

30-Day Arabic Learning Plan — Free Printable Guide

PAGE 1: HOW TO USE THIS PLAN

Welcome to Your 30-Day Arabic Journey

This plan provides a complete, structured, day-by-day schedule to help you learn Arabic efficiently. Each day requires 30–45 minutes of focused study. Follow the days in order — each step builds on the previous one.

What You Will Achieve by Day 30

- ✓ Master all 28 Arabic letters (recognition and writing)
 - Learn 150–200 essential vocabulary words
 - Understand basic grammar (definite article, gender, sentence structure)
 - Use essential phrases for greetings, shopping, and directions
 - ✓ Hold a simple 5-minute Arabic conversation
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What You Will Need

- A notebook and pen for daily writing practice
 - Anki app (free on Android/web) — download the “Arabic Frequency” deck from AnkiWeb before Day 1
 - ArabicPod101 (YouTube — free)
 - HelloTalk app (free) — for speaking practice starting Day 21
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Daily Session Structure (30–45 minutes)

Time	Activity
0–10 min	Anki vocabulary review (spaced repetition)
10–25 min	New learning (letters, grammar, or vocabulary)
25–35 min	Writing or speaking practice
35–45 min	Listening (audio or YouTube)

Important Rule

Never skip two days in a row.

Missing one day is normal. Missing two days is the beginning of quitting.

PAGE 2: WEEK 1 OVERVIEW

WEEK 1: THE ARABIC ALPHABET AND BASIC GREETINGS

Days 1–7 | Daily time: 30–40 minutes

Goal: Recognise all 28 Arabic letters and use 10 essential greeting phrases

By the End of Week 1 You Will:

- Read and write all 28 Arabic letters in isolated form
 - Understand initial, medial, and final letter positions
 - Use 10 essential Arabic greetings confidently
 - Understand right-to-left reading direction
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PAGES 3–4: WEEK 1 DAY-BY-DAY PLAN

Day	Focus	What to Study (30 min)	Practice Activity	✓ Done
Day 1	Letters 1–7	Alif ا, Baa ب, Taa ت, Thaa ث, Jeem ج, Haa ح, Khaa خ	Write each letter 5 times and say it aloud	☐
Day 2	Letters 8–14	Daal د, Dhaal ذ, Raar ر, Zaay ز, Seen س, Sheen ش, Saad ص	Write each letter 5 times and compare shapes	☐
Day 3	Letters 15–21	Daad ض, Taa ط, Dhaa ظ, Ayn ع, Ghayn غ, Faa ف, Qaaf ق	Write each letter 5 times and focus on pronunciation	☐
Day 4	Letters 22–28	Kaaf ك, Laam ل, Meem م, Noon ن, Haa ه, Waw و, Yaa ي	Full alphabet review	☐
Day 5	Positional forms	ا د ذ ر ز و (non-connecting letters)	Write each letter in all 4 positions	☐
Day 6	Basic greetings	السلام عليكم، مرحباً، شكراً، من فضلك، وداعاً	Say each phrase 10 times and write them	☐

Day 7	Review	All letters + greetings	Test yourself by identifying letters without names	☐
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Week 1 Resources

- ArabicPod101 YouTube — Arabic Alphabet for Beginners playlist
 - Learn Arabic with Maha — alphabet pronunciation series
 - Kalimah Center tracing worksheets (free PDF)
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Week 1 Vocabulary Targets

By Day 7, you should know:

- ☐ All 28 letter names
 - ☐ All 28 letter sounds
 - ☐ 10 greeting phrases
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PAGE 5: WEEK 2 OVERVIEW

WEEK 2: GRAMMAR FOUNDATIONS AND VOCABULARY

Days 8–14 | Daily time: 35–45 minutes

Goal: Build a strong grammar foundation and learn 60+ essential words

By the End of Week 2 You Will:

- Use the definite article ال (al-) correctly
 - Understand masculine and feminine nouns
 - Form simple Subject–Verb–Object sentences
 - Know 60 essential Arabic words
 - Count to 20 in Arabic
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PAGES 6–7: WEEK 2 DAY-BY-DAY PLAN

Day	Focus	What to Study (40 min)	Practice Activity	✓ Done
Day 8	Definite article	ال (al-)	Practice with nouns: الكتاب، البيت، المدرسة	☐

Day 9	Gender	Masculine vs feminine (نمط)	List 10 masculine + 10 feminine nouns	☐
Day 10	Personal pronouns	أنا، أنتَ، أنتِ، هو، هي، نحن، أنتم، هم	Write each with a sentence	☐
Day 11	Basic verbs	ذهب، أكل، كتب، قرأ	Conjugate: I / you / he / she	☐
Day 12	Simple sentences	SVO structure (e.g. أحمد كتب رسالة)	Write 5 original sentences	☐
Day 13	Numbers	1–20	Count objects in your room	☐
Day 14	Days of week	الأحد → السبت	Say today's date in Arabic	☐

Week 2 Core Vocabulary List

Arabic	Transliteration	Meaning
بَيْت	bayt	house
كِتَاب	kitaab	book
مَدْرَسَة	madrassa	school
مَسْجِد	masjid	mosque
سَيَّارَة	sayyara	car
طَعَام	ta'am	food
مَاء	maa'	water
أُسْرَة	usra	family
وَلَد	walad	boy
بِنْت	bint	girl
رَجُل	rajul	man
اِمْرَأَة	imra'a	woman

كَبِير	kabeer	big
صَغِير	sagheer	small
جَمِيل	jameel	beautiful
جَيِّد	jayyid	good
ذَهَبَ	dhahaba	he went
جَاءَ	jaa'a	he came
أَكَلَ	akala	he ate
كَتَبَ	kataba	he wrote

Week 2 Grammar Checklist

- ☐ I understand ال and can apply it
 - ☐ I can identify masculine and feminine nouns
 - ☐ I can write a simple sentence (subject + verb + object)
 - ☐ I know numbers 1–20
 - ☐ I know all 7 days of the week
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PAGE 8: WEEK 3 OVERVIEW

WEEK 3: PRACTICAL CONVERSATIONS

Days 15–21 | Daily time: 40–50 minutes

Goal: Use Arabic in real-life situations (questions, shopping, directions)

By the End of Week 3 You Will:

- Ask and answer 6 types of questions
 - Order food and shop in Arabic
 - Ask for and give directions
 - Describe people and places
 - Have your first real conversation (Day 21)
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PAGES 9–10: WEEK 3 DAY-BY-DAY PLAN

Day	Focus	What to Study (45 min)	Practice Activity	✓ Done
Day 15	Question words	كَيْفَ (how)، مَنْ (who)، مَا (what)، أَيْنَ (where)، مَتَى (when)، لِمَاذَا (why)	Form 2 questions using each word	☐
Day 16	At the restaurant	القائمة (menu)، الفاتورة (bill)، هَذَا (this)، أُرِيدُ (I want)	Role-play ordering a meal	☐
Day 17	Shopping phrases	غَالِي (expensive)، رَخِيصٌ (cheap)، بِكَمْ هَذَا؟ (how much?)	Write a shopping dialogue	☐
Day 18	Directions	يَمِين (right)، يَسَار (left)، أَمَامَ (in front)، خَلْفَ (behind)، قَرِيب (near)	Give directions from your home to school	☐
Day 19	Describing people	طَوِيل (tall)، قَصِير (short)، شَعْر (hair)، عَيْن (eye)	Describe a family member	☐
Day 20	Time expressions	الْيَوْم (today)، غَدًا (tomorrow)، الْيَوْمَ (yesterday)، الْآنَ (now)	Write tomorrow's schedule	☐
Day 21	First conversation	HelloTalk (language partner)	10-minute Arabic conversation	☐

Week 3 Essential Phrases

Situation	Arabic Phrase	Meaning
Greeting	السَّلَامُ عَلَيْكُمْ	Peace be upon you
Response	وَعَلَيْكُمْ السَّلَام	And upon you peace
How are you?	كَيْفَ حَالُكَ؟	How are you?
I'm fine	أَنَا بِخَيْرٍ، الْحَمْدُ لِلَّهِ	I'm fine, praise God
What is this?	مَا هَذَا؟	What is this?
How much?	بِكَمْ هَذَا؟	How much is this?
Where is...?	أَيْنَ...؟	Where is...?

I want...	أُرِيدُ...	I want...
Thank you	شُكْرًا	Thank you
You're welcome	عَفْوًا	You're welcome
Excuse me	عَفْوًا / الْمَعْذِرَةَ	Excuse me
I don't understand	لَا أَفْهَمُ	I don't understand

Week 3 Conversation Checklist

- ☐ I can ask 6 types of questions correctly
 - ☐ I can order food in Arabic
 - ☐ I can ask for and understand directions
 - ☐ I completed my first HelloTalk conversation
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PAGE 11: WEEK 4 OVERVIEW

WEEK 4: IMMERSION AND CONSOLIDATION

Days 22–30 | Daily time: 45–60 minutes

Goal: Apply everything through real Arabic exposure and full review

By the End of Week 4 You Will:

- Talk about your daily routine in Arabic
 - Understand simple spoken Arabic from media
 - Read short vowelised Arabic texts
 - Complete a full vocabulary review
 - Know exactly how to continue learning
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PAGES 12–13: WEEK 4 DAY-BY-DAY PLAN

Day	Focus	What to Study (50 min)	Practice Activity	✓ Done
Day 22	Daily routines	اسْتَيْقَظَ، ذَهَبَ، أَكَلَ، نَامَ	Write your routine in Arabic	☐

Day 23	Listening	Watch Al Jazeera clip (with subtitles)	List 5 words you recognize	☐
Day 24	Reading	Short vowelised Arabic text	Underline known words	☐
Day 25	Speaking	HelloTalk conversation	Talk about your routine	☐
Day 26	Grammar review	ﻻ + gender + sentence structure	Complete 10 exercises	☐
Day 27	Vocabulary review	Full Anki deck	Test yourself without looking	☐
Day 28	Full dialogue	Write a 10-sentence conversation	Read and record yourself	☐
Day 29	Cultural immersion	Watch Arabic TV/YouTube (20 min)	Note 10 new words	☐
Day 30	Final assessment	Review Week 1 greetings	Record yourself and compare	☐

Day 30 Self-Assessment Checklist

ALPHABET

- ☐ I can name all 28 letters
- ☐ I can write all 28 letters
- ☐ I understand letter positions
- ☐ I know the 6 non-connecting letters

VOCABULARY

- ☐ I know 100+ words
- ☐ I know numbers 1–20
- ☐ I know all days of the week
- ☐ I know key phrases

GRAMMAR

- ☐ I can use ﻻ correctly
- ☐ I understand gender
- ☐ I can form a simple sentence
- ☐ I can ask basic questions

SPEAKING

- ☐ I had a real conversation
- ☐ I can introduce myself
- ☐ I can answer “How are you?”

Score: ____ / 18

- 15–18 → Excellent (ready for Month 2)
 - 10–14 → Good (review weak areas)
 - Under 10 → Repeat Week 4
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PAGE 14: WHAT TO DO AFTER DAY 30

Month 2 and Beyond

Congratulations — you've built a real foundation.

Next Steps:

1. Continue Daily Anki (non-negotiable)
Skipping Anki = losing retention.
 2. Add a Structured Grammar Course
 - Language Transfer (free)
 - Madinah Arabic Book 1 (free PDF)
 3. Increase Speaking Practice
 - 2 HelloTalk sessions/week
 - Optional: italki tutor (\$5–15/hour)
 4. Start Reading Real Arabic
 - Madinah Reader app
 - Children's books
 - Simple vowelised texts
 5. Join a Structured Course (Optional)
 - Kalimah Center program (16 levels, free trial)
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PAGE 15: QUICK REFERENCE CARD

The 28 Arabic Letters

ا ب ت ث ج ح خ د ذ ر ز س ش ص ض ط ظ ع غ ف ق ك ل م ن ه و ي

6 Non-Connecting Letters

ا د ذ ر ز و

Numbers 1–10

Number	Arabic	Sound
1	وَاحِد	waahid
2	اِثْنَان	ithnaan
3	ثَلَاثَة	thalaatha
4	أَرْبَعَة	arba'a
5	خَمْسَة	khamisa
6	سِتَّة	sitta
7	سَبْعَة	sab'a
8	ثَمَانِيَة	thamaaniy a
9	تِسْعَة	tis'a
10	عَشْرَة	ashra

Days of the Week

Day	Arabic	Sound
Sunday	الْأَحَد	al-ahad
Monday	الْإِثْنَيْن	al-ithnayn
Tuesday	الثُّلَاثَاء	ath-thulaathaa
Wednesday	الْأَرْبِعَاء	al-arbi'aa'
Thursday	الْخَمِيس	al-khamees
Friday	الْجُمُعَة	al-jumu'a
Saturday	السَّبْت	as-sabt

20 Most Essential Phrases

Arabic	Meaning
السَّلَامُ عَلَيْكُمْ	Peace be upon you
وَعَلَيْكُمْ السَّلَامُ	And upon you peace
مَرْحَبًا	Hello
شُكْرًا	Thank you
عَفْوًا	You're welcome
مِنْ فَضْلِكَ	Please
كَيْفَ حَالُكَ؟	How are you?
أَنَا بِخَيْرٍ	I'm fine
مَا اسْمُكَ؟	What is your name?
...اسْمِي	My name is...
أَيْنَ...؟	Where is...?
بِكَمْ هَذَا؟	How much?
...أُرِيدُ	I want...
لَا أَفْهَمُ	I don't understand
هَلْ تَتَكَلَّمُ الْإِنْجِلِيزِيَّةَ؟	Do you speak English?
مَعَ السَّلَامَةِ	Goodbye
إِنْ شَاءَ اللَّهُ	God willing
الْحَمْدُ لِلَّهِ	Praise be to God
سُبْحَانَ اللَّهِ	Glory be to God
لَا إِلَهَ إِلَّا اللَّهُ	There is no god but Allah

How to Learn Arabic in 30 Days — Complete Day-by-Day Plan

Learning Arabic in 30 days is achievable as a foundation — not fluency, but enough to read the alphabet, use essential phrases, understand basic grammar, and hold a simple conversation. Here is the complete structured plan:

Week 1: Arabic Alphabet and Basic Expressions (Days 1–7)

Goal: Recognise and write all 28 Arabic letters. Learn 10 essential greeting phrases.

Day	Focus	What to Study (30 min)	Practice Activity	✓
Day 1	Letters 1–7	ا ب ت ث ج ح خ — names, sounds, isolated forms	Write each letter 5 times	☐
Day 2	Letters 8–14	د ذ ر ز س ش ص — compare similar shapes	Write each letter 5 times	☐
Day 3	Letters 15–21	ض ط ظ ع غ ف ق — focus on guttural sounds	Write and say each 5 times	☐
Day 4	Letters 22–28	ك ل م ن ه و ي — complete the alphabet	Full alphabet written review	☐
Day 5	Positional forms	Non-connecting letters: ا د ذ ر ز و	Write each in all 4 positions	☐
Day 6	Basic greetings	السلام عليكم، مرحباً، شكراً، من فضلك، وداعاً	Say each phrase 10 times	☐
Day 7	Week 1 review	All 28 letters + 10 greeting phrases	Test yourself: no looking	☐

Week 1 targets: ☐ All 28 letter names ☐ All 28 letter sounds ☐ 10 greeting phrases

Free resources: ArabicPod101 YouTube alphabet series + Learn Arabic with Maha

Week 2: Grammar Foundations and Vocabulary (Days 8–14)

Goal: Understand basic Arabic grammar. Build a working vocabulary of 60+ words.

Day	Focus	What to Study (40 min)	Practice Activity	✓
Day 8	Definite article	ال (al-) — the equivalent of "the"	Apply al- to 10 nouns: الكتاب، البيت	☐
Day 9	Gender in Arabic	Masculine vs feminine — ة (ta marbuta) pattern	List 10 masculine + 10 feminine nouns	☐
Day 10	Personal pronouns	أنا، أنتَ، أنتِ، هو، هي، نحن، أنتم، هم	Write each pronoun + a sentence	☐
Day 11	Basic verbs	ذهب (went)، أكل (ate)، كتب (wrote)، قرأ (read)	Conjugate: I / you (m) / he / she	☐
Day 12	Simple sentences	SVO: أحمد كتب رسالة	Write 5 original sentences	☐
Day 13	Numbers 1–20	واحد، اثنان، ثلاثة... عشرون	Count objects in the room	☐
Day 14	Days of week	الأحد، الإثنين، الثلاثاء، الأربعاء، الخميس، الجمعة، السبت	Say today's date in Arabic	☐

Week 2 vocabulary target: 60 words (nouns, verbs, adjectives, pronouns)

Week 2 core word list:

Arabic	Meaning	Arabic	Meaning
بَيْت	house	كَبِير	big
كِتَاب	book	صَغِير	small
مَدْرَسَة	school	جَمِيل	beautiful
مَسْجِد	mosque	جَيِّد	good
سَيَّارَة	car	ذَهَبَ	he went

طَعَام	food	أَكَلَ	he ate
مَاء	water	كَتَبَ	he wrote
أُسْرَة	family	قَرَأَ	he read
وَلَد	boy	جَاءَ	he came
بِنْت	girl	نَامَ	he slept

Week 3: Practical Language Use (Days 15–21)

Goal: Use Arabic in real everyday situations — asking questions, ordering food, giving directions.

Day	Focus	What to Study (45 min)	Practice Activity	✓
Day 15	Question words	كَيْفَ (how)، مَنْ (who)، مَا (what)، أَيْنَ (where)، مَتَى (when)، لِمَاذَا (why)	Form 2 questions with each word	☐
Day 16	At the restaurant	أُرِيدُ (I want)، الفاتورة (bill)، القائمة (menu)	Role-play: order a meal	☐
Day 17	Shopping	غَالِي / رَخِيص (expensive/cheap)، بِكَمْ هَذَا؟ (how much?)	Write a shopping dialogue	☐
Day 18	Directions	أَمَامَ (ahead)، يَسَارَ (left)، يَمِينَ (right)، خَلْفَ (behind)	Give directions from your home	☐
Day 19	Describing people	شَعْرَ (hair)، طَوِيلَ (tall)، قَصِيرَ (short)، عَيْنَ (eye)	Describe a family member	☐
Day 20	Time expressions	الْيَوْمَ (today)، أَمْسَ (yesterday)، الْآنَ (now)، غَدًا (tomorrow)	Write tomorrow's schedule in Arabic	☐
Day 21	First conversation	HelloTalk — find a language exchange partner	10-minute spoken Arabic exchange	☐

Week 3 essential phrases:

Arabic Phrase	Meaning
مَا هَذَا؟	What is this?
بِكَمْ هَذَا؟	How much is this?
أُرِيدُ...	I want...
أَيْنَ...؟	Where is...?
هَلْ يُوجَدُ...؟	Is there...?
لَا أَفْهَمُ	I don't understand
هَلْ تَتَكَلَّمُ الْإِنْجِلِيزِيَّةَ؟	Do you speak English?
مِنْ فَضْلِكَ، أَعِدْ	Please repeat

Week 4: Application and Immersion (Days 22–30)

Goal: Apply everything learned through real Arabic media and consolidation. Enter Month 2 ready.

Day	Focus	What to Study (50 min)	Practice Activity	✓
Day 22	Daily routines	اسْتَيْقِظْ، ذَهَبْ، عَمِلْ، أَكَلْ، نَامْ	Write your daily routine in Arabic	☐
Day 23	Arabic listening	One Al Jazeera short clip — Arabic subtitles	List 5 words you recognised	☐
Day 24	Arabic reading	One short vowelled Arabic passage	Underline every word you know	☐

Day 25	Speaking practice	15-minute HelloTalk conversation	Talk about your daily routine	☐
Day 26	Grammar review	Definite article + gender + sentence structure	Complete 10 grammar exercises	☐
Day 27	Vocabulary review	Full Anki deck — all 150+ words	Test without looking	☐
Day 28	Full dialogue	Write a 10-sentence Arabic conversation	Read aloud — record yourself	☐
Day 29	Cultural immersion	20 min Arabic TV or YouTube	Note 10 words you heard	☐
Day 30	Final self-assessment	Read Week 1 phrases — compare to Day 6	Record yourself. Celebrate.	☐

Day 30 Self-Assessment — Can You Do These?

Skill	Check
Name all 28 Arabic letters	☐
Write all 28 letters in isolated form	☐
Identify initial, medial, and final forms	☐
Use 100+ Arabic words from memory	☐
Count to 20 in Arabic	☐
Name all 7 days of the week	☐
Form a sentence using subject + verb + object	☐
Ask a question using مَنْ، مَا، أَيْنَ	☐

Introduce yourself in Arabic

☐

Complete a 5-minute HelloTalk conversation

☐

Your score: ____/10

- 8–10: Excellent — you are ready for Month 2
- 5–7: Good — review weak areas and begin Month 2
- Under 5: Repeat Week 4 — consistency will get you there