



IELTS General Training Volume 7 Writing Practice Test 1

HOW TO USE

You have 2 ways to access the test

1. Open this URL <https://link.intergreat.com/6W90r> on your computer
2. Use your mobile device to scan the QR code attached



WRITING TASK 1

You should spend about **20** minutes on this task.

You have a Facebook friend living in another country and s/he is curious to learn about a major news item in your country.

Write a letter to your Facebook friend. In your letter

describe a news story in your country

explain why people are interested in it

say how the story personally relates to you

You do **NOT** need to **write any addresses**.

Begin your letter as follows:

Dear ...,

You should write at least **150** words.



WRITING TASK 2

You should spend about **40** minutes on this task.

Write about the following topic:

A healthy person is often described as someone who has a good diet, gets plenty of exercise and avoids stress.

What should people do to stay healthy in your country?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least **250** words.

SAMPLE WRITING TASK 1

Dear,

How are you? The last time you wrote you asked about local news items, so I thought I'd fill you in on how Australia has been affected by the horrific tsunami which devastated so many countries around the Indian Ocean.

We first heard the shocking news on Boxing Day (26 December) but no one realised the extent of the damage or the human toll. It was such an unusual event, something one would only expect to see in a Hollywood film. Australia was affected because we are part of this region, geographically and politically.

Australia has close ties with Indonesia and Thailand, so we are focusing our aid chiefly on those countries. Our Foreign Minister is there now surveying the damage and key divisions of the Australian army are helping in Indonesia.

A friend of mine is the manager of one of the large resorts in Phuket - the one which was completely inundated. Fortunately, he was holidaying in Europe at the time! Many other Australians were not so lucky.

Trust you are well. Write soon.

SAMPLE WRITING TASK 2

These days people are becoming more concerned with remaining healthy and avoiding illness. There are several ways people stay healthy in my country, Australia. The key aspects are diet, exercise and rest, and stress reduction.

Most Australians understand that it is necessary to eat well and eat regularly. Having three good meals a day and actually taking time to eat properly is important. This means trying to have a balanced diet of protein (fish, meat or eggs) and vegetables and fruit, for breakfast, lunch and dinner.

It is sometimes difficult to find time to exercise every day, but if we can manage to do some physical exercise a few days a week, then we will feel better for it. We will also sleep more soundly and peacefully.

Australians enjoy outdoor sports, swimming and cricket in summer, and football in winter.

Many Australians relax by walking or even, these days, practising yoga. Relaxing helps us to remain calm and reduce stress. The best way of reducing stress, however, is to understand what is causing it.

If we have too many things to do, it is best to make a list, and then to organise what we have to

do according to how important each item is. Taking control is the best way to lower anxiety levels.

So, in Australia, with our wonderful climate and the availability of good fresh food, it is not difficult to stay healthy. By taking control of our lives and planning, we will all feel less stressed.