BEST WAY TO PRACTISE IELTS SPEAKING

Step-By-Step Instructions

1. HOW TO PRACTISE ANSWERING PART 1 AND PART 3 QUESTIONS

OVERALL STRATEGY

When you prepare part 1 and part 3 IELTS speaking questions, we recommend you, first, to read the ideas and try to make your unique answers. Then read our model answers if it was difficult to make your own answers using the ideas. Let’s imagine you want to review the following question: **Is your city big?**

STEP-BY-STEP INSTRUCTIONS

- Answer this question without preparation. Record your answers. Use these recordings to compare the answers that you produced before using the app and after.
- Look at the list of ideas in the app and choose those that you like the most. Answer the question again. Record your answer.

You will see the following list of phrases in the IDEAS section of your IELTS Speaking Assistant App:

- *if you view the city from a tall building, you get the feeling that it doesn't end*
- *it's by far the biggest city in my country*
- *it's a huge sprawling city*
- *it's immensely larger than X*

- If you don’t understand how to use the ideas to make your perfect answer, read the answers. Again, choose those that contain the ideas you liked.

*It's a huge sprawling city. No, to say 'huge' is to say nothing 'cause if you view the city from a tall building, you get the feeling that it doesn't end. And it takes hours to go from one side of the city to the other.*

- After you’ve read the answers several times, try to retell them and then record your answer. Listen to it. If you like it, move to the next question. If you don’t like it, practise answering this question until you like what you say.
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2. HOW TO PREPARE CUE CARDS

OVERALL STRATEGY
When you prepare cue cards, we recommend you to read only answers. And you should do it many times, slightly changing them if you need. If you want to make a completely different story or add some details, use the IDEAS section. Let’s imagine you want to review the following cue card: Healthy activity

STEP-BY-STEP INSTRUCTIONS
• Take paper and a pencil. Look at the prompts. Prepare your answer. Make notes if you want to. Try to speak for 2 minutes non-stop. Record your answer. Use these recordings to compare the answers that you produced before using the app and after.

Describe an activity you do to keep healthy. You should say:
• what the activity is
• when and where you do it
• how you do it
• how it helps you keep healthy

• Read our model answer in the app several times.

In my opinion, by far the best way to maintain good health is to work out in the gym, which I do every week, at least twice a week. Of course, I wish I could do it more frequently, but I just don’t have that much free time.

What’s important is that I always mix strength and cardio training. Strength training exercises help me work out my muscles, increase metabolism and build stamina. So they generally make me stronger. Cardio exercises help me burn calories, and therefore maintain a healthy weight.

To make the most of each workout session, I start it with a warm-up. This is usually a combination of some light cardiovascular exercises and stretches, which helps me to prevent the injury and prepare my body for more vigorous exercises.
If I have strength training, I sometimes perform exercises with free weights such as dumbbells or medicine balls. To be honest, I used to think that weights were something for bodybuilders. But now I realise that light lifting exercises are really good for anyone. Sometimes I use elasticized bands or specialized machines. But in most cases, I do bodyweight exercises. I mean everyone’s all time favourites such as sit ups, squats, lunges and pull ups. For me, bodyweight exercises are more difficult to do than weights, but my fitness instructor doesn’t care about it and makes me do several 25-rep sets of each exercise. When I have a cardio workout, I either swim or run on a treadmill.

Then, at the end of each workout I do some stretching exercises again, which helps me keep a heart rate and blood pressure from dropping rapidly.

To be healthy, I work out in the gym -> I mix strength and cardio training. Strength training gives me something, cardio training is for something -> I start with with a warm-up and explain why I need it -> After that I do the following exercises and describe what exercises I do -> At the end of each workout I do stretching and explain why I do it

- Try to make a short summary of this story so that you can remember what happens at each stage, for example, a sequence of events or important points that you need to describe in detail. You may omit some details, but it’s important to remember the main points. This will help you not to forget important parts of your story.