



TURBO LINGO

STUDY GUIDE

HEAR IT. READ IT. **STEER** THROUGH IT.

A language arcade racer. A prompt plays in Italian, Japanese or Mandarin Chinese, and you have a few seconds to drive through the gate lane that carries its English meaning. This guide gives you every word list, ways to prepare and reflect, and space to track your best runs.



ITALIAN



JAPANESE



CHINESE

YOU ARE

The driver on the Language Highway

LEVELS

30, ten in each language

A RACE

About one to two minutes

CONTENTS

Welcome to the Language Highway	3
How a race works	4
Clock, points and routes	5
Results and grades	6
The core skill: fast listening, fast meaning	7
Italian: script, sound and the ten levels	8
Japanese: script, sound and the ten levels	9
Chinese: script, sound and the ten levels	10
My best races: progress tracker	71
Glossary of game terms	73

LEVEL PAGES

ITALIAN

01 Riviera Foundations	11
02 Tuscany Warm-Up	13
03 Milano Reactions	15
04 Roma Notturna	17
05 Bologna After School	19
06 Venezia Memories	21
07 Amalfi Tomorrow	23
08 Napoli Compressa	25
09 Torino Idiomatiko	27
10 Dolomiti Finale	29

JAPANESE

01 Tokyo Foundations	31
02 Kyoto Vocabulary	33
03 Osaka Reactions	35
04 Hakone Travel	37
05 Yokohama Daily	39
06 Nara Memories	41
07 Sapporo Tomorrow	43
08 Kobe Precision	45
09 Okinawa Natural	47
10 Hokkaido Finale	49

CHINESE

01 Shanghai Foundations	51
02 Beijing Vocabulary	53
03 Chengdu Reactions	55
04 Xi'an Travel	57
05 Hangzhou Daily	59
06 Guilin Memories	61
07 Guangzhou Tomorrow	63
08 Suzhou Precision	65
09 Zhangjiajie Natural	67
10 Great Wall Finale	69

BEFORE YOU START

You need sound for the best experience: headphones help in a busy room. Every prompt also appears as text, so you can still play with the sound off. Start with Level 1 of your language, even if it feels easy: the clock is the real challenge.

ABOUT THE WORD LISTS

The word lists in this guide come straight from the game's own level files, so they match what you will hear and see. Each English answer is the meaning the game accepts on the gate.

WELCOME TO THE LANGUAGE HIGHWAY

Turbo Lingo is a fast arcade driving game and a vocabulary trainer in one. You choose a language and a level, then race along a highway while prompts arrive over the car radio. Each prompt is a word or phrase in your chosen language. Ahead of you, a gate spans the road with three lanes, and each lane carries an English meaning. Drive through the right one.



Italian Level 3. The radio banner shows the prompt *Vieni qui* while the recording plays. The gate ahead offers three English meanings in lanes A, B and C.

YOUR ROLE

You are the driver. The game gives you a target-language prompt as sound and as text at the same moment. Your job is to turn it into meaning fast enough to steer into the correct lane before the gate reaches you.

Each level has a gate target. Clear that many gates correctly before the clock runs out and you finish the race.

WHAT YOU WILL PRACTISE

- Recognising high-frequency words and phrases by ear and by sight.
- Linking each one to its English meaning in a few seconds.
- Telling apart words that look or sound alike, or that mean opposite things.
- Bringing back words you missed, until they stick.

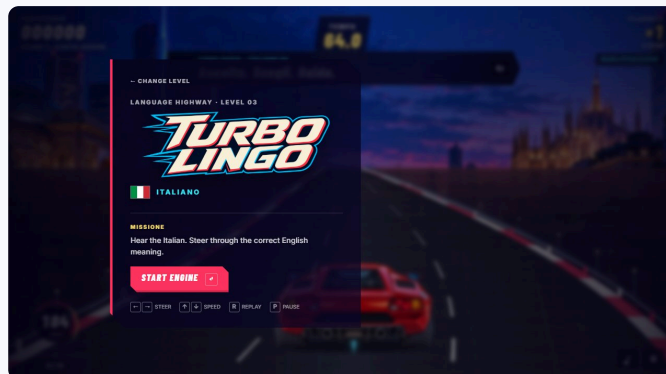
HOW TO USE THIS GUIDE

Each level has two pages: its full word list, then questions for before and after you race, and room for notes. Read the list, answer the "before you race" questions, race, then come back for the "after you race" questions. Race the same level again to improve your grade: a replay is where the real learning happens.

HOW A RACE WORKS

FROM MENU TO GREEN LIGHT

- 1 Choose your language.** The first screen is in English and offers **ITALIAN**, **JAPANESE** and **CHINESE**, each with ten levels.
- 2 Choose a level.** Each card shows the level's scenery, its name, a difficulty label and how many gates you need (for example **ESSENTIAL REFLEXES · 12 GATES**).
- 3 Read your mission.** The mission screen shows the language and your mission, for example "Hear the Italian. Steer through the correct English meaning." Press **START ENGINE** or **Enter**.
- 4 3, 2, 1, go.** A countdown runs, then the first prompt plays and the first gate appears.



The mission screen. The hints along the bottom show the main keys.

CONTROLS

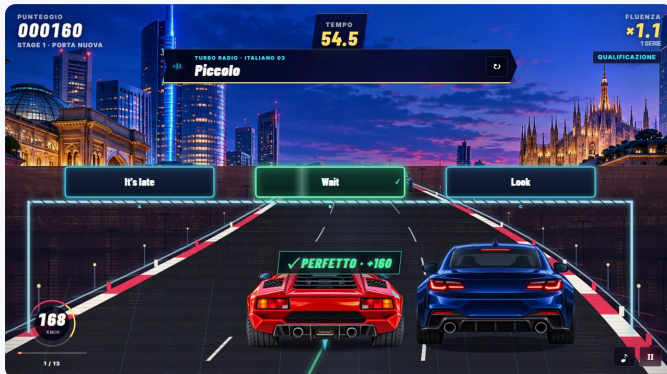
ACTION	KEYBOARD	SCREEN
Steer left or right	← → or A D	On small screens, large < and > buttons appear at the bottom corners. Hold to steer.
Speed up or slow down	↑ ↓ or W S	The speedometer shows your speed in km/h.
Hear the prompt again	R	The ↺ button on the radio banner.
Pause and resume	P or Space	The II button, bottom right (hidden on small screens). The game also pauses if you switch tabs.
Sound on or off		The J button, bottom right (top right on small screens). It shows x while muted.

GATES, LANES AND CHOICES

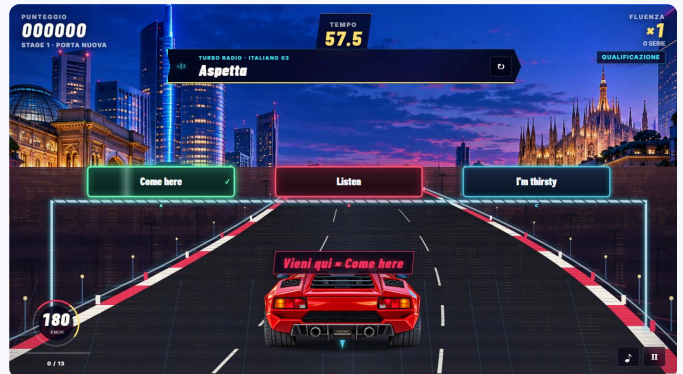
Every gate has three lanes, A, B and C. One carries the correct English meaning; the other two carry meanings of other words from the same level. The answers and their positions change every time, so you cannot learn a lane pattern: you have to know the word. Your choice is the lane your car is in when the gate reaches you, so steer early and hold your line.

The next prompt starts playing as soon as a gate is decided, while you are still driving through it. Its text appears on the radio banner at the same time, so you can read and listen together.

CLOCK, POINTS AND ROUTES



A correct gate: the lane turns green with a tick and the banner shows the points. Italian races say PERFETTO.



A missed gate: your lane turns red, the correct lane shows a tick, and a banner shows the prompt and its meaning.

THE CLOCK

The clock starts at the level's start time (62–68 seconds) and counts down. When it reaches zero the race ends with **TIME UP**.

- **Correct gate:** 1.65 seconds back.
- **Wrong gate:** 2.5 seconds lost, and your car slows down.
- The clock never goes above 79 seconds.

Faster driving brings gates sooner, so you clear the target in less time. Slower driving gives you longer to think about each gate.

POINTS AND STREAKS

Your first correct gate in a streak is worth 160 points. Every correct gate in a row raises the multiplier shown at the top right of the screen by 0.1 (x1.1, x1.2 and so on), so long streaks are worth much more. A wrong gate resets the streak to zero.

Traffic: other cars share the road. Driving into one costs 100 points and slows you down, but takes no time off the clock. Traffic never blocks the correct lane completely.

WHEN YOU MISS

The banner shows the prompt and its correct meaning, for example Vieni qui = Come here. Read it: that word will come back within the next few gates, so you get another go while it is fresh. From Level 2 onwards, about one gate in five also brings back a word from the level before, so earlier words keep returning.

THREE STAGES AND THE CHECKPOINT

Every race has three stages, named on the screen (Italian Level 1 runs RIVIERA, CITTÀ ALTA, MIDNIGHT RUN). When you reach the checkpoint at the start of stage 2, the route adapts to how you are going:

EXPERT ROUTE

If your accuracy so far is at least 80% and your best streak is at least 3, the Expert Route unlocks: faster cruising, more traffic, and 3 extra seconds.

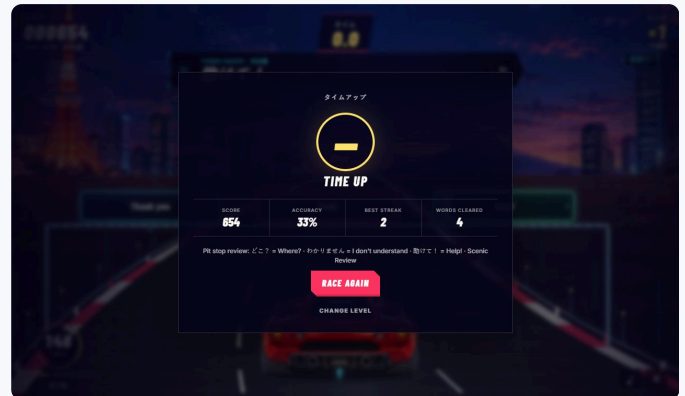
SCENIC REVIEW

Otherwise you take the Scenic Review: slower cruising, less traffic, and 5 extra seconds to steady yourself.

RESULTS AND GRADES

When you clear the gate target, the car crosses the finish and the results card appears. It shows your **score**, **accuracy** (correct gates out of all the gates you answered), your **best streak**, the number of **words cleared**, and a **pit stop review** line listing up to three words you missed, each with its meaning.

Then choose **RACE AGAIN** to replay the same level, or **CHANGE LEVEL**.



A results card after the clock ran out. The pit stop review lists three missed words with their meanings.

GRADE	TITLE	WHAT EARNS IT
S	REFLEX MASTERY	Accuracy of 95% or more and a best streak of 8 or more
A	FLUENT RUN	Accuracy of 85% or more
B	CLEAN FINISH	Accuracy of 70% or more
C	ROUTE COMPLETE	Any other finished race
-	TIME UP	The clock ran out before the gate target (the game shows a dash instead of a letter)

CHASING A BETTER GRADE

An S needs almost no misses *and* a run of eight or more correct gates in a row. That is hard on the first try and very possible on the third. Each replay shuffles the order and the wrong options, so you are tested on the words, not on memory of the last race.

Use the "My races" table on each level page, and the tracker at the back of this guide, to record your best result.

FAST LISTENING, FAST MEANING

Turbo Lingo trains one skill: hearing or seeing a word in another language and knowing what it means, quickly. That is the skill you use every time someone speaks to you in that language.

SOUND AND SCRIPT TOGETHER

Every prompt reaches you twice at once: the recorded voice of a speaker, and the text on the radio banner. Use both. The sound teaches you how the word really sounds at normal speed; the text helps you separate words that sound alike and connect the sound with the spelling or characters.

For Japanese and Chinese, the characters can carry meaning on their own. Spotting a character you know (like 不 in Chinese or the ending ません in Japanese) can be enough to choose a lane.

MEANING, NOT TRANSLATION

You do not have time to translate word by word. Aim for an instant link between the prompt and the idea. Many prompts are whole phrases or expressions (In bocca al lupo, お疲れさま, 加油!) whose meaning cannot be built word by word.

Some English answers give two meanings separated by a slash, for example "Excuse me / Sorry". Both are correct uses of the one prompt.

LEARNING FROM MISSES

A miss is useful. The game shows you the correct meaning straight away, then brings that prompt back within the next few gates. That quick second chance is when the word starts to stick. Read the miss banner, say the pair to yourself, and be ready for it.

After the race, the pit stop review lists up to three missed words. Write them in the notes on that level's page.

TIPS FROM THE PIT LANE

- ☐ **Listen before you look.** Try to know the meaning from the sound alone, then check the text and the gate.
- ☐ **Say it aloud.** Repeat each prompt quietly after the recording. Saying a word helps you remember it.
- ☐ **Replay when you need to.** Press **[R]** or **⏮** to hear it again. There is no penalty for replaying.
- ☐ **Read the whole gate.** Wrong options come from the same level, so a word that looks close may be its opposite.
- ☐ **Steer early.** Your lane is decided when the gate reaches you. Settle into a lane and hold it.
- ☐ **Watch the traffic, but do not panic.** A crash costs points, not time, and the correct lane is never fully blocked.
- ☐ **Brake to think, speed up to score.** Slowing down gives more time per gate; speeding up gets through the target sooner.
- ☐ **Race the level again.** Your second race is usually much better than your first.



Hear the Italian. Steer through the correct English meaning. Ten levels, from first words to complex sentences, with 20 prompts in each.

HOW IT IS WRITTEN

Italian uses the Latin alphabet, the same letters as English, plus accented vowels such as à, è, ì and ù. An accent changes the sound, and sometimes the meaning: Sì (yes) and È tardi (It's late) both carry one.

LISTENING TO IT

Many prompts are short phrases rather than single words, so listen for the verb or the question word. Apostrophes join words together (Un'amica, Dov'è, Gliel'ho detto), and the recording runs them together too.

PATTERNS TO NOTICE

Some prompts show a female speaker through an -a ending (Sono pronta, Sono stanca, Mi sono persa). The English answer is the same for any speaker.

DASHBOARD WORDS

Once a race starts, the labels on the race screen appear in Italian. Bonus vocabulary:

SCORE	PUNTEGGIO	FINAL STAGE	FINALE
TIME	TEMPO	QUALIFYING	QUALIFICAZIONE
FLOW	FLUENZA	ROUTE UNLOCKED	PERCORSO SBLOCCATO
streak	serie	EXPERT ROUTE	PERCORSO ESPERTO
MISSION	MISSIONE	ADAPTIVE ROUTE	PERCORSO ADATTIVO
GO!	VIA!	SCENIC REVIEW	RIPASSO PANORAMICO
CORRECT	PERFETTO	PAUSED	PAUSA
FLUENT	FLUENTE	Finish!	Traguardo!
COLLISION	COLLISIONE	RACE COMPLETE	CORSA COMPLETA
CHECKPOINT	CHECKPOINT	TIME UP	TEMPO SCADUTO

THE TEN LEVELS

LEVEL	NAME	FOCUS	GATES	CLOCK
01	Riviera Foundations	Essential Reflexes	12	64 s
02	Tuscany Warm-Up	Familiar Vocabulary	12	64 s
03	Milano Reactions	Short Phrase Reflex	13	64 s
04	Roma Notturna	Travel Conversation	14	68 s
05	Bologna After School	Everyday Present	14	66 s
06	Venezia Memories	Past Events	15	66 s
07	Amalfi Tomorrow	Future & Conditional	15	64 s
08	Napoli Compressa	Pronouns & Commands	16	64 s
09	Torino Idiomatico	Natural Speech	16	62 s
10	Dolomiti Finale	Complex Comprehension	18	64 s



JAPANESE 日本語

Hear the Japanese. Steer through the correct English meaning. Ten levels, from first words to complex sentences, with 20 prompts in each.

HOW IT IS WRITTEN

The Japanese prompts mix three scripts, exactly as Japanese is normally written: hiragana (rounded characters such as こんにちは), katakana for borrowed words (メニュー, トイレ, カード) and kanji (Chinese characters such as 学校, 電車, 勉強). The prompts do not include romanisation, so the recording is your guide to the sound.

LISTENING TO IT

Japanese puts the verb at the end of the sentence, and endings carry a lot of meaning: -ます (positive), -ません (negative), -ました (past), ください (please). Keep listening to the end of each prompt.

PATTERNS TO NOTICE

Questions usually end in か and a question mark. Short words called particles (を, に, で, と, へ) show what each word is doing in the sentence.

DASHBOARD WORDS

Once a race starts, the labels on the race screen appear in Japanese. Bonus vocabulary:

SCORE	スコア	FINAL STAGE	最終ステージ
TIME	タイム	QUALIFYING	予選
FLOW	コンボ	ROUTE UNLOCKED	ルート解放
streak	連続	EXPERT ROUTE	上級ルート
MISSION	ミッション	ADAPTIVE ROUTE	適応ルート
GO!	スタート!	SCENIC REVIEW	復習ルート
CORRECT	正解	PAUSED	一時停止
FLUENT	快調	Finish!	ゴール!
COLLISION	衝突	RACE COMPLETE	レース完了
CHECKPOINT	チェックポイント	TIME UP	タイムアップ

THE TEN LEVELS

LEVEL	NAME	FOCUS	GATES	CLOCK
01	Tokyo Foundations	Essential Reflexes	12	66 s
02	Kyoto Vocabulary	Familiar Words	12	65 s
03	Osaka Reactions	Short Phrase Reflex	13	65 s
04	Hakone Travel	Practical Conversation	14	68 s
05	Yokohama Daily	Everyday Present	14	66 s
06	Nara Memories	Past Events	15	66 s
07	Sapporo Tomorrow	Plans & Conditions	15	65 s
08	Kobe Precision	Particles & Commands	16	64 s
09	Okinawa Natural	Natural Speech	16	63 s
10	Hokkaido Finale	Complex Comprehension	18	65 s



CHINESE 中文

Hear the Mandarin Chinese. Steer through the correct English meaning. Ten levels, from first words to complex sentences, with 20 prompts in each.

HOW IT IS WRITTEN

The Chinese prompts are Mandarin written in simplified characters. Each character is one syllable. The prompts do not include pinyin or tone marks, so the recording is your guide to the sound and the characters are your guide to the meaning.

LISTENING TO IT

Chinese verbs do not change form. Meaning comes from word order and small words: 不 and 没 (not), 别 (don't), 了 (a completed action or a change), 吗 (a yes/no question).

PATTERNS TO NOTICE

Many characters appear in more than one word (好 in 你好 and 早上好, 车 in 汽车 and 火车). Spotting a shared character is a fast way to narrow down a gate.

DASHBOARD WORDS

Once a race starts, the labels on the race screen appear in Chinese. Bonus vocabulary:

SCORE	分数	FINAL STAGE	最终赛段
TIME	时间	QUALIFYING	资格赛
FLOW	连击	ROUTE UNLOCKED	路线解锁
streak	连胜	EXPERT ROUTE	高手路线
MISSION	任务	ADAPTIVE ROUTE	自适应路线
GO!	出发!	SCENIC REVIEW	复习路线
CORRECT	正确	PAUSED	暂停
FLUENT	流畅	Finish!	到终点了!
COLLISION	碰撞	RACE COMPLETE	比赛完成
CHECKPOINT	检查点	TIME UP	时间到

THE TEN LEVELS

LEVEL	NAME	FOCUS	GATES	CLOCK
01	Shanghai Foundations	Essential Reflexes	12	66 s
02	Beijing Vocabulary	Familiar Words	12	65 s
03	Chengdu Reactions	Short Phrase Reflex	13	65 s
04	Xi'an Travel	Practical Conversation	14	68 s
05	Hangzhou Daily	Everyday Present	14	66 s
06	Guilin Memories	Past Events	15	66 s
07	Guangzhou Tomorrow	Plans & Conditions	15	65 s
08	Suzhou Precision	Pronouns & Commands	16	64 s
09	Zhangjiajie Natural	Natural Speech	16	63 s
10	Great Wall Finale	Complex Comprehension	18	65 s

RIVIERA FOUNDATIONS

01

On the radio as Italiano 01. Greetings, courtesy words and survival questions a visitor needs on day one: hello and goodbye, please and thank you, asking where and how much, and saying you do not understand.

ESSENTIAL REFLEXES

12 GATES

64 S ON THE CLOCK



STAGE 1

RIVIERA

from the start

STAGE 2 · CHECKPOINT

CITTÀ ALTA

after 4 correct gates

STAGE 3

MIDNIGHT RUN

after 8 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Ciao	Hello	☐ ☐ ☐
2 Grazie	Thank you	☐ ☐ ☐
3 Per favore	Please	☐ ☐ ☐
4 Buongiorno	Good morning	☐ ☐ ☐
5 Arrivederci	Goodbye	☐ ☐ ☐
6 Sì	Yes	☐ ☐ ☐
7 No	No	☐ ☐ ☐
8 Prego	You're welcome	☐ ☐ ☐
9 Scusa	Excuse me / Sorry	☐ ☐ ☐
10 Aiuto!	Help!	☐ ☐ ☐
11 Acqua	Water	☐ ☐ ☐
12 Mangiare	To eat	☐ ☐ ☐
13 Dove?	Where?	☐ ☐ ☐
14 Quanto costa?	How much does it cost?	☐ ☐ ☐
15 Non capisco	I don't understand	☐ ☐ ☐
16 Mi chiamo...	My name is...	☐ ☐ ☐
17 Come stai?	How are you?	☐ ☐ ☐
18 Bene	Well / Good	☐ ☐ ☐
19 A presto	See you soon	☐ ☐ ☐
20 Va bene	Okay / All right	☐ ☐ ☐

This is the first level, so every gate uses these 20 words. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Sort the words into four groups before you race: hellos and goodbyes, polite words, questions, and words for when you need help. Listen for the question words Dove? and Quanto?

WATCH OUT FOR THESE PAIRS

- Ciao (Hello) and Arrivederci (Goodbye)
- Sì (Yes) and No (No)
- Bene (Well / Good) and Va bene (Okay / All right)
- Buongiorno (Good morning) and Bene (Well / Good)

BEFORE YOU RACE

1. Which of these words have you heard before, in films, food names or from friends?
2. Bene and Va bene are both in this level. Say each one aloud. How will you tell them apart at speed?
3. Which three words would you most need if you were lost in an Italian town?

AFTER YOU RACE

1. Which word did you recognise fastest? Why do you think it stuck?
2. Prego answers Grazie. Which other pairs in this level go together in a conversation?
3. Write a four-line conversation using at least five words from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



ITALIAN · LEVEL 02

TUSCANY WARM-UP

02

On the radio as Italiano 02. Everyday nouns with their articles, two time words, two place words, and three pairs of opposite adjectives.

FAMILIAR VOCABULARY

12 GATES

64 S ON THE CLOCK



STAGE 1

VAL D'ORCIA

from the start

STAGE 2 · CHECKPOINT

SIENA ROAD

after 4 correct gates

STAGE 3

TUSCAN DAWN

after 8 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 La casa	The house / Home	☐ ☐ ☐
2 La scuola	The school	☐ ☐ ☐
3 La famiglia	The family	☐ ☐ ☐
4 Un amico	A male friend	☐ ☐ ☐
5 Un'amica	A female friend	☐ ☐ ☐
6 Il libro	The book	☐ ☐ ☐
7 Il telefono	The phone	☐ ☐ ☐
8 Il cibo	The food	☐ ☐ ☐
9 La macchina	The car	☐ ☐ ☐
10 Il treno	The train	☐ ☐ ☐
11 Oggi	Today	☐ ☐ ☐
12 Domani	Tomorrow	☐ ☐ ☐
13 Qui	Here	☐ ☐ ☐
14 Lì	There	☐ ☐ ☐
15 Grande	Big	☐ ☐ ☐
16 Piccolo	Small	☐ ☐ ☐
17 Facile	Easy	☐ ☐ ☐
18 Difficile	Difficult	☐ ☐ ☐
19 Veloce	Fast	☐ ☐ ☐
20 Lento	Slow	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 01, Riviera Foundations. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Learn the opposites as pairs: Grande/Piccolo, Facile/Difficile, Veloce/Lento. Then listen for the endings in Un amico and Un'amica.

WATCH OUT FOR THESE PAIRS

- Oggi (Today) and Domani (Tomorrow)
- Qui (Here) and Lì (There)
- Grande (Big) and Piccolo (Small)
- Facile (Easy) and Difficile (Difficult)

BEFORE YOU RACE

1. Find the three pairs of opposites in the list. Which pair do you think you will mix up most?
2. Look at il, la, un and un'. What do you notice about which words take which?
3. Which words look like English words? Do they mean what you expect?

AFTER YOU RACE

1. Did you mix up an opposite pair? Which one, and what will help next time?
2. How did you tell Un amico from Un'amica when you only had a moment?
3. Oggi or Domani: which did you recognise faster, and why?

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

MILANO REACTIONS

03

On the radio as Italiano 03. Short reaction phrases: being and having, wanting and liking (with their negatives), quick instructions, and how you feel.

SHORT PHRASE REFLEX

13 GATES

64 S ON THE CLOCK



STAGE 1

PORTA NUOVA

from the start

STAGE 2 · CHECKPOINT

DUOMO LINE

after 5 correct gates

STAGE 3

MILANO NIGHT

after 9 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 lo sono...	I am...	☐ ☐ ☐
2 lo ho...	I have...	☐ ☐ ☐
3 Voglio...	I want...	☐ ☐ ☐
4 Non voglio...	I don't want...	☐ ☐ ☐
5 Mi piace	I like it	☐ ☐ ☐
6 Non mi piace	I don't like it	☐ ☐ ☐
7 Posso?	Can I?	☐ ☐ ☐
8 Andiamo	Let's go	☐ ☐ ☐
9 Aspetta	Wait	☐ ☐ ☐
10 Vieni qui	Come here	☐ ☐ ☐
11 Guarda	Look	☐ ☐ ☐
12 Ascolta	Listen	☐ ☐ ☐
13 Parla lentamente	Speak slowly	☐ ☐ ☐
14 Ho fame	I'm hungry	☐ ☐ ☐
15 Ho sete	I'm thirsty	☐ ☐ ☐
16 Sono pronta	I'm ready	☐ ☐ ☐
17 Sono stanca	I'm tired	☐ ☐ ☐
18 È tardi	It's late	☐ ☐ ☐
19 È presto	It's early	☐ ☐ ☐
20 Che ore sono?	What time is it?	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 02, Tuscany Warm-Up. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for Non at the start: it flips the meaning. Remember that Ho fame is "I'm hungry" even though Ho means "I have".

WATCH OUT FOR THESE PAIRS

- Voglio... (I want...) and Non voglio... (I don't want...)
- Mi piace (I like it) and Non mi piace (I don't like it)
- Ho fame (I'm hungry) and Ho sete (I'm thirsty)
- È tardi (It's late) and È presto (It's early)

BEFORE YOU RACE

1. Find every phrase that starts with Non. What does Non do?
2. Ho fame and Ho sete both start with Ho. Invent a way to remember which is hungry and which is thirsty.
3. Which phrases are instructions you would give a friend?

AFTER YOU RACE

1. Did a Non phrase catch you out? Which one?
2. Which instruction (Aspetta, Guarda, Ascolta, Vieni qui) came most easily?
3. Make three true sentences about yourself today using phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

ROMA NOTTURNA

04

On the radio as Italiano 04. Travel conversation: ordering and paying in a restaurant, catching transport, asking for help, and asking someone to repeat or slow down.

TRAVEL CONVERSATION

14 GATES

68 S ON THE CLOCK



STAGE 1 ROMA EST

from the start

STAGE 2 · CHECKPOINT CENTRO STORICO

after 5 correct gates

STAGE 3 ROMA MIDNIGHT

after 10 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Vorrei...	I would like...	☐ ☐ ☐
2 Posso avere...?	Can I have...?	☐ ☐ ☐
3 Dov'è la stazione?	Where is the station?	☐ ☐ ☐
4 A che ora parte?	What time does it leave?	☐ ☐ ☐
5 Un tavolo per due	A table for two	☐ ☐ ☐
6 Il conto, per favore	The bill, please	☐ ☐ ☐
7 Sono vegetariana	I'm vegetarian	☐ ☐ ☐
8 Ho bisogno di aiuto	I need help	☐ ☐ ☐
9 Può ripetere?	Can you repeat?	☐ ☐ ☐
10 Più lentamente, per favore	More slowly, please	☐ ☐ ☐
11 Come si arriva al centro?	How do you get to the centre?	☐ ☐ ☐
12 Devo cambiare linea?	Do I need to change lines?	☐ ☐ ☐
13 Quanto tempo ci vuole?	How long does it take?	☐ ☐ ☐
14 È troppo caro	It's too expensive	☐ ☐ ☐
15 Accettate carte?	Do you accept cards?	☐ ☐ ☐
16 C'è un bagno qui vicino?	Is there a bathroom nearby?	☐ ☐ ☐
17 Mi sono persa	I'm lost	☐ ☐ ☐
18 Che cosa consiglia?	What do you recommend?	☐ ☐ ☐
19 Senza ghiaccio	Without ice	☐ ☐ ☐
20 Vorrei prenotare	I would like to book	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 03, Milano Reactions. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Catch the first word or two: Dov'è means a place, A che ora means a time, Quanto means an amount. That often narrows the gate to one lane.

WATCH OUT FOR THESE PAIRS

- Vorrei... (I would like...) and Vorrei prenotare (I would like to book)
- Posso avere...? (Can I have...?) and Può ripetere? (Can you repeat?)

BEFORE YOU RACE

1. Sort the phrases into restaurant, transport and help. Which group is biggest?
2. Find the two phrases that start with Vorrei. What does Vorrei let you do politely?
3. Which question words can you spot?

AFTER YOU RACE

1. Which question word helped you most when the gate came up quickly?
2. Which phrase would you most want to remember for a real trip?
3. Write a short dialogue at a train station using four phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



ITALIAN · LEVEL 05

BOLOGNA AFTER SCHOOL 05

On the radio as Italiano 05. A daily routine in the present tense (school, transport, meals, sport, music, screens and friends), plus ways to say what you think and to ask what someone is doing.

EVERYDAY PRESENT

14 GATES

66 S ON THE CLOCK

**STAGE 1****PORTICI**

from the start

STAGE 2 · CHECKPOINT**PIAZZA MAGGIORE**

after 5 correct gates

STAGE 3**BOLOGNA GOLD**

after 10 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Mi sveglio alle sette	I wake up at seven	☐ ☐ ☐
2 Vado a scuola	I go to school	☐ ☐ ☐
3 Prendo l'autobus	I take the bus	☐ ☐ ☐
4 Studio italiano	I study Italian	☐ ☐ ☐
5 Faccio i compiti	I do my homework	☐ ☐ ☐
6 Mangio a casa	I eat at home	☐ ☐ ☐
7 Gioco a calcio	I play football	☐ ☐ ☐
8 Ascolto musica	I listen to music	☐ ☐ ☐
9 Guardo un film	I watch a movie	☐ ☐ ☐
10 Leggo un libro	I read a book	☐ ☐ ☐
11 Uso il telefono	I use the phone	☐ ☐ ☐
12 Esco con gli amici	I go out with friends	☐ ☐ ☐
13 Abito qui vicino	I live nearby	☐ ☐ ☐
14 Parlo un po' d'italiano	I speak a little Italian	☐ ☐ ☐
15 Non lo so	I don't know	☐ ☐ ☐
16 Penso di sì	I think so	☐ ☐ ☐
17 Penso di no	I don't think so	☐ ☐ ☐
18 Che cosa fai?	What are you doing?	☐ ☐ ☐
19 Dove vai?	Where are you going?	☐ ☐ ☐
20 Con chi vai?	Who are you going with?	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 04, Roma Notturna. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

The verb is usually the first word: hear Vado, Prendo or Gioco and you already have half the meaning. Watch Penso di sì and Penso di no, where only the last word changes.

WATCH OUT FOR THESE PAIRS

- Penso di sì (I think so) and Penso di no (I don't think so)
- Dove vai? (Where are you going?) and Con chi vai? (Who are you going with?)

BEFORE YOU RACE

1. Put the activities in the order they happen in your own day.
2. Find the verbs that end in -o. What do they have in common?
3. Which two phrases differ by only one word?

AFTER YOU RACE

1. Which verbs did you recognise from their first sound?
2. Did Penso di sì and Penso di no catch you out?
3. Describe your afternoon in four sentences using this level's phrases.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

VENEZIA MEMORIES

06

On the radio as Italiano 06. Talking about the past: what you did, saw, lost and found, how it went and how you felt, plus sequencing words.

PAST EVENTS

15 GATES

66 S ON THE CLOCK



STAGE 1

LAGUNA

from the start

STAGE 2 · CHECKPOINT

RIALTO

after 5 correct gates

STAGE 3

VENEZIA MOON

after 10 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Ieri ho studiato	Yesterday I studied	☐ ☐ ☐
2 Ho mangiato	I ate	☐ ☐ ☐
3 Ho visto un film	I watched a movie	☐ ☐ ☐
4 Ho sentito un rumore	I heard a noise	☐ ☐ ☐
5 Ho comprato questo	I bought this	☐ ☐ ☐
6 Ho perso il telefono	I lost my phone	☐ ☐ ☐
7 Ho trovato le chiavi	I found the keys	☐ ☐ ☐
8 Ho dimenticato	I forgot	☐ ☐ ☐
9 Sono andata a scuola	I went to school	☐ ☐ ☐
10 Sono arrivata tardi	I arrived late	☐ ☐ ☐
11 Sono uscita con gli amici	I went out with friends	☐ ☐ ☐
12 Ho fatto i compiti	I did my homework	☐ ☐ ☐
13 Che cosa hai fatto?	What did you do?	☐ ☐ ☐
14 Dove sei stata?	Where have you been?	☐ ☐ ☐
15 Mi sono divertita	I had fun	☐ ☐ ☐
16 Non è andata bene	It didn't go well	☐ ☐ ☐
17 Ero stanca	I was tired	☐ ☐ ☐
18 Avevo fame	I was hungry	☐ ☐ ☐
19 Prima...	Before / First...	☐ ☐ ☐
20 Poi...	Then / Afterwards...	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 05, Bologna After School. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Most phrases start with Ho or Sono, so the start will not tell you much: listen for the second word, the one that carries the action.

WATCH OUT FOR THESE PAIRS

- Prima... (Before / First...) and Poi... (Then / Afterwards...)
- Sono andata a scuola (I went to school) and Non è andata bene (It didn't go well)
- Ho fatto i compiti (I did my homework) and Che cosa hai fatto? (What did you do?)
- Ero stanca (I was tired) and Avevo fame (I was hungry)

BEFORE YOU RACE

1. Find the phrases that start with Sono. What kind of actions are they?
2. Which past forms look like a verb you met in Level 5 (for example Studio and studiato)?
3. How could you use Prima... and Poi... to tell a story?

AFTER YOU RACE

1. Which past-tense phrase took longest to recognise? What made it hard?
2. Did you notice the -a ending in Sono andata? What does it tell you?
3. Use five phrases from this level, with Prima... and Poi..., to tell what you did yesterday.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

AMALFI TOMORROW

07

On the radio as Italiano 07. Plans, intentions, polite requests and uncertainty: the future, the conditional, and phrases for maybe, hope and wait and see.

FUTURE & CONDITIONAL

15 GATES

64 S ON THE CLOCK



STAGE 1

RAVELLO

from the start

STAGE 2 · CHECKPOINT

POSITANO

after 5 correct gates

STAGE 3

COASTLINE DAWN

after 10 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Domani andrò in città	Tomorrow I'll go into town	☐ ☐ ☐
2 Studierò più tardi	I'll study later	☐ ☐ ☐
3 Ti chiamerò	I'll call you	☐ ☐ ☐
4 Ci vediamo domani	See you tomorrow	☐ ☐ ☐
5 Che cosa farai?	What will you do?	☐ ☐ ☐
6 Quando arriverai?	When will you arrive?	☐ ☐ ☐
7 Sto per partire	I'm about to leave	☐ ☐ ☐
8 Ho intenzione di andare	I intend to go	☐ ☐ ☐
9 Vorrei andare	I would like to go	☐ ☐ ☐
10 Mi piacerebbe provarlo	I'd like to try it	☐ ☐ ☐
11 Potrei entrare?	Could I come in?	☐ ☐ ☐
12 Dovrei aspettare?	Should I wait?	☐ ☐ ☐
13 Se posso, vengo	If I can, I'll come	☐ ☐ ☐
14 Forse più tardi	Maybe later	☐ ☐ ☐
15 Non sono sicura	I'm not sure	☐ ☐ ☐
16 Fammi sapere	Let me know	☐ ☐ ☐
17 Spero di sì	I hope so	☐ ☐ ☐
18 Vedremo	We'll see	☐ ☐ ☐
19 Sarebbe bello	It would be nice	☐ ☐ ☐
20 Preferirei restare	I would prefer to stay	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 06, Venezia Memories. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen to the verb ending: -rò at the end means "I will", while -rei or -ebbe usually means "would".

WATCH OUT FOR THESE PAIRS

- Studierò più tardi (I'll study later) and Forse più tardi (Maybe later)
- Ho intenzione di andare (I intend to go) and Vorrei andare (I would like to go)
- Ci vediamo domani (See you tomorrow) and Vedremo (We'll see)

BEFORE YOU RACE

1. Sort the phrases into "will", "would" and "maybe".
2. Find three phrases that would help you make plans with a friend.
3. Which Level 4 phrases used Vorrei? What did they mean?

AFTER YOU RACE

1. Could you hear the difference between future and conditional endings at speed?
2. Which "maybe" phrase (Forse più tardi, Non sono sicura, Vedremo) was hardest?
3. Write a text message making plans for tomorrow using four phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

NAPOLI COMPRESSA

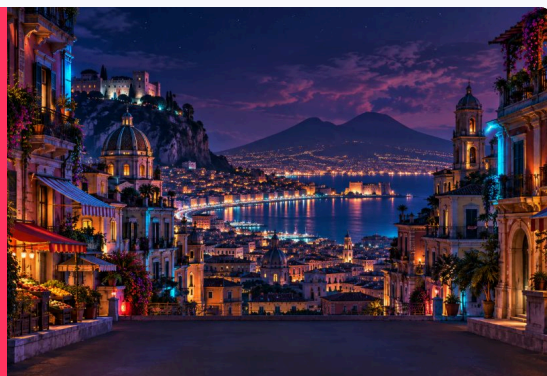
08

On the radio as Italiano 08. Object pronouns and the particles *ci* and *ne* inside short, very common phrases, and informal commands with pronouns attached.

PRONOUNS & COMMANDS

16 GATES

64 S ON THE CLOCK



STAGE 1

CENTRO

from the start

STAGE 2 · CHECKPOINT

LUNGOMARE

after 6 correct gates

STAGE 3

VESUVIO NIGHT

after 11 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Lo capisco	I understand it	☐ ☐ ☐
2 Non la conosco	I don't know her	☐ ☐ ☐
3 Li ho visti	I saw them	☐ ☐ ☐
4 Ce l'ho	I have it	☐ ☐ ☐
5 Non ce l'ho	I don't have it	☐ ☐ ☐
6 Me lo dai?	Will you give it to me?	☐ ☐ ☐
7 Te lo dico dopo	I'll tell you later	☐ ☐ ☐
8 Non ci credo	I don't believe it	☐ ☐ ☐
9 Ci penso io	I'll take care of it	☐ ☐ ☐
10 Ne voglio due	I want two of them	☐ ☐ ☐
11 Non ne ho	I don't have any	☐ ☐ ☐
12 Ti serve aiuto?	Do you need help?	☐ ☐ ☐
13 Gliel'ho detto	I told him/her/them	☐ ☐ ☐
14 Portamelo	Bring it to me	☐ ☐ ☐
15 Non toccarlo	Don't touch it	☐ ☐ ☐
16 Aspettami	Wait for me	☐ ☐ ☐
17 Seguimi	Follow me	☐ ☐ ☐
18 Dimmi la verità	Tell me the truth	☐ ☐ ☐
19 Lasciami stare	Leave me alone	☐ ☐ ☐
20 Fidati di me	Trust me	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 07, Amalfi Tomorrow. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

These phrases are short and squashed together. Listen for the verb you know (capisco, conosco, dico, voglio) and let the small sounds around it tell you who or what.

WATCH OUT FOR THESE PAIRS

- Ce l'ho (I have it) and Non ce l'ho (I don't have it)
- Ce l'ho (I have it) and Non ne ho (I don't have any)
- Non ce l'ho (I don't have it) and Non ne ho (I don't have any)
- Te lo dico dopo (I'll tell you later) and Dimmi la verità (Tell me the truth)

BEFORE YOU RACE

1. Find the phrases that end in -mi or -melo. What do they have in common?
2. Ce l'ho and Non ce l'ho: what is the only difference?
3. Which phrases would you hear in a busy market?

AFTER YOU RACE

1. Which squashed phrase took longest to unpack?
2. Did Non ce l'ho and Non ne ho get mixed up? How will you tell them apart?
3. Choose three commands and act them out for a partner to guess.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

TORINO IDIOMATICO

09

On the radio as Italiano 09. Everyday expressions and idioms that speakers use to react, agree, disagree, encourage and comment.

NATURAL SPEECH

16 GATES

62 S ON THE CLOCK



STAGE 1 ARCADES

from the start

STAGE 2 · CHECKPOINT MOLE LINE

after 6 correct gates

STAGE 3 ALPI MIDNIGHT

after 11 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Ce la faccio	I can manage	☐ ☐ ☐
2 Non ce la faccio	I can't manage	☐ ☐ ☐
3 Me la cavo	I get by	☐ ☐ ☐
4 Non importa	It doesn't matter	☐ ☐ ☐
5 Fa niente	Never mind	☐ ☐ ☐
6 Magari!	If only! / That would be great!	☐ ☐ ☐
7 Figurati	Don't mention it	☐ ☐ ☐
8 Dai!	Come on!	☐ ☐ ☐
9 Basta!	Enough!	☐ ☐ ☐
10 Meno male	Thank goodness	☐ ☐ ☐
11 Che peccato	What a shame	☐ ☐ ☐
12 Hai ragione	You're right	☐ ☐ ☐
13 Non sono d'accordo	I disagree	☐ ☐ ☐
14 Ne vale la pena	It's worth it	☐ ☐ ☐
15 Non vedo l'ora	I can't wait	☐ ☐ ☐
16 Mi sa che...	I think / It seems to me...	☐ ☐ ☐
17 A quanto pare	Apparently	☐ ☐ ☐
18 In bocca al lupo	Good luck	☐ ☐ ☐
19 Che forte!	How cool!	☐ ☐ ☐
20 Che noia!	How boring!	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 08, Napoli Compressa. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Do not translate these word for word: learn each one as a whole reaction, and picture the moment you would say it.

WATCH OUT FOR THESE PAIRS

- Ce la faccio (I can manage) and Non ce la faccio (I can't manage)
- Hai ragione (You're right) and Non sono d'accordo (I disagree)
- Che forte! (How cool!) and Che noia! (How boring!)

BEFORE YOU RACE

1. Which expressions would you say to a friend before a test? After a goal? When bored?
2. Find two pairs of opposite reactions in the list.
3. Think of an English idiom that makes no sense word for word.

AFTER YOU RACE

1. Which expression will you actually use? When?
2. Did Ce la faccio and Non ce la faccio, or Che forte! and Che noia!, catch you out?
3. Write a short group chat between friends using five expressions from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

DOLOMITI FINALE

10

On the radio as Italiano 10. Complex sentences: linking words for conditions, contrast, time and opinion, many of them followed by the subjunctive.

COMPLEX COMPREHENSION

18 GATES

64 S ON THE CLOCK



STAGE 1

ALPINE START

from the start

STAGE 2 · CHECKPOINT

PASSO ALTO

after 6 correct gates

STAGE 3

FINAL SUMMIT

after 12 correct gates

WORD LIST

ITALIAN PROMPT	ENGLISH MEANING	GOT IT
1 Anche se piove, esco	Even if it rains, I'm going out	☐ ☐ ☐
2 Sebbene sia difficile	Although it is difficult	☐ ☐ ☐
3 Prima che inizi	Before it starts	☐ ☐ ☐
4 Dopo che avrai finito	After you have finished	☐ ☐ ☐
5 A meno che cambi idea	Unless you change your mind	☐ ☐ ☐
6 Purché tu venga	Provided that you come	☐ ☐ ☐
7 Se l'avessi saputo	If I had known	☐ ☐ ☐
8 Avrei dovuto studiare	I should have studied	☐ ☐ ☐
9 Nonostante tutto	Despite everything	☐ ☐ ☐
10 Per quanto ne so	As far as I know	☐ ☐ ☐
11 Da quello che ho capito	From what I understood	☐ ☐ ☐
12 Mi sorprende che sia qui	I'm surprised he/she is here	☐ ☐ ☐
13 È possibile che arrivi tardi	He/she may arrive late	☐ ☐ ☐
14 Dubito che sia vero	I doubt that it is true	☐ ☐ ☐
15 Penso che sia meglio	I think it is better	☐ ☐ ☐
16 Vorrei che venissi	I'd like you to come	☐ ☐ ☐
17 Non appena arrivo	As soon as I arrive	☐ ☐ ☐
18 Nel caso in cui serva	In case it is needed	☐ ☐ ☐
19 Invece di aspettare	Instead of waiting	☐ ☐ ☐
20 Comunque vada	Whatever happens	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 09, Torino Idiomatico. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Catch the linking word at the start: it tells you whether the sentence is about a condition, a contrast or a time. Then look for the matching English linking word on the gate.

BEFORE YOU RACE

1. Find the English linking words in the answers (even if, although, unless, provided that, as soon as) and match each with its Italian opener.
2. Which sentences talk about something that did not happen?
3. Which three sentences do you think will be hardest to catch by ear?

AFTER YOU RACE

1. Did the linking word at the start help you choose a lane quickly?
2. Which pair did you mix up (for example Prima che and Dopo che, or A meno che and Purché)?
3. Write two sentences about your own life that start with Anche se and Non appena.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

TOKYO FOUNDATIONS

01

On the radio as 日本語 01. Greetings for different times of day, polite words, yes and no, and survival words and questions.

ESSENTIAL REFLEXES

12 GATES

66 S ON THE CLOCK



STAGE 1

東京湾

from the start

STAGE 2 · CHECKPOINT

渋谷線

after 4 correct gates

STAGE 3

東京ミッドナイト

after 8 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 こんにちは	Hello	☐ ☐ ☐
2 ありがとう	Thank you	☐ ☐ ☐
3 お願いします	Please	☐ ☐ ☐
4 さようなら	Goodbye	☐ ☐ ☐
5 おはよう	Good morning	☐ ☐ ☐
6 こんばんは	Good evening	☐ ☐ ☐
7 はい	Yes	☐ ☐ ☐
8 いいえ	No	☐ ☐ ☐
9 すみません	Excuse me / Sorry	☐ ☐ ☐
10 はじめまして	Nice to meet you	☐ ☐ ☐
11 わかります	I understand	☐ ☐ ☐
12 わかりません	I don't understand	☐ ☐ ☐
13 助けて！	Help!	☐ ☐ ☐
14 大丈夫	It's okay / I'm fine	☐ ☐ ☐
15 どこ？	Where?	☐ ☐ ☐
16 なに？	What?	☐ ☐ ☐
17 水	Water	☐ ☐ ☐
18 食べ物	Food	☐ ☐ ☐
19 いくら？	How much?	☐ ☐ ☐
20 またね	See you later	☐ ☐ ☐

This is the first level, so every gate uses these 20 words. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen to the end of the word: わかります means I understand, わかりません means I don't. The ending is where Japanese often puts "not".

WATCH OUT FOR THESE PAIRS

- わかります (I understand) and わかりません (I don't understand)
- こんにちは (Hello) and さようなら (Goodbye)
- おはよう (Good morning) andこんばんは (Good evening)
- はい (Yes) and いいえ (No)

BEFORE YOU RACE

1. Find the three greetings for different times of day.
2. Which words are written only in hiragana, and which use kanji?
3. Which two words look almost the same? What is different?

AFTER YOU RACE

1. Which greeting did you recognise fastest by sound?
2. Did わかります and わかりません catch you out?
3. Use six words from this level in a short meeting between two people.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

KYOTO VOCABULARY

02

On the radio as 日本語 02. Everyday nouns (people, places, objects, transport), time and place words, and adjectives in opposite pairs.

FAMILIAR WORDS

12 GATES

65 S ON THE CLOCK



STAGE 1

東山

from the start

STAGE 2 · CHECKPOINT

祇園

after 4 correct gates

STAGE 3

京都夕暮れ

after 8 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 友達	Friend	☐ ☐ ☐
2 家	House / Home	☐ ☐ ☐
3 学校	School	☐ ☐ ☐
4 本	Book	☐ ☐ ☐
5 電話	Telephone	☐ ☐ ☐
6 車	Car	☐ ☐ ☐
7 電車	Train	☐ ☐ ☐
8 家族	Family	☐ ☐ ☐
9 今日	Today	☐ ☐ ☐
10 明日	Tomorrow	☐ ☐ ☐
11 ここ	Here	☐ ☐ ☐
12 そこ	There	☐ ☐ ☐
13 大きい	Big	☐ ☐ ☐
14 小さい	Small	☐ ☐ ☐
15 速い	Fast	☐ ☐ ☐
16 遅い	Slow	☐ ☐ ☐
17 新しい	New	☐ ☐ ☐
18 古い	Old	☐ ☐ ☐
19 好き	Like / Be fond of	☐ ☐ ☐
20 きらい	Dislike	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 01, Tokyo Foundations. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Look for shared kanji: 車 is in both Car and Train, 家 is in both Home and Family. Learn the opposites as pairs.

WATCH OUT FOR THESE PAIRS

- 今日 (Today) and 明日 (Tomorrow)
- ここ (Here) and そこ (There)
- 大きい (Big) and 小さい (Small)
- 速い (Fast) and 遅い (Slow)

BEFORE YOU RACE

1. Find a kanji that appears in two different words. What do the two words have in common?
2. Find the three pairs of opposites.
3. Which words are written in hiragana instead of kanji?

AFTER YOU RACE

1. Did you mix up 車 and 電車, or 家 and 家族? What will help?
2. Which opposite pair was hardest at speed?
3. Describe your school using three nouns and three adjectives from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

OSAKA REACTIONS

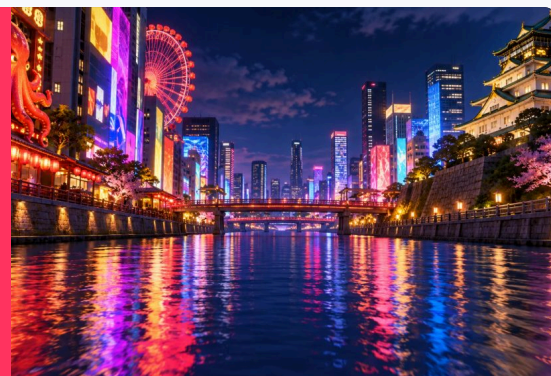
03

On the radio as 日本語 03. Short reaction phrases: introducing yourself, existence and having, wanting and liking, requests with ください, and how you feel.

SHORT PHRASE REFLEX

13 GATES

65 S ON THE CLOCK



STAGE 1

道頓堀

from the start

STAGE 2 · CHECKPOINT

難波

after 5 correct gates

STAGE 3

大阪ナイト

after 9 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 私は学生です	I'm a student	☐ ☐ ☐
2 あります	There is / I have	☐ ☐ ☐
3 います	Someone / an animal is there	☐ ☐ ☐
4 欲しいです	I want it	☐ ☐ ☐
5 好きです	I like it	☐ ☐ ☐
6 きらいです	I dislike it	☐ ☐ ☐
7 行きましょう	Let's go	☐ ☐ ☐
8 待ってください	Please wait	☐ ☐ ☐
9 見てください	Please look	☐ ☐ ☐
10 聞いてください	Please listen	☐ ☐ ☐
11 ゆっくり話してください	Please speak slowly	☐ ☐ ☐
12 おなかがすきました	I'm hungry	☐ ☐ ☐
13 のどがかわきました	I'm thirsty	☐ ☐ ☐
14 準備できました	I'm ready	☐ ☐ ☐
15 疲れました	I'm tired	☐ ☐ ☐
16 早いです	It's early	☐ ☐ ☐
17 遅いです	It's late / Slow	☐ ☐ ☐
18 何時ですか？	What time is it?	☐ ☐ ☐
19 できます	I can do it	☐ ☐ ☐
20 できません	I can't do it	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 02, Kyoto Vocabulary. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Watch the endings: -ます is yes, -ません is no. Requests end in ください (please).

WATCH OUT FOR THESE PAIRS

- できます (I can do it) and できません (I can't do it)
- 好きです (I like it) and 嫌いですが (I dislike it)
- おなかがすきました (I'm hungry) and のどがかわきました (I'm thirsty)
- 早いです (It's early) and 遅いです (It's late / Slow)

BEFORE YOU RACE

1. Find the phrases that end in ください. What do they ask someone to do?
2. あります and います both say something is there. What is the difference in the English?
3. Which phrases describe how you feel?

AFTER YOU RACE

1. Did できます and できません, or 好きです and 嫌いですが, catch you out?
2. Which ください request came most quickly?
3. Write four sentences about how you feel right now.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

HAKONE TRAVEL

04

On the radio as 日本語 04. Practical travel conversation: stations and tickets, restaurants and paying, toilets, asking for repetition and saying you are lost.

PRACTICAL CONVERSATION

14 GATES

68 S ON THE CLOCK



STAGE 1

箱根

from the start

STAGE 2 · CHECKPOINT

芦ノ湖

after 5 correct gates

STAGE 3

富士ライン

after 10 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 駅はどこですか？	Where is the station?	☐ ☐ ☐
2 これはいくらですか？	How much is this?	☐ ☐ ☐
3 切符を一枚ください	One ticket, please	☐ ☐ ☐
4 東京までお願いします	To Tokyo, please	☐ ☐ ☐
5 何時に出ますか？	What time does it leave?	☐ ☐ ☐
6 どの電車ですか？	Which train is it?	☐ ☐ ☐
7 乗り換えますか？	Do I need to change trains?	☐ ☐ ☐
8 ここで降ります	I'll get off here	☐ ☐ ☐
9 予約したいです	I would like to book	☐ ☐ ☐
10 二人です	There are two of us	☐ ☐ ☐
11 メニューをお願いします	The menu, please	☐ ☐ ☐
12 お会計をお願いします	The bill, please	☐ ☐ ☐
13 水をください	Water, please	☐ ☐ ☐
14 肉は食べません	I don't eat meat	☐ ☐ ☐
15 トイレはどこですか？	Where is the bathroom?	☐ ☐ ☐
16 もう一度お願いします	Once more, please	☐ ☐ ☐
17 英語を話しますか？	Do you speak English?	☐ ☐ ☐
18 道に迷いました	I'm lost	☐ ☐ ☐
19 どのくらいかかりますか？	How long does it take?	☐ ☐ ☐
20 カードは使えますか？	Can I use a card?	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 03, Osaka Reactions. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for the question word: どこ (where), いくら (how much), 何時 (what time), どの (which), どのくらい (how long). Katakana words like メニュー and カード sound close to English.

WATCH OUT FOR THESE PAIRS

- 駅はどこですか? (Where is the station?) and トイレはどこですか? (Where is the bathroom?)
- メニューをお願いします (The menu, please) and お会計をお願いします (The bill, please)
- 東京までお願いします (To Tokyo, please) and メニューをお願いします (The menu, please)
- 東京までお願いします (To Tokyo, please) and お会計をお願いします (The bill, please)

BEFORE YOU RACE

1. Find the katakana words and say them aloud. Which English words do they come from?
2. Find the question words and match them to the English.
3. Sort the phrases into station, restaurant and help.

AFTER YOU RACE

1. Which katakana word did you recognise first?
2. Which question word helped you most at speed?
3. Write a short dialogue at a ticket counter using four phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

YOKOHAMA DAILY

05

On the radio as 日本語 05. A daily routine in the present tense, plus ways to say what you think and to ask what someone is doing.

EVERYDAY PRESENT

14 GATES

66 S ON THE CLOCK



STAGE 1

みなとみらい

from the start

STAGE 2 · CHECKPOINT

山下公園

after 5 correct gates

STAGE 3

横浜ベイ

after 10 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 毎朝七時に起きます	I wake up at seven every morning	☐ ☐ ☐
2 学校に行きます	I go to school	☐ ☐ ☐
3 バスに乗ります	I take the bus	☐ ☐ ☐
4 日本語を勉強します	I study Japanese	☐ ☐ ☐
5 宿題をします	I do my homework	☐ ☐ ☐
6 家で食べます	I eat at home	☐ ☐ ☐
7 サッカーをします	I play football	☐ ☐ ☐
8 音楽を聞きます	I listen to music	☐ ☐ ☐
9 映画を見ます	I watch a movie	☐ ☐ ☐
10 本を読みます	I read a book	☐ ☐ ☐
11 友達と話します	I talk with friends	☐ ☐ ☐
12 コンビニに行きます	I go to the convenience store	☐ ☐ ☐
13 近くに住んでいます	I live nearby	☐ ☐ ☐
14 日本語を少し話します	I speak a little Japanese	☐ ☐ ☐
15 知りません	I don't know	☐ ☐ ☐
16 そう思います	I think so	☐ ☐ ☐
17 そう思いません	I don't think so	☐ ☐ ☐
18 何をしていますか？	What are you doing?	☐ ☐ ☐
19 どこに行きますか？	Where are you going?	☐ ☐ ☐
20 誰と行きますか？	Who are you going with?	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 04, Hakone Travel. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

The verb comes last in Japanese, so keep listening to the end: 行きます (go), 食べます (eat), 見ます (watch), 読みます (read).

WATCH OUT FOR THESE PAIRS

- そう思います (I think so) and そう思いません (I don't think so)
- 学校に行きます (I go to school) and コンビニに行きます (I go to the convenience store)
- 学校に行きます (I go to school) and どこに行きますか? (Where are you going?)
- コンビニに行きます (I go to the convenience store) and どこに行きますか? (Where are you going?)

BEFORE YOU RACE

1. Find the verb at the end of each phrase. How many different verbs are there?
2. Find the phrases that use を, に, で and と.
3. Which of these activities do you do every day?

AFTER YOU RACE

1. Did you have to wait for the verb at the end before you could choose a lane?
2. Which two phrases did you mix up?
3. Describe your morning using four phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

NARA MEMORIES

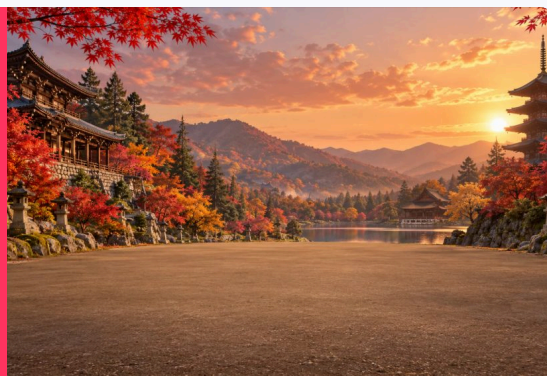
06

On the radio as 日本語 06. Talking about the past: what you did, lost and found, where you were, how it was and how you felt, plus sequencing words.

PAST EVENTS

15 GATES

66 S ON THE CLOCK



STAGE 1

奈良公園

from the start

STAGE 2 · CHECKPOINT

東大寺

after 5 correct gates

STAGE 3

紅葉ナイト

after 10 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 昨日勉強しました	Yesterday I studied	☐ ☐ ☐
2 食べました	I ate	☐ ☐ ☐
3 映画を見ました	I watched a movie	☐ ☐ ☐
4 音楽を聞きました	I listened to music	☐ ☐ ☐
5 これを買いました	I bought this	☐ ☐ ☐
6 携帯をなくしました	I lost my phone	☐ ☐ ☐
7 鍵を見つけました	I found the keys	☐ ☐ ☐
8 忘れました	I forgot	☐ ☐ ☐
9 学校に行きました	I went to school	☐ ☐ ☐
10 遅く着きました	I arrived late	☐ ☐ ☐
11 友達と出かけました	I went out with friends	☐ ☐ ☐
12 宿題をしました	I did my homework	☐ ☐ ☐
13 何をしましたか？	What did you do?	☐ ☐ ☐
14 どこにいましたか？	Where were you?	☐ ☐ ☐
15 楽しかったです	It was fun	☐ ☐ ☐
16 よくありませんでした	It wasn't good	☐ ☐ ☐
17 疲れていました	I was tired	☐ ☐ ☐
18 おなかがすいていました	I was hungry	☐ ☐ ☐
19 その前に...	Before that...	☐ ☐ ☐
20 その後で...	After that...	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 05, Yokohama Daily. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for -ました at the end: it means the action is finished. Compare each phrase with its Level 5 partner, which ends in -ます.

WATCH OUT FOR THESE PAIRS

- その前に... (Before that...) and その後で... (After that...)
- 楽しかったです (It was fun) and よくなかったです (It wasn't good)
- 映画を見ました (I watched a movie) and 鍵を見つけました (I found the keys)
- 宿題をしました (I did my homework) and 何をしましたか? (What did you do?)

BEFORE YOU RACE

1. Match five phrases here with their present partners in Level 5 (for example 宿題をします and 宿題をしました).
2. Find the phrases that describe a feeling rather than an action.
3. How could you use その前に... and その後で... to tell a story?

AFTER YOU RACE

1. Which past phrase took longest to recognise? Why?
2. Did -ます and -ました sound different enough at speed?
3. Tell what you did last weekend using five phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

SAPPORO TOMORROW

07

On the radio as 日本語 07. Plans, intentions, wishes and conditions: what you will do, intend to do, want to do and might do, and asking permission or advice.

PLANS & CONDITIONS

15 GATES

65 S ON THE CLOCK



STAGE 1

大通

from the start

STAGE 2 · CHECKPOINT

雪まつり

after 5 correct gates

STAGE 3

札幌スノー

after 10 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 明日町へ行きます	Tomorrow I'll go into town	☐ ☐ ☐
2 後で勉強します	I'll study later	☐ ☐ ☐
3 電話します	I'll call you	☐ ☐ ☐
4 また明日	See you tomorrow	☐ ☐ ☐
5 何をする予定ですか？	What are you planning to do?	☐ ☐ ☐
6 いつ着きますか？	When will you arrive?	☐ ☐ ☐
7 もうすぐ出ます	I'm about to leave	☐ ☐ ☐
8 行くつもりです	I intend to go	☐ ☐ ☐
9 行きたいです	I want to go	☐ ☐ ☐
10 やってみたいです	I would like to try it	☐ ☐ ☐
11 入ってもいいですか？	May I come in?	☐ ☐ ☐
12 待ったほうがいいですか？	Should I wait?	☐ ☐ ☐
13 できたら行きます	If I can, I'll go	☐ ☐ ☐
14 たぶん後で	Probably later	☐ ☐ ☐
15 よくわかりません	I don't really understand / I'm not sure	☐ ☐ ☐
16 教えてください	Please tell me	☐ ☐ ☐
17 そうだといいですね	I hope so	☐ ☐ ☐
18 どうなるでしょう	I wonder what will happen	☐ ☐ ☐
19 いいですね	That sounds good / That's nice	☐ ☐ ☐
20 家にいたいです	I want to stay home	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 06, Nara Memories. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Time words come first: 明日 (tomorrow), 後で (later), もうすぐ (soon). Then listen for the pattern at the end: -たい (want), つもり (intend), -てもいい (may I).

WATCH OUT FOR THESE PAIRS

- 明日町へ行きます (Tomorrow I'll go into town) and また明日 (See you tomorrow)
- 明日町へ行きます (Tomorrow I'll go into town) and 行きたいです (I want to go)
- 行きたいです (I want to go) and できたら行きます (If I can, I'll go)
- 後で勉強します (I'll study later) and たぶん後で (Probably later)

BEFORE YOU RACE

1. Find the phrases about wanting (-たい). How many are there?
2. Which phrases ask permission or advice?
3. Which Level 6 phrases used the same verbs in the past?

AFTER YOU RACE

1. Did you mix up 行きたいです and 行くつもりです?
2. Which "maybe" phrase (たぶん後で, よくわかりません, どうなのでしょう) was hardest?
3. Write a message to a friend making plans for tomorrow.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

KOBE PRECISION

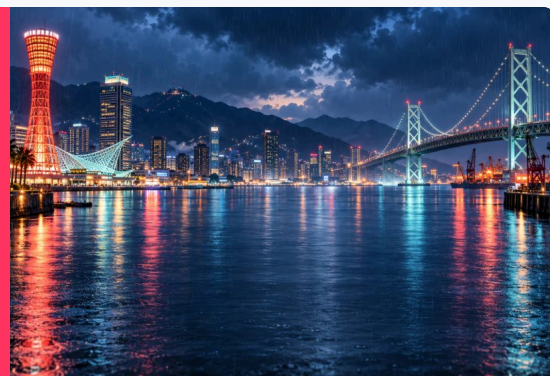
08

On the radio as 日本語 08. Precise requests and instructions with ください and しないでください, and particles that change the meaning of a short phrase.

PARTICLES & COMMANDS

16 GATES

64 S ON THE CLOCK



STAGE 1

神戸港

from the start

STAGE 2 · CHECKPOINT

六甲

after 6 correct gates

STAGE 3

レインライン

after 11 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 それをください	Please give me that	☐ ☐ ☐
2 これを見てください	Please look at this	☐ ☐ ☐
3 ここに置いてください	Please put it here	☐ ☐ ☐
4 駅で会いましょう	Let's meet at the station	☐ ☐ ☐
5 友達と行きます	I'll go with a friend	☐ ☐ ☐
6 日本へ行きます	I'm going to Japan	☐ ☐ ☐
7 電車で行きます	I'll go by train	☐ ☐ ☐
8 私にください	Please give it to me	☐ ☐ ☐
9 持ってきてください	Please bring it	☐ ☐ ☐
10 触らないでください	Please don't touch it	☐ ☐ ☐
11 待ってください	Please wait	☐ ☐ ☐
12 ついてきてください	Please follow me	☐ ☐ ☐
13 本当のことを言ってください	Please tell me the truth	☐ ☐ ☐
14 心配しないでください	Please don't worry	☐ ☐ ☐
15 忘れないでください	Please don't forget	☐ ☐ ☐
16 座ってください	Please sit down	☐ ☐ ☐
17 立ってください	Please stand up	☐ ☐ ☐
18 入らないでください	Please don't enter	☐ ☐ ☐
19 写真を撮ってもいいですか？	May I take a photo?	☐ ☐ ☐
20 手伝ってください	Please help me	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 07, Sapporo Tomorrow. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for ない just before ください: it turns “please do” into “please don’t”.

WATCH OUT FOR THESE PAIRS

- 座ってください (Please sit down) and 立ってください (Please stand up)
- 触らないでください (Please don’t touch it) and 入らないでください (Please don’t enter)
- 持ってきてください (Please bring it) and ついてきてください (Please follow me)
- 触らないでください (Please don’t touch it) and 心配しないでください (Please don’t worry)

BEFORE YOU RACE

1. Find all the “please don’t” phrases. What sound do they share?
2. Find the phrases with で, と, へ and に. What does each particle add?
3. Which phrases would a teacher say in class?

AFTER YOU RACE

1. Did a “please don’t” phrase catch you out?
2. Which particle phrase was hardest at speed?
3. Give a partner five instructions from this level and see if they follow them.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

OKINAWA NATURAL

09

On the radio as 日本語 09. Natural reactions and set expressions: agreeing, showing surprise, sympathy and encouragement, and saying how you feel about things.

NATURAL SPEECH

16 GATES

63 S ON THE CLOCK



STAGE 1

那覇

from the start

STAGE 2 · CHECKPOINT

青い海

after 6 correct gates

STAGE 3

沖縄サンセット

after 11 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 そうですね	That's right / Let me see	☐ ☐ ☐
2 なるほど	I see	☐ ☐ ☐
3 もちろん	Of course	☐ ☐ ☐
4 本当ですか？	Really?	☐ ☐ ☐
5 すごい！	Amazing!	☐ ☐ ☐
6 残念です	That's a shame	☐ ☐ ☐
7 よかった	That's good / What a relief	☐ ☐ ☐
8 大丈夫です	It's okay / I'm fine	☐ ☐ ☐
9 気にしないで	Don't worry about it	☐ ☐ ☐
10 しょうがない	It can't be helped	☐ ☐ ☐
11 たぶん	Probably / Maybe	☐ ☐ ☐
12 まさか！	No way!	☐ ☐ ☐
13 いいですね	Sounds good	☐ ☐ ☐
14 頑張って！	Do your best!	☐ ☐ ☐
15 お疲れさま	Good work	☐ ☐ ☐
16 久しぶり	Long time no see	☐ ☐ ☐
17 楽しみです	I'm looking forward to it	☐ ☐ ☐
18 どうしよう	What should I do?	☐ ☐ ☐
19 そんな感じです	Something like that	☐ ☐ ☐
20 まあまあです	So-so / Not bad	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 08, Kobe Precision. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Picture who you would say each one to, and when. A reaction is easier to recall when you can see the moment.

WATCH OUT FOR THESE PAIRS

- いいですね (Sounds good) and お疲れさま (Good work)

BEFORE YOU RACE

1. Which expressions would you use when a friend gets good news? Bad news?
2. Which expressions show that you are listening?
3. Find the expressions that need two English meanings.

AFTER YOU RACE

1. Which reaction will you use first in real life?
2. Did すごい! and まさか! , or 残念です and しょうがない, catch you out?
3. Write a short chat between two friends using five reactions.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

HOKKAIDO FINALE

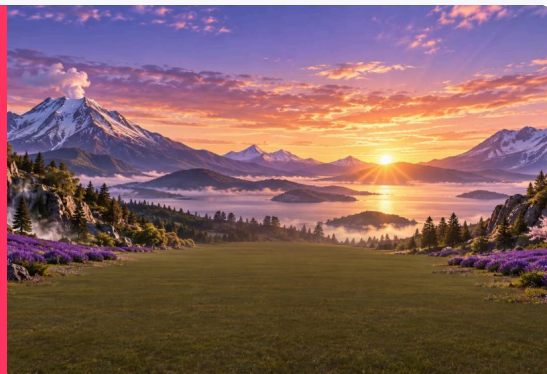
10

On the radio as 日本語 10. Complex sentences linking two ideas: conditions, contrast, time, regret, uncertainty and preference.

COMPLEX COMPREHENSION

18 GATES

65 S ON THE CLOCK



STAGE 1

美瑛

from the start

STAGE 2 · CHECKPOINT

大雪山

after 6 correct gates

STAGE 3

北海道フィナーレ

after 12 correct gates

WORD LIST

JAPANESE PROMPT	ENGLISH MEANING	GOT IT
1 雨が降っても行きます	Even if it rains, I'll go	☐ ☐ ☐
2 難しいけれど続けます	Although it's difficult, I'll continue	☐ ☐ ☐
3 始まる前に来てください	Please come before it starts	☐ ☐ ☐
4 終わったら電話してください	Please call when you've finished	☐ ☐ ☐
5 気が変わらないかぎり	Unless you change your mind	☐ ☐ ☐
6 時間があれば行きます	If I have time, I'll go	☐ ☐ ☐
7 知っていたら教えたのに	If I had known, I would have told you	☐ ☐ ☐
8 もっと勉強すればよかった	I should have studied more	☐ ☐ ☐
9 いろいろあったけれど	Although a lot happened	☐ ☐ ☐
10 私が知るかぎり	As far as I know	☐ ☐ ☐
11 私が理解したところでは	From what I understood	☐ ☐ ☐
12 ここにいるとは驚きです	I'm surprised you're here	☐ ☐ ☐
13 遅れるかもしれません	I may be late	☐ ☐ ☐
14 本当かどうかわかりません	I don't know whether it's true	☐ ☐ ☐
15 こちらのほうがいいと思います	I think this one is better	☐ ☐ ☐
16 来てくれたらうれしいです	I would be happy if you came	☐ ☐ ☐
17 着いたらすぐ連絡します	I'll contact you as soon as I arrive	☐ ☐ ☐
18 必要な場合に備えて	To be prepared in case it's needed...	☐ ☐ ☐
19 待つ代わりに始めましょう	Instead of waiting, let's start	☐ ☐ ☐
20 何があっても大丈夫です	Whatever happens, it'll be okay	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 09, Okinawa Natural. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

The linking part sits in the middle of the sentence. Listen for the part that joins the two ideas, then look for *although*, *before*, *if* or *instead of* on the tape.

BEFORE YOU RACE

1. Find the English linking words in the answers and look for the Japanese part that matches each one.
2. Which sentences talk about regret or something that did not happen?
3. Which three sentences look hardest? Why?

AFTER YOU RACE

1. Did you have to wait until the middle of the sentence to choose?
2. Which pair did you mix up?
3. Write two sentences about your own plans using "if" and "although".

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1

2

3

4

5

2

3

Q

1

1

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 01

SHANGHAI FOUNDATIONS 01

On the radio as 中文 01. Greetings, polite words, yes and no, and survival words and questions.

ESSENTIAL REFLEXES

12 GATES

66 S ON THE CLOCK



STAGE 1

外滩

from the start

STAGE 2 · CHECKPOINT

浦东

after 4 correct gates

STAGE 3

上海夜景

after 8 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 你好	Hello	☐ ☐ ☐
2 谢谢	Thank you	☐ ☐ ☐
3 请	Please	☐ ☐ ☐
4 再见	Goodbye	☐ ☐ ☐
5 早上好	Good morning	☐ ☐ ☐
6 晚上好	Good evening	☐ ☐ ☐
7 是的	Yes	☐ ☐ ☐
8 不是	No / It isn't	☐ ☐ ☐
9 对不起	Sorry	☐ ☐ ☐
10 请问	Excuse me / May I ask	☐ ☐ ☐
11 很高兴认识你	Nice to meet you	☐ ☐ ☐
12 我明白	I understand	☐ ☐ ☐
13 我不明白	I don't understand	☐ ☐ ☐
14 救命!	Help!	☐ ☐ ☐
15 没关系	It's okay / No problem	☐ ☐ ☐
16 哪里?	Where?	☐ ☐ ☐
17 什么?	What?	☐ ☐ ☐
18 水	Water	☐ ☐ ☐
19 食物	Food	☐ ☐ ☐
20 多少钱?	How much?	☐ ☐ ☐

This is the first level, so every gate uses these 20 words. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Look and listen for 不: it means not. 我明白 is I understand; 我不明白 is I don't.

WATCH OUT FOR THESE PAIRS

- 我明白 (I understand) and 我不明白 (I don't understand)
- 你好 (Hello) and 再见 (Goodbye)
- 早上好 (Good morning) and 晚上好 (Good evening)
- 是的 (Yes) and 不是 (No / It isn't)

BEFORE YOU RACE

1. Find the character 好 in three different phrases. What do those phrases have in common?
2. Find the two phrases that differ only by 不.
3. Which three words would you need most if you were lost?

AFTER YOU RACE

1. Which phrase did you recognise fastest by sound?
2. Did 早上好 and 晚上好 catch you out?
3. Write a short meeting between two people using five phrases.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 02

BEIJING VOCABULARY

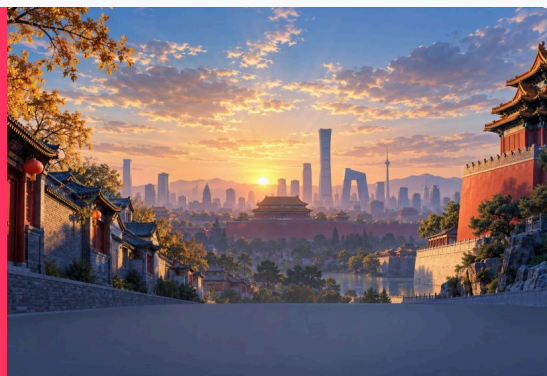
02

On the radio as 中文 02. Everyday nouns (people, places, objects, transport), time and place words, and adjectives in opposite pairs.

FAMILIAR WORDS

12 GATES

65 S ON THE CLOCK

**STAGE 1****胡同**

from the start

STAGE 2 · CHECKPOINT**皇城**

after 4 correct gates

STAGE 3**北京晨光**

after 8 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 朋友	Friend	☐ ☐ ☐
2 家	House / Home	☐ ☐ ☐
3 学校	School	☐ ☐ ☐
4 书	Book	☐ ☐ ☐
5 手机	Mobile phone	☐ ☐ ☐
6 汽车	Car	☐ ☐ ☐
7 火车	Train	☐ ☐ ☐
8 家人	Family members	☐ ☐ ☐
9 今天	Today	☐ ☐ ☐
10 明天	Tomorrow	☐ ☐ ☐
11 这里	Here	☐ ☐ ☐
12 那里	There	☐ ☐ ☐
13 大	Big	☐ ☐ ☐
14 小	Small	☐ ☐ ☐
15 快	Fast	☐ ☐ ☐
16 慢	Slow	☐ ☐ ☐
17 新	New	☐ ☐ ☐
18 旧	Old	☐ ☐ ☐
19 喜欢	Like	☐ ☐ ☐
20 不喜欢	Dislike	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 01, Shanghai Foundations. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Learn the opposites as pairs: 大/小, 快/慢, 新/旧. Then look for the character a pair shares: 今天/明天, 这里/那里, 汽车/火车.

WATCH OUT FOR THESE PAIRS

- 今天 (Today) and 明天 (Tomorrow)
- 这里 (Here) and 那里 (There)
- 大 (Big) and 小 (Small)
- 快 (Fast) and 慢 (Slow)

BEFORE YOU RACE

1. Find the shared character in 今天 and 明天, and in 汽车 and 火车.
2. Find the three pairs of opposite adjectives.
3. Which words are only one character long?

AFTER YOU RACE

1. Did you mix up 这里 and 那里, or 今天 and 明天?
2. Which single-character words were easiest to recognise by sound?
3. Describe your room using four words from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 03

CHENGDU REACTIONS

03

On the radio as 中文 03. Short reaction phrases: being, having and wanting (with negatives), asking permission, polite requests with 请, and how you feel.

SHORT PHRASE REFLEX

13 GATES

65 S ON THE CLOCK



STAGE 1

锦江

from the start

STAGE 2 · CHECKPOINT

春熙路

after 5 correct gates

STAGE 3

成都夜行

after 9 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 我是...	I am...	☐ ☐ ☐
2 我有...	I have...	☐ ☐ ☐
3 我想要...	I want...	☐ ☐ ☐
4 我不想要...	I don't want...	☐ ☐ ☐
5 我喜欢	I like it	☐ ☐ ☐
6 我不喜欢	I don't like it	☐ ☐ ☐
7 我可以吗?	May I?	☐ ☐ ☐
8 我们走吧	Let's go	☐ ☐ ☐
9 请等一下	Please wait	☐ ☐ ☐
10 请看	Please look	☐ ☐ ☐
11 请听	Please listen	☐ ☐ ☐
12 请说慢一点	Please speak slowly	☐ ☐ ☐
13 我饿了	I'm hungry	☐ ☐ ☐
14 我渴了	I'm thirsty	☐ ☐ ☐
15 我准备好了	I'm ready	☐ ☐ ☐
16 我累了	I'm tired	☐ ☐ ☐
17 太晚了	It's too late	☐ ☐ ☐
18 还早	It's still early	☐ ☐ ☐
19 现在几点?	What time is it?	☐ ☐ ☐
20 我不会	I don't know how	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 02, Beijing Vocabulary. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Most phrases start with 我, so wait for the next character. Listen for 不 (not) and 请 (please).

WATCH OUT FOR THESE PAIRS

- 我想要... (I want...) and 我不想要... (I don't want...)
- 我喜欢 (I like it) and 我不喜欢 (I don't like it)
- 我饿了 (I'm hungry) and 我渴了 (I'm thirsty)
- 太晚了 (It's too late) and 还早 (It's still early)

BEFORE YOU RACE

1. Find the phrases with 不. What does each mean without 不?
2. Find the phrases that start with 请.
3. Which phrases describe how you feel?

AFTER YOU RACE

1. Did 我饿了 and 我渴了 catch you out?
2. Which 请 request came most quickly?
3. Write four sentences about how you feel today.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 04

XI'AN TRAVEL

04

On the radio as 中文 04. Practical travel conversation: stations and tickets, restaurants and paying, toilets, asking for repetition and saying you are lost.

PRACTICAL CONVERSATION

14 GATES

68 S ON THE CLOCK



STAGE 1

城墙

from the start

STAGE 2 · CHECKPOINT

钟楼

after 5 correct gates

STAGE 3

长安暮色

after 10 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 火车站在哪儿?	Where is the train station?	☐ ☐ ☐
2 这个多少钱?	How much is this?	☐ ☐ ☐
3 我要一张票	I would like one ticket	☐ ☐ ☐
4 请到上海	To Shanghai, please	☐ ☐ ☐
5 几点出发?	What time does it leave?	☐ ☐ ☐
6 哪一班车?	Which train or bus?	☐ ☐ ☐
7 要换车吗?	Do I need to change?	☐ ☐ ☐
8 我在这里下车	I'll get off here	☐ ☐ ☐
9 我想预订	I would like to book	☐ ☐ ☐
10 两位	Two people / A party of two	☐ ☐ ☐
11 请给我菜单	The menu, please	☐ ☐ ☐
12 请结账	The bill, please	☐ ☐ ☐
13 请给我水	Water, please	☐ ☐ ☐
14 我不吃肉	I don't eat meat	☐ ☐ ☐
15 洗手间在哪儿?	Where is the bathroom?	☐ ☐ ☐
16 请再说一遍	Please say it again	☐ ☐ ☐
17 你会说英语吗?	Do you speak English?	☐ ☐ ☐
18 我迷路了	I'm lost	☐ ☐ ☐
19 要多长时间?	How long does it take?	☐ ☐ ☐
20 可以刷卡吗?	Can I pay by card?	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 03, Chengdu Reactions. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for 吗 at the end: it means a yes or no question. Then catch the question word: 哪儿, 几点, 多少.

WATCH OUT FOR THESE PAIRS

- 请给我菜单 (The menu, please) and 请给我水 (Water, please)
- 火车站在哪儿? (Where is the train station?) and 洗手间在哪儿? (Where is the bathroom?)
- 我要一张票 (I would like one ticket) and 要换车吗? (Do I need to change?)
- 我要一张票 (I would like one ticket) and 要多长时间? (How long does it take?)

BEFORE YOU RACE

1. Find the questions that end in 吗.
2. Find the question words and match them to the English.
3. Sort the phrases into station, restaurant and help.

AFTER YOU RACE

1. Which question word helped you most at speed?
2. Did 请给我菜单 and 请给我水 catch you out?
3. Write a dialogue at a ticket office using four phrases.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 05

HANGZHOU DAILY

05

On the radio as 中文 05. A daily routine in the present, plus ways to say what you think and to ask what someone is doing.

EVERYDAY PRESENT

14 GATES

66 S ON THE CLOCK

**STAGE 1****西湖**

from the start

STAGE 2 · CHECKPOINT**柳岸**

after 5 correct gates

STAGE 3**杭州春光**

after 10 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 我每天七点起床	I get up at seven every day	☐ ☐ ☐
2 我去学校	I go to school	☐ ☐ ☐
3 我坐公交车	I take the bus	☐ ☐ ☐
4 我学中文	I study Chinese	☐ ☐ ☐
5 我做作业	I do my homework	☐ ☐ ☐
6 我在家吃饭	I eat at home	☐ ☐ ☐
7 我踢足球	I play football	☐ ☐ ☐
8 我听音乐	I listen to music	☐ ☐ ☐
9 我看电影	I watch a movie	☐ ☐ ☐
10 我看书	I read a book	☐ ☐ ☐
11 我和朋友聊天	I chat with friends	☐ ☐ ☐
12 我去商店	I go to the shop	☐ ☐ ☐
13 我住在附近	I live nearby	☐ ☐ ☐
14 我会说一点中文	I speak a little Chinese	☐ ☐ ☐
15 我不知道	I don't know	☐ ☐ ☐
16 我觉得是	I think so	☐ ☐ ☐
17 我觉得不是	I don't think so	☐ ☐ ☐
18 你在做什么?	What are you doing?	☐ ☐ ☐
19 你去哪儿?	Where are you going?	☐ ☐ ☐
20 你和谁去?	Who are you going with?	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 04, Xi'an Travel. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Verbs never change form in Chinese, so focus on the object: 我看电影 and 我看书 share 看, and the object tells you movie or book.

WATCH OUT FOR THESE PAIRS

- 我觉得是 (I think so) and 我觉得不是 (I don't think so)
- 我学中文 (I study Chinese) and 我会说一点中文 (I speak a little Chinese)
- 我去学校 (I go to school) and 我去商店 (I go to the shop)
- 我去学校 (I go to school) and 你去哪儿? (Where are you going?)

BEFORE YOU RACE

1. Find the two phrases that use 看. What is different?
2. Find the questions. Which question word does each use?
3. Order the routine phrases as they happen in your own day.

AFTER YOU RACE

1. Did 我看电影 and 我看书 catch you out?
2. Which phrase came most quickly by sound?
3. Describe your afternoon with four phrases from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 06

GUILIN MEMORIES

06

On the radio as 中文 06. Talking about the past: what you did, lost and found, where you went, how things went and how you felt, plus sequencing words.

PAST EVENTS

15 GATES

66 S ON THE CLOCK



STAGE 1

漓江

from the start

STAGE 2 · CHECKPOINT

阳朔

after 5 correct gates

STAGE 3

桂林云雾

after 10 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 昨天我学习了	Yesterday I studied	☐ ☐ ☐
2 我吃饭了	I ate	☐ ☐ ☐
3 我看了电影	I watched a movie	☐ ☐ ☐
4 我听到了声音	I heard a sound	☐ ☐ ☐
5 我买了这个	I bought this	☐ ☐ ☐
6 手机丢了	My phone is lost	☐ ☐ ☐
7 我找到钥匙了	I found the keys	☐ ☐ ☐
8 我忘了	I forgot	☐ ☐ ☐
9 我去了学校	I went to school	☐ ☐ ☐
10 我迟到了	I arrived late	☐ ☐ ☐
11 我跟朋友出去了	I went out with friends	☐ ☐ ☐
12 我做了作业	I did my homework	☐ ☐ ☐
13 你做了什么?	What did you do?	☐ ☐ ☐
14 你去哪儿了?	Where did you go?	☐ ☐ ☐
15 我玩得很开心	I had a great time	☐ ☐ ☐
16 当时不太顺利	It wasn't going very smoothly then	☐ ☐ ☐
17 当时我很累	I was tired then	☐ ☐ ☐
18 当时我很饿	I was hungry then	☐ ☐ ☐
19 以前...	Before / In the past...	☐ ☐ ☐
20 后来...	Later / Afterwards...	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 05, Hangzhou Daily. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for 了: it often means the action is done. Compare each phrase with its Level 5 partner.

WATCH OUT FOR THESE PAIRS

- 以前... (Before / In the past...) and 后来... (Later / Afterwards...)
- 当时我很累 (I was tired then) and 当时我很饿 (I was hungry then)
- 我听到了声音 (I heard a sound) and 我迟到了 (I arrived late)
- 我去了学校 (I went to school) and 我跟朋友出去了 (I went out with friends)

BEFORE YOU RACE

1. Match five phrases with their present partners in Level 5.
2. Find the phrases that use 当时. What does it add?
3. How could you use 以前... and 后来... to tell a story?

AFTER YOU RACE

1. Did 了 help you recognise past actions?
2. Which pair did you mix up?
3. Tell what you did yesterday using five phrases.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 07

GUANGZHOU TOMORROW 07

On the radio as 中文 07. Plans, intentions, wishes and conditions: what you will do, intend to do, want to do and might do, and asking permission or advice.

PLANS & CONDITIONS

15 GATES

65 S ON THE CLOCK



STAGE 1

珠江

from the start

STAGE 2 · CHECKPOINT

花城

after 5 correct gates

STAGE 3

广州未来

after 10 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 明天我去市中心	Tomorrow I'll go downtown	☐ ☐ ☐
2 我晚点学习	I'll study later	☐ ☐ ☐
3 我会给你打电话	I'll call you	☐ ☐ ☐
4 明天见	See you tomorrow	☐ ☐ ☐
5 你打算做什么?	What are you planning to do?	☐ ☐ ☐
6 你什么时候到?	When will you arrive?	☐ ☐ ☐
7 我马上出发	I'm about to leave	☐ ☐ ☐
8 我打算去	I intend to go	☐ ☐ ☐
9 我想去	I want to go	☐ ☐ ☐
10 我想试试	I would like to try	☐ ☐ ☐
11 我可以进去吗?	May I come in?	☐ ☐ ☐
12 我应该等吗?	Should I wait?	☐ ☐ ☐
13 如果可以, 我就去	If I can, I'll go	☐ ☐ ☐
14 也许晚点	Maybe later	☐ ☐ ☐
15 我不太确定	I'm not sure	☐ ☐ ☐
16 告诉我	Let me know	☐ ☐ ☐
17 希望如此	I hope so	☐ ☐ ☐
18 到时候再看	We'll see	☐ ☐ ☐
19 那会很好	That would be nice	☐ ☐ ☐
20 我宁愿留下	I would rather stay	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 06, Guilin Memories. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Catch the helper word after 我: 会, 打算, 想, 应该 or 可以. It tells you whether the speaker will, intends, wants, should or may.

WATCH OUT FOR THESE PAIRS

- 明天我去市中心 (Tomorrow I'll go downtown) and 明天见 (See you tomorrow)
- 你打算做什么? (What are you planning to do?) and 我打算去 (I intend to go)
- 我晚点学习 (I'll study later) and 也许晚点 (Maybe later)
- 我想去 (I want to go) and 我想试试 (I would like to try)

BEFORE YOU RACE

1. Find the helper words 会, 打算, 想 and 应该.
2. Which phrases are questions about someone else's plans?
3. Find the phrase with 如果. What does it mean?

AFTER YOU RACE

1. Did 我打算去 and 我想去 catch you out?
2. Which "maybe" phrase was hardest?
3. Write a message making plans for tomorrow.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

SUZHOU PRECISION

08

On the radio as 中文 08. Short, precise phrases with pronouns and quantities, and direct commands and prohibitions.

PRONOUNS & COMMANDS

16 GATES

64 S ON THE CLOCK



STAGE 1

古城

from the start

STAGE 2 · CHECKPOINT

园林

after 6 correct gates

STAGE 3

苏州蓝调

after 11 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 我明白了	I understand now	☐ ☐ ☐
2 我不认识她	I don't know her	☐ ☐ ☐
3 我看见他们了	I saw them	☐ ☐ ☐
4 我有	I have it	☐ ☐ ☐
5 我没有	I don't have it	☐ ☐ ☐
6 你能给我吗?	Can you give it to me?	☐ ☐ ☐
7 我以后告诉你	I'll tell you later	☐ ☐ ☐
8 我不相信	I don't believe it	☐ ☐ ☐
9 我来处理	I'll take care of it	☐ ☐ ☐
10 我要两个	I want two	☐ ☐ ☐
11 我一个也没有	I don't have any	☐ ☐ ☐
12 你需要帮忙吗?	Do you need help?	☐ ☐ ☐
13 我告诉他了	I told him	☐ ☐ ☐
14 拿给我	Bring it to me	☐ ☐ ☐
15 别碰	Don't touch it	☐ ☐ ☐
16 等我	Wait for me	☐ ☐ ☐
17 跟我来	Follow me	☐ ☐ ☐
18 告诉我真相	Tell me the truth	☐ ☐ ☐
19 别烦我	Leave me alone	☐ ☐ ☐
20 相信我	Trust me	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 07, Guangzhou Tomorrow. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Listen for 别 (don't) and 没 (not, used with 有). Commands are short, so every character counts.

WATCH OUT FOR THESE PAIRS

- 我有 (I have it) and 我没有 (I don't have it)
- 我没有 (I don't have it) and 我一个也没有 (I don't have any)
- 你能给我吗? (Can you give it to me?) and 拿给我 (Bring it to me)
- 我不相信 (I don't believe it) and 相信我 (Trust me)

BEFORE YOU RACE

1. Find the phrases that start with 别.
2. Find 我有 and 我没有. What makes the difference?
3. Which phrases would you say to a friend who needs help?

AFTER YOU RACE

1. Which short command was hardest to catch?
2. Did 我有 and 我没有 catch you out?
3. Give a partner five commands from this level.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 09

ZHANGJIAJIE NATURAL

09

On the radio as 中文 09. Natural reactions and set expressions: encouraging, agreeing, disagreeing, sympathising and commenting.

NATURAL SPEECH

16 GATES

63 S ON THE CLOCK

**STAGE 1****天门**

from the start

STAGE 2 · CHECKPOINT**云峰**

after 6 correct gates

STAGE 3**张家界迷雾**

after 11 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 我能行	I can do it	☐ ☐ ☐
2 我不行了	I can't keep going	☐ ☐ ☐
3 还可以	It's okay / Not bad	☐ ☐ ☐
4 没关系	It doesn't matter	☐ ☐ ☐
5 算了	Forget it / Never mind	☐ ☐ ☐
6 要是能就好了	If only that were possible	☐ ☐ ☐
7 别客气	You're welcome	☐ ☐ ☐
8 加油!	Come on! / You can do it!	☐ ☐ ☐
9 够了!	Enough!	☐ ☐ ☐
10 还好	Fortunately / Not too bad	☐ ☐ ☐
11 真可惜	What a shame	☐ ☐ ☐
12 你说得对	You're right	☐ ☐ ☐
13 我不同意	I disagree	☐ ☐ ☐
14 值得	It's worth it	☐ ☐ ☐
15 等不及了	I can't wait	☐ ☐ ☐
16 我看...	I think / It seems...	☐ ☐ ☐
17 看来...	Apparently / It seems...	☐ ☐ ☐
18 祝你好运	Good luck	☐ ☐ ☐
19 太酷了!	That's so cool!	☐ ☐ ☐
20 真无聊!	How boring!	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 08, Suzhou Precision. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Picture the moment you would say each expression. Watch 我看... and 看来...: both use 看 but they mean different things.

WATCH OUT FOR THESE PAIRS

- 你说得对 (You're right) and 我不同意 (I disagree)
- 我能行 (I can do it) and 加油! (Come on! / You can do it!)
- 还可以 (It's okay / Not bad) and 还好 (Fortunately / Not too bad)
- 真可惜 (What a shame) and 真无聊! (How boring!)

BEFORE YOU RACE

1. Which expressions would you say before a race? After losing?
2. Find the pairs of opposite reactions.
3. Which expressions use 看 to mean "think" or "seem"?

AFTER YOU RACE

1. Which expression will you use first?
2. Did 算了 and 没关系 catch you out?
3. Write a group chat using five expressions.

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART



CHINESE · LEVEL 10

GREAT WALL FINALE

10

On the radio as 中文 10. Complex sentences linking two ideas: condition, contrast, time, regret, opinion and doubt.

COMPLEX COMPREHENSION

18 GATES

65 S ON THE CLOCK



STAGE 1

长城

from the start

STAGE 2 · CHECKPOINT

山海之间

after 6 correct gates

STAGE 3

中国终极赛

after 12 correct gates

WORD LIST

CHINESE PROMPT	ENGLISH MEANING	GOT IT
1 即使下雨，我也出去	Even if it rains, I'm going out	☐ ☐ ☐
2 虽然很难，但是我会继续	Although it's difficult, I'll continue	☐ ☐ ☐
3 在开始之前来吧	Come before it starts	☐ ☐ ☐
4 等你做完以后	After you have finished	☐ ☐ ☐
5 除非你改变主意	Unless you change your mind	☐ ☐ ☐
6 只要你来	As long as you come	☐ ☐ ☐
7 如果我早知道	If I had known	☐ ☐ ☐
8 我本来应该学习	I should have studied	☐ ☐ ☐
9 尽管如此	Despite that	☐ ☐ ☐
10 据我所知	As far as I know	☐ ☐ ☐
11 根据我的理解	From what I understand	☐ ☐ ☐
12 你在这里让我很惊讶	I'm surprised you're here	☐ ☐ ☐
13 他可能会迟到	He may arrive late	☐ ☐ ☐
14 我对这件事的真实性有怀疑	I doubt that it's true	☐ ☐ ☐
15 我觉得这样更好	I think this way is better	☐ ☐ ☐
16 我希望你能来	I hope you can come	☐ ☐ ☐
17 我一到就联系你	I'll contact you as soon as I arrive	☐ ☐ ☐
18 以防需要	In case it is needed	☐ ☐ ☐
19 与其等，不如开始	Instead of waiting, let's start	☐ ☐ ☐
20 无论如何都会没事的	Whatever happens, it'll be okay	☐ ☐ ☐

Review lap: about one gate in five in this race brings back a word from Level 09, Zhangjiajie Natural. Revisit that list too. Tick a box each time you get a word right without hesitating.

DRIVING TIP

Catch the first linking word: 即使, 虽然, 除非, 只要, 如果. It tells you which English linking word to look for on the gate.

WATCH OUT FOR THESE PAIRS

- 据我所知 (As far as I know) and 根据我的理解 (From what I understand)
- 在开始之前来吧 (Come before it starts) and 你在这里让我很惊讶 (I'm surprised you're here)

BEFORE YOU RACE

1. Find the English linking words in the answers and match each with its Chinese opener.
2. Which sentences talk about regret?
3. Which linking words come in two parts?

AFTER YOU RACE

1. Did the first linking word help you pick a lane?
2. Which pair did you mix up?
3. Write two sentences about your plans using 虽然...但是... and 如果....

QUICK SELF-TEST

Cover the English column of the word list. Say the meaning of each prompt aloud. Circle the number of any prompt you could not answer within two seconds, then race again and listen for those.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

MY RACES

RACE	GRADE	ACCURACY	BEST STREAK	ROUTE AT CHECKPOINT	WORDS IN MY PIT STOP REVIEW
1					
2					
3					

MY NOTES: WORDS TO REMEMBER, SOUNDS, WAYS TO TELL PAIRS APART

MY BEST RACES

Fill in a row whenever you beat your best grade on a level. Record the grade letter, accuracy and best streak from the results card.



ITALIAN

LEVEL	NAME	GATES	BEST GRADE	ACCURACY	BEST STREAK	DATE
01	Riviera Foundations	12				
02	Tuscany Warm-Up	12				
03	Milano Reactions	13				
04	Roma Notturna	14				
05	Bologna After School	14				
06	Venezia Memories	15				
07	Amalfi Tomorrow	15				
08	Napoli Compressa	16				
09	Torino Idiomatico	16				
10	Dolomiti Finale	18				



JAPANESE

LEVEL	NAME	GATES	BEST GRADE	ACCURACY	BEST STREAK	DATE
01	Tokyo Foundations	12				
02	Kyoto Vocabulary	12				
03	Osaka Reactions	13				
04	Hakone Travel	14				
05	Yokohama Daily	14				
06	Nara Memories	15				
07	Sapporo Tomorrow	15				
08	Kobe Precision	16				
09	Okinawa Natural	16				
10	Hokkaido Finale	18				

CHINESE

LEVEL	NAME	GATES	BEST GRADE	ACCURACY	BEST STREAK	DATE
01	Shanghai Foundations	12				
02	Beijing Vocabulary	12				
03	Chengdu Reactions	13				
04	Xi'an Travel	14				
05	Hangzhou Daily	14				
06	Guilin Memories	15				
07	Guangzhou Tomorrow	15				
08	Suzhou Precision	16				
09	Zhangjiajie Natural	16				
10	Great Wall Finale	18				

GLOSSARY OF GAME TERMS

ACCURACY

Correct gates divided by all the gates you answered in a race, shown as a percentage on the results card.

BEST STREAK

Your longest run of correct gates in a row during one race.

CHECKPOINT

The start of stage 2. The route adapts here: Expert Route or Scenic Review.

CLOCK

The countdown at the top of the screen. Correct gates add time, wrong gates take time away, and the race ends if it reaches zero.

COLLISION

Driving into another car. It costs 100 points and slows you down, but takes no time off the clock.

DISTRACTOR

A wrong option on a gate. Distractors are the English meanings of other words from the same level.

EXPERT ROUTE

The faster route with more traffic and 3 bonus seconds, unlocked at the checkpoint by strong accuracy and a streak of at least 3.

FLOW MULTIPLIER

The number at the top right ($\times 1.1$, $\times 1.2$...). It grows with your streak and multiplies the points for each correct gate.

GATE

The structure across the road with three lanes, A, B and C, each carrying an English meaning.

GATE TARGET

How many correct gates you need to finish a level: from 12 on the first levels up to 18 on the finales.

GRADE

The letter on the results card: S, A, B or C for a finished race, or a dash for Time up.

MISSION

The one-line goal on the mission screen before each race.

PIT STOP REVIEW

The line on the results card listing up to three words you missed, with their meanings.

PROMPT

The word or phrase in your target language, played as a recording and shown on the radio banner.

RADIO BANNER

The bar at the top of the race screen that shows the current prompt and the  replay button.

REPLAY

Hearing the current prompt again with R or . Also: racing a level again with Race again.

REVIEW LAP

From Level 2 on, about one gate in five uses a word from the previous level.

SCENIC REVIEW

The slower route with less traffic and 5 bonus seconds, taken at the checkpoint when accuracy or streak is lower.

STAGE

One of the three named parts of each race. Each level's stage names appear on its page in this guide.

STREAK

Correct gates in a row. A wrong gate resets it to zero.

WORDS CLEARED

The number of correct gates in a race, shown on the results card.