

2025 EDITION

IELTS VOCABULARY

— FOR BANDS —

7.0-8.0

VOL. 1

Master Vocabulary with Context,
Emotion and Real IELTS Examples



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*Dedicated to all IELTS learners worldwide who dream big and
work hard to achieve their goals.*

Always remember to applaud yourself for every step forward.

IELTS Vocabulary for Bands 7.0-8.0

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PREFACE

Welcome to ***IELTS Vocabulary Band 7.0-8.0***

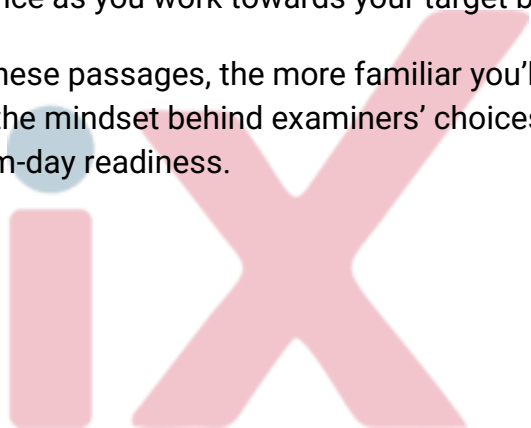
This eBook brings you 20 complete IELTS Academic Reading tests, gathered from real exam experiences in countries like India, Canada, Australia, and beyond. Some tests may include more than 40 questions - we've kept them exactly as reported to give you the closest possible practice to the real exam.

Inside, you'll also find certain "high-frequency" passages - topics that are known to appear repeatedly in official IELTS papers. While no passage is repeated here, practicing with these will give you a strategic advantage many test-takers miss.

Instead of searching through scattered online sources, everything is collected, refined, and formatted into one clear, easy-to-use book. Each page is designed to save you time and boost your confidence as you work towards your target band score.

The more you explore these passages, the more familiar you'll become with IELTS traps, question patterns, and the mindset behind examiners' choices. Consider this book your training ground for exam-day readiness.

- Team IELTSXpress



Why This Vocabulary Book is Different

Most IELTS vocabulary books give you long lists of words and definitions - but memorizing lists rarely works. This book takes a **different approach**.

Here's what makes it unique:

- **All Modules Covered:** Words are shown in context for Speaking, Reading, Listening, and Writing (Task 1 & Task 2). You don't just learn meanings - you learn how to use them naturally.
- **Band 7-8 Targeted:** Vocabulary is carefully selected for learners aiming for Band 7-8 - not too simple, not overly complex.
- **Emotional Memory Anchoring:** Each topic includes exercises that link words to personal experiences, stories, or imagination, making recall faster and longer-lasting.
- **Practical Quizzes & Exercises:** Mini fill-in-the-blanks and recall tasks help you actively practice the words immediately.
- **Topic-Based Organization:** Vocabulary is grouped by IELTS-relevant themes such as *Education, Crime & Law, Technology, Work & Employment*, so learning is structured and relevant.

This book is not about memorizing for the sake of it. It's about learning words you will actually remember and use, giving you a strategic advantage in the IELTS exam.

How To Use This Book

This eBook has been designed not just as a list of vocabulary, but as a practical tool to actively build your word power for IELTS. To get the most out of it, follow these steps:

Study with Purpose

Each word is presented with meaning, example sentences, and context for all four IELTS modules (Listening, Reading, Writing, and Speaking). Don't just read – pause to understand how you can apply the word in your own sentences.

Anchor Your Learning

Use the Emotional Memory Anchoring sections to connect words with feelings, situations, or personal stories. This makes vocabulary stick longer in your memory compared to rote memorization.

Practice in Context

Look at the provided examples and then create 2-3 of your own sentences. Try to imagine how you could realistically use the word in IELTS Speaking or Writing.

Track Your Progress

On the next page, you'll find a **Vocabulary Progress Tracker table**. We strongly recommend printing this out and using it to record words you've mastered, words you're still revising, and the ones you often forget. This creates a clear record of your improvement and keeps you motivated.

Revise Regularly

Revisit difficult words every few days. Spaced repetition (reviewing at increasing intervals) is the most effective way to transfer new vocabulary into long-term memory.

Remember: **You don't need thousands of words to score Band 7–8.** You only need the **right words, learned deeply and used naturally.**

This book will help you achieve exactly that.

Vocabulary Progress Tracker (✓|✗)

[illegible]

Topic: Work & Employment

Why does this topic matter?

Work & Employment is one of the most frequently asked topics in IELTS, covering areas like job types, workplace culture, career goals, unemployment, and work-life balance. Whether in Speaking, Writing, Reading, or Listening, you will often face questions related to jobs, careers, and the working world.

Learning vocabulary for Work & Employment will:

- Help you speak confidently about your career plans
- Enable you to understand workplace reading passages
- Equip you with powerful words for Writing Task 2 essays on employment, salaries, and job satisfaction
- Make your answers sound natural and professional, increasing your chances of achieving a Band 7-8+

Remember: Work is not just what you do to earn money. It reflects your skills, dreams, and contribution to society. Mastering this vocabulary will empower you to express these ideas clearly in your IELTS exam.

Work & Employment - Speaking Module

A. Emotional Story (150 words)

Riya grew up in a small town where job opportunities were limited. Her father worked as a **manual labourer**, and her mother did **part-time work** as a tailor. Despite financial struggles, Riya always dreamt of having a **fulfilling career**. After graduation, she faced **fierce competition** in the job market but never gave up. She worked **overtime** at a small company to gain experience. Finally, she secured a **permanent position** as a marketing executive at a reputed firm. Now, she aims for a **promotion** to the managerial level. Riya believes that **job satisfaction** is more important than just a high salary. She is also learning to maintain a good **work-life balance** so that she can spend quality time with her family while building her career.

B. Vocabulary Table

Vocabulary	Meaning & Example
Manual labour	Physical work. E.g., Many people in villages do manual labour.
Part-time work	Working less than full hours. E.g., She does part-time work at a café.

Vocabulary	Meaning & Example
Overtime	Extra working hours. E.g. , I often do overtime to finish projects.
Job satisfaction	Happiness at work. E.g. , Job satisfaction is more important than salary.
Promotion	Higher job position. E.g. , He got a promotion last year.
Work-life balance	Balance between job & personal life. E.g. , She maintains a good work-life balance.
Fulfilling career	A job that makes you feel happy and proud. E.g. , Teaching is a fulfilling career for many.
Fierce competition	Very strong competition. E.g. , There is fierce competition for IT jobs.
Permanent position	A stable, long-term job. E.g. , She got a permanent position after probation.

C. Collocations & Idioms

Phrase	Meaning & Example
Dead-end job	A job with no future prospects. E.g. , He left his dead-end job to start a business.
Climb the career ladder	Get promoted to higher positions. E.g. , She is working hard to climb the career ladder.
Pull strings	Use influence to get something. E.g. , He pulled strings to get that government job.
Get the sack	Be fired. E.g. , He got the sack for coming late repeatedly.

D. Sample Speaking Questions & Answers

Part 1

Q: What kind of work do you do?

A: I work as a digital marketer. It's a fulfilling career for me because I enjoy creating campaigns and analysing results.

Part 2 Cue Card

Describe a job you would like to have.

I would like to work as an IELTS trainer at a reputed institute. Teaching is a fulfilling career because it allows me to help students achieve their dreams. Also, this job offers a good work-life balance, so I can spend time with family while working in a stable environment. There is fierce competition in this field, but with proper skills and dedication, I believe I can excel.

Part 3

Q: Do you think job satisfaction is more important than salary?

A: Yes, I believe job satisfaction is more important. If you love what you do, you will be motivated every day, which is better than just earning money in a dead-end job.

F. Emotional Memory Anchoring

Write sentences from your life using these words:

Overtime _____
 Promotion _____
 Work-life balance _____
 Job satisfaction _____

Example:

"I feel happy when I have a good **work-life balance**, spending evenings with my family after work."

Work & Employment - Reading Module

A. Short Reading Passage (180 words)

In recent years, the concept of **remote working** has transformed employment patterns globally. Many companies now offer **flexible working hours**, allowing employees to maintain a better **work-life balance**. However, some argue that working from home leads to **decreased productivity** due to household distractions. Additionally, the rise of the **gig economy** has created opportunities for freelancers and part-time workers. While the gig economy provides **job flexibility**, it often lacks **job security** and benefits such as health insurance. Employers are also investing in **staff development programmes** to enhance employees' skills and boost **job satisfaction**. Nevertheless, **workplace discrimination** remains a challenge in many organisations, affecting career growth opportunities. Overall, the modern work environment continues to evolve, demanding employees to be more **adaptable** and technologically competent to remain competitive in their careers.

B. Vocabulary Table

Word/Phrase	Meaning and Example
-------------	---------------------

Remote working	Working from home. E.g. , Remote working became common during COVID-19.
Flexible hours	Work schedule choice. E.g. , Flexible hours help parents manage family time.
Productivity	Output and efficiency. E.g. , Productivity decreases with distractions.
Gig economy	Short-term freelance jobs market. E.g. , Many youths prefer the gig economy for freedom.
Job security	Stability of a job. E.g. , Government jobs offer more job security.
Staff development	Training employees. E.g. , Staff development increases company growth.
Workplace discrimination	Unfair treatment at work. E.g. , Workplace discrimination affects morale.
Adaptable	Able to adjust easily. E.g. , Adaptable workers handle changes well.

C. Practice Questions

Fill in the blanks.

- Many people prefer the _____ economy due to its freedom.
- _____ working allows employees to work from home.
- _____ programmes help improve employee skills.
- Flexible hours improve _____ for many workers.
- Employees need to be _____ in the modern work environment.

D. Answers

- Gig
- Remote
- Staff development
- work-life balance/job satisfaction (both acceptable depending on interpretation)
- adaptable

E. Emotional Memory Anchoring

Write sentences from your life using these words:

Word	Your Life Sentence
Remote working	
Flexible hours	
Productivity	
Gig economy	
Adaptable	

Example:

"Working with flexible hours improves my **productivity** because I can choose my most active hours."

Work & Employment - Listening Module

A. Short Listening Lecture Script (120 words)

"Today we will discuss career development. In modern workplaces, employees often attend **training workshops** to improve their skills. Companies believe that **investing in staff training** increases productivity and reduces employee turnover. Some firms also provide **mentorship programmes** where senior staff guide juniors to build confidence and gain knowledge. However, many employees experience **burnout** due to heavy workloads and lack of rest. To solve this, companies offer **paid leave** and organise team-building activities to boost morale. Experts suggest that organisations focusing on employee well-being have better **staff retention rates**. Therefore, career growth is not only about promotions and salaries but also about maintaining health and motivation in the workplace."

B. Vocabulary Table

Word/Phrase	Meaning and Example
Training workshop	Skill improvement session. E.g. , I attended a training workshop on leadership.
Staff training	Teaching employees new skills. E.g. , Staff training increases efficiency.

Mentorship	Guidance by experienced staff. E.g. , Mentorship helps juniors learn quickly.
Burnout	Extreme tiredness from overwork. E.g. , He took leave due to burnout.
Paid leave	Leave with salary. E.g. , She took paid leave for her wedding.
Staff retention	Keeping employees in a company. E.g. , Good benefits improve staff retention.
Employee turnover	Number of people leaving jobs. E.g. , High turnover affects productivity.

C. Practice Questions

Fill in the blanks

- _____ programmes help juniors gain confidence.
- Many employees suffer from _____ due to heavy workload.
- Companies organise _____ to improve skills.
- High _____ increases recruitment costs.
- Good policies improve _____ rates.

D. Answers

- Mentorship
- burnout
- training workshops
- employee turnover
- staff retention

E. Emotional Memory Anchoring

Write sentences from your life using these words:

Word	Your Life Sentence
Mentorship	
Burnout	

Paid leave	
Training workshop	
Staff retention	

Example:

"I once felt **burnout** while managing multiple projects without rest."

Work & Employment - Writing Task 1 Module

A. Academic Writing Task 1

1. Sample Chart Context

A bar chart showing employment rates in different sectors (agriculture, manufacturing, services, IT) across two countries.

2. Useful Vocabulary Table

Word/Phrase	Meaning and Example
Employment rate	% of people working E.g. , The employment rate was highest in IT.
Sector	Part of economy. E.g. , The manufacturing sector employed fewer people.
Workforce	People working E.g. , The workforce in services increased
Proportion	Part of whole E.g. , A large proportion worked in services.
Decline	Decrease E.g. , Agriculture saw a decline in employment.
Peak	Highest point E.g. , IT sector employment peaked in 2019.

3. Sample Sentences

The **employment rate** in the services **sector** was the highest in both countries.
 The manufacturing **workforce** experienced a slight **decline** after 2015.
 The **proportion** of employees in IT **peaked** at 60% in Country A.

4. Quick Practice

Fill in the blanks:

1. The _____ in agriculture fell in 2018.
2. IT sector employment _____ at 55%.
3. A large _____ of the workforce was in services.

5. Answers

1. employment rate
2. peaked
3. Proportion

B. General Training Writing Task 1 - Letters

1. Common Context

You have seen a job advertisement and want to apply for it.

2. Useful Vocabulary Table

Word/Phrase	Meaning and Example
Vacancy	Job opening. E.g. , I am writing to apply for the vacancy advertised.
Position	Job role. E.g. , I am interested in the marketing position.
Experience	Past work. E.g. , I have experience working as a sales executive.
Skills	Abilities. E.g. , I have strong communication skills.

Suitable	Right for something. E.g. , I believe I am suitable for this role.
Enclosed	Attached document. E.g. , I have enclosed my CV for your reference.

3. Sample Letter Lines

I am writing to apply for the **position** of administrative assistant advertised on your website. I believe I am **suitable** for this job due to my previous **experience** in office management. Please find my CV **enclosed** with this letter.

4. Quick Practice

Fill in the blanks:

1. I have _____ working as a cashier for two years.
2. Please find my CV _____ for your consideration.
3. I believe I am _____ for this role due to my skills.

5. Answers

1. experience
2. enclosed
3. suitable

C. Emotional Memory Anchoring

Write sentences from your life using these words:

Word	Your Life Sentence
Vacancy	
Position	
Workforce	
Suitable	
Employment rate	

Example:

"There was a **vacancy** for the marketing **position** at my friend's company last month."

Work & Employment - Writing Task 2 Module

A. Common Essay Questions

1. Some people believe job satisfaction is more important than salary. Do you agree or disagree?
2. Many people today change jobs frequently. Is this a positive or negative development?
3. Some think governments should reduce working hours for a better work-life balance. To what extent do you agree or disagree?

B. Vocabulary Table

Word/Phrase	Meaning and Example
Vacancy	Job opening. E.g. , I am writing to apply for the vacancy advertised.
Position	Job role. E.g. , I am interested in the marketing position.
Experience	Past work. E.g. , I have experience working as a sales executive.
Skills	Abilities. E.g. , I have strong communication skills.
Suitable	Right for something. E.g. , I believe I am suitable for this role.
Enclosed	Attached document. E.g. , I have enclosed my CV for your reference.

C. Sample Introduction

In recent years, job satisfaction has become an important factor in choosing a career. While some people believe earning a high salary is more important, I think that enjoying your work and having a good work-life balance is essential for a happy life.

D. Sample Body Sentences

1. A high salary can motivate people temporarily, but **job satisfaction** ensures long-term happiness.
2. Changing jobs frequently can lead to **better career growth** and learning opportunities.
3. **Workplace stress** often arises from long working hours and strict deadlines.
4. Companies that offer **flexible working** attract talented employees.
5. Although **freelancing** offers freedom, it lacks job security and stable income.

E. Practice Questions

Fill in the blanks using words from the table:

1. Many employees leave due to low _____.
2. _____ working helps parents manage family responsibilities.
3. High _____ increases recruitment costs for companies.
4. People with good _____ are happier in their jobs.
5. _____ is common among young people due to lack of job security.

F. Answers

1. job satisfaction
2. Flexible
3. employee turnover
4. work-life balance
5. Freelancing

G. Emotional Memory Anchoring

Write sentences from your life using these words:

Word	Your Life Sentence
Job satisfaction	
Work-life balance	
Salary	
Flexible working	
Career growth	

Example:

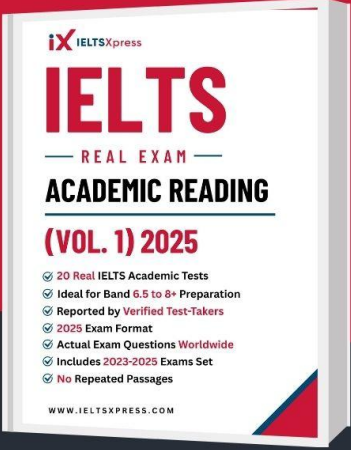
"Having **flexible working** hours improves my **work-life balance**, keeping me stress-free."

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