) au tennis dans le parc. L'____ (avoir)-vous vu? Il ____ (être) avec mes cousins, Pascal et Matt. Ils ____ (s'amuser) ensemble. Mon grand-père ____ (dire) toujours qu'ils ____ (être) comme des frères. Le matin, ils ____ (faire) aussi du jogging ensemble.

Good evening, I'm late, sorry. I'm searching for my brother, his name is Théo. He plays tennis in the park. Have you seen him? He is with my cousins, Pascal and Matt. They have fun together. My grandfather always says that they are like brothers. In the morning, they go running together.

Answers:

suis – s'appelle – joue – avez – est – s'amuse – dit – sont -- font

Exercise 2:

Write sentences using the words:

Edouard – grand-père -- Tom – jouer aux échecs. (Edouard – grandfather – Tom – to play chess)

Tom – un chien – deux sœurs -- Manon et Clara. (Tom – a dog – two sisters – Manon and Clara)

Bonjour – s'appeler – Anna – être – sœur – Phil. (Hello – be named – Anna – to be – sister – Phil)

Paul – être – frère – Jean – cuisiner – un gâteau. (Paul – to be – brother – Jean – to cook – a cake)

Weekly Recap Track 6

Answers:

Edouard est le grand-père de Tom; il joue aux échecs. (Edouard is Tom's grandfather; he plays chess.)

Tom a un chien et deux sœurs. Manon et Clara sont les sœurs de Tom. (Tom has a dog and two sisters. Manon and Clara are Tom's sisters.)

Bonjour, je m'appelle Anna, je suis la sœur de Phil. (Hello, my name is Anna, I'm Phil's sister.)

Paul est le frère de Jean. Il cuisine un gâteau. (Paul is Jean's brother. He cooks a cake.)

Vocabulary

Exercise 1:

Link the words to make sentences

Weekly Recap Track 7

- a. Bonjour, je m'appelle (*Hello, my name is*)
- b. Le soir, je joue aux (*In the evening, I play*)
- c. Martin est mon père et je suis son (*Martin is my father and I'm his*)
- d. J'aime lire et (*I like to read and*)
- e. nager. (*swimming*)
- f. fils. (*son*)
- g. Martha.
- h. échecs. (*chess*)

Answers:

a – g / b – h / c – f / d – e

Exercise 2:

Complete the dialogue.

Weekly Recap Track 8

Woman: Bonjour! Comment tu ___ ? (*Hello! What is your ___?*)

Man: Je m'___ Pierre. (*My ___ is Pierre.*)

Woman: Tu ___ le cousin de Max? (*___ you Max's cousin?*)

Man: Non, je ___ le frère de Max. (*No, I ___ Max's brother.*)

Woman: Si tu es le frère de Max, tu es le ___ de Jacques et Adeline! (*If you are Max's brother, you're Jacques and Adeline's ___!*)

Man: Oui, c'est ça! (*Yes, that's it.*)

Woman: Donc c'est toi qui ___ la télévision toute la journée! (*So it's you who ___ TV all day.*)

Answers:

t'appelles – appelle – es – suis – fils – regardes

End of this sample. You can buy this product [here](#).

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