

# Course Contents – The First Six Lessons

The course starts by taking you through the six lessons as listed below. Click the [blue underlined text](#) to go directly to that page.

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After the six lessons you will be directed to the languages guide. Here you can choose your native language and it will tell you which worksheets to study next. All of the worksheets contain audio recordings, most also contain video explanations. You can find a list of worksheets on the next page.

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