

Skill	Beginner (A1)	Intermediate (B1)	Advanced (C1)
Listening	I can understand familiar words and very basic phrases when people speak slowly and clearly.	I can understand the main points of clear standard speech on familiar matters regularly encountered in work, school, leisure, etc.	I can understand extended speech even when it is not clearly structured and when relationships are only implied and not signalled explicitly.
Speaking	I can interact in a simple way provided the other person is prepared to repeat or rephrase things at a slower rate of speech and help me formulate what I'm trying to say.	I can deal with most situations likely to arise whilst travelling in an area where the language is spoken.	I can express myself fluently and spontaneously without much obvious searching for expressions
Reading	I can understand familiar names, words and very simple sentences.	I can understand texts that consist mainly of high frequency everyday or job-related language.	I can understand long and complex factual and literary texts, appreciating distinctions of style.
Writing	I can complete basic tasks such as forms or simple texts.	I can write simple connected text on topics which are familiar or of personal interest	I can express myself in clear, wellstructured text, expressing points of view at some length

This table is based on the Common European Framework of Reference for Languages

http://www.ema.europa.eu/docs/en_GB/document_library/Other/2010/03/WC500075218.pdf