

SPEAK **CHINESE** **IN 7 DAYS**

你好再见



NO GRAMMAR, NO STRESS

TABLE OF CONTENT

Introduction 02

DAY 1: Basic Greetings 04

DAY 2: Introducing Yourself 05

DAY 3: Common Verbs 06

DAY 4: Asking Questions 07

DAY 5: Polite Expressions 08

DAY 6: Descriptions 09

DAY 7: Daily Routines 10


Contextual Practice 11

Conclusion 12

**“ YOU’LL NEVER LEARN CHINESE.
IT’S TOO HARD. TOO CONFUSING.
YOU’LL GIVE UP ANYWAY. ”**

That’s what people say all the time.

But they’re missing something important.

 **A University of Edinburgh study** found that short, focused learning sessions help adults pick up new languages faster—without stress or overwhelm.

 **So no, it’s not about being smart. It’s about starting smart.**
And yes—

 **you can start speaking Mandarin in just 7 days.**
Even if you’ve never learned a single word.

Here’s what changed everything for Mike.   

Mike had tried everything.

He was overwhelmed by tones, characters, and endless apps.

He told me, “I just don’t think my brain is built for this.”

And yet—he **didn’t give up.**

We tried something simple.

No grammar rules. No pressure. Just useful phrases.

Just 10 minutes a day. And:

● **Day 1:** He introduced himself in Mandarin.

● **Day 3:** He was asking prices and buying things at a market.

● **Day 7:** He asked a stranger for directions—and understood the answer.

That’s when it clicked for him. And for me.

This works.

For real people. With real lives. And real doubts.

Thousands are already using this method !!!

Don’t let yourself fall behind while they move ahead.

***Don't wait.
Start today.
Your future
self will thank
you.***



THIS FREE 7-DAY GUIDE WILL HELP YOU:

- ✓ Learn **50 everyday phrases** you'll actually use
- ✓ Start speaking from **Day 1**
- ✓ Feel confident in real situations—from shops to streets

Ready to try something that actually works?

Subscribe to our YouTube channel for more tips, mini-lessons, and free tools that make Mandarin simple.



DAY 1: BASIC GREETINGS

1. Hello - 你好 (Nǐ hǎo) 🤗

✓ Breakdown

- ◆ 你 (Nǐ): You
- ◆ 好 (Hǎo): Good

✓ Example Sentence

- ◆ Hello! - 你好! (Nǐ hǎo!)

2. Goodbye - 再见 (Zài jiàn) 🙋

✓ Breakdown

- ◆ 再 (Zài): Again
- ◆ 见 (Jiàn): See

✓ Example Sentence

- ◆ See you tomorrow. - 明天再见。(Míng tiān zài jiàn.)

3. Thank you - 谢谢 (Xièxiè) 🙏

✓ Breakdown

- ◆ The word is repeated for politeness.

✓ Example Sentence

- ◆ Thank you for your help. - 谢谢你的帮助。(Xièxiè nǐ de bāngzhù.)

4. Sorry - 对不起 (Duìbuqǐ) 🙇

✓ Breakdown

- ◆ 对 (Dui): Correct/To
- ◆ 不起 (Buqǐ): Cannot rise

✓ Example Sentence

- ◆ Sorry to disturb you. - 对不起打扰您了。(Duìbuqǐ dǎ rǎo nín le.)

5. No problem - 没问题 (Méi wèntí) 🙌

✓ Breakdown

- ◆ 没 (Méi): No/Not
- ◆ 问题 (Wèntí): Problem

✓ Example Sentence

- ◆ Thank you, no problem. - 谢谢你，没问题。(Xièxiè nǐ, méi wèntí.)

6. Excuse me/May I ask - 请问 (Qǐng wèn) ?

✓ Breakdown

- ◆ 请 (Qǐng): Please
- ◆ 问 (Wèn): Ask

✓ Example Sentence

- ◆ Excuse me, where is this? - 请问，这里是哪里？(Qǐng wèn, zhè lǐ shì nǎ lǐ?)

7. You're welcome - 不用谢 (Bù yòng xiè) 😊

✓ Breakdown

- ◆ 不用 (Bù yòng): No need
- ◆ 谢 (Xiè): Thank

✓ Example Sentence

- ◆ Thank you for your help! - 谢谢你的帮助！(Xièxiè nǐ de bāngzhù!)
- ◆ You're welcome. - 不用谢。(Bù yòng xiè.)

DAY 2: INTRODUCING YOURSELF



My name is - 我叫 (Wǒ jiào)

✓ Breakdown:

- ◆ 我 (Wǒ): I
- ◆ 叫 (Jiào): Am called

✓ Example Sentence:

- ◆ My name is Anna. - 我叫Anna。 (Wǒ jiào Anna.)

What is your name? - 你叫什么名字? (Nǐ jiào shénme míngzì?)

✓ Breakdown:

- ◆ 你 (Nǐ): You
- ◆ 叫 (Jiào): Are called
- ◆ 什么 (Shénme): What
- ◆ 名字 (Míngzì): Name

✓ Example Sentence:

- ◆ What is your name? - 你叫什么名字? (Nǐ jiào shénme míngzì?)

I am a student - 我是学生 (Wǒ shì xuéshēng)

✓ Breakdown:

- ◆ 我 (Wǒ): I
- ◆ 是 (Shì): Am
- ◆ 学生 (Xuéshēng): Student

✓ Example Sentence:

- ◆ I am a student, and you? - 我是学生，你呢? (Wǒ shì xuéshēng, nǐ ne?)

I am from... - 我来自... (Wǒ láizì...)

✓ Breakdown:

- ◆ 我 (Wǒ): I
- ◆ 来自 (Láizì): Come from

✓ Example Sentence:

- ◆ I am from the UK. - 我来自英国。 (Wǒ láizì Yīngguó.)

Nice to meet you - 很高兴认识你 (Hěn gāoxìng rènshi nǐ)

✓ Breakdown:

- ◆ 很 (Hěn): Very
- ◆ 高兴 (Gāoxìng): Happy
- ◆ 认识 (Rènshi): To meet
- ◆ 你 (Nǐ): You

✓ Example Sentence:

- ◆ Nice to meet you! - 很高兴认识你! (Hěn gāoxìng rènshi nǐ!)

I can speak a little Chinese - 我会说一点中文 (Wǒ huì shuō yì diǎn zhōngwén)

✓ Breakdown:

- ◆ 我 (Wǒ): I
- ◆ 会 (Huì): Can
- ◆ 说 (Shuō): Speak
- ◆ 一点 (Yì diǎn): A little
- ◆ 中文 (Zhōngwén): Chinese

✓ Example Sentence:

- ◆ I can speak a little Chinese. - 我会说一点中文。 (Wǒ huì shuō yì diǎn zhōngwén.)

I live in... - 我住在... (Wǒ zhù zài...)

✓ Breakdown:

- ◆ 我 (Wǒ): I
- ◆ 住 (Zhù): Live
- ◆ 在 (Zài): In

✓ Example Sentence:

- ◆ I live in Beijing. - 我住在北京。 (Wǒ zhù zài Běijīng.)

DAY 3: COMMON VERBS



Eat - 吃 (Chī) 🍔

✓ Breakdown

◆ 吃 (Chī): To eat

✓ Example Sentence

◆ I eat an apple. - 我吃苹果。(Wǒ chī píngguǒ.)

Look/Watch/Read 看 (Kàn) 👁️

✓ Breakdown

◆ 看 (Kàn): To look/watch

✓ Example Sentence

◆ I watch a movie. - 我看电影。(Wǒ kàn diànyǐng.)

Drink - 喝 (Hē) 🍷

✓ Breakdown

◆ 喝 (Hē): To drink

✓ Example Sentence

◆ I drink water. - 我喝水。(Wǒ hē shuǐ.)

Buy - 买 (Mǎi) 🛒

✓ Breakdown

◆ 买 (Mǎi): To buy

✓ Example Sentence

◆ I bought a book. - 我买了一本书。
(Wǒ mǎi le yì běn shū.)

Go - 去 (Qù) 🏃

✓ Breakdown

◆ 去 (Qù): To go

✓ Example Sentence

◆ I go to the store. - 我去商店。
(Wǒ qù shāngdiàn.)

Study/Learn-学习 (Xuéxí) 📖

✓ Breakdown

◆ 学 (Xué): Learn ◆ 习 (Xí): Practice

✓ Example Sentence

◆ I study Chinese every day. - 我每天学习中文。
(Wǒ měitiān xuéxí zhōngwén.)

Come - 来 (Lái) 🏃

✓ Breakdown

◆ 来 (Lái): To come

✓ Example Sentence

◆ I watch a movie. - 我看电影。(Wǒ kàn diànyǐng.)

Write - 写 (Xiě) ✍️

✓ Breakdown

◆ 写 (Xiě): To write

✓ Example Sentence

◆ I am writing homework. - 我在写作业。
(Wǒ zài xiě zuòyè.)

DAY 4:ASKING QUESTIONS

Asking Questions	Chinese	Breakdown	Example Sentence
What is this?	这是什么? (Zhè shì shénme?)	◆ 这 (Zhè): This ◆ 是 (Shì): Is ◆ 什么 (Shénme): What	What is this? 这是什么? (Zhè shì shénme?)
What is that?	那是什么? (Nà shì shénme?)	◆ 那 (Nà): Tha ◆ 是 (Shì): Is ◆ 什么 (Shénme): What	What is that? 那是什么? (Nà shì shénme?)
Where?	哪里? (Nǎlǐ?)	◆ 哪里 (Nǎlǐ): Where	Where is the toilet? 厕所在哪里? (Cèsuǒ zài nǎlǐ?)
How much is it?	多少钱? (Duōshǎo qián?)	◆ 多少 (Duōshǎo): How much ◆ 钱 (Qián): Money	How much is this? 这个多少钱? (Zhège duōshǎo qián?)
Who?	谁? (Shéi?)	◆ 谁 (Shéi): Who	Who is he? 他是谁? (Tā shì shéi?)
How?	怎么 (Zěnmē?)	◆ 怎么 (Zěnmē): How	How do you use this? 这个怎么用 (Zhège zěnmē yòng?)
Why?	为什么? (Wèishéme?)	◆ 为 (Wèi): For ◆ 什么 (Shénme): What	Why are you late? 你为什么迟到? (Nǐ wèishéme chídào?)
What time?	什么时间? (Shénme shíjiān?)	◆ 什么 (Shénme): What ◆ 时间 (Shíjiān): Time	What time shall we meet? 我们什么时间见面? (Wǒmen shénme shíjiān jiànmiàn?)

DAY 5: POLITE EXPRESSIONS

Polite Expressions	Chinese	Breakdown	Example Sentence
Please	请 (Qǐng)	◆ 请 (Qǐng): Please	Please give me a cup of tea. 请给我一杯茶。 (Qǐng gěi wǒ yì bēi chá.)
Thank you	谢谢 (Xièxiè)	◆ 谢谢 (Xièxiè): Thank you	Thank you for your help. 谢谢你的帮助。 (Xièxiè nǐ de bāngzhù.)
You're welcome	不客气 (Bù kèqì!)	◆ 不 (Bù): Not ◆ 客气 (Kèqì): Polite	You're welcome! 不客气! (Bù kèqì!)
Sorry	对不起 (Duìbuqǐ)	◆ 对 (Dui): Correct/To ◆ 不起 (Buqǐ): Cannot rise	Sorry! 对不起! (Duìbuqǐ!)
It's okay	没关系 (Méi guānxi)	◆ 没 (Méi): No/Not ◆ 关系 (Guānxi): Relation	Sorry! It's okay! 对不起！没关系！ (Duìbuqǐ! Méi guānxi!)
Trouble	麻烦 (Máfan)	◆ 麻烦 (Máfan): Trouble	Could you please help me with this? 麻烦你帮我拿一下。 (Máfan nǐ bāng wǒ ná yíxià.)
Disturb	打扰 (Dǎrǎo)	◆ 打 (Dǎ): Hit ◆ 扰 (Rǎo): Disturb	Why are you late? 你为什么迟到? (Nǐ wèishéme chídào?)



DAY 6: DESCRIPTIONS

Big - 大 (Dà)

✓ Breakdown:

◆ 大 (Dà): Big

✓ Example Sentence:

◆ The house is big. - 房子很大。 (Fángzi hěn dà.)



Small - 小 (Xiǎo)

✓ Breakdown:

◆ 小 (Xiǎo): Small

✓ Example Sentence:

◆ This piece of clothing is too small. - 这件衣服太小了 (Zhè jiàn yīfu tài xiǎo le.)



Good - 好 (Hǎo)

✓ Breakdown:

◆ 好 (Hǎo): Good

✓ Example Sentence:

◆ The quality of these shoes is very good. - 这双鞋的质量很好 (Zhè shuāng xié de zhìliàng hěn hǎo.)



Beautiful - 漂亮 (Piàoliang)

✓ Breakdown:

◆ 漂亮 (Piàoliang): Beautiful

✓ Example Sentence:

◆ She is beautiful. - 她很漂亮。 (Tā hěn piàoliang.)



Expensive - 贵 (Guì)

✓ Breakdown:

◆ 贵 (Guì): Expensive

✓ Example Sentence:

◆ This piece of clothing is expensive. - 这件衣服很贵。 (Zhè jiàn yīfu hěn guì.)



Cheap - 便宜 (Piányi)

✓ Breakdown:

◆ 便宜 (Piányi): Cheap

✓ Example Sentence:

◆ This piece of clothing is cheap. - 这件衣服很便宜。 (Zhè jiàn yīfu hěn piányi.)



New - 新 (Xīn)

✓ Breakdown:

◆ 新 (Xīn): New

✓ Example Sentence:

◆ This is a new movie. - 这是一部新电影。 (Zhè shì yí bù xīn diànyǐng.)



DAY 7: DAILY ROUTINES



Get up - 起床 (Qǐchuáng) 🛏️

✓ Breakdown:

- ◆ 起 (Qǐ): Rise
- ◆ 床 (Chuáng): Bed

✓ Example Sentence:

- ◆ I get up at 7 o'clock every day. - 我每天七点起床。
(Wǒ měi tiān qī diǎn qǐchuáng.)



Go to work - 上班 (Shàngbān) 💼

✓ Breakdown:

- ◆ 上 (Shàng): To
- ◆ 班 (Bān): Work/Shift

✓ Example Sentence:

- ◆ I go to work at 8 o'clock. - 我八点上班。
(Wǒ bā diǎn shàngbān.)



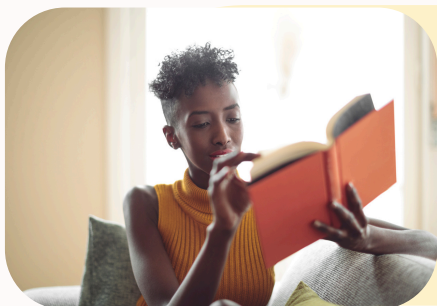
Have a meal - 吃饭 (Chīfàn) 🍲

✓ Breakdown:

- ◆ 吃 (Chī): Eat
- ◆ 饭 (Fàn): Meal/cooked rice

✓ Example Sentence:

- ◆ Let's eat together! - 我们一起吃饭吧!
(Wǒmen yìqǐ chīfàn ba!)



Read a book - 看书 (Kànshū) 📖

✓ Breakdown:

- ◆ 看 (Kàn): Read/Look/Watch
- ◆ 书 (Shū): Book

✓ Example Sentence:

- ◆ I like reading books. - 我喜欢看书。
(Wǒ xǐhuān kànshū.)



Sleep - 睡觉 (Shuìjiào) 🛌

✓ Breakdown:

- ◆ 睡 (Shuì): Sleep
- ◆ 觉 (Jiào): Sleep

✓ Example Sentence:

- ◆ I go to sleep at 11 o'clock every day. - 我每天十一点睡觉。
(Wǒ měi tiān shíyī diǎn shuìjiào.)



Rest - 休息 (Xiūxi) 🧑🏻♂️

✓ Breakdown:

- ◆ 休 (Xiū): Rest
- ◆ 息 (Xi): Breath/Stop

✓ Example Sentence:

- ◆ I need to rest for a while. - 我需要休息一会儿。
(Wǒ xūyào xiūxi yí huìr.)



洗澡 (Xǐzǎo) - Take a shower 🚿

✓ Breakdown:

- ◆ 洗 (Xǐ): Wash
- ◆ 澡 (Zǎo): Bath

✓ Example Sentence:

- ◆ I take a shower every evening. - 我每天晚上洗澡。
(Wǒ měi tiān wǎn shàng xǐzǎo.)

GENERAL: CONTEXTUAL PRACTICE

✓ Here are simple dialogues to help you practice introducing yourself, asking for help, and making small talk.

✓ Each scenario demonstrates how to use the phrases you've learned effectively. ▶▶

Introducing Yourself



你好！我叫Anna。你呢？ (Nǐ hǎo! Wǒ jiào Anna. Nǐ ne?)
Hello! My name is Anna. How about you?



你好，Anna。我叫李明。很高兴认识你！
(Nǐ hǎo, Anna. Wǒ jiào Lǐ Míng. Hěn gāoxìng rènshi nǐ!)
Hello, Anna. My name is Li Ming. Nice to meet you!



很高兴认识你！你是哪里人？ (Hěn gāoxìng rènshi nǐ! Nǐ shì nǎlǐ rén?)
Nice to meet you! Where are you from?



我来自中国北京。你呢？ (Wǒ láizì Zhōngguó Běijīng. Nǐ ne?)
I'm from Beijing, China. How about you?

Asking for Help



对不起，请问地铁站在哪里？ (Duìbuqǐ, qǐng wèn dìtiě zhàn zài nǎlǐ?)
Excuse me, where is the subway station?



地铁站在那边，往前走两分钟。
(Dìtiě zhàn zài nàbiān, wǎng qián zǒu liǎng fēnzhōng.)
The subway station is over there, walk straight for two minutes.

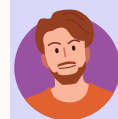


谢谢！ (Xièxiè!) Thank you!



不用谢！ (Bù yòng xiè!) You're welcome!

Making Small Talk



你好！今天的天气真好！ (Nǐ hǎo! Jīntiān de tiānqì zhēn hǎo!)
Hello! The weather is so nice today!



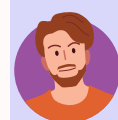
是啊，今天阳光明媚。 (Shì a, jīntiān yángguāng míngmèi.)
Yes, it's sunny and bright today.



你平时喜欢做什么？ (Nǐ píngshí xǐhuān zuò shénme?)
What do you usually like to do?



我喜欢看书和跑步。你呢？ (Wǒ xǐhuān kàn shū hé pǎobù. Nǐ ne?)
I like reading and running. How about you?



我喜欢旅游。周末你喜欢去哪儿玩？ (Wǒ xǐhuān lǚyóu. Zhōumò nǐ xǐhuān qù nǎr wán?)
I like traveling. Where do you usually go on weekends?



我常去公园，有机会一起去吧！ (Wǒ cháng qù gōngyuán, yǒu jīhuì yìqǐ qù ba!)
I often go to the park. Let's go together sometime!



WELL DONE YOU MADE IT

In just one week, you've gone from **zero Mandarin** to **introducing yourself, asking questions, and handling everyday chats.**

That's no small thing✖

And this? **It's only the beginning.**

The more you revisit these phrases, the more natural they'll feel.

Use them out loud. Test them in real life.👍👍

Confidence
comes with doing.

You've already proven something most people never will:

**Learning Chinese doesn't have to be hard—
or overwhelming.**

Now imagine what you could do in 30 days.Or 90.

***With the right tools🔧
anything's possible✅***

FOUND THIS HELPFUL ?

Share it with a friend 

who's always wanted to learn Chinese
—but never knew where to start.

Let's help more people see that learning
Mandarin is possible—and actually fun. 

**YOU'VE TAKEN THE FIRST STEP
NOW PASS IT ON**

 **Share with a friend** 

