



IELTS Speaking Vocabulary and Phrases List

From Real Band 7, 8, and 9 Mock Test Performances

This guide provides essential speaking phrases and power vocabulary from our mock test videos to help you prepare for your exam.

We analysed all of our test scripts to find the most useful language.

Please note that although these are useful, using them alone does not guarantee success.

For more help, please [check out our website](#).

You can contact us at any time here- chris@ieltsadvantage.com

What's Inside This Guide

Part 1: Essential Speaking Phrases

- Natural expressions to sound more fluent
- Real examples from past performances
- How to express opinions, give examples, and describe preferences

Part 2: Power Vocabulary That Impresses

- 20 words that successful speakers actually used
- Clear definitions and context
- Pro tips for using each word effectively

Expressing Opinions & Beliefs

I think...

Example: "I think that parents can teach children patience by being patient themselves."

Question Asked: "What can parents do to teach their children patience?"

Source: [IELTS Speaking: Why Perfect English Hurts Your Score](#)

I feel that...

Example: "I feel that in the past maybe five years, international people start to learn more about this tradition and start to learn more about the Mexican culture."

Question Asked: "Describe an important tradition in your culture."

Source: [Speaking Mistakes Cost You Band 7](#)

I would say...

Example: "I would say it was successful so I've uh tried my hand at kishes and uh Thai food."

Question Asked: "Do you enjoy cooking?"

Source: IELTS Speaking Test: Perfect Band 9 Score



More Ways to Express Opinions



"In my opinion..."

Example: "It's a survival skill in my opinion."

Question Asked: "Do you think it's important for children to learn how to cook?"

Source: [IELTS Speaking Success: New Band 9.0 Sample](#)



"For me personally..."

Example: "For me, personally, sometimes I feel like when I'm around people, my social battery dies very quickly, and it could be a lot to take in."

Question Asked: "When you are outside, do you prefer being alone or with other people?"

Giving Examples & Describing Preferences



For example...

Example: "For example, if they're on a date at a restaurant, the food is taking a little longer than it should, and one of them have an outburst."

Question Asked: "How does impatience affect relationships?"

Source: [IELTS Speaking: Why Perfect English Hurts Your Score](#)



For instance...

Example: "For instance, art consists of music, theater, cinema, and paintings."

Question Asked: "What type of art do you prefer?"

Source: [IELTS Speaking Practice Test- Almost Perfect](#)



I prefer...

Example: "I prefer purses that are a little bit on the larger side just cuz I like to put every thing of my life in my purse."

Question Asked: "What type of bags do you like?"



Talking about Habits & Aspirations

I like to...

Example: "I like to consider myself a decent cook."

Question Asked: "Do you like to eat art or stay in and cook?"

Source: [IELTS Speaking: Perfect Pronunciation and Fluency](#)

I would like to...

Example: "I would like to incorporate uh more of like meditation to just be able to ground myself um when needed."

Question Asked: "Is there anything you would like to add to your daily routine?"

Master Vocabulary for a High IELTS Score

The following words are taken from real performances and can help elevate your speaking score when used appropriately.



Sophisticated Vocabulary

Using advanced vocabulary accurately **and** appropriately demonstrates lexical resource - a key scoring criterion in IELTS Speaking.



Real-World Context

Each word is presented with an authentic example from a real performance, showing how to use it naturally.



Pro Tips

Learn strategic advice for incorporating each word effectively in your responses.

Vocabulary: Social & Adaptation Terms

Acquaintances

Meaning: A person one knows slightly, but who is not a close friend

Example: "I do have quite a few friends... I feel like I have more acquaintances than friends."

Question Asked: "Do you have lots of friends?"

Pro Tip: This shows precision. Use it to distinguish between close friends and people you know casually, adding depth to answers about social life.

Source: [IELTS Speaking Test: Perfect Band 9 Score](#)

Acclimatize

Meaning: To become accustomed to a new climate or to new conditions

Example: "...one starts to acclimate to their environment and one starts to adapt properly."

Question Asked: "Describe a time you had to adapt to a new situation."

Pro Tip: A powerful verb for discussing adapting to a new country, job, or culture. It's a sophisticated alternative to "get used to."

Vocabulary: Descriptive Terms

Chaotic

Meaning: In a state of complete confusion and disorder

Example: "It's very chaotic it can get very messy people are shouting but I think in general the pros outweigh the cons..."

Question Asked: "Are there any negative impacts of large numbers of tourists visiting an area?"

Pro Tip: An excellent, descriptive adjective for busy situations like crowded cities, hectic events, or even a messy creative process.



Coherence

Meaning: The quality of being logical, consistent, and forming a unified whole

Example: "I found it better to find... somewhere elsewhere, where I could feel more at home and more like everything was in coherence with me."

Question Asked: "What challenges do people face when adapting to a new culture?"

Pro Tip: An impressive word to use when talking about how well things (like values, ideas, or plans) fit together logically.

Vocabulary: Describing Challenges

Cumbersome

Meaning: Tedious, complicated, and therefore slow or inefficient

Example: "It's something which I find monotonous, something which I find cumbersome, something which I find boring."

Question Asked: "Are there any exercises you do not like?"

Pro Tip: Use this to describe a process or activity that is difficult and slow, not just physically heavy. It adds sophistication to your description.

Source: [IELTS Speaking: Perfect Pronunciation and Fluency](#)

Demotivated

Meaning: Feeling less enthusiastic about a task or goal

Example: "It makes me feel demotivated because I compare myself to other people."

Question Asked: "Why do some people give up when learning something difficult?"

Pro Tip: Perfect for discussing challenges in learning, work, or personal projects. It clearly expresses a loss of motivation.

Source: [IELTS Speaking: Perfect Pronunciation and Vocabulary](#)

Inconsistent

Meaning: Not staying the same throughout; not regular or steady

Example: "The problem is that I've been inconsistent like I would you know focus on singing for a few months and then I would stop..."

Question Asked: "Describe a skill that took you a long time to learn."

Pro Tip: A very useful word to describe habits, practice, or quality that is not regular. It shows you can analyze patterns of behaviour.

Vocabulary: Powerful Descriptors

Drastically

1

Meaning: In a way that is likely to have a strong or far-reaching effect

Example: "I would say drastically yes... it's gotten hotter and hotter and humid."

Question Asked: "Has the weather changed much in recent years?"

Pro Tip: A powerful adverb to emphasize a significant change. It's much more impressive than saying "changed a lot."

Ingrained

3

Meaning: (Of a habit, belief, or attitude) firmly fixed or established; difficult to change

Example: "That grammar error becomes ingrained and then you go and do an IELTS test..."

Pro Tip: Excellent for talking about culture, deep-seated habits, or long-held beliefs that are difficult to change.

2

Gravitate

Meaning: To move toward or be attracted to a person, place, or thing

Example: "I gravitate to almost every color red, blues, greens, purples, pinks, white..."

Question Asked: "What colors do you like?"

Pro Tip: A sophisticated way to say you are "attracted to" or "drawn to" something. Use it to describe your preferences for hobbies, food, or styles.

Vocabulary: Emotional & Experiential Terms

Catharsis

Meaning: The process of releasing, and providing relief from, strong or repressed emotions

Example: "...it's mindless you don't realize you're exercising when you're dancing it's just one hour of catharsis you're just going and sweating it out..."

Question Asked: "What's your favorite exercise?"

Pro Tip: A very high-level word. Use it to describe an activity (like exercise, art, or music) that helps you de-stress or release emotions.



Resonate with

Meaning: To evoke a feeling of shared emotion or belief; to be in harmony with

Example: "...there were a couple of values in that culture that personally I didn't resonate with."

Question Asked: "What challenges do people face when adapting to a new culture?"

Pro Tip: A great phrase to express a deep connection (or lack of connection) with an idea, value, or experience. It sounds very thoughtful.

Vocabulary: Describing Routines & Preferences

Monotonous

Meaning: Dull, tedious, and repetitious; lacking in variety and interest

Example: "It's something which I find monotonous, something which I find cumbersome, something which I find boring."

Question Asked: "Are there any exercises you do not like?"

Pro Tip: A great alternative for "boring," especially good for describing repetitive tasks, jobs, or daily routines.

Source: [IELTS Speaking: Perfect Pronunciation and Fluency](#)

Mundane

Meaning: Lacking interest or excitement; dull

Example: "I come back home and uh fix myself up some dinner and watch on Netflix; very average... mundane."

Question Asked: "Tell me about your daily routine."

Pro Tip: A strong vocabulary choice to describe routines, jobs, or tasks you don't find particularly exciting.

Source: [Band 9.0 IELTS Speaking Test - Advanced Answers](#)

Sentimental

Meaning: Prompted by feelings of tenderness, sadness, or nostalgia

Example: "I'm quite sentimental and emotional so I prefer more... emotional, sentimental gifts."

Question Asked: "Do you think it's important to give someone a card on their birthday?"

Pro Tip: Perfect for describing your feelings about gifts, memories, places, or objects that have special emotional value.

Vocabulary: Advanced Descriptive Terms

1

Sever

Meaning: To put an end to a connection or relationship, cutting it off completely

Example: "...one wrong move could sever so many possible connections with other professional people or companies."

Question Asked: "How important is patience in professional development?"

Pro Tip: A very strong verb for talking about breaking connections or relationships. It's more dramatic and impactful than "end" or "break."

Source: [IELTS Speaking: Why Perfect English Hurts Your Score](#)

2

Unflappable

Meaning: Having or showing calmness in a crisis

Example: "And the more I listened and stayed calm and looked at him and remained unflappable, he slowly began to calm down..."

Question Asked: "Describe a time you were patient."

Pro Tip: An excellent adjective to describe someone who is very calm under pressure. You can use it to describe yourself or someone you admire.

How to Use This Guide

Study the phrases and vocabulary

Don't just memorize; understand the context

Practice using them naturally

Start with one or two per answer

Record yourself

Listen for natural flow and pronunciation

Apply in mock tests

Use them when practicing with real IELTS questions

Get Feedback

Make sure a real expert gives you feedback on your speaking.

Remember: The key to Band 9 isn't using complex language everywhere. It's about using the right language at the right time, naturally and accurately.

Good luck with your IELTS preparation!

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