

FREE IELTS STUDY PDF

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IELTS Vocabulary List PDF with Meanings

400 topic words with meanings and example sentences across 20 IELTS topics, 40 natural Speaking phrases, 40 academic Writing phrases, Task 1 trend language and a 20-question quiz.

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SECTION 1

400 topic words for Writing and Speaking

Band 7 and above needs a range of less common vocabulary used accurately. These 400 words are grouped by the 20 topics that come up most often in IELTS Writing Task 2 and Speaking. Learn the meaning, then say the example aloud.

How to use this list

Pick one topic a day. Cover the meaning column, test yourself, and write two sentences of your own with the words you missed. Lexical Resource rewards accurate use, not rare words used wrongly.

Education (20 words)

Word		Meaning	Example sentence
curriculum	n	the subjects taught in a school or course	Many parents feel the school curriculum should include financial skills.
pedagogy	n	the method and practice of teaching	Modern pedagogy encourages students to question ideas rather than memorise facts.
literacy	n	the ability to read and write	Improving adult literacy has a direct effect on employment levels.
tuition fees	phr	money paid for being taught	Rising tuition fees discourage talented students from poorer families.
vocational	adj	related to skills for a specific job	Vocational courses prepare young people for trades such as plumbing.
rote learning	phr	memorising facts by repetition without understanding	Rote learning helps with spelling but rarely builds deep understanding.
compulsory	adj	required by law or rules	Education is compulsory for children in most countries today.
scholarship	n	money given to support a student's study	She won a scholarship that covered her entire university course.
extracurricular	adj	outside the normal school programme	Extracurricular activities such as debating build confidence and teamwork.
distance learning	phr	studying from home using online materials	Distance learning allows working adults to gain qualifications in their spare time.
academic	adj	connected to study and scholarship	Academic success depends on effort as much as natural ability.

Word		Meaning	Example sentence
discipline	n	training people to follow rules and behave	Teachers struggle to maintain discipline in very large classes.
numeracy	n	the ability to understand and use numbers	Basic numeracy is essential for managing a household budget.
peer pressure	phr	influence from people of the same age	Peer pressure can push teenagers into skipping lessons or smoking.
tertiary education	phr	education after secondary school, such as university	Access to tertiary education has widened considerably in my country.
lifelong learning	phr	continuing to learn throughout adult life	Employers now value lifelong learning more than a single degree.
critical thinking	phr	judging information carefully before accepting it	Schools should teach critical thinking so students can spot false claims.
drop out	v	leave a course before finishing it	Students who work long hours are more likely to drop out.
enrol	v	officially join a course or school	Thousands of overseas students enrol in Australian universities every year.
mentor	n	an experienced person who guides someone	Having a mentor helped me choose the right career path.

Work and careers (20 words)

Word		Meaning	Example sentence
remuneration	n	payment for work done	High remuneration attracts skilled workers to the private sector.
workload	n	the amount of work a person must do	A heavy workload leaves many nurses exhausted by the weekend.
job satisfaction	phr	the feeling of enjoying your work	For most people, job satisfaction matters more than a large salary.
promotion	n	moving to a higher position at work	He received a promotion after leading the project successfully.
work-life balance	phr	healthy division between work and personal life	Flexible hours give parents a far better work-life balance.

Word		Meaning	Example sentence
redundancy	n	losing a job because it no longer exists	Automation in factories has caused widespread redundancy among manual workers.
flexible working	phr	choosing when or where you work	Flexible working became normal in many offices and is unlikely to disappear.
vocation	n	a job you feel strongly called to do	Teaching is a vocation rather than simply a way to earn money.
internship	n	a short period of work experience for students	An internship gives graduates practical skills that lectures cannot provide.
colleague	n	a person you work with	Supportive colleagues make a stressful job far more bearable.
burnout	n	exhaustion caused by long-term stress at work	Burnout is common among doctors who work double shifts.
entrepreneur	n	a person who starts a business	Every successful entrepreneur accepts the possibility of failure.
self-employed	adj	working for yourself, not an employer	Being self-employed offers freedom but little financial security.
productivity	n	how much work is produced in a given time	Short breaks during the day actually improve productivity.
qualification	n	an exam passed or certificate gained	Many employers now demand a qualification for even basic jobs.
retire	v	stop working because of age	People who retire early often miss the routine of work.
workforce	n	all the people working in a country or company	An ageing workforce creates a shortage of skilled younger staff.
manual labour	phr	physical work done with the hands	Manual labour is still poorly paid despite being physically demanding.
recruit	v	find and employ new staff	Companies recruit graduates directly from universities each summer.
career ladder	phr	the series of steps to a senior position	Many women find the career ladder harder to climb after having children.

Technology (20 words)

Word		Meaning	Example sentence
automation	n	using machines to do work without people	Automation will replace many repetitive jobs within a generation.
artificial intelligence	phr	computer systems that imitate human thinking	Artificial intelligence can now diagnose some illnesses faster than doctors.
obsolete	adj	no longer used because something better exists	Printed maps have become almost obsolete thanks to smartphones.
innovation	n	a new idea, method or product	Innovation in battery design is driving the shift to electric cars.
cutting-edge	adj	the most advanced and modern	The hospital uses cutting-edge equipment to treat cancer patients.
digital divide	phr	the gap between people with and without technology	The digital divide leaves rural students without access to online lessons.
cybersecurity	n	protection of computers and data from attack	Businesses now spend heavily on cybersecurity to protect customer records.
breakthrough	n	an important discovery or development	A breakthrough in solar panels could make clean energy far cheaper.
user-friendly	adj	easy for ordinary people to use	Banking apps must be user-friendly so that elderly customers can use them.
dependence	n	relying on something too much	Our dependence on smartphones makes us anxious when the battery dies.
surveillance	n	close watching of people, often by cameras	Constant surveillance in cities raises serious questions about privacy.
algorithm	n	a set of rules a computer follows	Social media algorithms decide which posts we see each morning.

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Word		Meaning	Example sentence
gadget	n	a small useful electronic device	Teenagers often own several gadgets but rarely use them productively.
streamline	v	make a process simpler and more efficient	Online forms streamline the process of applying for a passport.
virtual	adj	existing on a computer rather than physically	Virtual meetings save travel time but reduce personal connection.
data privacy	phr	protection of personal information from misuse	Governments are introducing stricter laws to protect data privacy.
connectivity	n	the ability to connect to networks	Poor connectivity in villages limits the growth of online businesses.
disruptive	adj	changing an industry in a dramatic way	Ride-sharing apps were disruptive to traditional taxi companies.
screen time	phr	time spent looking at digital screens	Doctors recommend limiting children's screen time to two hours daily.
upgrade	v	replace with a newer or better version	Consumers feel pressured to upgrade their phones every year.

Environment (20 words)

Word		Meaning	Example sentence
deforestation	n	cutting down forests on a large scale	Deforestation in tropical regions destroys the homes of countless species.
biodiversity	n	the variety of plant and animal life	Protecting biodiversity should be a priority for every government.
emissions	n	gases released into the air, especially from vehicles	Cutting emissions from factories would improve air quality in cities.
renewable	adj	able to be replaced naturally and not run out	Renewable energy such as wind power is becoming cheaper every year.
carbon footprint	phr	the amount of carbon dioxide a person produces	Flying less is the easiest way to reduce your carbon footprint.
pollution	n	harmful substances in air, water or soil	Plastic pollution in the oceans harms fish and seabirds alike.
conservation	n	protecting nature and natural resources	Conservation projects have brought several bird species back from extinction.

Word		Meaning	Example sentence
endangered	adj	at risk of dying out completely	Tigers remain endangered despite decades of protection efforts.
ecosystem	n	a community of living things and their environment	A single dam can damage an entire river ecosystem.
global warming	phr	the gradual rise in the Earth's temperature	Global warming is causing sea levels to rise around coastal cities.
recycle	v	process used materials so they can be reused	Households that recycle properly send far less waste to landfill.
fossil fuels	phr	coal, oil and gas formed over millions of years	Our reliance on fossil fuels is the main cause of climate change.
habitat	n	the natural home of an animal or plant	Building roads through forests destroys the habitat of many animals.
contaminate	v	make something impure or poisonous	Chemicals from farms can contaminate rivers and drinking water.
sustainable	adj	able to continue without harming the future	We need sustainable farming methods to feed a growing population.
depletion	n	reduction of something to a dangerously low level	The depletion of fish stocks threatens coastal communities' livelihoods.
greenhouse gases	phr	gases that trap heat in the atmosphere	Cattle farming produces significant quantities of greenhouse gases.
eco-friendly	adj	not harmful to the environment	Shoppers increasingly choose eco-friendly products even if they cost more.
waste disposal	phr	getting rid of unwanted material	Poor waste disposal in large cities leads to serious health risks.
climate change	phr	long-term change in weather patterns	Climate change is already affecting farmers in my home region.

Health (20 words)

Word		Meaning	Example sentence
obesity	n	the condition of being dangerously overweight	Childhood obesity has risen sharply because of sugary drinks and snacks.
sedentary	adj	involving a lot of sitting and little exercise	A sedentary lifestyle increases the risk of heart disease.

Word		Meaning	Example sentence
preventive	adj	intended to stop illness before it starts	Preventive care such as regular check-ups saves money in the long run.
epidemic	n	a disease spreading quickly to many people	An epidemic can overwhelm hospitals within a matter of weeks.
well-being	n	the state of being healthy and happy	Employers are paying more attention to the well-being of their staff.
chronic	adj	lasting a long time and hard to cure	Chronic conditions like diabetes require lifelong management.
vaccination	n	giving an injection to protect against disease	Vaccination programmes have almost eliminated several childhood diseases.
mental health	phr	the condition of a person's mind and emotions	Schools should offer support for students struggling with mental health.
immune system	phr	the body's defence against disease	Regular sleep and a good diet strengthen the immune system.
life expectancy	phr	the average number of years people live	Life expectancy has increased thanks to better medicine and nutrition.
healthcare	n	services for treating and preventing illness	Free healthcare is a basic right in many developed countries.
symptom	n	a sign that someone has an illness	A persistent cough is a common symptom of several lung conditions.
hygiene	n	keeping yourself and surroundings clean	Good hygiene in hospitals prevents infections from spreading.
prescription	n	a doctor's written order for medicine	Antibiotics should only be available with a prescription.
regular exercise	phr	physical activity done often	Regular exercise improves both physical health and mood.
addiction	n	inability to stop taking a substance or doing something	Addiction to painkillers has become a hidden problem in many countries.
diagnose	v	identify an illness by examining a patient	Doctors can now diagnose some cancers at a much earlier stage.
therapy	n	treatment to help with a physical or mental problem	Talking therapy is often more effective than medication for mild depression.

Word		Meaning	Example sentence
outbreak	n	the sudden start of a disease	Health officials acted quickly to contain the outbreak.
fitness	n	the condition of being physically healthy	Fitness levels among teenagers have declined since the rise of gaming.

Cities and housing (20 words)

Word		Meaning	Example sentence
urbanisation	n	the growth of cities as people move there	Rapid urbanisation has put enormous pressure on water supplies.
overcrowded	adj	containing too many people	Overcrowded trains make the daily journey to work exhausting.
infrastructure	n	basic systems such as roads, power and water	Investment in infrastructure attracts new businesses to a region.
affordable housing	phr	homes that ordinary people can pay for	The council has promised to build more affordable housing for young families.
suburb	n	a residential area on the edge of a city	Many families move to a suburb for larger homes and quieter streets.
high-rise	n	a very tall building with many floors	Living in a high-rise can feel isolating for elderly residents.
slum	n	a very poor, crowded area of a city	Millions of people still live in slums without clean water.
amenities	n	useful facilities such as shops and parks	Good amenities make a neighbourhood more attractive to buyers.
cost of living	phr	the amount of money needed for everyday life	The cost of living in the capital is almost double that of smaller towns.
urban sprawl	phr	the uncontrolled spread of a city outwards	Urban sprawl eats up farmland and forces people to drive everywhere.



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Word		Meaning	Example sentence
residential	adj	used for living rather than business	Noise from the airport disturbs the nearby residential areas.
landlord	n	a person who rents property to others	My landlord raised the rent twice in a single year.
mortgage	n	a loan used to buy a home	Young couples struggle to get a mortgage without help from parents.
tenant	n	a person who rents a home or office	Tenants should have stronger legal protection against sudden eviction.
densely populated	phr	having many people living in a small area	Densely populated areas need efficient public transport to function.
green space	phr	parks and natural areas in a city	Access to green space has clear benefits for mental health.
regeneration	n	improving a run-down area of a city	Regeneration of the old docks has created thousands of jobs.
homelessness	n	the state of having nowhere to live	Homelessness rises whenever rents increase faster than wages.
city centre	phr	the main business and shopping area	Few people can afford to live in the city centre these days.
accommodation	n	a place to live or stay	Student accommodation near the university is expensive and hard to find.

Transport (20 words)

Word		Meaning	Example sentence
congestion	n	too much traffic blocking the roads	Congestion costs businesses millions of hours in lost time every year.
commute	v	travel regularly between home and work	Thousands of people commute into the city from surrounding towns.
public transport	phr	buses, trains and trams for everyone to use	Cheap public transport would persuade more drivers to leave their cars.
rush hour	phr	the busiest travel time of the day	Buses are packed during rush hour, so I usually cycle instead.
cycle lane	phr	part of a road reserved for bicycles	Protected cycle lanes have made cycling safer in my city.

Word		Meaning	Example sentence
pedestrian	n	a person walking on the street	Wider pavements make the streets safer and more pleasant for pedestrians.
traffic jam	phr	a long line of vehicles unable to move	A traffic jam on the ring road delayed me by over an hour.
toll	n	money paid to use a road or bridge	Charging a toll on busy roads reduces the number of private cars.
fuel consumption	phr	the amount of petrol or diesel a vehicle uses	Smaller engines lower fuel consumption and save drivers money.
car ownership	phr	the fact of owning a car	Car ownership has grown so fast that parking has become a nightmare.
road safety	phr	measures to prevent accidents on roads	Road safety lessons in schools reduce accidents involving children.
motorway	n	a wide fast road for long-distance travel	The new motorway cut the journey between the two cities in half.
carpooling	n	sharing a car journey with others	Carpooling with colleagues reduces both costs and emissions.
speed limit	phr	the fastest legal speed on a road	Lowering the speed limit near schools has saved lives.
vehicle	n	any machine used for transporting people or goods	Electric vehicles are quieter and cleaner than petrol ones.
freight	n	goods carried by lorry, train, ship or plane	Moving freight by rail rather than road would cut pollution considerably.
electric vehicle	phr	a car or bus powered by batteries	Governments offer tax cuts to encourage electric vehicle purchases.
punctual	adj	arriving or happening at the correct time	Trains in my country are rarely punctual, which frustrates commuters.
fare	n	the money paid for a journey	Bus fares have risen, making it harder for students to travel.
gridlock	n	a situation where traffic cannot move at all	The city centre was in complete gridlock after the accident.

Crime and law (20 words)

Word		Meaning	Example sentence
deterrent	n	something that discourages people from doing wrong	Long prison sentences are not always an effective deterrent.
rehabilitation	n	helping offenders return to normal life	Rehabilitation programmes reduce the chance of prisoners committing further crimes.
offender	n	a person who has broken the law	Young offenders should be treated differently from adult criminals.
penalty	n	a punishment for breaking a rule or law	The penalty for drink-driving should be far harsher than a fine.
legislation	n	laws made by a government	New legislation bans the sale of knives to teenagers.
capital punishment	phr	the death penalty	Many countries have abolished capital punishment on moral grounds.
juvenile	adj	relating to young people under adult age	Juvenile crime often stems from poverty and poor parenting.
corruption	n	dishonest behaviour by people in power	Corruption among officials weakens public trust in the justice system.
theft	n	the crime of stealing	Bicycle theft is the most common crime reported in my area.
law enforcement	phr	the police and similar bodies	Better funding for law enforcement would reduce street crime.
sentence	n	the punishment given by a court	The judge handed down a sentence of ten years in prison.
community service	phr	unpaid work as punishment for a minor crime	Community service teaches offenders responsibility without locking them up.
vandalism	n	deliberately damaging public or private property	Vandalism of bus shelters costs the council thousands each year.
reoffend	v	commit a crime again after punishment	Prisoners who gain skills in jail are less likely to reoffend.
prosecute	v	take legal action against someone in court	The authorities decided to prosecute the company for dumping waste.

Word		Meaning	Example sentence
witness	n	a person who sees a crime happen	A witness described the suspect to the police in detail.
crime rate	phr	the number of crimes in an area	The crime rate falls when young people have jobs and activities.
justice	n	fair treatment according to the law	Victims deserve justice, but punishment alone does not solve crime.
fine	n	money paid as a punishment	A small fine does little to stop wealthy people from parking illegally.
burglary	n	breaking into a building to steal	Installing alarms has reduced burglary in the neighbourhood.

Media and advertising (20 words)

Word		Meaning	Example sentence
censorship	n	blocking information the authorities disapprove of	Censorship of the press prevents citizens from learning the truth.
misleading	adj	giving a false impression	Misleading adverts promise results that products cannot deliver.
consumerism	n	the belief that buying things brings happiness	Advertising fuels consumerism by creating needs that never existed.
broadcast	v	send out programmes on television or radio	The match was broadcast live to millions of viewers worldwide.
target audience	phr	the group an advert is aimed at	Toy adverts are shown at times when their target audience is watching.
endorse	v	publicly support or recommend a product	Famous athletes are paid huge sums to endorse trainers.

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Word		Meaning	Example sentence
tabloid	n	a popular newspaper with sensational stories	Tabloid newspapers focus on gossip rather than serious issues.
bias	n	unfair support for one side	Readers should be aware of the political bias of their news sources.
sensationalism	n	presenting news in a shocking way to excite	Sensationalism sells papers but damages public understanding of real issues.
fake news	phr	false stories spread as if true	Fake news spreads faster online than accurate reporting.
influencer	n	a person with many online followers who promotes products	Teenagers trust an influencer more than a traditional advert.
commercial	n	an advertisement on television or radio	A thirty-second commercial during a major final costs a fortune.
brand loyalty	phr	the habit of buying the same company's products	Companies spend heavily to build brand loyalty among young customers.
impulse buying	phr	buying something suddenly without planning	Shops place sweets near the till to encourage impulse buying.
press freedom	phr	the right of journalists to report freely	Press freedom is essential in any healthy democracy.
manipulate	v	influence someone in a clever or unfair way	Adverts manipulate viewers by linking products with happiness and success.
publicity	n	attention given to something by the media	Negative publicity forced the company to withdraw the product.
mass media	phr	newspapers, television and other outlets reaching many people	The mass media shapes how people view other cultures.
slogan	n	a short memorable phrase used in advertising	A catchy slogan can stay in people's minds for years.
journalism	n	the work of reporting news	Investigative journalism has exposed many cases of corporate wrongdoing.

Family and society (20 words)

Word		Meaning	Example sentence
nuclear family	phr	parents and their children living together	The nuclear family is now the most common household type in cities.
extended family	phr	relatives beyond parents and children	In my culture, the extended family often shares a single home.
upbringing	n	the way a child is raised	A strict upbringing can make children either disciplined or rebellious.
generation gap	phr	differences in attitudes between young and old	Technology has widened the generation gap between parents and teenagers.
sibling	n	a brother or sister	Children with a sibling often learn to share at an early age.
single parent	phr	a mother or father raising children alone	Being a single parent while working full time is extremely demanding.
elderly	adj	old, usually over retirement age	Elderly people in rural areas often feel isolated and forgotten.
adolescence	n	the period between childhood and adulthood	Adolescence is a time of emotional change and growing independence.
peer	n	a person of the same age or status	Teenagers are strongly influenced by the opinions of their peers.
social cohesion	phr	the sense of unity within a community	Shared festivals and public events strengthen social cohesion.
inequality	n	an unfair difference between groups	Inequality between rich and poor has widened in recent decades.
welfare	n	government support for people in need	Welfare payments help families cope during periods of unemployment.
ageing population	phr	a society with a rising proportion of old people	An ageing population places heavy demands on health services.
household	n	all the people living in one home	The average household now owns several internet-connected devices.
marital	adj	relating to marriage	Marital problems are a leading cause of stress among adults.
role model	phr	a person others admire and copy	Parents are the most important role model in a child's life.

Word		Meaning	Example sentence
community	n	the people living in one area	A strong community looks after its most vulnerable members.
divorce rate	phr	the proportion of marriages that end	The divorce rate has risen as women have gained financial independence.
childcare	n	looking after children while parents work	Affordable childcare allows more mothers to return to work.
gender equality	phr	equal rights for men and women	Gender equality in the workplace is still far from complete.

Culture and tradition (20 words)

Word		Meaning	Example sentence
heritage	n	traditions and buildings passed down through history	Old temples are part of our national heritage and deserve protection.
customs	n	traditional ways of behaving in a society	Visitors should respect local customs when they travel abroad.
ritual	n	a ceremony performed in a fixed way	Every wedding in my region follows a ritual that is centuries old.
indigenous	adj	originally belonging to a place	Indigenous languages are disappearing as younger people move to cities.
preserve	v	keep something in its original state	Museums preserve objects that tell the story of a nation.
festival	n	a special celebration held regularly	Our harvest festival brings the whole village together every autumn.
folklore	n	traditional stories and beliefs of a community	Grandparents pass on folklore through bedtime stories and songs.
multicultural	adj	including people of many different cultures	Growing up in a multicultural city taught me tolerance.
ancestor	n	a family member from long ago	Many families honour their ancestors with an annual ceremony.
craftsmanship	n	skill in making things by hand	Traditional craftsmanship is being lost as factories replace artisans.

Word		Meaning	Example sentence
identity	n	the qualities that make a group distinct	Language is a central part of a nation's identity.
ceremony	n	a formal event marking an occasion	The graduation ceremony was the proudest day of my life.
hand down	v	pass something to the next generation	Recipes are handed down from mother to daughter in my family.
die out	v	disappear completely over time	Many traditional crafts will die out unless young people learn them.
assimilate	v	adopt the culture of the society around you	Immigrants often assimilate quickly while keeping some home traditions.
monument	n	a structure built to remember a person or event	The monument in the main square honours those who built the city.
cultural diversity	phr	the presence of many different cultures	Cultural diversity makes a society richer and more creative.
ethnic	adj	relating to a group sharing culture or origin	Ethnic minorities often struggle to keep their traditions alive.
superstition	n	a belief not based on reason or science	Despite modern education, superstition still influences daily decisions.
costume	n	traditional clothing worn on special occasions	Dancers wore colourful costumes that reflected their regional roots.

Travel and tourism (20 words)

Word		Meaning	Example sentence
itinerary	n	a planned route or schedule for a journey	We followed a strict itinerary and saw five cities in ten days.
sightseeing	n	visiting famous or interesting places	After a day of sightseeing, we were too tired to go out.



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Word		Meaning	Example sentence
backpacker	n	a traveller carrying belongings in a rucksack	Cheap hostels attract backpackers from all over the world.
resort	n	a place where people go on holiday	Beach resorts bring money but can damage the local coastline.
destination	n	the place someone is travelling to	Mountain towns have become a popular destination for young travellers.
ecotourism	n	tourism that protects nature and local people	Ecotourism provides income for villages without destroying the forest.
off-season	adj	outside the busiest holiday period	Travelling off-season means cheaper hotels and quieter attractions.
souvenir	n	an object bought to remember a trip	I always buy a small souvenir from every place I visit.
hospitality	n	the friendly treatment of guests and visitors	The hospitality industry employs millions of people worldwide.
package holiday	phr	a trip with travel and hotel sold together	A package holiday removes the stress of planning everything yourself.
local economy	phr	the money and jobs in a particular area	Tourists bring vital income to the local economy of island communities.
overtourism	n	too many visitors damaging a place	Overtourism has made some historic cities unpleasant for residents.
landmark	n	a famous building or feature easily recognised	The old clock tower is the most photographed landmark in town.
excursion	n	a short trip for pleasure	The hotel organised an excursion to the nearby waterfalls.
tourist trap	phr	a place that overcharges visitors	The market near the station is a tourist trap with inflated prices.
cultural exchange	phr	sharing ideas and customs between different peoples	Travel encourages cultural exchange and breaks down stereotypes.
visa	n	official permission to enter a country	Getting a visa took longer than planning the entire trip.
jet lag	n	tiredness after flying across time zones	Jet lag ruined the first two days of our holiday.
breathtaking	adj	extremely beautiful or impressive	The view from the summit was absolutely breathtaking.

Word		Meaning	Example sentence
overseas	adv	in or to a foreign country	Studying overseas helped me become more independent and confident.

Economy and money (20 words)

Word		Meaning	Example sentence
inflation	n	a general rise in prices over time	High inflation means that wages buy less each month.
recession	n	a period when the economy shrinks	During a recession, many small businesses are forced to close.
budget	n	a plan for how money will be spent	Every family should keep a monthly budget to avoid debt.
disposable income	phr	money left after paying essential costs	Young professionals spend much of their disposable income on eating out.
investment	n	putting money into something to make a profit	Investment in education brings the highest return for a country.
debt	n	money owed to someone else	Credit cards make it easy to fall into debt.
unemployment	n	the state of not having a job	Unemployment among graduates has become a serious concern.
consumer	n	a person who buys goods or services	Consumers today expect fast delivery and easy returns.
wealth gap	phr	the difference between rich and poor	The wealth gap has widened despite overall economic growth.
tax	n	money paid to the government	A higher tax on sugary drinks could fund health programmes.
expenditure	n	money spent on something	Government expenditure on defence often exceeds spending on schools.
savings	n	money kept for future use	Low interest rates discourage people from building their savings.
poverty	n	the state of being extremely poor	Poverty forces many children to leave school and work.
purchasing power	phr	how much your money can buy	Rising prices have reduced the purchasing power of ordinary families.

Word		Meaning	Example sentence
interest rate	phr	the percentage charged for borrowing money	A rise in the interest rate makes mortgages more expensive.
economic growth	phr	an increase in a country's total output	Economic growth does not automatically improve everyone's quality of life.
subsidy	n	money given by government to reduce costs	Farmers rely on a government subsidy to stay in business.
bankrupt	adj	unable to pay your debts	The airline went bankrupt after years of heavy losses.
prosperity	n	the state of being successful and wealthy	Trade with neighbouring countries brought prosperity to the port city.
affordable	adj	cheap enough for most people to buy	Affordable healthcare should be available to every citizen.

Government and politics (20 words)

Word		Meaning	Example sentence
policy	n	an official plan or course of action	A clear housing policy would help thousands of young families.
regulation	n	an official rule controlling an activity	Stricter regulation of food labelling protects consumers.
public funding	phr	money provided by the government	Public funding for the arts is often the first thing cut.
democracy	n	a system where people choose their leaders	In a democracy, citizens can remove leaders who fail them.
taxpayer	n	a person who pays tax	Taxpayers expect their money to be spent wisely.
bureaucracy	n	complicated official procedures	Bureaucracy slows down even simple requests for a permit.
authorities	n	the people or organisations with official power	The authorities closed the beach after the oil spill.
citizen	n	a legal member of a country	Every citizen has a duty to vote in national elections.

Word		Meaning	Example sentence
reform	n	a change made to improve a system	Education reform is urgently needed in rural areas.
implement	v	put a plan or decision into action	The council will implement the new recycling rules next month.
allocate	v	give resources for a particular purpose	The government should allocate more funds to public libraries.
accountability	n	the duty to explain and justify your actions	Accountability keeps politicians honest about how they spend money.
transparency	n	openness about decisions and spending	Greater transparency would reduce corruption in local councils.
election	n	the process of voting for leaders	Turnout in the last election was disappointingly low.
national security	phr	the protection of a country from threats	Governments justify surveillance in the name of national security.
public services	phr	services such as health, education and transport	Cuts to public services hit the poorest families hardest.
local council	phr	the elected body running a town or area	The local council is responsible for rubbish collection and parks.
ministry	n	a government department	The ministry announced new guidelines for school inspections.
campaign	n	organised activity to achieve a political goal	A national campaign persuaded people to use less plastic.
mandate	n	the authority given by voters to act	The new leader claims a mandate to raise the minimum wage.

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Science and research (20 words)

Word		Meaning	Example sentence
hypothesis	n	an idea to be tested by experiment	Every experiment begins with a clear hypothesis.
experiment	n	a scientific test to discover something	The experiment showed that plants grow faster under blue light.
evidence	n	facts that show something is true	There is strong evidence that exercise improves memory.
discovery	n	finding something previously unknown	The discovery of penicillin changed medicine forever.
genetic	adj	relating to genes and inheritance	Genetic testing can reveal the risk of certain diseases.
laboratory	n	a room equipped for scientific work	Students rarely get enough time in the laboratory at school.
data	n	facts and figures collected for analysis	Researchers collected data from thousands of patients.
peer review	phr	checking of research by other experts	Peer review ensures that published studies meet high standards.
theory	n	an explanation supported by evidence	A scientific theory is tested repeatedly before it is accepted.
funding	n	money provided for a project	Without government funding, basic research would simply stop.
ethical	adj	morally right and acceptable	Testing cosmetics on animals raises serious ethical questions.
analyse	v	examine something in detail to understand it	Scientists analyse samples to detect pollution in rivers.
clinical trial	phr	a test of a new treatment on volunteers	The vaccine passed every stage of its clinical trial.
variable	n	something that can change in an experiment	Temperature was the only variable the researchers changed.
findings	n	the results of research	The findings suggest that sleep affects learning more than diet.
space exploration	phr	travelling to and studying outer space	Space exploration costs billions but inspires young scientists.

Word		Meaning	Example sentence
methodology	n	the system of methods used in research	Critics questioned the methodology of the survey.
accurate	adj	correct and free from errors	Accurate measurements are essential in any laboratory experiment.
specimen	n	a sample used for scientific study	Each specimen was labelled and stored at a low temperature.
conclusive	adj	proving something beyond doubt	The study was not conclusive, so further research is needed.

Food and diet (20 words)

Word		Meaning	Example sentence
nutritious	adj	containing substances the body needs	A nutritious breakfast helps children concentrate at school.
processed food	phr	food changed in a factory before sale	Processed food is convenient but usually high in salt and sugar.
junk food	phr	food that tastes good but is unhealthy	Banning junk food adverts would protect children from unhealthy habits.
organic	adj	grown without artificial chemicals	Organic vegetables cost more because farmers use no chemical sprays.
overweight	adj	heavier than is healthy	Nearly half of adults in some countries are now overweight.
calorie	n	a unit measuring the energy in food	Restaurants should print the calorie content on their menus.
vegetarian	n	a person who does not eat meat	As a vegetarian, I find it hard to eat out in some countries.
fast food	phr	quick, cheap meals from chain restaurants	Fast food has become the default dinner for busy working parents.
home-cooked	adj	prepared at home rather than bought	Home-cooked meals are cheaper and healthier than takeaways.
food waste	phr	food thrown away instead of eaten	Supermarkets create enormous food waste by rejecting imperfect vegetables.
genetically modified	phr	altered in a laboratory to change its genes	Many shoppers refuse to buy genetically modified crops.

Word		Meaning	Example sentence
portion	n	the amount of food served to one person	Restaurant portions have grown much larger over the decades.
appetite	n	the desire to eat	Sugary snacks before dinner spoil a child's appetite.
ingredient	n	one of the foods used to make a dish	Fresh ingredients make a simple dish taste far better.
additive	n	a substance added to food to preserve it	Some parents avoid products with artificial additives.
balanced diet	phr	eating the right amounts of different foods	A balanced diet matters more than any single superfood.
malnutrition	n	poor health caused by not eating properly	Malnutrition still affects millions of children in poorer regions.
takeaway	n	a meal bought and eaten elsewhere	Ordering a takeaway every night is expensive and unhealthy.
eating habits	phr	the regular way a person eats	Eating habits formed in childhood usually last a lifetime.
crop	n	a plant grown in large amounts for food	A failed crop can push an entire village into hunger.

Sport and leisure (20 words)

Word		Meaning	Example sentence
recreation	n	activities done for enjoyment	Parks provide free recreation for families who cannot afford gyms.
competitive	adj	wanting to win or be the best	Competitive sport teaches children how to handle both winning and losing.
team spirit	phr	willingness to cooperate with teammates	Team spirit matters more than individual talent in football.
sportsmanship	n	fair and respectful behaviour in sport	Good sportsmanship means shaking hands even after a painful defeat.
stadium	n	a large building where sports are played	Building a new stadium rarely brings the promised economic benefits.
amateur	n	a person who does an activity without pay	Many amateur runners now compete in city marathons.

Word		Meaning	Example sentence
professional athlete	phr	a person paid to play sport	A professional athlete trains for hours every single day.
spectator	n	a person who watches an event	Thousands of spectators filled the stands for the final.
outdoor activities	phr	leisure pursuits done outside	Outdoor activities such as hiking reduce stress and improve sleep.
pastime	n	an activity done regularly for pleasure	Gardening is a popular pastime among retired people.
tournament	n	a competition with several rounds	The school tennis tournament attracted players from across the region.
work out	v	do physical exercise to stay fit	I work out three times a week before going to the office.
sponsorship	n	money given to support an event or team	Without sponsorship, many local clubs could not afford equipment.
leisure time	phr	free time when you are not working	People have more leisure time but spend much of it online.
hobby	n	an activity enjoyed in free time	Photography is a hobby that gets me outdoors every weekend.
keep fit	phr	stay healthy through regular exercise	Cycling to work is an easy way to keep fit.
gym	n	a place with equipment for exercise	Gym memberships rise every January and fall by March.
coach	n	a person who trains a sports team or player	A good coach builds confidence as well as skill.
injury	n	physical harm to the body	A serious injury can end a sporting career in seconds.



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Word		Meaning	Example sentence
champion	n	the winner of a competition	Becoming a national champion requires years of sacrifice.

Art and music (20 words)

Word		Meaning	Example sentence
creativity	n	the ability to produce original ideas	Art lessons develop creativity that students use in every subject.
exhibition	n	a public display of art or objects	The photography exhibition drew record crowds to the gallery.
masterpiece	n	a work of outstanding skill	The painting is considered a masterpiece of its period.
gallery	n	a building where art is shown	Free entry to the gallery encourages families to visit.
sculpture	n	art made by shaping stone, metal or wood	A bronze sculpture now stands at the entrance to the park.
performance	n	presenting a play or music to an audience	The orchestra's performance received a standing ovation.
genre	n	a type or category of art or music	Jazz is my favourite genre because of its freedom and energy.
composer	n	a person who writes music	The composer wrote the symphony in just three weeks.
aesthetic	adj	relating to beauty and appearance	The aesthetic appeal of a building affects how people feel inside it.
orchestra	n	a large group of musicians playing together	Playing in the school orchestra taught me patience and teamwork.
artistic expression	phr	communicating ideas and feelings through art	Artistic expression gives young people a healthy outlet for emotion.
patron	n	a person who supports artists with money	Wealthy patrons once funded most of the great painters.
craft	n	an activity involving skill in making things by hand	Pottery is a craft that connects people with ancient traditions.
mural	n	a large painting on a wall	A colourful mural transformed the grey underpass into a landmark.

Word		Meaning	Example sentence
concert	n	a live musical performance	Attending a concert is a completely different experience from streaming music.
melody	n	a tune in a piece of music	A simple melody can stay in your head for days.
inspire	v	give someone the desire to create or act	Great art should inspire people to see the world differently.
abstract	adj	not showing things as they really look	Abstract paintings invite each viewer to find their own meaning.
cultural value	phr	the importance of something to a society's culture	Folk music has enormous cultural value even if it earns little.
live music	phr	music performed in front of an audience	Small venues for live music are closing in many cities.

Language and communication (20 words)

Word		Meaning	Example sentence
bilingual	adj	able to speak two languages well	Bilingual children often find it easier to learn a third language.
fluency	n	the ability to speak easily and smoothly	Fluency comes from regular speaking, not from memorising grammar rules.
dialect	n	a regional form of a language	The dialect spoken in my village differs greatly from the capital's.
mother tongue	phr	the first language a person learns	Children should be taught to read in their mother tongue first.
body language	phr	communication through gestures and posture	Body language often reveals more than the words people say.
eloquent	adj	speaking clearly and persuasively	The eloquent speaker held the audience's attention for an hour.
jargon	n	special words used by a profession	Doctors should avoid jargon when explaining a diagnosis to patients.
accent	n	the way people from a place pronounce words	Having an accent does not make your English any less correct.

Word		Meaning	Example sentence
extinct	adj	no longer existing or spoken	Hundreds of languages will become extinct within this century.
lingua franca	phr	a common language used between different groups	English serves as a lingua franca in international business.
non-verbal	adj	not using spoken words	Non-verbal signals such as eye contact build trust in conversation.
articulate	adj	able to express ideas clearly	Articulate students tend to perform well in job interviews.
interpreter	n	a person who translates speech between languages	Hospitals need an interpreter available for patients who speak little English.
slang	n	very informal words used by a particular group	Teenagers create new slang faster than dictionaries can record it.
miscommunication	n	failure to communicate clearly	Miscommunication between departments caused the project to fail.
face-to-face	adj	in person rather than online	Face-to-face conversations build stronger relationships than messages.
gesture	n	a hand or head movement expressing something	A simple gesture can mean something rude in another culture.
proficiency	n	a high level of skill in a language	Employers often require proof of English proficiency from overseas applicants.
native speaker	phr	a person who learned a language from birth	You do not need to sound like a native speaker to score well.
convey	v	communicate an idea or feeling	Writers must convey complex ideas in clear, simple sentences.

Globalisation (20 words)

Word		Meaning	Example sentence
multinational	adj	operating in many countries	Multinational companies often pay less tax than local businesses.
outsourcing	n	using outside companies, often abroad, to do work	Outsourcing customer service to other countries reduces costs but angers customers.

Word		Meaning	Example sentence
free trade	phr	trade without taxes or restrictions between countries	Free trade lowers prices but can harm local manufacturing.
cultural homogenisation	phr	the process of cultures becoming more alike	Global brands contribute to cultural homogenisation in every city.
migration	n	the movement of people to another place to live	Migration from villages to cities has emptied many rural schools.
interconnected	adj	linked closely with one another	A financial crisis in one country quickly affects interconnected markets.
import	v	bring goods into a country from abroad	Many nations import food they could easily grow themselves.
export	n	goods sent to another country for sale	Coffee is the main export of several developing nations.
global village	phr	the world seen as one connected community	Instant messaging has turned the planet into a global village.
labour market	phr	the supply of and demand for workers	Immigration fills gaps in the labour market that locals cannot.
brain drain	phr	skilled people leaving their country for better jobs	The brain drain leaves poorer nations without doctors and engineers.
foreign investment	phr	money invested by overseas companies	Foreign investment created thousands of jobs in the new industrial zone.
cross-border	adj	happening between different countries	Cross-border cooperation is needed to tackle pollution in shared rivers.
trade barrier	phr	a rule that limits international trade	Removing every trade barrier benefits large companies more than small ones.

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Word		Meaning	Example sentence
developing country	phr	a nation with a growing but weaker economy	A developing country often depends on exporting raw materials.
supply chain	phr	the stages involved in producing and delivering goods	A single factory closure can disrupt the global supply chain.
international cooperation	phr	countries working together on shared goals	International cooperation is the only way to limit global warming.
integration	n	the process of joining groups or systems together	Economic integration has made European borders almost invisible.
local culture	phr	the traditions and way of life of a place	Tourism can either support or erode local culture.
worldwide	adv	everywhere in the world	Fast food chains are now recognised worldwide.

SECTION 2

Speaking phrases for a natural band 7+

40 phrases and idioms that sound natural in Part 1, 2 and 3. Use one or two per answer, never a list of them.

Phrase	Meaning	Example
over the moon	extremely happy	I was over the moon when I got my university offer.
once in a blue moon	very rarely	I only eat fast food once in a blue moon, maybe twice a year.
a piece of cake	very easy	The driving test was a piece of cake compared with the theory exam.
cost an arm and a leg	be very expensive	Renting a flat in the city centre costs an arm and a leg.
get the hang of it	learn how to do something	It took me a month to get the hang of cooking for myself.
break the ice	make people feel relaxed when they first meet	A quick game helps break the ice at the start of a class.
run out of steam	lose energy or enthusiasm	By the third week of revision I had completely run out of steam.

Phrase	Meaning	Example
off the beaten track	away from popular tourist places	We found a tiny village off the beaten track with no other visitors.
hit the books	study hard	I need to hit the books this weekend because my exam is on Monday.
kill two birds with one stone	achieve two things with one action	Cycling to work kills two birds with one stone: exercise and saving money.
take up a hobby	start a new leisure activity	I took up a hobby, painting, to switch off after work.
strike up a conversation	start talking to someone you do not know	I struck up a conversation with the person next to me on the train.
catch up with friends	spend time with friends after a while apart	On Sundays I usually catch up with friends over coffee.
broaden your horizons	expand your experience and understanding	Living abroad really broadens your horizons.
make a living	earn enough money to live	It is hard to make a living as a musician in my town.
play a part in	contribute to something	Social media plays a big part in how young people form opinions.
meet a deadline	finish work by the required time	I often stay late at the office to meet a deadline.
spend quality time	spend meaningful time with someone	My parents made sure we spent quality time together every evening.
down to earth	practical, modest and easy to talk to	My best friend is really down to earth despite her success.
someone I look up to	a person I admire	My grandfather is someone I look up to because of his patience.
tucked away	hidden in a quiet place	There is a lovely cafe tucked away behind the old market.
well worth a visit	definitely deserving a visit	The botanical gardens are well worth a visit in spring.
a once-in-a-lifetime experience	something special you will probably never repeat	Seeing the northern lights was a once-in-a-lifetime experience.
out of my comfort zone	in an unfamiliar, challenging situation	Giving a speech in English pushed me out of my comfort zone.

Phrase	Meaning	Example
went off without a hitch	happened without any problems	Luckily, the wedding went off without a hitch.
the highlight of	the best part of something	The highlight of the trip was definitely the boat ride at sunset.
built to last	made to be strong and long-lasting	My father's old watch was built to last and still works perfectly.
sentimental value	emotional importance rather than money value	The ring has huge sentimental value because it was my grandmother's.
that's true up to a point	partly true but not completely	That's true up to a point, but online learning cannot replace a good teacher.
I'm not entirely convinced	I have some doubts	I'm not entirely convinced that banning cars would solve the pollution problem.
the knock-on effect	an indirect result of something	Higher rents have a knock-on effect on local shops, which lose customers.
in the long run	over a long period of time	Buying quality shoes is cheaper in the long run.
a world of difference	a very big difference	There is a world of difference between living in a village and a city.
a growing tendency	an increasing pattern of behaviour	There is a growing tendency for young people to delay marriage.
here to stay	will remain permanently	Remote work is here to stay, whether companies like it or not.
on top of that	in addition	The hotel was noisy, and on top of that the food was terrible.
having said that	nevertheless, despite what I just said	City life is stressful. Having said that, I would never move to the countryside.
it's hard to say	it is difficult to be certain	It's hard to say whether printed books will survive another fifty years.
in the years to come	in the future	In the years to come, I think most cars will drive themselves.
to be honest	speaking frankly	To be honest, I prefer staying in on a Friday night.

Tip

Idioms belong in Speaking, not in Writing Task 2. In an essay they lower the register and can cost Lexical Resource marks.

Common mistake

Using a memorised idiom that does not fit the question. Examiners notice it at once, and it hurts Fluency and Coherence.

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SECTION 3

Academic phrases for Writing Task 2

40 phrases for giving opinions, hedging, contrasting, explaining causes, giving examples and concluding.

Phrase	Use it to	Example
It is widely believed that	introducing a common opinion before responding to it	It is widely believed that technology has made people less sociable.
It is often argued that	presenting a view that you may then challenge	It is often argued that university education should be free for everyone.
There is no doubt that	stating a strong, confident claim	There is no doubt that cities face serious housing shortages.
To a certain extent	agreeing partly, hedging a position	To a certain extent, parents are responsible for their children's diet.
It could be argued that	hedging a claim you do not fully commit to	It could be argued that advertising to children should be banned entirely.
This is largely because	giving the main reason for a claim	This is largely because public transport in rural areas is unreliable.
One major drawback is that	introducing a disadvantage	One major drawback is that online courses lack personal interaction.
A key advantage of this is	introducing a benefit	A key advantage of this is that students learn at their own pace.
In my view	giving your opinion in Task 2	In my view, governments should invest more in preventive healthcare.
I firmly believe that	expressing a strong personal opinion	I firmly believe that art subjects deserve equal status with sciences.
I am inclined to think that	a softer, hedged opinion	I am inclined to think that this trend will continue.
While it is true that	conceding a point before contrasting	While it is true that cars offer convenience, they also cause congestion.
On the other hand	introducing an opposing view	On the other hand, longer prison sentences do little to reduce reoffending.
Nevertheless	contrasting despite the previous point	Nevertheless, the benefits of tourism outweigh its drawbacks.

Phrase	Use it to	Example
In contrast	showing a clear difference between two things	In contrast, children in rural areas have far fewer opportunities.
Despite this	contrast after a stated problem or point	Despite this, many families still prefer private schools.
This has led to	describing an effect or consequence	This has led to a sharp rise in obesity among young children.
As a consequence	introducing a result	As a consequence, many small shops have been forced to close.
This can be attributed to	explaining the cause of something	This can be attributed to the rising cost of living in cities.
One reason for this is that	giving a cause	One reason for this is that employers value experience over qualifications.
A further factor is	adding another cause	A further factor is the influence of social media on body image.
For instance	introducing an example	For instance, several cities now charge drivers to enter the centre.
A clear example of this is	giving a specific supporting example	A clear example of this is the growth of online shopping.
This is evident in	pointing to where an example can be seen	This is evident in the number of young people choosing to rent.
Take, for example,	introducing an example in a more direct way	Take, for example, the decline of traditional crafts in rural areas.
Furthermore	adding a supporting point	Furthermore, exercise improves concentration and sleep.
In addition to this	adding another point	In addition to this, public libraries offer free internet access.
Not only, but also	linking two related points in one sentence	Not only does recycling save resources, but it also creates jobs.
It is essential that	recommending strongly	It is essential that governments regulate advertising aimed at children.
Measures should be taken to	proposing a solution	Measures should be taken to improve road safety near schools.

Phrase	Use it to	Example
The most effective solution would be	recommending the best option	The most effective solution would be to subsidise public transport.
This would ensure that	explaining the benefit of a solution	This would ensure that every child receives a nutritious meal.
Admittedly	conceding a weakness in your argument	Admittedly, such a policy would be expensive to introduce.
In the short term	limiting a claim to the near future	In the short term, the new tax may cause prices to rise.
It is clear that	drawing a confident conclusion from evidence	It is clear that early education shapes a child's future.
Taking everything into account	beginning a conclusion that weighs both sides	Taking everything into account, the benefits of globalisation outweigh the costs.
In conclusion	opening the final paragraph	In conclusion, both parents and schools share responsibility for children's health.
To sum up	summarising the main points	To sum up, strict laws alone will not reduce crime.
On balance	giving a final judgement after weighing both sides	On balance, I believe the advantages of remote work are greater.
Overall	giving a general final view	Overall, technology has improved education far more than it has harmed it.

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SECTION 4

Trend and comparison language for Academic Task 1

30 phrases for describing graphs, charts and tables.

Phrase	Example
rise sharply	The number of car owners rose sharply between the first and second period shown.
increase steadily	Sales of electric vehicles increased steadily throughout the period.
climb gradually	The proportion of female graduates climbed gradually across the decade shown.
soar	House prices soared in the capital while remaining stable elsewhere.
peak at	Visitor numbers peaked at just over two million in the summer.
reach a high of	Unemployment reached a high of twelve per cent before falling.
fall dramatically	The use of coal fell dramatically over the period.
decline slightly	The share of households without internet declined slightly.
drop	Train fares dropped by a quarter after the subsidy was introduced.
plummet	Newspaper circulation plummeted once online news became free.
plateau	After an initial surge, the figures plateaued at around forty per cent.
remain stable	The number of cinema visits remained stable for the final three years shown.
level off	Growth in mobile subscriptions levelled off once the market was saturated.
fluctuate	Rainfall fluctuated considerably from month to month.
hit a low of	Enrolments hit a low of eight thousand before recovering.
recover	Tourism recovered strongly in the final year of the period.
account for	Housing accounted for almost a third of total household spending.
make up	Women made up just under half of the workforce.
constitute	Students constituted the largest group of library users.
twice as many as	Twice as many people travelled by bus as by train.

Phrase	Example
three times higher than	The rate in urban areas was three times higher than in rural areas.
a significant proportion of	A significant proportion of energy came from renewable sources.
the vast majority of	The vast majority of respondents preferred shopping online.
in comparison with	In comparison with cycling, driving to work was far more common.
whereas	Spending on food fell, whereas spending on leisure rose.
respectively	Men and women spent fourteen and nineteen hours respectively on housework.
by contrast	By contrast, the figure for older adults barely changed.
a marginal difference	There was only a marginal difference between the two cities.
overtake	Online sales overtook in-store sales by the end of the period.
the gap narrowed	The gap between male and female earnings narrowed over time.

SECTION 5

Vocabulary quiz

20 questions. Choose the best word for each gap. Answers follow the last question.

1. Long prison sentences are not always an effective _____ against violent crime.

A. deterrent

B. rehabilitation

C. penalty

D. witness

2. Rapid _____ has left many cities without enough affordable homes.

A. regeneration

B. urbanisation

C. hospitality

D. migration

3. Doctors warn that a _____ lifestyle increases the risk of heart disease.

A. chronic

B. preventive

C. sedentary

D. nutritious

4. Printed maps have become almost _____ since smartphones arrived.

A. cutting-edge

B. disruptive

C. virtual

D. obsolete

5. The company went _____ after three years of heavy losses.

A. bankrupt

B. prosperous

C. affordable

D. subsidised

6. Cutting _____ from factories would greatly improve air quality.

A. habitats

B. emissions

C. ecosystems

D. conservation

7. A _____ course prepares students directly for trades such as plumbing.

A. compulsory

B. tertiary

C. vocational

D. academic

8. Teenagers often trust an _____ more than a traditional television advert.

A. endorsement

B. audience

C. editor

D. influencer

9. The _____ of fish stocks threatens the livelihoods of coastal communities.

A. depletion

B. renewal

C. biodiversity

D. recycling

10. Many immigrants _____ quickly while still keeping some home traditions.

A. preserve

B. assimilate

C. inherit

D. commemorate

11. The _____ in city-centre rents has pushed young workers into distant suburbs.

A. decline

B. plateau

C. surge

D. gap

12. English serves as a _____ for business people from different countries.

A. dialect

B. slang

C. mother tongue

D. lingua franca

13. Housing _____ for almost a third of total household spending last year.

A. accounted

B. constituted

C. made

D. reached

14. _____, the benefits of tourism outweigh its drawbacks for most island economies.

A. In contrast

B. On balance

C. For instance

D. As a consequence

15. Rising sea levels can be _____ to the melting of polar ice.

A. allocated

B. implemented

C. attributed

D. analysed

16. The _____ brain drain leaves poorer nations without enough doctors.

A. so-called

B. sustainable

C. competitive

D. sedentary

17. Sales of petrol cars _____ once electric models became affordable.

A. soared

B. plummeted

C. peaked

D. recovered

18. Children with a strict _____ sometimes rebel when they reach adolescence.

A. sibling

B. welfare

C. upbringing

D. household

19. The new museum is well _____ a visit if you are interested in local history.

A. deserving

B. value

C. cost

D. worth

20. Twice as many people travelled by bus _____ by train.

A. as

B. than

C. that

D. to



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Answers

1. A. deterrent

A deterrent is something that discourages people from doing wrong; a penalty is the punishment itself.

2. B. urbanisation

Urbanisation is the growth of cities as people move into them.

3. C. sedentary

Sedentary means involving a lot of sitting and little physical activity.

4. D. obsolete

Obsolete means no longer used because something better has replaced it.

5. A. bankrupt

Bankrupt means unable to pay your debts; the other options describe healthy finances.

6. B. emissions

Emissions are the gases released into the air by vehicles and industry.

7. C. vocational

Vocational education teaches practical skills for a specific job.

8. D. influencer

An influencer is a person with many online followers who promotes products.

9. A. depletion

Depletion means reducing something to a dangerously low level.

10. B. assimilate

To assimilate is to adopt the culture of the society around you.

11. C. surge

A surge is a sudden large increase; the context shows rents going up.

12. D. lingua franca

A lingua franca is a shared language used between groups with different native languages.

13. A. accounted

The verb phrase is 'account for'; 'constitute' and 'make up' are not followed by 'for'.

14. B. On balance

On balance introduces a final judgement after weighing both sides.

15. C. attributed

To attribute something to a cause means to say that it is caused by it.

16. A. so-called

So-called signals a commonly used term; the other adjectives do not describe 'brain drain' sensibly.

17. B. plummeted

Plummeted means fell very quickly, which fits the shift away from petrol cars.

18. C. upbringing

Upbringing is the way a child is raised by parents or carers.

19. D. worth

The fixed phrase is 'well worth a visit'.

20. A. as

The comparison 'twice as many as' is completed with 'as', not 'than'.

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