

30-Day Somali-Swahili-English Learning Challenge

One practical language task every day

Tip: Consistency beats intensity. Fifteen focused minutes every day can build a strong habit.

Free download for learners of Somali, Swahili and English.

How the challenge works

Spend 15-20 minutes a day. Learn five words or one useful phrase, speak aloud, and write one sentence. Repeat yesterday's material before starting today's lesson.

Day 1: Learn 5 greetings.

Day 2: Learn 5 family words.

Day 3: Practise numbers 1-20.

Day 4: Practise days of the week.

Day 5: Describe your morning.

Day 6: Learn 5 food words.

Day 7: Review days 1-6 aloud.

Day 8: Learn 5 travel phrases.

Day 9: Ask and answer "How are you?"

Day 10: Learn 5 workplace words.

Day 11: Write your name and introduction.

Day 12: Learn 5 shopping words.

Day 13: Describe your family.

Day 14: Review days 8-13 aloud.

Day 15: Translate 5 English sentences.

Day 16: Translate 5 Somali sentences.

Day 17: Translate 5 Swahili sentences.

Day 18: Learn 5 verbs.

Day 19: Make 5 simple questions.

Day 20: Make 5 simple answers.

Day 21: Review days 15-20 aloud.

Day 22: Listen and repeat for 10 minutes.

Day 23: Read a short paragraph aloud.

Day 24: Write a 5-sentence diary entry.

Day 25: Learn 5 words you often forget.

Day 26: Practise pronunciation of difficult sounds.

Day 27: Have a 5-minute conversation practice.

Day 28: Translate a shopping dialogue.

Day 29: Review your 30 most useful words.

Day 30: Write a short self-introduction using what you learned.

Completion certificate (optional)

I completed the Haraf.net 30-Day Language Learning Challenge. Name: _____

Date: _____