

100 High-Frequency IELTS Listening Paraphrase Pairs

Match what you hear to what the question says. Train paraphrase, not word-spotting.

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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.

Booking, money and numbers

Section 1 style: forms, bookings, prices and contact details. Questions often rephrase numbers and payment language.

You hear / read	Question may say
a fortnight	two weeks
half past nine	9.30 / 9:30
quarter to eight	7.45 / 7:45
noon	12.00 / midday
midnight	00.00 / 12 at night
just under fifty pounds	less than £50
roughly twenty dollars	about \$20
a couple of	two
a dozen	twelve
double room	room for two people
en suite	private bathroom
self-catering	cook your own meals
all-inclusive	meals included
pay in advance	pre-pay / pay beforehand
settle the bill	pay (the account)
deposit	down payment / advance payment
refundable	money can be returned
non-refundable	no money back
booked solid	fully booked / no vacancies
put you on the waiting list	add to a list if a place frees up

Education and campus life

Sections 2-3: courses, libraries, tutorials and assessment. Expect synonyms for study, deadlines and facilities.

You hear / read	Question may say
enrol / enroll	register / sign up
module	course unit / component
tutorial	small-group teaching session
lecture theatre	large classroom / auditorium
handout	printed notes / worksheet
deadline	due date / submission date
extension	extra time to hand in work

plagiarism	copying without credit
peer review	feedback from classmates
dissertation	long research paper / thesis
postgraduate	after a first degree
undergraduate	studying for a first degree
mature student	older / adult learner
open day	visit day for applicants
halls of residence	student accommodation on campus
compulsory	required / mandatory
optional	not required / elective
assessment	how you are marked / tested
continuous assessment	marks from coursework over time
resit / retake	take the exam again

Work, careers and training

Jobs, shifts, interviews and workplace talks. Questions paraphrase duties, hours and hiring language.

You hear / read	Question may say
vacancy	job opening / available post
CV / resume	job application document
references	people who recommend you
shortlisted	selected for interview
probation period	trial period at the start
flexitime	flexible working hours
shift work	work in rotating time blocks
overtime	extra hours beyond normal
on call	available if needed outside hours
freelance	self-employed / contract work
internship	short work placement / training role
apprenticeship	learn a trade while working
redundancy	job loss because the role ends
laid off	made unemployed (company decision)
promotion	move to a higher position
pay rise / raise	increase in salary
benefits package	extras besides salary
health and safety	workplace risk rules
deadline-driven	tight time pressure at work
team player	works well with others

Travel, transport and tourism

Airports, hotels, tours and directions. Map and form questions often swap everyday travel phrases.

You hear / read	Question may say
departure lounge	waiting area before boarding
boarding pass	ticket to get on the plane
check-in desk	place to register luggage / get pass
baggage reclaim	where you collect luggage
hand luggage	cabin bag / carry-on

layover / stopover	break between flights
connecting flight	next flight in a journey
delayed	running late
cancelled	will not operate
platform	where the train stops
carriage / car	section of the train
return ticket	ticket for going and coming back
single ticket	one-way ticket
off-peak	cheaper / quieter travel time
rush hour	busiest travel period
scenic route	longer route with views
itinerary	travel plan / schedule
excursion	short trip / outing
guided tour	tour with a leader
souvenir	gift to remember a place

Health, lifestyle and environment

Doctors, sports centres, recycling talks and campus health. Academic Section 4 often paraphrases cause and effect.

You hear / read	Question may say
GP / family doctor	general practitioner
prescription	written order for medicine
over-the-counter	medicine sold without a prescription
appointment	booked time to see someone
symptoms	signs of illness
side effects	unwanted effects of treatment
physio / physiotherapy	physical therapy
well-being / wellbeing	general health and happiness
sedentary lifestyle	sitting a lot / little exercise
balanced diet	healthy mix of foods
recycle	process used materials again
landfill	site for burying waste
emissions	gases released into the air
renewable energy	power from wind, sun, etc.
conservation	protecting nature / resources
biodiversity	variety of living species
drought	long period with little rain
flooding	overflow of water onto land
urban sprawl	cities spreading outwards
public transport	buses, trains, etc. for everyone

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