

100 Band 6 to Band 7 IELTS Phrase Swaps

Replace flat, common phrases with natural Band 7 alternatives for Speaking and Writing. Swap, do not stack.

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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.

Speaking: opinion and opener swaps

Replace repeated openers with varied, natural ones.

Band 6-ish	Stronger Band 7	Where to use
I think	I'd say that	Speaking Part 1 and 3
I like it very much	I'm really fond of it	Speaking Part 1 likes
I don't like it	It's not really my cup of tea	Speaking Part 1 dislikes
Yes, I agree	I couldn't agree more	Speaking Part 3 strong agreement
I don't agree	I'm not entirely convinced	Speaking Part 3 disagreement
Maybe	It's quite possible that	Speaking Part 3 speculation
I don't know	That's a tricky one, but I'd imagine	Speaking Part 3 uncertain
Because	The main reason is that	Speaking Part 1 and 2 explanation
Also	On top of that	Speaking adding a point
But	That said,	Speaking contrast
Very often	More often than not	Speaking frequency
For example	A good example would be	Speaking Part 2 and 3 examples
In the past	Back in the day	Speaking Part 1 past habits
It is good	It's quite beneficial	Speaking evaluation
I want to talk about	I'd like to describe	Speaking Part 2 opener

Speaking: describing and reacting swaps

Make descriptions more precise without sounding unnatural.

Band 6-ish	Stronger Band 7	Where to use
very big	enormous / sizeable	Speaking Part 2 places and objects
very small	tiny / compact	Speaking Part 2 places and objects
very good	outstanding / excellent	Speaking general praise
very bad	dreadful / pretty awful	Speaking strong negatives
very tired	completely exhausted	Speaking feelings
very happy	absolutely delighted	Speaking feelings
very interesting	absolutely fascinating	Speaking Part 2 evaluation
very difficult	quite challenging	Speaking tasks and skills
very famous	widely known	Speaking Part 2 people and places
very beautiful	absolutely stunning	Speaking Part 2 places
very busy	packed with people / really hectic	Speaking Part 2 places and days
very quiet	peaceful and tranquil	Speaking Part 2 places
I was surprised	I was taken aback	Speaking Part 2 events

I was nervous	I felt a bit on edge	Speaking Part 2 experiences
It was fun	It was a real blast	Speaking Part 2 events and trips

Speaking: Part 3 reasoning swaps

Add reasoning, balance and caution to abstract answers.

Band 6-ish	Stronger Band 7	Where to use
Many people do this	A growing number of people	Speaking Part 3 trends
It will change	It's likely to change significantly	Speaking Part 3 future
It has good and bad points	It's a double-edged sword	Speaking Part 3 balance
Young people like it	It's particularly popular among younger generations	Speaking Part 3 age groups
The government should do it	The authorities ought to take action	Speaking Part 3 society
It is important	It plays a crucial role	Speaking Part 3 importance
It is better now	Things have improved considerably	Speaking Part 3 change
People are lazy	People tend to take the easy option	Speaking Part 3 criticism
It costs a lot	It comes at a considerable cost	Speaking Part 3 expense
It is a big problem	It's a pressing issue	Speaking Part 3 problems

Writing Task 2: argument and linking swaps

Move from list-like essays to controlled argument.

Band 6-ish	Stronger Band 7	Where to use
In my opinion	I firmly believe that	Task 2 position statement
Nowadays	In recent years / In the modern era	Task 2 introduction
Many people think	It is widely argued that	Task 2 introduction
Firstly	To begin with / The primary reason is	Task 2 body paragraph 1
Secondly	Moreover / A further point is	Task 2 body paragraph 2
Finally	Last but not least	Task 2 last supporting point
In conclusion	To sum up / All things considered	Task 2 conclusion
But	However / Nevertheless	Task 2 contrast between sentences
So	Consequently / As a result	Task 2 result
Because of this	For this reason	Task 2 cause link
For example	To illustrate / A case in point is	Task 2 examples
There are many advantages	There are several notable benefits	Task 2 advantages and disadvantages
There are some disadvantages	There are a number of drawbacks	Task 2 advantages and disadvantages
Some people agree and some disagree	Opinions are divided on this issue	Task 2 discuss both views
I agree with this statement	I am inclined to agree with this view	Task 2 agree or disagree
This is true	This is certainly the case	Task 2 supporting claims
On the other hand	Conversely / By contrast	Task 2 contrast
Another reason is	Another contributing factor is	Task 2 causes
It is clear that	It is evident that	Task 2 claims
This shows that	This demonstrates that	Task 2 explanation

Writing Task 2: vocabulary and word choice swaps

Replace vague words with exact, topic-friendly choices.

Band 6-ish	Stronger Band 7	Where to use
a lot of	a great deal of / a significant number of	Task 2 quantity
big problem	serious issue	Task 2 problems

good for	beneficial to	Task 2 effects
bad for	detrimental to	Task 2 effects
help	contribute to / facilitate	Task 2 effects and solutions
get	obtain / acquire	Task 2 verbs
make people	encourage people to / compel people to	Task 2 policies
important	essential / vital	Task 2 emphasis
increase	rise sharply / escalate	Task 2 trends
decrease	decline / diminish	Task 2 trends
show	illustrate / reveal	Task 2 explanation
think about	take into account	Task 2 policies and decisions
start	initiate / commence	Task 2 formal verbs
stop	put an end to / curb	Task 2 solutions
fix the problem	tackle the problem	Task 2 solutions
young people	the younger generation	Task 2 people groups
old people	the elderly	Task 2 people groups
poor people	low-income families	Task 2 people groups
rich countries	developed nations	Task 2 society
many things	numerous factors	Task 2 causes and effects

Writing Task 1: description swaps

More exact data language for charts, tables, processes and maps.

Band 6-ish	Stronger Band 7	Where to use
went up	rose / climbed	Task 1 trend up
went down	fell / declined	Task 1 trend down
went up a lot	rose sharply	Task 1 fast change
went up a little	edged up slightly	Task 1 small change
stayed the same	remained stable	Task 1 no change
the biggest	the highest / the largest proportion	Task 1 comparison
the smallest	the lowest / the smallest share	Task 1 comparison
this chart shows	the chart illustrates	Task 1 introduction
from 2000 to 2010	over the period from 2000 to 2010	Task 1 time frame
is about 50%	accounts for approximately 50%	Task 1 data detail

Grammar and sentence-level swaps

Small structure changes that raise grammatical range.

Band 6-ish	Stronger Band 7	Where to use
If people do this, it is bad.	Should people do this, the consequences could be severe.	Task 2 conditionals
People who work hard get money.	Those who work hard are rewarded financially.	Task 2 relative clauses
Technology is useful and it is popular.	Technology, which is increasingly popular, is highly useful.	Task 2 complex sentences
Pollution is bad. It harms health.	Pollution is harmful because it damages public health.	Task 2 combining sentences
I went there and I saw many things.	Having arrived there, I noticed a great many things.	Speaking and Writing narrative
People use cars. This causes pollution.	The widespread use of cars leads to pollution.	Task 2 nominalisation

It is hard to learn languages.	Learning languages is no easy task.	Speaking and Writing evaluation
Many people lose their jobs.	A considerable number of workers are made redundant.	Task 2 passive voice
He said he would come.	He had promised that he would turn up.	Speaking Part 2 past narrative
If I had more time, I will study more.	If I had more time, I would study more.	Speaking and Writing conditionals

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