



Your first 30 days of Polish

A beginner checklist for sounds, survival phrases, sentence patterns, and real use

Week 1: read and greet

- [] Recognize the 32-letter alphabet and the nine letters with diacritics.
- [] Practice ł, sz, cz, rz/ż, ś/si, ć/ci, ź/zi, dź/dzi, ń/ni, ą, and ę with reviewed audio.
- [] Use Dzień dobry, Dobry wieczór, Cześć, Do widzenia, Dziękuję, Proszę, and Przepraszam in the right register.
- [] Say Mam na imię... and ask Jak masz na imię? only in an informal relationship.
- [] Record a 20-second introduction and keep it as your baseline.

Week 2: build tiny sentences

- [] Use jestem, mam, chcę, mogę, potrzebuję, idę, and lubię in complete phrases.
- [] Learn noun gender with a phrase, not an isolated translation.
- [] Make positive and negative statements: Mam bilet. Nie mam biletu.
- [] Ask Co to znaczy? and Jak to się mówi po polsku?
- [] Complete one two-minute recall round every day.

Week 3: objects and destinations

- [] Use common accusative objects: Mam bilet. Piję kawę. Widzę psa.
- [] Use do plus genitive for destinations: Idę do sklepu. Wracam do domu.
- [] Notice masculine animacy: mam bilet, but widzę psa.
- [] Order one item with Poproszę... and ask Ile to kosztuje?
- [] Write six sentences about what you have, want, see, eat, or drink.

Week 4: place, transport, and repair

- [] Contrast location and destination: na poczcie / na pocztę; w sklepie / do sklepu.
- [] Use transport in instrumental: Jadę tramwajem.
- [] Say Nie rozumiem, Proszę powtórzyć, and Proszę mówić wolniej.
- [] Complete one real or simulated café, shop, transport, or introduction dialogue.
- [] Redo every prompt you missed during the month.

Twelve phrases to retrieve without looking

English	Polish	Use
Good morning / afternoon	Dzień dobry	neutral-polite greeting
Thank you very much	Bardzo dziękuję	formal or informal
Excuse me / Sorry	Przepraszam	attention, apology, or passing
I do not understand	Nie rozumiem	conversation repair
Please repeat	Proszę powtórzyć	polite request
Please speak more slowly	Proszę mówić wolniej	polite request
What does that mean?	Co to znaczy?	ask for meaning
I need help	Potrzebuję pomocy	potrzebować + genitive
Where is the toilet?	Gdzie jest toaleta?	practical question
A coffee, please	Poproszę kawę	polite ordering
The bill, please	Rachunek, proszę	restaurant or café
Can I pay by card?	Czy mogę zapłacić kartą?	payment question

End-of-month can-do check

- ☐ I can greet a stranger and a friend differently.
- ☐ I can introduce myself and exchange basic personal information.
- ☐ I can order one item, ask a price, and handle payment.
- ☐ I can say where I am, where I am going, and how I travel.
- ☐ I can ask someone to repeat or slow down.
- ☐ I can produce at least ten original sentences with my current vocabulary.

Do not treat a checked box as mastery. Re-test it after a few days and use it in a real situation when possible.