

# 30-Day Challenge

## BEGINNER



1

Name your favourite holiday

2

Say your phone number out loud

3

Make a grocery list

4

Read the subtitles on a Mauril video

5

Change the display language on your phone

6

Read a restaurant menu

7

Watch the latest Mauril TikTok video

8

Describe a room in your house

9

Ask someone for directions

10

Name five objects you see every day

11

Name the ingredients in your favourite dish

12

List three tasks you do at work

13

In a store, read the prices of three items

14

Describe your morning routine

15

Find your favourite content in the Mauril Explore section

16

Talk about your favourite sport

17

Chat with a friend via text message

18

Name your top three vacation activities

19

Write down tomorrow's weather forecast

20

Name the household chores you hate doing

21

Ask someone for the time

22

Write the names of four products you recycle

23

Describe Mauril to a friend

24

Read a short comic book

25

Write a greeting card

26

Describe your favourite childhood meal

27

Name three things you see through a window

28

Describe a normal day for you

29

Write five new words you learned with Mauril

30

Read the instructions for a product

# 30-Day Challenge

## INTERMEDIATE



<input type="checkbox"/> 1 Explain what you think about winter	<input type="checkbox"/> 2 Say the date and time out loud	<input type="checkbox"/> 3 Order a coffee	<input type="checkbox"/> 4 Describe your workplace	<input type="checkbox"/> 5 Label five objects in your living room with sticky notes
<input type="checkbox"/> 6 Write the chorus of a song	<input type="checkbox"/> 7 Describe the place where you met your best friend	<input type="checkbox"/> 8 Finish three Mauril units in a row	<input type="checkbox"/> 9 Summarize the last movie you watched	<input type="checkbox"/> 10 Read your job description
<input type="checkbox"/> 11 Send a voice message to a friend	<input type="checkbox"/> 12 Watch a TV show with subtitles	<input type="checkbox"/> 13 Watch the latest Mauril TikTok video	<input type="checkbox"/> 14 Recommend a TV series to a friend	<input type="checkbox"/> 15 Describe your favourite animal
<input type="checkbox"/> 16 Read about a local attraction	<input type="checkbox"/> 17 Talk to someone about one of your professional skills	<input type="checkbox"/> 18 Summarize a video you saw on Mauril	<input type="checkbox"/> 19 Describe your favourite childhood game	<input type="checkbox"/> 20 Explain the rules of your favourite sport
<input type="checkbox"/> 21 Follow a new Instagram account	<input type="checkbox"/> 22 Describe your favourite look or outfit	<input type="checkbox"/> 23 Compose a sentence using words from Mauril	<input type="checkbox"/> 24 Write a short summary of the last book you read	<input type="checkbox"/> 25 Read an article
<input type="checkbox"/> 26 Watch a tutorial on YouTube	<input type="checkbox"/> 27 Describe the dishes of your dream meal	<input type="checkbox"/> 28 Describe a perfect day	<input type="checkbox"/> 29 Listen to a song to find new words	<input type="checkbox"/> 30 Prepare a meal while explaining the recipe out loud

# 30-Day Challenge

ADVANCED



<input type="checkbox"/> 1 Compare the best and worst gifts you've ever received	<input type="checkbox"/> 2 Read an article on a topic that interests you	<input type="checkbox"/> 3 Pick a word and find its synonyms	<input type="checkbox"/> 4 Describe your workplace in detail	<input type="checkbox"/> 5 Listen to a song and write down the lyrics of one verse
<input type="checkbox"/> 6 Read your horoscope	<input type="checkbox"/> 7 Watch the latest Mauril TikTok video	<input type="checkbox"/> 8 Find a conversation partner	<input type="checkbox"/> 9 Call a restaurant to make a reservation	<input type="checkbox"/> 10 Write a review of the last movie you watched
<input type="checkbox"/> 11 Read the subtitles on a Mauril video	<input type="checkbox"/> 12 Describe your morning routine, step by step	<input type="checkbox"/> 13 Read a news article and note three new words	<input type="checkbox"/> 14 Listen to a new podcast	<input type="checkbox"/> 15 Invent a conversation between two people
<input type="checkbox"/> 16 Compare two videos you watched on Mauril	<input type="checkbox"/> 17 Read three job postings that interest you	<input type="checkbox"/> 18 Watch a movie and tell someone the plot	<input type="checkbox"/> 19 Read the reviews of a product you want to buy	<input type="checkbox"/> 20 Describe your favourite city in detail
<input type="checkbox"/> 21 Tell someone the scariest thing you've ever done	<input type="checkbox"/> 22 Find your favourite content in the Mauril Explore section	<input type="checkbox"/> 23 Prepare a budget and say the amounts out loud	<input type="checkbox"/> 24 Talk about a major mishap at work	<input type="checkbox"/> 25 Start a new book
<input type="checkbox"/> 26 Describe your favourite Mauril video	<input type="checkbox"/> 27 Join a recreational club	<input type="checkbox"/> 28 Tell the story of how you met a close friend	<input type="checkbox"/> 29 Compare two places in the great outdoors	<input type="checkbox"/> 30 Write a happy childhood memory