EUROPEAN LANGUAGE PORTFOLIO · UNAH ADAPTATION · CEFR A1

My Language Passport

English I · English II · English III

Universidad Nacional Autónoma de Honduras · Facultad de Humanidades y Artes
Departamento de Lenguas Extranjeras · Sección de Inglés



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My profile

Write only your name and your career. Do not write your student ID number, your ID card number or any private data.

Full name

Career (as in the UNAH Oferta Académica)

Faculty

Academic period

Why is English important for my career?

How to use it

1. Read each «I can…» statement and think of a real situation from your studies or your career.
2. Mark your level: Not yet · With help (dictionary, model, translator or help from the other person) · On my own (alone, in a real situation, without AI).
3. Write the link that proves it: your forum post, YouTube video, Canva design, H5P result or SofIA chat.
4. Update it after every unit. The web version (english-unah site → My Language Passport) saves your answers in your browser.

Part 1 · Passport · My languages

Every language you know is part of your repertoire: Spanish, English, Garífuna, Miskitu, the English of the Bay Islands, French, sign language... Choose your CEFR level to understand, speak, read and write.

Language	Where / how I learned it	Understand	Speak	Read	Write
Spanish	First language	First language	First language	First language	First language
English	UNAH, English I-III				

My A1 profile

At the end of each course, write the number of statements you marked «On my own» in each skill (e.g. 5/7).

Skill	A1.1 · English I	A1.2 · English II	A1.3 · English III
Listening	/ 7	/ 4	/ 5
Reading	/ 5	/ 5	/ 5
Spoken interaction	/ 7	/ 6	/ 5
Spoken production	/ 6	/ 5	/ 4
Writing	/ 3	/ 3	/ 4
Online interaction	/ 1	/ 1	/ 1
Mediation	/ 1	/ 2	/ 3
Language	/ 3	/ 2	/ 3
Plurilingual and intercultural	/ 2	/ 3	/ 2
Learning to learn	/ 2	/ 2	/ 2

IN-101 INGLÉS I · CEFR A1.1

English I · A1.1

The present: who I am, what I am like, my family, my likes and my daily routine.

Listening

		Not yet	With help	On my own
I01	I can recognize English words that I already know from Spanish or other languages (cognates such as university, hospital, technology). Lessons: L1	☐	☐	☐
	Evidence link			
I02	I can understand simple classroom and tutorial instructions (Open the link, Listen and repeat, Work in pairs). Lessons: L1	☐	☐	☐
	Evidence link			
I03	I can understand greetings and «How are you?» when people speak slowly. Lessons: L2	☐	☐	☐
	Evidence link			
I04	I can understand simple questions about me: my name, age, city and major. Lessons: L3 · L4	☐	☐	☐
	Evidence link			
I05	I can understand numbers from 0 to 100, times, days, months and dates when people speak slowly and clearly. Lessons: L4 · L11	☐	☐	☐
	Evidence link			
I06	I can understand classmates when they introduce themselves: name, city and career. Lessons: L3	☐	☐	☐
	Evidence link			
I07	I can understand short, slow descriptions of people and families. Lessons: L6 · L7	☐	☐	☐
	Evidence link			

Reading

		Not yet	With help	On my own
I08	I can understand very short, simple texts (forum posts, profile cards) one sentence at a time, and read them again if necessary. Lessons: L3 · L6	☐	☐	☐
	Evidence link			
I09	I can understand a simple registration form well enough to write my name, date of birth, nationality and email. Lessons: L4	☐	☐	☐
	Evidence link			
I10	I can understand short welcome messages, greetings and polite notes. Lessons: L2 · L5	☐	☐	☐
	Evidence link			

I11	I can read a simple weekly schedule: days, times and activities. Lessons: L11	☐	☐	☐
		Evidence link		
I12	I can recognize key words of my career in the course titles of a study plan in English. ★ Lessons: L1 · L12	☐	☐	☐
		Evidence link		

Spoken interaction

		Not yet	With help	On my own
I13	I can greet people and say goodbye in a formal or informal way. Lessons: L2	☐	☐	☐
		Evidence link		
I14	I can ask people how they are and say how I feel (fine, tired, busy, nervous). Lessons: L2	☐	☐	☐
		Evidence link		
I15	I can introduce myself and introduce another person. Lessons: L3	☐	☐	☐
		Evidence link		
I16	I can ask and answer questions about name, age, city and major. Lessons: L4	☐	☐	☐
		Evidence link		
I17	I can use please, thank you, excuse me and sorry, and ask politely with «Can I...?». Lessons: L5	☐	☐	☐
		Evidence link		
I18	I can say that I don't understand and ask the person to repeat, to speak more slowly or to spell a word. Lessons: L1	☐	☐	☐
		Evidence link		
I19	I can ask and answer about likes and dislikes with «Do you like...?». Lessons: L8	☐	☐	☐
		Evidence link		

Spoken production

		Not yet	With help	On my own
I20	I can say who I am with «I am...»: name, career and university. Lessons: L1 · L3	☐	☐	☐
		Evidence link		
I21	I can describe a person's appearance and personality with simple adjectives. Lessons: L6	☐	☐	☐
		Evidence link		

I22	I can talk about my family or the people important to me. Lessons: L7	☐	☐	☐
		Evidence link		
I23	I can compare two people, places or things. Lessons: L9	☐	☐	☐
		Evidence link		
I24	I can describe my daily and household activities. Lessons: L10	☐	☐	☐
		Evidence link		
I25	I can present my typical day in order for about 2 minutes, if I prepare first. Lessons: L12	☐	☐	☐
		Evidence link		

Writing

		Not yet	With help	On my own
I26	I can write my personal details on a form, with fictitious data and the date in English. Lessons: L4	☐	☐	☐
		Evidence link		
I27	I can write simple sentences about me, my family and my likes, joined with and and but. Lessons: L3 · L7 · L8	☐	☐	☐
		Evidence link		
I28	I can write my weekly schedule with times and frequency adverbs. Lessons: L11	☐	☐	☐
		Evidence link		

Online interaction

		Not yet	With help	On my own
I29	I can post a short message in a forum and reply to classmates with a question or a comment. Lessons: L1 · L2 · L3	☐	☐	☐
		Evidence link		

Mediation

		Not yet	With help	On my own
I30	I can pass on simple information (names, numbers, times) from a short text or conversation to a classmate. Lessons: L4 · L11	☐	☐	☐
		Evidence link		

Language

		Not yet	With help	On my own
I31	I can spell my name and an email address aloud (the alphabet, at, dot). Lessons: L1 · L4	☐	☐	☐
		Evidence link		
I32	I can use capital letters (names, nationalities, days, I), full stops and question marks. Lessons: L3	☐	☐	☐
		Evidence link		

I33	I can pronounce the words I learn so that a patient listener understands me (I'm, he's, she works). Lessons: L3 · L11	☐	☐	☐
		Evidence link		

Plurilingual and intercultural

		Not yet	With help	On my own
I34	I can compare a sentence in English and in Spanish and explain one difference (I am 19 / Tengo 19 años). Lessons: L1 · L4	☐	☐	☐
		Evidence link		
I35	I can compare, with respect, a greeting or polite custom in the U.S. and in Honduras. Lessons: L2 · L5	☐	☐	☐
		Evidence link		

Learning to learn

		Not yet	With help	On my own
I36	I can start my career glossary and my career program in English and add to them in every lesson. ★ Lessons: L1 · L12	☐	☐	☐
		Evidence link		
I37	I can use SofIA to create my own flashcards or mini-lesson and check them myself, without asking AI to do graded work. ★ Lessons: L1	☐	☐	☐
		Evidence link		

My reflection · English I

What did I learn in this course?

How did I learn it? (activities, sources, SofIA, classmates)

What will I practise on my own before the next course?

IN-102 INGLÉS II · CEFR A1.2

English II · A1.2

Space and quantity: where things are, how to get there, where to stay and how much it costs.

Listening

		Not yet	With help	On my own
II01	I can understand when someone tells me where something is or which way to go. Lessons: L1 · L2	☐	☐	☐
		Evidence link		
II02	I can understand numbers, prices and times in a clear announcement at a station, an airport or a store. Lessons: L2 · L12	☐	☐	☐
		Evidence link		
II03	I can understand a short conversation with a salesperson or a hotel receptionist. Lessons: L9 · L12	☐	☐	☐
		Evidence link		
II04	I can pick out places and times in a short video about a city. Lessons: L4 · L5	☐	☐	☐
		Evidence link		

Reading

		Not yet	With help	On my own
II05	I can understand everyday signs and rules (Exit, No entry, Mind the gap, No smoking). Lessons: L3	☐	☐	☐
		Evidence link		
II06	I can find the place, date, time and price on posters, flyers and event web pages. Lessons: L5	☐	☐	☐
		Evidence link		
II07	I can follow short written directions or a simple map. Lessons: L2	☐	☐	☐
		Evidence link		
II08	I can understand basic information about a hotel, hostel or rental, especially with pictures. Lessons: L8 · L9	☐	☐	☐
		Evidence link		
II09	I can understand short product descriptions: size, material and price. Lessons: L10 · L11	☐	☐	☐
		Evidence link		

Spoken interaction

		Not yet	With help	On my own
II10	I can ask for and give simple directions and talk about transport. Lessons: L2	☐	☐	☐
		Evidence link		

II11	I can make suggestions and agree on a plan (Let's… / Why don't we…?). Lessons: L5	☐	☐	☐
		Evidence link		
II12	I can book a room and make polite requests (Could I…? Can I have…?). Lessons: L9	☐	☐	☐
		Evidence link		
II13	I can ask about prices and quantities and buy things in a store or market. Lessons: L12	☐	☐	☐
		Evidence link		
II14	I can ask about and say the size and colour of clothes. Lessons: L10	☐	☐	☐
		Evidence link		
II15	I can say the day, the date and the time, and arrange when to meet. Lessons: L5	☐	☐	☐
		Evidence link		

Spoken production

		Not yet	With help	On my own
II16	I can say where places are with there is / there are and prepositions of place. Lessons: L1	☐	☐	☐
		Evidence link		
II17	I can describe and compare cities. Lessons: L4	☐	☐	☐
		Evidence link		
II18	I can describe what people are doing in a photo of a public place. Lessons: L6	☐	☐	☐
		Evidence link		
II19	I can describe my home or my study space. Lessons: L7	☐	☐	☐
		Evidence link		
II20	I can explain why I choose one product. Lessons: L11	☐	☐	☐
		Evidence link		

Writing

		Not yet	With help	On my own
II21	I can write a short note or message saying where and when to meet. Lessons: L5	☐	☐	☐
		Evidence link		

II22	I can write a short description of my city or my home. Lessons: L4 · L7	☐	☐	☐
		Evidence link		
II23	I can fill in a booking form with fictitious data. Lessons: L9	☐	☐	☐
		Evidence link		

Online interaction

		Not yet	With help	On my own
II24	I can make choices in a simple online booking or purchase form (dates, size, colour), using fictitious data. Lessons: L8 · L9 · L11	☐	☐	☐
		Evidence link		

Mediation

		Not yet	With help	On my own
II25	I can explain a sign or a rule to someone in simple words. Lessons: L3	☐	☐	☐
		Evidence link		
II26	I can pass on prices, times and places from a text or an announcement. Lessons: L2 · L12	☐	☐	☐
		Evidence link		

Language

		Not yet	With help	On my own
II27	I can say big numbers, prices in pounds and dates clearly. Lessons: L5 · L12	☐	☐	☐
		Evidence link		
II28	I can pronounce can and can't so that the listener hears the difference. Lessons: L3	☐	☐	☐
		Evidence link		

Plurilingual and intercultural

		Not yet	With help	On my own
II29	I can notice British and American words (flat / apartment, lift / elevator) and different units and date formats. Lessons: L1 · L7 · L10	☐	☐	☐
		Evidence link		
II30	I can compare, with respect, life in public spaces in the United Kingdom and in Honduras. Lessons: L6	☐	☐	☐
		Evidence link		
II31	I can use words that are similar in several languages (airport / aeropuerto / aéroport) to understand signs. Lessons: L3	☐	☐	☐
		Evidence link		

Learning to learn

		Not yet	With help	On my own
II32	I can find a reliable page inside an official site and complete my Source card. ★ Lessons: L1 · L5 · L8	☐	☐	☐
	Evidence link			
II33	I can add the places, objects and tools of my field to my career glossary. ★ Lessons: L1 · L7 · L11	☐	☐	☐
	Evidence link			

My reflection · English II

What did I learn in this course?

How did I learn it? (activities, sources, SofIA, classmates)

What will I practise on my own before the next course?

IN-103 INGLÉS III · CEFR A1.3

English III · A1.3

Time, past and future: food, health, trips, plans, my CV and a first interview.

Listening

		Not yet	With help	On my own
III01	I can understand everyday expressions to offer, accept, refuse and thank (at a restaurant or a café). Lessons: L2	☐	☐	☐
III02	I can understand simple questions from a receptionist, a doctor or a nurse. Lessons: L4 · L5	☐	☐	☐
III03	I can understand simple cooking or medical instructions. Lessons: L3 · L6	☐	☐	☐
III04	I can understand simple interview questions about my studies, skills and goals. Lessons: L12	☐	☐	☐
III05	I can pick out concrete information in a short video about travel or my career when the images help. Lessons: L7 · L9	☐	☐	☐

Evidence link

Reading

		Not yet	With help	On my own
III06	I can understand a menu with pictures and prices. Lessons: L1	☐	☐	☐
III07	I can follow the steps of a simple recipe. Lessons: L3	☐	☐	☐
III08	I can understand the instructions on a medicine label (twice a day, after meals). Lessons: L6	☐	☐	☐
III09	I can understand short travel texts, postcards and travel logs. Lessons: L7 · L8	☐	☐	☐
III10	I can get the main idea of a simple job ad or program description related to my career. ★ Lessons: L11	☐	☐	☐

Evidence link

Spoken interaction

		Not yet	With help	On my own
III11	I can order food and drinks and book a table politely. Lessons: L2	☐	☐	☐
		Evidence link		
III12	I can make an appointment by phone: day, time and reason. Lessons: L4	☐	☐	☐
		Evidence link		
III13	I can describe common symptoms and ask for or give simple advice. Lessons: L5	☐	☐	☐
		Evidence link		
III14	I can ask and answer questions about a past trip (Did you…?). Lessons: L8	☐	☐	☐
		Evidence link		
III15	I can answer simple job interview questions. Lessons: L12	☐	☐	☐
		Evidence link		

Spoken production

		Not yet	With help	On my own
III16	I can explain a simple recipe step by step. Lessons: L3	☐	☐	☐
		Evidence link		
III17	I can tell a short travel story and say how I felt. Lessons: L9	☐	☐	☐
		Evidence link		
III18	I can talk about my plans and goals with going to and will. Lessons: L10	☐	☐	☐
		Evidence link		
III19	I can say with simple words how a song, a film or a place made me feel. Lessons: L9	☐	☐	☐
		Evidence link		

Writing

		Not yet	With help	On my own
III20	I can write a short email to ask for an appointment. Lessons: L4	☐	☐	☐
		Evidence link		
III21	I can write a travel log or a postcard about a trip. Lessons: L8	☐	☐	☐
		Evidence link		

III22 I can write a basic CV and a short professional profile. ★
Lessons: L11
☐ ☐ ☐
Evidence link

III23 I can write short online posts about my plans and likes.
Lessons: L10
☐ ☐ ☐
Evidence link

Online interaction

Not yet | With help | On my own

III24 I can complete a simple online application with fictitious data (name, email, phone).
Lessons: L11
☐ ☐ ☐
Evidence link

Mediation

Not yet | With help | On my own

III25 I can explain with simple words what another person needs (at the doctor's or at a restaurant).
Lessons: L2 · L5
☐ ☐ ☐
Evidence link

III26 I can explain the instructions of a label or a recipe to someone in Spanish or in simple English.
Lessons: L3 · L6
☐ ☐ ☐
Evidence link

III27 I can translate words and phrases with a dictionary and check that I chose the right meaning.
Lessons: L1
☐ ☐ ☐
Evidence link

Language

Not yet | With help | On my own

III28 I can pronounce the -ed endings of common past verbs (worked, visited, played).
Lessons: L7
☐ ☐ ☐
Evidence link

III29 I can use the past simple of common regular and irregular verbs.
Lessons: L7 · L8
☐ ☐ ☐
Evidence link

III30 I can say short, prepared answers with pauses to find words and to correct myself.
Lessons: L12
☐ ☐ ☐
Evidence link

Plurilingual and intercultural

Not yet | With help | On my own

III31 I can compare, with respect, food, health or travel customs in Canada or Australia and in Honduras.
Lessons: L1 · L5 · L9
☐ ☐ ☐
Evidence link

III32 I can use what I know of different languages to complete a simple everyday transaction.
Lessons: L2
☐ ☐ ☐
Evidence link

Learning to learn

		Not yet	With help	On my own
III33	I can search freely for a reliable source of my career and justify it on my Source card. ★ Lessons: L11	☐	☐	☐
		Evidence link		
III34	I can present my career program in English: degree, faculty and main subjects. ★ Lessons: L12	☐	☐	☐
		Evidence link		

My reflection · English III

What did I learn in this course?

How did I learn it? (activities, sources, SofIA, classmates)

What will I practise on my own before the next course?

An intercultural encounter

Think of one real experience with a person, a text or a video from another culture (in person, online or at work). Based on the Council of Europe «Autobiography of Intercultural Encounters».

What happened? Where, when and with whom?

What was different, and what was similar, to what I know?

How did I feel, and how do I think the other person felt?

What did I learn, and what will I do next time?

Part 3 · Dossier · my best products

Unit videos, profile card, planner, CV, interview… Paste the view-only link.

Product	Link	Course

Can-do statements adapted from Council of Europe (2016), «Collated representative samples of descriptors of language competences developed for young learners aged 11–15» (Pre-A1 / A1), aligned with the lessons of English I, II and III. ★ = UNAH additions (career, sources, AI). Design: PhD. Bessy Mendoza · MSc. Leonel Madrid.