

CEFR speaking levels, A1 to C2

What you can say at each level of the Common European Framework of Reference for Languages, and roughly how long it takes to get there.

LEVEL	WHAT YOU CAN DO WHEN YOU SPEAK	HOURS*
A1 Breakthrough	Introduce yourself and ask simple questions if the other person speaks slowly. <i>"Hello, I'm Anna. I live in Zurich. And you?"</i>	–
A2 Waystage	Handle routine tasks such as shopping, ordering food and asking for directions. <i>"Could I have a coffee and a croissant, please?"</i>	180–200 h
B1 Threshold	Deal with most situations while travelling and talk about experiences, plans and opinions. <i>"Last summer I went to Lisbon. Next time I'd go in spring."</i>	350–400 h
B2 Vantage	Hold a natural conversation with native speakers and argue a point of view. <i>"I see your point, but remote work only works if teams meet."</i>	500–600 h
C1 Effective operational proficiency	Speak fluently and flexibly at work and in study, without searching for words. <i>Presentations, negotiations, discussions</i>	700–800 h
C2 Mastery	Express yourself precisely and spontaneously, with fine shades of meaning. <i>Demanding conversations on any topic</i>	1,000–1,200 h

How to practise at your level

A1–A2: repeat short dialogues out loud, shadow simple audio, rehearse everyday situations. **B1:** unscripted conversation, because this is where spontaneous speaking becomes the main skill. **B2–C2:** discussions, debates, presentations and role-plays from your work or studies.

* Approximate cumulative guided learning hours for English, from Cambridge English. Your own time depends on the language, your background and how much you practise. Level descriptions are summarised from the Council of Europe CEFR Companion Volume (2020). Read the full guide at oravitavr.com/blog/cefr-levels-explained