



你好

nǐ hǎo

Your First Chinese Conversation

第一次说中文

50 sentences, five short dialogues and a seven-day plan to say your first real sentences out loud.

Asilbek Eshboyev

From zero to HSK 4 in nine months, self-taught

studywithasilbek.com

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Hi, I'm Asilbek

In June 2024 I couldn't read a single Chinese character. Nine months later I passed HSK 4, studying on my own.

The hardest part at the start wasn't grammar or characters. It was opening my mouth. I knew some words, but I had no idea what to actually say to a person.

So this guide does one thing: it gets you saying real sentences out loud from the first day. Not perfect sentences. Real ones.

Please don't read it silently. Say everything out loud, even if it feels strange at first. That's the whole trick.

Asilbek

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Your first week

Ten to twenty minutes a day is enough. The goal isn't speed. The goal is saying things out loud. Tick each day when it's done.

- ☐ **Day 1** **Read all 50 sentences out loud once.**
Circle the 10 you would actually use.

- ☐ **Day 2** **Say your 10 sentences five times each.**
Slowly. Speed comes later.

- ☐ **Day 3** **Cover the English.**
Can you still tell what each sentence means?

- ☐ **Day 4** **Fill in the two worksheets.**
Use your real name, city and hobbies.

- ☐ **Day 5** **Act out dialogues 1 and 2.**
Play both people, out loud.

- ☐ **Day 6** **Record your one-minute introduction.**
It's on page 18. It doesn't have to be perfect.

- ☐ **Day 7** **Send one voice message in Chinese.**
To a friend, a language partner, or to me on Instagram.

One rule for the whole week: if you only read a sentence, it doesn't count. Say it.

Tones in two minutes

Chinese has four tones, and they change the meaning of a word. You don't need them perfect on day one. Copy the sound and the melody, and they will come.

Tone 1	Tone 2	Tone 3	Tone 4
妈	麻	马	骂
			
mā	má	mǎ	mà
mother	hemp	horse	to scold
High and flat, like holding a note.	Rising, like asking "what?"	Dips low, then comes back up.	Falls fast, like a short command.

No mark at all? Some syllables are toneless, like the second 谢 in xièxie. Say them short and light.

Copy, don't analyse

Listen, pause, repeat. Then record yourself and compare. Your ear learns faster than your brain.

Slow and clear beats fast

Nobody minds slow Chinese. Unclear Chinese is the only thing that gets in the way.

Try this: say every sentence in this guide three ways. Slowly, at normal speed, and then as if you're greeting a real person.

Seven patterns, hundreds of sentences

Learn the frame once, then swap in your own words. This is how you stop memorising phrases and start building them.

我叫 + name

Your name

我叫 Asilbek。

Wǒ jiào Asilbek.

My name is Asilbek.

我是 + country + 人

Your nationality

我是乌兹别克人。

Wǒ shì Wūzībiékè rén.

I'm Uzbek.

我来自 + place

Where you're from

我来自乌兹别克斯坦。

Wǒ láizì Wūzībiékèsītǎn.

I'm from Uzbekistan.

我在学 + language

What you're learning

我在学中文。

Wǒ zài xué Zhōngwén.

I'm learning Chinese.

我喜欢 + hobby

What you like

我喜欢音乐。

Wǒ xǐhuan yīnyuè.

I like music.

你会说 + language + 吗?

Asking about languages

你会说英语吗?

Nǐ huì shuō Yīngyǔ ma?

Can you speak English?

请 + action

Asking politely

请说慢一点。

Qǐng shuō màn yìdiǎn.

Please speak more slowly.

Saying hello

You'll use these in every conversation, so start here.

Sentences 1-8

- | | | |
|---|-----------------------|-----------------|
| 1 | 你好!
Nǐ hǎo! | Hello! |
| 2 | 早上好!
Zǎoshang hǎo! | Good morning! |
| 3 | 你好吗?
Nǐ hǎo ma? | How are you? |
| 4 | 我很好。
Wǒ hěn hǎo. | I'm good. |
| 5 | 谢谢!
Xièxie! | Thank you! |
| 6 | 不客气。
Bú kèqi. | You're welcome. |
| 7 | 对不起。
Duìbuqǐ. | Sorry. |
| 8 | 没关系。
Méi guānxi. | That's okay. |

Try this: Say 你好 and 谢谢 out loud ten times today. Short words are where tones are easiest to hear.

Introducing yourself

Fill the blanks with your own name, country and city.

Sentences 9-15

9 我叫 ____ 。
Wǒ jiào ____ . My name is ____ .

10 你叫什么名字?
Nǐ jiào shénme míngzi? What's your name?

11 我是 ____ 人。
Wǒ shì ____ rén. I'm ____ (your nationality).

12 我来自 ____ 。
Wǒ láizì ____ . I'm from ____ .

13 我住在 ____ 。
Wǒ zhù zài ____ . I live in ____ .

14 很高兴认识你。
Hěn gāoxìng rènshi nǐ. Nice to meet you.

15 我也很高兴认识你。
Wǒ yě hěn gāoxìng rènshi nǐ. Nice to meet you too.

Try this: Say sentences 9, 11 and 12 with your real details, then record yourself once.

Talking about learning Chinese

People will ask about your Chinese. These answers are honest and friendly.

Sentences 16-22

16	我在学中文。 Wǒ zài xué Zhōngwén.	I'm learning Chinese.
17	我刚开始学中文。 Wǒ gāng kāishǐ xué Zhōngwén.	I've just started learning Chinese.
18	我的中文不太好。 Wǒ de Zhōngwén bú tài hǎo.	My Chinese isn't very good.
19	中文有点难。 Zhōngwén yǒudiǎn nán.	Chinese is a bit difficult.
20	但是我很喜欢中文。 Dànshì wǒ hěn xǐhuan Zhōngwén.	But I really like Chinese.
21	你会说中文吗? Nǐ huì shuō Zhōngwén ma?	Can you speak Chinese?
22	你会说英语吗? Nǐ huì shuō Yīngyǔ ma?	Can you speak English?

Try this: Put 18 and 20 together and you have a perfect answer: 我的中文不太好，但是我很喜欢中文。

When you don't understand

The most useful page in this guide. These keep a conversation going when you get lost.

Sentences 23–30

23	请再说一遍。 Qǐng zài shuō yí biàn.	Please say that again.
24	请说慢一点。 Qǐng shuō màn yìdiǎn.	Please speak more slowly.
25	我不明白。 Wǒ bù míngbai.	I don't understand.
26	这个怎么说？ Zhègè zěnmě shuō?	How do you say this?
27	这是什么意思？ Zhè shì shénme yìsi?	What does this mean?
28	你能帮我吗？ Nǐ néng bāng wǒ ma?	Can you help me?
29	没问题。 Méi wèntí.	No problem.
30	我不知道。 Wǒ bù zhīdào.	I don't know.

Try this: Learn 23 and 24 by heart first. They buy you time in any conversation.

Talking about yourself

Simple facts about you and how you feel today.

Sentences 31-38

- | | | |
|----|------------------------------------|----------------------------|
| 31 | 我是学生。
Wǒ shì xuésheng. | I'm a student. |
| 32 | 我喜欢音乐。
Wǒ xǐhuan yīnyuè. | I like music. |
| 33 | 我喜欢学习语言。
Wǒ xǐhuan xuéxí yǔyán. | I like learning languages. |
| 34 | 我喜欢跑步。
Wǒ xǐhuan pǎobù. | I like running. |
| 35 | 我今天很忙。
Wǒ jīntiān hěn máng. | I'm busy today. |
| 36 | 我有一点累。
Wǒ yǒu yìdiǎn lèi. | I'm a little tired. |
| 37 | 我想喝水。
Wǒ xiǎng hē shuǐ. | I'd like some water. |
| 38 | 我想吃饭。
Wǒ xiǎng chīfàn. | I'd like to eat. |

Try this: Swap 音乐 and 跑步 for your own hobbies. That's how these sentences become yours.

Asking simple questions

Questions keep the other person talking, which takes the pressure off you.

Sentences 39–45

39	你呢？ Nǐ ne?	And you?
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40	你喜欢什么？ Nǐ xǐhuan shénme?	What do you like?
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41	你住在哪里？ Nǐ zhù zài nǎlǐ?	Where do you live?
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42	你来自哪里？ Nǐ láizì nǎlǐ?	Where are you from?
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43	现在几点？ Xiànzài jǐ diǎn?	What time is it?
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44	多少钱？ Duōshao qián?	How much?
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45	这个多少钱？ Zhège duōshao qián?	How much is this?
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Try this: 你呢？ is the easiest way to pass a question back. Use it after every answer you give.

Ending a conversation

Leaving politely is a skill too.

Sentences 46-50

46	我要走了。 Wǒ yào zǒu le.	I have to go.
47	明天见！ Míngtiān jiàn!	See you tomorrow!
48	回头见！ Huítóu jiàn!	See you later!
49	祝你今天愉快！ Zhù nǐ jīntiān yúkuài!	Have a nice day!
50	加油！ Jiāyóu!	You've got this!

Try this: 加油 literally means “add oil”. Chinese speakers say it to cheer someone on.

About you

Write your own version of each sentence, then read all five out loud.

我叫 ____。 Wǒ jiào ____.

My name is ____.

我是 ____ 人。 Wǒ shì ____ rén.

I'm ____ (nationality).

我来自 ____。 Wǒ láizì ____.

I'm from ____.

我住在 ____。 Wǒ zhù zài ____.

I live in ____.

我是学生。 Wǒ shì xuésheng.

I'm a student. (Change it if you work.)

Speaking task: Say all five as one short introduction, without stopping.

Your Chinese and your interests

These make your beginner level sound honest and confident.

我刚开始学中文。 Wǒ gāng kāishǐ xué Zhōngwén.

I've just started learning Chinese.

我的中文不太好，但是我很喜欢中文。

Wǒ de Zhōngwén bú tài hǎo, dànshì wǒ hěn xǐhuan Zhōngwén.

My Chinese isn't very good, but I really like it.

我喜欢_____。 Wǒ xǐhuan _____.

I like _____.

你喜欢什么? Nǐ xǐhuan shénme?

What do you like?

你会说英语吗? Nǐ huì shuō Yīngyǔ ma?

Can you speak English?

Speaking task: Ask yourself the two questions, then answer them out loud.

Put the sentences together

Read each one out loud and play both people.

Dialogue 1 First meeting

For the first time you meet someone.

A	你好! Nǐ hǎo!	Hello!
B	你好! Nǐ hǎo!	Hello!
A	你叫什么名字? Nǐ jiào shénme míngzì?	What's your name?
B	我叫 Anna。你呢? Wǒ jiào Anna. Nǐ ne?	I'm Anna. And you?
A	我叫 Asilbek。 Wǒ jiào Asilbek.	I'm Asilbek.
B	很高兴认识你。 Hěn gāoxìng rènshi nǐ.	Nice to meet you.
A	我也很高兴认识你。 Wǒ yě hěn gāoxìng rènshi nǐ.	Nice to meet you too.

Dialogue 2 I'm learning Chinese

When someone hears you speak and gets curious.

A	你会说中文吗? Nǐ huì shuō Zhōngwén ma?	Can you speak Chinese?
B	我在学中文。 Wǒ zài xué Zhōngwén.	I'm learning Chinese.
A	真的吗? Zhēn de ma?	Really?
B	真的。但是我的中文不太好。 Zhēn de. Dànshì wǒ de Zhōngwén bú tài hǎo.	Really. But my Chinese isn't very good.
A	没关系。 Méi guānxi.	That's okay.
B	请说慢一点。 Qǐng shuō màn yìdiǎn.	Please speak more slowly.

Keep the conversation going

Dialogue 3 Countries and languages

For talking about where you're from.

A	你来自哪里? Nǐ láizì nǎlǐ?	Where are you from?
B	我来自乌兹别克斯坦。 Wǒ láizì Wūzībiékèsītǎn.	I'm from Uzbekistan.
A	你会说英语吗? Nǐ huì shuō Yīngyǔ ma?	Can you speak English?
B	会。我也在学中文。 Huì. Wǒ yě zài xué Zhōngwén.	Yes. I'm also learning Chinese.
A	中文有点难。 Zhōngwén yǒudiǎn nán.	Chinese is a bit difficult.
B	但是我很喜欢中文。 Dànshì wǒ hěn xǐhuan Zhōngwén.	But I really like it.

Dialogue 4 Hobbies

An easy way to keep the conversation friendly.

A	你喜欢什么? Nǐ xǐhuan shénme?	What do you like?
B	我喜欢音乐。你呢? Wǒ xǐhuan yīnyuè. Nǐ ne?	I like music. And you?
A	我喜欢跑步。 Wǒ xǐhuan pǎobù.	I like running.
B	很好! Hěn hǎo!	Nice!
A	我也喜欢学习语言。 Wǒ yě xǐhuan xuéxí yǔyán.	I also like learning languages.

End it well

Dialogue 5 Saying goodbye

For finishing a conversation politely.

A	我有一点累。 Wǒ yǒu yìdiǎn lèi.	I'm a little tired.
B	没问题。 Méi wèntí.	No problem.
A	我要走了。 Wǒ yào zǒu le.	I have to go.
B	好的，明天见！ Hǎo de, míngtiān jiàn!	Okay, see you tomorrow!
A	回头见！ Huítóu jiàn!	See you later!
B	加油！ Jiāyóu!	You've got this!

Make the dialogues yours

- Swap Anna and Asilbek for your own name and a friend's.
- Replace 乌兹别克斯坦 with your own country.
- Change 音乐 and 跑步 to things you really like.
- Practise until you can say your part without looking.

Your one-minute introduction

Put it all together. Fill in the blanks, say it out loud three times, then record it. It doesn't have to be perfect. It just has to be yours.

- 1

你好！我叫 _____ 。

Nǐ hǎo! Wǒ jiào _____ .

Hello! My name is _____ .
- 2

我是 _____ 人。我来自 _____ 。

Wǒ shì _____ rén. Wǒ láizì _____ .

I'm _____ . I'm from _____ .
- 3

我在学中文。

Wǒ zài xué Zhōngwén.

I'm learning Chinese.
- 4

我的中文不太好，但是我很喜欢中文。

Wǒ de Zhōngwén bú tài hǎo, dànshì wǒ hěn xǐhuan Zhōngwén.

My Chinese isn't very good, but I really like it.
- 5

我喜欢 _____ 。你呢？

Wǒ xǐhuan _____ . Nǐ ne?

I like _____ . And you?
- 6

很高兴认识你！

Hěn gāoxìng rènshi nǐ!

Nice to meet you!

- ☐ I said it out loud three times
- ☐ I recorded it
- ☐ I sent it to someone

Want feedback? Send your recording to me on Instagram, [@studywithasilbek](#).



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加油

Your next step

You now have 50 sentences and a one-minute introduction. The fastest way to keep going is to use them with a real person who can correct you.

Book a free 15-minute call

We talk face to face on Google Meet. I listen to your Chinese, show you how I teach, and tell you honestly what to do next. It's free.

Learn with me

Small groups of 3-4 people or one-to-one lessons, in English or Uzbek, with the new HSK 3.0 books. Prices and free times are on the website.



Scan to book your free call

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