

LANGUAGES

BASIC FRENCH
A1 LEVEL



Your Mobility Partner

COURSE OVERVIEW

The Basic French (A1) course introduces learners to the fundamentals of French through interactive and context-based learning. The course focuses on common situations such as greetings, shopping, using public transport, and basic social interaction, while developing essential vocabulary and grammar.

This course is in full accordance with the A1 level of the Common European Framework of Reference for Languages (CEFR), and provides a communicative, learner-friendly approach to acquiring the basics of the French language in both spoken and written forms.

TARGET AUDIENCE

This course is designed for absolute beginners with little or no prior knowledge of French. It is ideal for individuals who want to start learning French from the very basics, focusing on everyday communication and simple interactions. Suitable for learners of all ages and backgrounds aiming to develop foundational skills in listening, speaking, reading, and writing.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The general objective of this course is to equip learners with essential knowledge of French, allowing them to understand and communicate using simple, everyday expressions. Learners will:

- Recognize and use basic vocabulary and phrases related to personal information and daily life;
- Engage in simple, routine conversations with clear pronunciation;
- Read simple texts such as signs, notices, and short descriptions;
- Write brief notes and fill in simple forms;
- Build a foundation for further language learning.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Demonstrate understanding and appropriate use of frequently used everyday expressions and basic phrases to satisfy immediate communication needs in familiar contexts.
2. Introduce themselves and others, and ask for and provide personal information such as name, age, nationality, profession, address, and basic preferences.
3. Interact in a simple and direct manner in routine situations, provided that the interlocutor speaks slowly, clearly, and is willing to support communication.
4. Identify and use fundamental vocabulary and simple grammatical structures related to daily life topics (e.g., family, food, shopping, weather, directions).
5. Comprehend very short, simple written texts (e.g., signs, instructions, labels, postcards, and basic digital content).
6. Produce short, simple written texts such as messages, forms, greetings, and personal notes, using basic sentence patterns.
7. Understand short, slow, and clearly articulated spoken messages related to familiar topics (e.g., introductions, prices, timetables).
8. Apply basic pronunciation and intonation rules to communicate with sufficient clarity in predictable situations.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: INTRODUCTIONS AND PERSONAL INFORMATION

- Formal and informal greetings
- Introducing oneself and asking for basic personal information
- Countries, nationalities, and professions
- Personal pronouns and verbs: *être, s'appeler*

MODULE 2: DAILY LIFE AND ACTIVITIES

- Daily routines and common activities
- Days of the week and time expressions
- Regular verbs in the present tense
- Frequency adverbs

MODULE 3: FAMILY AND SOCIAL RELATIONSHIPS

- Family members and relationship terms
- Describing people: physical traits and personality
- Verbs: *avoir, aimer, vivre*
- Possessive and descriptive adjectives

MODULE 4: EATING AND SHOPPING

- Food and drink vocabulary
- Situations in cafés, restaurants, and markets
- Verbs: *vouloir, prendre, acheter*
- Talking about prices and quantities

MODULE 5: IN THE CITY AND GETTING AROUND

- Places in town and public services
- Asking for and giving directions
- Means of transport
- Verbs: *aller, être, se trouver*
- Prepositions of location

MODULE 6: HEALTH AND PRACTICAL SITUATIONS

- Describing symptoms and health issues
- At the doctor or pharmacy
- Common emergencies
- Useful expressions for everyday problems

MODULE 7: DISCOVERING FRANCE: CULTURE AND EVERYDAY LIFE

- Introduction to French geography and regions
- Cultural practices and social norms
- French gastronomy and eating culture
- Traditions, celebrations and key values
- How to interact in French society with cultural awareness

*Please note that program content may be subject to change based on input from our trainers.

MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
for Employment and Labor Relations

www.mobilityfriends.org



TRAININGCOURSES@MOBILITYFRIENDS.ORG



+351 253 144 226 / +351 939 452 504



/MOBILITYFRIENDS



@MOBILITYFRIENDSOFFICIAL



MOBILITY FRIENDS

