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300 IELTS Speaking Topic Vocabulary Chunks (2026)

Part 1-3 topic chunks and collocations for natural spoken answers. Learn phrases in context, not isolated words.

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Tip: highlight 8-12 items this week, practise them in a timed mock, then unlock Pro for fuller banks and AI feedback.

Education

School, university and lifelong learning for Part 1-3.

Chunk	Use in	Example
fall behind in class	Part 1	I fell behind in class when I missed a week of lectures.
catch up on coursework	Part 1	I usually catch up on coursework at the weekend.
sit an exam	Part 1	We sit an exam at the end of each term.
revise for a test	Part 1	I revise for a test the night before, though I know it's not ideal.
hands-on learning	Part 2	What I liked most was the hands-on learning in the lab.
group project	Part 2	We did a group project on local history and presented it to the class.
academic pressure	Part 3	Academic pressure can push students, but too much of it backfires.
critical thinking skills	Part 3	Schools should build critical thinking skills, not just memory.
rote learning	Part 3	Rote learning might help with facts, but it doesn't teach you how to argue.
lifelong learning	Part 3	Lifelong learning matters because jobs keep changing.
tuition fees	Part 3	Rising tuition fees put a lot of families under stress.
distance learning	Part 1	I tried distance learning during the holidays and it suited my schedule.
extracurricular activities	Part 1	I joined a few extracurricular activities to meet people outside my course.
vocational training	Part 3	Vocational training should be valued as highly as university degrees.
drop out of university	Part 3	Some students drop out of university because costs get too high.
get a scholarship	Part 2	I was lucky enough to get a scholarship that covered my books.
heavy workload	Part 1	My course has a heavy workload, especially before deadlines.
learn by doing	Part 2	I learn by doing, so workshops help me more than lectures.
narrow the education gap	Part 3	Governments need to narrow the education gap between cities and rural areas.

well-rounded education	Part 3	A well-rounded education includes arts and sport, not only exams.

Environment

Climate, waste and nature in everyday and discussion answers.

Chunk	Use in	Example
cut down on plastic	Part 1	I've tried to cut down on plastic by taking a reusable bottle.
recycle household waste	Part 1	We recycle household waste every week in my building.
carbon footprint	Part 3	Flying a lot increases your carbon footprint more than people realise.
renewable energy	Part 3	Countries should invest more in renewable energy like wind and solar.
climate change	Part 3	Climate change is already affecting farming where I live.
air pollution	Part 1	Air pollution gets worse in winter when people burn more fuel.
green spaces	Part 2	The park has plenty of green spaces where families picnic.
throwaway culture	Part 3	Throwaway culture means we replace things instead of repairing them.
protect wildlife	Part 3	We need stronger laws to protect wildlife from habitat loss.
extreme weather	Part 2	I remember a summer of extreme weather with constant flooding.
energy-efficient	Part 1	We bought energy-efficient bulbs to lower the electricity bill.
public transport instead of driving	Part 1	I take public transport instead of driving when I can.
raise environmental awareness	Part 3	Schools can raise environmental awareness from a young age.
plastic pollution	Part 3	Plastic pollution in rivers ends up in the ocean.
sustainable lifestyle	Part 3	A sustainable lifestyle is easier if cities design for walking and cycling.
deforestation	Part 3	Deforestation speeds up climate change and destroys habitats.
compost food scraps	Part 1	We compost food scraps when we have a garden.
eco-friendly products	Part 2	I started buying eco-friendly products after watching a documentary.
tackle climate issues	Part 3	Individuals help, but governments must tackle climate issues at scale.
biodiversity loss	Part 3	Biodiversity loss makes ecosystems less stable.

Technology

Phones, AI and digital habits in spoken answers.

Chunk	Use in	Example
scroll through social media	Part 1	I scroll through social media when I'm on the bus.
screen time	Part 1	I try to limit my screen time before bed.

keep in touch online	Part 1	Video calls help me keep in touch online with relatives abroad.
tech-savvy	Part 1	My younger brother is more tech-savvy than I am.
go offline	Part 2	I went offline for a weekend and felt strangely calm.
artificial intelligence	Part 3	Artificial intelligence can save time, but it also raises privacy questions.
rely heavily on phones	Part 3	Young people rely heavily on phones for almost everything.
digital literacy	Part 3	Older adults need digital literacy support, not just new gadgets.
online learning platform	Part 2	I used an online learning platform to practise listening every day.
data privacy	Part 3	Data privacy should be clearer when apps ask for permissions.
remote collaboration	Part 3	Remote collaboration tools changed how teams work across countries.
automation at work	Part 3	Automation at work may replace some jobs and create others.
push notifications	Part 1	Push notifications constantly interrupt me, so I turn most of them off.
wearable device	Part 2	I got a wearable device that tracks my steps and sleep.
fake news spreads fast	Part 3	Fake news spreads fast because people share before they check.
digital divide	Part 3	The digital divide leaves rural students behind.
cutting-edge technology	Part 3	Hospitals use cutting-edge technology for early diagnosis.
become obsolete	Part 3	Phones become obsolete quickly, which creates a lot of e-waste.
work from home tools	Part 1	I use a few work from home tools for meetings and shared files.
information overload	Part 3	Information overload makes it harder to focus on what matters.

Health

Lifestyle, fitness and public health language.

Chunk	Use in	Example
stay in shape	Part 1	I try to stay in shape by walking most evenings.
balanced diet	Part 1	A balanced diet is easier when I cook at home.
get enough sleep	Part 1	I don't always get enough sleep during busy weeks.
sedentary lifestyle	Part 3	A sedentary lifestyle raises the risk of heart problems.
mental well-being	Part 3	Workplaces should take mental well-being as seriously as physical health.
preventive care	Part 3	Preventive care saves money in the long run.
chronic illness	Part 3	Chronic illness needs long-term support, not one-off treatment.

public health campaign	Part 2	There was a public health campaign about quitting smoking in my city.
cut down on sugar	Part 1	I've cut down on sugar in my tea.
feel run-down	Part 1	I feel run-down when I skip exercise for too long.
regular check-up	Part 2	I booked a regular check-up after ignoring a small issue for months.
healthcare access	Part 3	Healthcare access is still unequal between rich and poor areas.
junk food	Part 1	I eat junk food sometimes, but not every day.
build healthy habits	Part 3	Schools can help children build healthy habits early.
stress levels	Part 1	My stress levels drop when I go for a run.
life expectancy	Part 3	Life expectancy has risen, but quality of life varies a lot.
work out at the gym	Part 1	I work out at the gym twice a week if I can.
catch a cold	Part 1	I usually catch a cold when the seasons change.
health insurance	Part 3	Without health insurance, a hospital visit can be frighteningly expensive.
promote healthy living	Part 3	Cities can promote healthy living with more parks and bike lanes.

Work and careers

Jobs, skills and workplace change.

Chunk	Use in	Example
nine-to-five job	Part 1	I used to have a nine-to-five job, but now my hours vary.
work-life balance	Part 1	Work-life balance is something I'm still figuring out.
deadlines pile up	Part 1	Deadlines pile up at the end of the month.
climb the career ladder	Part 2	She worked hard to climb the career ladder in a big firm.
job security	Part 3	Job security feels weaker in the gig economy.
soft skills	Part 3	Soft skills like communication matter as much as technical knowledge.
on-the-job training	Part 2	I got most of my skills through on-the-job training.
freelance work	Part 1	I do some freelance work on the side.
burn out at work	Part 3	People burn out at work when hours never stop.
team player	Part 2	I try to be a team player, especially on tight projects.
remote working	Part 3	Remote working saves commuting time but can feel lonely.
career change	Part 2	Making a career change in my thirties was scary but worth it.
entry-level position	Part 1	My first role was an entry-level position with a lot of admin.
performance review	Part 2	During my performance review I asked for more training.
skills shortage	Part 3	A skills shortage in tech pushes wages up.
take on responsibility	Part 1	I like roles where I can take on responsibility.

job satisfaction	Part 3	Pay matters, but job satisfaction keeps people longer.
workplace culture	Part 3	Workplace culture can make or break a new hire's first year.
unpaid overtime	Part 3	Unpaid overtime is common and often unfair.
professional development	Part 3	Companies should fund professional development, not just demand results.

Cities and housing

Urban life, transport and living spaces.

Chunk	Use in	Example
live in the suburbs	Part 1	I live in the suburbs, about forty minutes from the centre.
rush-hour traffic	Part 1	Rush-hour traffic makes me leave home earlier than I want.
high cost of living	Part 3	The high cost of living pushes young people out of city centres.
affordable housing	Part 3	Cities need more affordable housing near jobs and schools.
public transport network	Part 2	The public transport network there made getting around easy.
overcrowded city	Part 3	An overcrowded city can feel exciting and exhausting at the same time.
neighbourhood feel	Part 1	I like the neighbourhood feel where people know each other.
urban sprawl	Part 3	Urban sprawl eats into farmland and increases car use.
rent a flat	Part 1	I rent a flat with two flatmates to share the cost.
noise pollution	Part 1	Noise pollution is the main downside of living near a main road.
green infrastructure	Part 3	Green infrastructure like parks cools cities during heatwaves.
commute to work	Part 1	I commute to work by metro most days.
city skyline	Part 2	From the hill you can see the whole city skyline at night.
pedestrian-friendly streets	Part 3	Pedestrian-friendly streets encourage people to walk more.
housing shortage	Part 3	A housing shortage drives rents up year after year.
sense of community	Part 2	There was a strong sense of community at the local market.
traffic congestion	Part 3	Traffic congestion wastes time and worsens air quality.
move to a bigger city	Part 2	I decided to move to a bigger city for better job options.
run-down area	Part 3	Investment can revive a run-down area if locals are included.
smart city technology	Part 3	Smart city technology can manage traffic lights more efficiently.

Travel and tourism

Holidays, transport and tourism impacts.

Chunk	Use in	Example

book a trip	Part 1	I usually book a trip a few months in advance.
off the beaten track	Part 2	We stayed somewhere off the beaten track, away from the crowds.
travel light	Part 1	I prefer to travel light with just a backpack.
tourist trap	Part 2	That restaurant was a tourist trap with average food and high prices.
cultural exchange	Part 3	Travel can encourage cultural exchange when people stay longer.
overtourism	Part 3	Overtourism damages historic sites if numbers aren't managed.
budget airline	Part 1	I fly with a budget airline when I just need a short hop.
local cuisine	Part 2	Trying the local cuisine was the highlight of the trip.
get jet lag	Part 1	I get jet lag badly on long-haul flights.
eco-tourism	Part 3	Eco-tourism can help if the money stays in the local community.
travel broadens the mind	Part 3	People say travel broadens the mind, and I mostly agree.
weekend getaway	Part 1	A weekend getaway helps me reset when work gets intense.
sightseeing tour	Part 2	We joined a sightseeing tour on the first day to get oriented.
peak season	Part 3	Prices jump in peak season, so I travel in shoulder months.
visa requirements	Part 3	Complicated visa requirements can discourage legitimate travellers.
homestay experience	Part 2	A homestay experience taught me more than any hotel stay.
carbon-heavy travel	Part 3	Carbon-heavy travel is hard to justify for short holidays.
miss a connection	Part 2	I almost missed a connection because of a delayed flight.
travel itinerary	Part 1	I like a loose travel itinerary rather than every hour planned.
support local businesses	Part 3	Tourists should support local businesses instead of only big chains.

Family and relationships

Home life, friends and social change.

Chunk	Use in	Example
close-knit family	Part 1	We're a close-knit family, so we talk almost every day.
extended family	Part 1	I see my extended family mainly at festivals.
spend quality time	Part 1	We try to spend quality time together without phones.
raise children	Part 3	It takes a village to raise children, not just one parent.
generation gap	Part 3	The generation gap shows up clearly in views about social media.
nuclear family	Part 3	The nuclear family is common in cities, but not the only model.

look after elderly parents	Part 2	She moved closer to look after elderly parents.
make friends easily	Part 1	I don't make friends easily, but the friendships last.
stay in touch	Part 1	We stay in touch through group chats and the odd call.
work-life conflict	Part 3	Work-life conflict hits parents hardest during school holidays.
shared household chores	Part 1	We have shared household chores so nobody does everything.
childhood memory	Part 2	One childhood memory that sticks is camping with my cousins.
supportive friends	Part 2	I had supportive friends who helped me through a tough year.
single-parent household	Part 3	A single-parent household needs better childcare support.
family gathering	Part 1	We have a big family gathering every New Year.
role model	Part 2	My aunt was a role model because she never gave up on studying.
social circle	Part 1	My social circle got smaller after I moved cities.
work-family balance	Part 3	Flexible hours can improve work-family balance.
rely on relatives	Part 3	Many people still rely on relatives for childcare.
feel homesick	Part 2	I felt homesick for the first month abroad.

Crime and safety

Safety, policing and justice in Part 2-3 style talk.

Chunk	Use in	Example
feel safe at night	Part 1	I generally feel safe at night in my area.
petty crime	Part 3	Petty crime like pickpocketing rises in crowded tourist spots.
neighbourhood watch	Part 2	Our street started a neighbourhood watch after a few break-ins.
law-abiding citizens	Part 3	Most people are law-abiding citizens who just want predictable rules.
crime rate	Part 3	The crime rate fell after better street lighting was installed.
cybercrime	Part 3	Cybercrime is growing faster than many police forces can track.
install a security camera	Part 1	My building decided to install a security camera at the entrance.
white-collar crime	Part 3	White-collar crime can hurt society more than street theft.
rehabilitation programmes	Part 3	Rehabilitation programmes matter if we want lower reoffending.
tough on crime	Part 3	Being tough on crime without prevention often fails.
report a crime	Part 2	I had to report a crime when my bike was stolen.
juvenile delinquency	Part 3	Juvenile delinquency often links to poor schooling and idle time.

community policing	Part 3	Community policing builds trust better than heavy-handed raids.
identity theft	Part 2	A friend dealt with identity theft after a data leak.
street lighting	Part 1	Better street lighting makes walking home less stressful.
deter criminals	Part 3	Visible patrols can deter criminals in some areas.
victim support	Part 3	Victim support services are as important as catching offenders.
organised crime	Part 3	Organised crime needs international cooperation to tackle.
lock the door	Part 1	I always lock the door, even when I'm just downstairs.
sense of safety	Part 3	A sense of safety affects whether people use parks after dark.

Media and advertising

News, streaming and influence in daily talk.

Chunk	Use in	Example
scroll the news feed	Part 1	I scroll the news feed in the morning, but I don't trust every headline.
binge-watch a series	Part 1	I binge-watch a series when I need a break.
mainstream media	Part 3	Mainstream media still sets the agenda for a lot of people.
clickbait headline	Part 2	The article had a clickbait headline that didn't match the content.
freedom of the press	Part 3	Freedom of the press is essential in a healthy democracy.
targeted advertising	Part 3	Targeted advertising feels useful until it becomes creepy.
go viral	Part 2	A short video from our local cafe went viral overnight.
media bias	Part 3	Media bias is easier to spot if you compare several sources.
streaming platform	Part 1	I pay for one streaming platform and share the account with family.
celebrity culture	Part 3	Celebrity culture distracts from more important public issues.
fact-check a story	Part 3	People should fact-check a story before sharing it.
podcast episode	Part 1	I listen to a podcast episode on my commute.
public broadcaster	Part 3	A public broadcaster can offer news without pure commercial pressure.
influencer marketing	Part 3	Influencer marketing works on younger audiences more than TV ads.
break the news	Part 2	I remember when the radio broke the news about the storm.
echo chamber	Part 3	Social media can trap you in an echo chamber of similar views.
print newspaper	Part 1	My dad still reads a print newspaper every Sunday.
media literacy	Part 3	Media literacy should be taught in schools.

advertising campaign	Part 2	There was a clever advertising campaign for public transport.
twenty-four-hour news cycle	Part 3	The twenty-four-hour news cycle pushes speed over accuracy.

Sport and leisure

Exercise, hobbies and competition.

Chunk	Use in	Example
keep fit	Part 1	I keep fit by cycling to work a few times a week.
team sport	Part 1	I prefer a team sport because it keeps me accountable.
competitive spirit	Part 2	His competitive spirit pushed the whole team to train harder.
spectator sport	Part 1	Football is a huge spectator sport where I live.
take up a hobby	Part 2	I took up a hobby late, learning photography after thirty.
leisure time	Part 1	I don't have much leisure time during exam season.
professional athlete	Part 3	Being a professional athlete demands discipline most of us don't see.
sports facilities	Part 3	Public sports facilities should be free or cheap for young people.
fair play	Part 3	Fair play matters more than winning at any cost.
injury-prone	Part 2	I was injury-prone when I trained without warming up.
cheer someone on	Part 1	I love going to matches to cheer someone on.
outdoor activity	Part 1	Hiking is my favourite outdoor activity.
national team	Part 2	When the national team won, the whole city celebrated.
sedentary hobbies	Part 3	Sedentary hobbies like gaming are fine in moderation.
grassroots sport	Part 3	Investment in grassroots sport builds talent and community.
personal best	Part 2	I ran a personal best in that race and felt proud for weeks.
work out regularly	Part 1	I try to work out regularly, even if it's only twenty minutes.
sports scholarships	Part 3	Sports scholarships help talented students who can't afford fees.
couch potato	Part 1	I can be a bit of a couch potato on rainy Sundays.
host a major event	Part 3	Hosting a major event can boost tourism but also leave debt.

Shopping and consumer habits

Buying, brands and money in everyday speech.

Chunk	Use in	Example
window shopping	Part 1	I enjoy window shopping even when I'm not buying anything.
shop around for a deal	Part 1	I always shop around for a deal before buying electronics.

impulse buy	Part 2	That jacket was an impulse buy I regretted the next day.
online shopping	Part 1	Online shopping saves me time, but returns are annoying.
high street	Part 3	The high street is struggling because people buy everything online.
consumer society	Part 3	A consumer society encourages buying things we don't need.
brand loyalty	Part 3	Brand loyalty is weaker now because people compare prices online.
second-hand goods	Part 1	I buy second-hand goods when I can, especially furniture.
retail therapy	Part 2	I went for a bit of retail therapy after a stressful week.
cost of living crunch	Part 3	The cost of living crunch makes people cut non-essential spending.
loyalty card	Part 1	I use a loyalty card at the supermarket for small discounts.
fast fashion	Part 3	Fast fashion is cheap upfront but costly for the environment.
value for money	Part 1	I care more about value for money than famous labels.
shopping mall	Part 2	We spent the afternoon in a huge shopping mall to escape the heat.
cashless payment	Part 1	Almost everything I buy uses cashless payment now.
planned obsolescence	Part 3	Planned obsolescence forces people to replace devices too soon.
bargain hunter	Part 1	My mum is a bargain hunter; she never pays full price.
return policy	Part 2	I checked the return policy before buying the camera.
ethical consumption	Part 3	Ethical consumption is hard when cheap options dominate shelves.
local market	Part 2	I prefer the local market for fresh produce and small talk.

Food and cooking

Meals, restaurants and food culture.

Chunk	Use in	Example
home-cooked meal	Part 1	Nothing beats a home-cooked meal after a long day.
eat out	Part 1	We eat out maybe once a week.
comfort food	Part 2	For me, comfort food is a bowl of noodles with chilli oil.
food waste	Part 3	Food waste is a huge problem in restaurants and homes.
balanced meals	Part 1	I try to cook balanced meals with vegetables every day.
street food	Part 2	The street food in that city was incredible and cheap.
dietary habits	Part 3	Dietary habits formed in childhood are hard to change later.

processed food	Part 3	Processed food is convenient but often too salty and sugary.
cook from scratch	Part 1	I cook from scratch when I have time on Sundays.
food allergy	Part 1	I have a mild food allergy, so I always check menus carefully.
farm-to-table	Part 2	We found a farm-to-table restaurant that used local ingredients.
skip breakfast	Part 1	I used to skip breakfast, but now I eat something small.
food security	Part 3	Food security becomes fragile when supply chains break.
try exotic dishes	Part 2	I love to try exotic dishes when I travel.
portion sizes	Part 3	Portion sizes in some restaurants encourage overeating.
family recipe	Part 2	She taught me a family recipe that goes back generations.
cut down on meat	Part 1	I've cut down on meat a few days a week.
food culture	Part 3	Food culture reflects history as much as taste.
takeaway dinner	Part 1	A takeaway dinner is my lazy option on Fridays.
healthy eating habits	Part 3	Schools and parents share responsibility for healthy eating habits.

Government and society

Public services, rights and social issues for Part 3.

Chunk	Use in	Example
public services	Part 3	Good public services make daily life fairer for everyone.
tax revenue	Part 3	Tax revenue should fund schools and hospitals first.
social inequality	Part 3	Social inequality grows when wages stagnate and rents rise.
freedom of speech	Part 3	Freedom of speech includes responsibility not to spread lies.
welfare system	Part 3	A strong welfare system catches people when they lose work.
civic duty	Part 2	Voting felt like a civic duty the first time I took part.
local government	Part 1	Local government handles things like rubbish collection and parks.
policy change	Part 3	A small policy change can improve lives if it's well designed.
human rights	Part 3	Human rights shouldn't depend on where someone was born.
ageing population	Part 3	An ageing population puts pressure on pensions and healthcare.
volunteer in the community	Part 2	I used to volunteer in the community at a food bank.
rule of law	Part 3	The rule of law only works if courts are independent.
income gap	Part 3	The income gap between regions is getting harder to ignore.

public consultation	Part 3	A real public consultation listens before decisions are locked in.
national holiday	Part 1	On the national holiday, most shops close and families gather.
social mobility	Part 3	Education is still one of the best routes to social mobility.
corruption scandal	Part 2	There was a corruption scandal that dominated the news for weeks.
civil society	Part 3	Civil society groups can hold powerful people to account.
minimum wage	Part 3	Raising the minimum wage helps, but housing costs can cancel the gain.
democratic process	Part 3	Trust in the democratic process falls when voters feel ignored.

Culture and the arts

Music, museums and creative life.

Chunk	Use in	Example
live music	Part 1	I love live music more than studio recordings.
art exhibition	Part 2	I went to an art exhibition that completely changed how I see colour.
cultural heritage	Part 3	Cultural heritage needs funding, not only tourism photos.
traditional festival	Part 1	We still celebrate a traditional festival every spring.
creative outlet	Part 2	Painting became my creative outlet during a stressful year.
performing arts	Part 3	The performing arts teach teamwork and confidence.
museum visit	Part 1	A museum visit is my go-to plan on a rainy day.
folk tradition	Part 2	My grandmother kept a folk tradition of storytelling alive.
cultural diversity	Part 3	Cultural diversity makes cities more interesting and more resilient.
box-office hit	Part 1	I rarely chase a box-office hit; I prefer smaller films.
preserve local culture	Part 3	We should preserve local culture without freezing it in the past.
street performance	Part 2	There was a street performance that gathered a huge crowd.
arts funding	Part 3	Arts funding is often cut first, which is short-sighted.
read for pleasure	Part 1	I read for pleasure more than I used to.
cultural identity	Part 3	Language is a core part of cultural identity.
talent show	Part 2	I took part in a school talent show and forgot half my lines.
contemporary art	Part 3	Contemporary art can feel confusing until someone explains the idea.
music festival	Part 1	I'd love to go to a music festival this summer.
handicraft skills	Part 3	Handicraft skills are disappearing as mass production takes over.

enrich daily life	Part 3	The arts enrich daily life in ways that are hard to measure.

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