



FREE PDF GUIDE · OCTOBER 2026

CLB 7 French in 12 Weeks

A week-by-week study plan from NCLC 5–6 to NCLC 7 for TEF Canada and TCF Canada

Level B1–B2

10 chapters

TEF Canada & TCF Canada

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CHAPTER 01

The target: NCLC 7 in all four skills

What CLB 7 means in exam scores, and why your weakest skill decides everything.

For Express Entry, French is measured on the NCLC scale (Niveaux de compétence linguistique canadiens), the French twin of the CLB. **CLB 7 in French and NCLC 7 are the same thing.** IRCC accepts two tests for it: **TEF Canada** and **TCF Canada**. Both give the same points.

On TCF Canada, NCLC 7 means **458 / 453 / 10 / 10** (listening, reading, writing, speaking). On TEF Canada, using the ancien score that IRCC reads, it means **249 / 207 / 310 / 310**. You need that level in **every** skill. IRCC converts each skill on its own, and there is no averaging.

Skill	TCF Canada (L, R /699; W, S /20)	TEF Canada ancien score (L /360, R /300, W, S /450)
Listening	369 / 398 / 458	181 / 217 / 249
Reading	375 / 406 / 453	151 / 181 / 207
Writing	6 / 7 / 10	226 / 271 / 310
Speaking	6 / 7 / 10	226 / 271 / 310

Minimum scores for NCLC 5 / 6 / 7 (IRCC tables)

25 or 50

Extra CRS points for NCLC 7 in all four French skills

10/20

TCF writing and speaking score for NCLC 7. 9 is NCLC 6

4 of 4

Skills that must reach NCLC 7. No averaging

NCLC 7 in all four skills earns the French bonus in the Comprehensive Ranking System: **25 points**, or **50 points** if you also have CLB 5 or higher in all four English skills. It also opens the French-language category draws. The [CRS French bonus calculator](#) shows what it means for your profile.



Where NCLC 7 sits on the European scale

NCLC 7 sits between a strong B1 and B2 on the CEFR. A 2019 study for the Centre for Canadian Language Benchmarks places NCLC 7 at B1+ and NCLC 8 at B2. So if you plan for B2, you have a safety margin.

Why the weakest skill decides everything

Imagine you score NCLC 8 in listening and reading, NCLC 7 in speaking and NCLC 6 in writing. You get **no** French bonus. Writing alone holds you back. That's why this plan starts by finding your weakest skill and gives it about half your time in the first month.

Look at the table again. On TCF Canada, writing and speaking use a narrow /20 scale, and the step from NCLC 6 to NCLC 7 can be a single point. On TEF Canada, the gap from NCLC 6 to NCLC 7 is 39 points in

writing and speaking. Small, steady gains in these two skills are often what decides the bonus.

CHAPTER 02

Week 1: the diagnostic

Before you plan a single study hour, find out where you really are, skill by skill.

A plan built on a guess wastes weeks. In week 1, take one full practice test under real timing and score every skill separately. If you can't do a full test yet, use the shorter diagnostic below. It takes about 90 minutes.

1 Pick your exam first

TEF Canada and TCF Canada give the same points, but the writing and speaking tasks differ. Choose now so every practice hour is on the right task types. The [TEF or TCF quiz](#) helps if you're unsure.

2 Listening: one timed set (about 20 min)

Do a timed listening set at normal speed, with no pauses or replays. The free [listening practice test](#) works as a start.

3 Reading: one timed set (about 20 min)

Do a timed reading set. Note how many questions you finish, not just how many you get right. The [reading practice test](#) has a timed mode.

4 Writing: one real task (about 30 min)

TCF: write Task 3 (120–180 words). TEF: write Section B (200+ words in 35 minutes). Use the [writing practice timer](#) for the real limits.

5 Speaking: record one task (about 10 min)

TCF: record yourself on Task 3 (4 min 30, no preparation). TEF: record a Section B argument. Listen back and count your long pauses.

6 Convert and rank

Turn your scores into NCLC levels with the [CLB calculator](#). Rank the four skills from weakest to strongest.



Scoring writing and speaking yourself

Writing and speaking are hard to score alone. If you can, get one text and one recording marked by a teacher or tutor in week 1. If you can't, use the self-check lists in chapters 6 and 7 and be strict with yourself.

Skill	Score	NCLC	Gap to NCLC 7	Rank (1 = weakest)
Listening				
Reading				
Writing				

Skill	Score	NCLC	Gap to NCLC 7	Rank (1 = weakest)
Speaking				

Your diagnostic results (fill in)

Is 12 weeks realistic for you?

Be honest here. One Alliance Française estimates about 380 hours of learning to reach B1 and about 550–600 to reach B2. That means up to roughly **170–220 more hours from B1** and **350–400 from A2**. Twelve weeks at 10 hours a week is about 120 hours; at 15 hours, about 180.

Starting level	Hours to B2	10 h / week	15 h / week
A2	~350–400	~8–9 months	~5.5–6 months
B1	~170–220	~4–5 months	~3 months

Rough time to B2, a safe target for NCLC 7 (estimates; real progress varies a lot)

- **Diagnostic shows NCLC 6 in most skills:** 12 weeks at 10–15 hours a week is a fair target.
- **Mostly NCLC 5:** 12 weeks can work at around 15 hours a week. Plan for 16 weeks if you can only give 10.
- **Any skill at NCLC 4 or below:** use this plan as the first 12 weeks of a longer route, and stretch phase 2.

The [French study hours calculator](#) turns your level and weekly hours into a rough timeline. Treat every number as a guide, not a promise. Your practice-test scores are the real signal.

CHAPTER 03

The 12-week plan

Three 4-week phases: diagnose and fix, build, then rehearse under real timing.

1

Weeks 1–4: Diagnose and fix the weakest skill

Take the diagnostic. Give your weakest skill about half your study time. Keep the other three ticking over with short daily practice.

2

Weeks 5–8: Build all four skills

Balance your time. Daily listening and reading; writing and speaking on a fixed schedule with feedback. Second practice test at the end of week 8.

3

Weeks 9–12: Rehearse under real conditions

Full sections with a timer, in one sitting. The exact task types of your exam. Rest properly in the final week. No cramming.

The tables below assume about 10–15 hours a week. Each week has one main focus and a short task list. Tick tasks off as you go. If a week goes badly, don't try to catch up by doubling the next one. Just carry on.

Phase 1: Diagnose and fix (weeks 1–4)

When	Focus	Do this
Week 1	Diagnostic and set-up	- Do the full diagnostic (chapter 2) and fill in the results table - Choose TEF Canada or TCF Canada - Block a daily study slot in your calendar - Start watching for exam seats at your nearest centres
Week 2	Weakest skill: find the patterns	- Review every diagnostic mistake in your weakest skill and sort them by type - Pick the three most common error types and drill them daily 20 minutes of natural-speed French audio every day - Learn 10 connectors (d'abord, ensuite, en revanche, donc...)
Week 3	Weakest skill: targeted practice	- Four sessions on your weakest skill, using the drills in chapters 5–7 - One writing task, corrected, then rewritten the next day - One recorded speaking task, listened back - Grammar review: passé composé vs imparfait, agreement of past participles
Week 4	Check progress	- Redo one timed set in your weakest skill and compare with week 1 - One timed set in each of the other three skills - Update the score tracker (chapter 8) - If you're not booked yet, book your first realistic date

Phase 2: Build all four skills (weeks 5–8)

When	Focus	Do this
Week 5	Learn the exam tasks	- Learn the structure for every writing and speaking task of your exam - Two timed listening sets and two timed reading sets - Grammar: the conditional and si clauses - One speaking session with a partner or tutor
Week 6	Writing and speaking with feedback	- Two writing tasks, both corrected and rewritten - Three recorded speaking tasks with the real timings - Build your phrase bank: opinion, agreeing, disagreeing, concession - Daily listening and reading, 20–30 minutes
Week 7	Speed	- Reading: finish every timed set inside the time, even if you guess - Writing: hit the word counts inside the time limit - Grammar: the subjunctive after il faut que, bien que, je ne pense pas que - One speaking session with someone who argues back

When	Focus	Do this
Week 8	Checkpoint mock	• Full mock test under real timing, all four skills • Score each skill and convert to NCLC • Compare with week 1 and re-rank your skills • Decision: keep your exam date or move it (see chapter 8)

Phase 3: Rehearse under real conditions (weeks 9–12)

When	Focus	Do this
Week 9	Full sections, back to back	• Listening and reading back to back, with no break between them • All writing tasks in one sitting, with one clock • Fix the weakest skill from the week 8 mock first • Two speaking sessions with a partner or tutor
Week 10	Second full mock	• Full mock test under real timing • Review every mistake; add new ones to your error list • Rewrite your weakest writing task from the mock • Rehearse your speaking structures out loud daily
Week 11	Polish	• Short timed sets only; no new material • Reread your error list and phrase bank every day • Check the route to the centre and your speaking slot time • Check the documents you need on the day
Week 12	Taper and sit the exam	• Light practice only: 20–30 minutes a day • Sleep well for the three nights before the exam • Pack your ID and convocation the night before • Go in with a routine you've practised



Behind schedule at week 8?

If your week-8 mock is still more than one NCLC level short in any skill, move the exam date rather than hoping. Extend phase 2 by four weeks and repeat the week 8 checkpoint. A retake costs a full fee and weeks of waiting.

CHAPTER 04

Your daily and weekly routine

Something small every day beats long weekend sessions.

This plan is built on **daily contact with French**, plus one longer session a week. Daily practice keeps French in your ear between the big sessions. Long weekend-only study tends to fade by Wednesday.

Block	Time	What you do
Warm-up	10 min	Review yesterday's error list and 10 phrases from your phrase bank
Main focus	30–45 min	The day's main skill (see the sample week below)
Listening habit	10–20 min	Natural-speed French audio: news, radio, podcasts. On the commute counts
Active output	10 min	Say or write 5 sentences about your day, using one new connector
Log it	2 min	Note one mistake and one new word in your notebook

A 60–90 minute weekday routine

Day	Main focus	Small daily habit
Monday	Listening: one timed set, then review mistakes	10 min French audio on the way to work
Tuesday	Writing: one task, then rewrite it	Learn 10 connecting words
Wednesday	Reading: one timed set	10 min French audio
Thursday	Speaking: record yourself on one task	Read one short news article
Friday	Your weakest skill, again	10 min French audio
Saturday	Longer practice: two sections back to back	Review the week's mistakes
Sunday	Rest, or light French you enjoy	Nothing. Rest is part of the plan

Sample week for someone who works full time (adjust to your schedule)

Habits that make the plan stick

- **Same time, same place.** Study at a fixed time each day so you don't have to decide every evening.
- **One notebook.** Keep your error list, phrase bank and new words in one place, and reread it on Sundays.
- **Feedback every week.** Writing and speaking need a real reader or listener. One session a week with a tutor or partner is enough to start.
- **Low days count.** On a bad day, do just the 10-minute listening habit. Keeping the chain unbroken matters more than any one session.
- **Use French you enjoy.** Series, music, YouTube, games. It's not exam practice, but it keeps your ear tuned.

**6 real hours beat 15 planned ones**

Be honest about the time you can really give. A plan you follow at 8 hours a week gets you further than a 15-hour plan you abandon in week 3. If you have less time, stretch the plan rather than skipping the daily habit.

CHAPTER 05

Listening and reading drills

Multiple choice under time pressure. Train for speed as much as for understanding.

	TCF Canada	TEF Canada
Listening	39 questions, 35 min, scored /699	40 questions, 40 min, ancien score /360
Reading	39 questions, 60 min, scored /699	40 questions, 60 min, ancien score /300
Time per question	Listening under 1 min; reading about 1.5 min	Listening about 1 min; reading 1.5 min

Listening and reading at a glance

Listening drills

1 Timed set, no replays

Do a set at normal speed, exactly like the exam. Don't pause. Mark the questions you guessed.

2 Replay with the script

Listen again with the transcript. For each mistake, find the exact words you missed. Was it a number, a negation, a word you didn't know, or speed?

3 Shadowing (5 minutes)

Play 30 seconds, pause, and repeat it out loud with the same rhythm. It trains your ear and your speaking at the same time.

4 Log the traps

Write down the patterns that catch you out: numbers from 70 to 99, ne... que, liaisons, linked sounds. Review the list weekly.

- Use audio at **natural speed**, not slowed-down learner audio. The exam won't slow down for you.
- Read the options before the recording whenever you can. Knowing what to listen for is half the job.
- If you miss one, let it go. Chasing a lost question costs you the next one too.
- Never leave a blank. A guess can score; a blank can't.

Reading drills

1 Question first, then the text

Read the question, then skim the text for the answer. Don't translate every word.

2 The 3-minute rule

If one question has taken you three minutes, choose your best guess and move on. Come back if there's time.

3

Daily real French

Read one short real text every day: a news article, a notice, an email, an ad. Exam texts look like everyday life.

4

Word traps notebook

Note words that fooled you, especially false friends (actuellement = currently, éventuellement = possibly). Review them on weekends.

**Finishing is a skill**

Many learners at NCLC 6 understand enough for NCLC 7 but run out of time. From week 7, finish every timed set inside the time, even if it means guessing the last few questions.

CHAPTER 06

Writing drills

Predictable tasks, fixed structures and a clock. Practise until the structure is automatic.

Exam	Task	What you write	Length and time
TCF Canada	Task 1	A short message: invite, inform, describe, ask	60–120 words
TCF Canada	Task 2	An article or blog-style account of an experience, with your comments	120–150 words
TCF Canada	Task 3	Compare two documents with opposite views, then give your opinion	120–180 words
TCF Canada	All three	One shared clock	60 min, scored /20
TEF Canada	Section A	Continue a news article from its opening	80+ words, 25 min
TEF Canada	Section B	Argue a point of view, often as a letter	200+ words, 35 min

The writing tasks

The weekly writing drill

1

Plan (3–5 minutes)

Underline who you're writing to and every job the task asks for. For an opinion text, note your side, three reasons and one example each.

2

Write against the clock

Use the real time limit and watch the word count. The [writing practice timer](#) counts your words as you type.

3

Check (3–5 minutes)

Agreements, verb endings, accents, and the word count. Use the self-check list below.

4

Get it corrected

A teacher, tutor or strong speaker marks it. Ask them to underline errors without fixing them, so you have to find the fix.

5

Rewrite the next day

Write the same task again from scratch. You'll spot many of your own mistakes with fresh eyes.

MODEL ANSWER **Model answer, TCF Task 3 style: the four-day work week (135 words, plus title)**

143 words

La semaine de quatre jours : une bonne idée ?

Le premier document présente la semaine de quatre jours comme une solution moderne : les salariés seraient moins fatigués et plus motivés. En revanche, le second document souligne que certains secteurs, comme les commerces ou les hôpitaux, ne peuvent pas fermer un jour de plus sans pénaliser leurs clients.

À mon avis, cette idée mérite d'être essayée, mais pas partout de la même façon. D'abord, un salarié reposé travaille mieux : il fait moins d'erreurs et il est moins souvent malade. Ensuite, un jour libre permet de s'occuper de sa famille ou de suivre une formation. Par exemple, une amie qui travaille dans une banque utilise son vendredi pour apprendre l'anglais.

Certes, ce modèle ne convient pas à tous les métiers. C'est pourquoi chaque entreprise devrait pouvoir choisir l'organisation qui lui correspond, après avoir consulté ses employés.

Original practice text. Part 1 sums up both documents in your own words; part 2 gives a clear opinion, two reasons, an example, a concession (certes) and a conclusion. Inside the 120–180 range.

Ten phrases that lift a text towards NCLC 7

Selon le premier document, ...

According to the first document, ...

À mon avis, ... / Personnellement, je pense que...

In my opinion, ... / Personally, I think that...

Par exemple, dans mon pays, ...

For example, in my country, ...

Certes, ... mais...

Admittedly, ... but...

C'est pourquoi... / Par conséquent, ...

That's why... / As a result, ...

En revanche, le second document souligne que...

On the other hand, the second document stresses that...

D'abord, ... Ensuite, ... Enfin, ...

First, ... Then, ... Finally, ...

En effet, ...

Indeed, ... (to justify a point)

Bien que ce soit difficile, ...

Although it is difficult, ... (subjunctive)

Pour conclure, je reste convaincu(e) que...

To conclude, I remain convinced that...

Writing self-check (use it on every text)

- ☐ I did every job the task asked for, in the right order
- ☐ I stayed inside the word range (or above the TEF minimum)
- ☐ I chose tu or vous from the reader in the task and never switched
- ☐ Every adjective and past participle agrees (with être, and with avoir when the object comes first)
- ☐ Verb endings are right, especially -é / -er / -ez / -ais / -ait
- ☐ Accents are in place: à, où, é, è, ç
- ☐ I used at least three different connectors
- ☐ The opinion is clear in the first lines of an argument text

**Common mistakes that cost points**

Giving an opinion in TEF Section A (it's a news article). Jumping straight to your opinion in TCF Task 3 without comparing the documents. Spending too long on the short task and rushing the long one. Copying whole sentences from the documents.

CHAPTER 07

Speaking drills

Speaking improves only by speaking. Record, listen, repeat, and get a partner who argues back.

Exam	Task	What you do	Time
TCF Canada	Task 1	Guided interview about you	2 min, no prep
TCF Canada	Task 2	Role-play: ask questions to get information	5 min 30, incl. 2 min prep
TCF Canada	Task 3	Give and defend a point of view	4 min 30, no prep
TEF Canada	Section A	Obtain information by asking questions	5 min
TEF Canada	Section B	Persuade or convince the examiner	10 min

The speaking tasks

The daily speaking drill (15 minutes)

- 1 Pick one task**
Rotate through your exam's tasks during the week. Use the real timing on the [speaking practice timer](#).
- 2 Record yourself**
Phone on the table, timer running, no stopping. It feels awkward at first, and it works.
- 3 Listen back once**
Count long pauses. Note the same three mistakes that keep coming back. Fix those first, before anything else.
- 4 Do it again**
Same task, straight away. The second take is almost always better. That's the habit you're building.

A structure for opinion tasks (TCF Task 3, TEF Section B)

- 1. Rephrase the question** to buy a few seconds: « Vous me demandez si... C'est une question intéressante. »
- 2. Give your opinion straight away:** « Personnellement, je pense que... »
- 3. Reason 1 + an example** from your life or your country.
- 4. Reason 2 + an example.**
- 5. Mention the other side**, then answer it: « Certains diront que... mais... »
- 6. Conclude:** « Pour toutes ces raisons, je reste convaincu(e) que... »

MODEL ANSWER Sample answer, TCF Task 3 style: « Faut-il rendre les transports en commun gratuits ? » (about 1 minute)

119 words

Vous me demandez s'il faut rendre les transports en commun gratuits. C'est une question intéressante. Personnellement, je pense que oui, au moins pour certaines personnes.

D'abord, la gratuité aiderait les familles qui ont un petit budget. Dans ma ville, par exemple, un abonnement mensuel coûte cher, et beaucoup d'étudiants préfèrent marcher une heure plutôt que de payer.

Ensuite, si le bus est gratuit, plus de gens laisseront leur voiture à la maison. Il y aura moins d'embouteillages et moins de pollution.

Certains diront que c'est trop coûteux pour la ville. C'est vrai, mais on pourrait commencer par les jeunes et les personnes âgées.

Pour toutes ces raisons, je reste convaincu que la gratuité, même partielle, est une bonne idée.

Original practice answer. Opinion in the first lines, two reasons with examples, a concession, a conclusion. In the exam, keep going: the examiner will ask follow-up questions to fill the 4 min 30.

Rescue phrases: better than silence

Pardon, pouvez-vous répéter, s'il vous plaît ?

Sorry, could you repeat that, please?

Qu'est-ce que vous voulez dire par... ?

What do you mean by...?

Comment dire... je cherche le mot...

How can I put it... I'm looking for the word...

Laissez-moi réfléchir un instant.

Let me think for a moment.

Autrement dit, ...

In other words, ...

- **Find a partner or tutor** for at least one session a week, and two in phase 3.
- **Ask them to argue back.** Being contradicted in French is uncomfortable at first. By the tenth time, it isn't.
- **In question tasks (TCF Task 2, TEF Section A), ask, listen, follow up.** Most of your turns should be questions.
- **Memorise structures and phrases, not whole speeches.** The examiner checks that you can respond to the question you're given.

CHAPTER 08

Mock tests and your score tracker

Let practice scores, not the calendar, tell you when you're ready.

When	What	Why
Week 1	Full diagnostic (or the 90-minute version)	Find your weakest skill
Week 4	Timed sets in all four skills	Check the weakest skill is moving
Week 8	Full mock, real timing	Checkpoint: keep or move your exam date
Week 10	Full mock, real timing	Rehearse the whole day; fix what it shows
Week 11	Short timed sets only	Stay sharp without tiring yourself

Mock test schedule

- Do mocks in one sitting, at the same time of day as your exam if you can.
- No dictionary, no pausing audio, no extra minutes.
- Score every skill separately and convert it with the [CLB calculator](#) or the [TCF](#) and [TEF](#) score converters.
- The review matters more than the score. Spend as long reviewing a mock as taking it.

Week	Listening	Reading	Writing	Speaking	Lowest NCLC
Target					7
Week 1					
Week 4					
Week 8					
Week 10					
Extra					

Score tracker (fill in after each check; your NCLC 7 targets are in chapter 1)

Signs you are ready

- ☐ Practice tests show NCLC 7 in all four skills
- ☐ You finish each section inside the time
- ☐ Your weakest skill is steady across two mocks, not lucky once
- ☐ You can write every task of your exam inside its word range and time
- ☐ You can talk for the full speaking time without long silences

Signs to give it more time

- ☐ One skill is still at NCLC 5 or 6
- ☐ You run out of time in reading or listening
- ☐ Scores jump up and down a lot between tests



Aim a little above the line

Nerves on the day can cost a few points. If your mocks land exactly on NCLC 7, keep working on that skill until you have a small margin. Use the [target score calculator](#) to see the numbers.

Not ready by week 12? That's normal. Extend phase 2, keep the daily routine, and repeat the week 8 checkpoint. The [exam prep planner](#) rebuilds the plan around a new date.

CHAPTER 09

Resources that work

You don't need many resources. You need the right type for each skill, used every day.

Skill	Resource type	How to use it
Listening	French news radio and podcasts at natural speed	10–20 minutes a day; replay hard bits with a transcript when there is one
Listening	Timed practice sets in exam format	Two or three a week, then review every mistake
Reading	Short news articles, notices, emails, ads	One a day; note new words and false friends
Reading	Timed practice sets in exam format	Two or three a week, with a timer from week 1
Writing	A teacher, tutor or strong speaker who corrects	One or two texts a week, rewritten the next day
Speaking	A tutor, partner or conversation group	At least one session a week; two in phase 3
Grammar	A grammar book or course with exercises	15 minutes on the points your mistakes show
All skills	Full mock tests in your exam's format	Weeks 1, 8 and 10 (see chapter 8)

What to use, by skill



Start with the official samples

The two exam providers, France Éducation internationale (TCF Canada) and Le français des affaires (TEF Canada), publish information about their tests, and sample material where available, on their official websites. Check what's free before you buy a course, so you practise on the real task types.

Free tools on French Exam Alert

- [French level self-assessment](#): a rough level check in a few minutes.
- [Listening practice test](#) and [reading practice test](#): timed practice in exam style.
- [Writing practice timer](#): real task limits and a live word count.
- [Speaking practice timer](#): real task timings and practice prompts.
- [CLB calculator](#): turn practice scores into NCLC levels.
- [French study hours calculator](#): your level and weekly hours, as a rough timeline.

Deeper reading: the [NCLC 5 to 7 study plan](#), [how long it takes to reach CLB 7](#), the [TCF Canada writing tasks](#) and [TCF Canada speaking tasks](#) guides, and [TEF Canada writing and speaking](#).

**Apps are a habit, not a plan**

Apps are good for vocabulary and a daily habit. But NCLC 7 needs you to write and speak at length, on time, and most people need feedback on that from a real person.

CHAPTER 10

Book your exam seat

A booked date turns a study plan into a deadline. In busy cities, start looking in week 1.

Don't wait until you feel ready to look for a seat. At many centres, TEF and TCF Canada seats sell out in minutes when registration opens, and some centres publish dates only a few weeks ahead. In busy cities, finding a seat can take longer than the studying.

1 Week 1: start watching

List the centres you can reach and check upcoming sessions on the [exam calendar](#). Note how each centre opens registration.

2 Weeks 2–4: book the first realistic date

Aim for a date about 10–12 weeks after you start. A fixed date keeps the plan honest.

3 Week 8: checkpoint

Within one level of NCLC 7 in every skill? Keep the date. Otherwise, check your centre's transfer and refund rules before deciding.

4 After the exam

TEF Canada results take about 2 weeks and TCF Canada about 2–4 ([results timing](#)). Then enter your scores in your Express Entry profile. For TEF Canada, enter the ancien scores.

Moving a date is often costly or not allowed, so read the [rescheduling, cancellation and refund rules](#) before you book. If every centre near you is full, the [sold-out strategy](#) has practical options.



BOOKING YOUR EXAM

Get told the moment a seat opens

French Exam Alert watches TEF Canada and TCF Canada booking pages around the clock and alerts you by email and WhatsApp/SMS when a seat or registration window opens at the centres you pick. It's a paid service with a 7-day refund, and it never books for you. See [exam dates](#) or set up alerts at [/watch](#).

Get seat alerts → frenchexamalert.com/watch

[See upcoming exam dates](#)

Your first week, in five steps

- ☐ Take one full timed practice test, or the 90-minute diagnostic
- ☐ Write down your score in each skill and convert it to NCLC
- ☐ Name your weakest skill
- ☐ Block a daily study time in your calendar
- ☐ Start watching for a test seat at your nearest centres

Keep going: free one-page cheat sheets

Print them, save them to your phone or pin them. All free at frenchexamalert.com/cheat-sheets.

CEFR vs CLB vs NCLC chart

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TCF Canada score chart

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TEF Canada score chart

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French Connectors Chart

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French Opinion Phrases

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CRS points for French

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Dr & Mrs Vandertramp

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