

## 30 Topic Related Vocabulary for IELTS Speaking part 3 + Writing task 2

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### Sports

Professional athletes **train their mind** to **get rid of negative thoughts** and the **fear of failure** while at the same time they are able to **maintain their concentration**.

Exercise helps people to **have a sound mind** and **build up mental strength**.

It is not rare for athletes to **have a bad day** which **affects their performance** for no obvious reasons. In days like that, there is a **slim chance of doing well**.

**Keeping their mind on** the game **requires immense powers of complete concentration**.

**Peak performance** is usually a combination of **determination** and motivation.

In order to **achieve a goal** you should **feel motivated** and you should not let **distractions disturb your focus**.

### Questions

How important is exercise for people's health?

What kind of personality traits should a professional athlete have in order to succeed?

Do you believe in talent or hard work?

Is psychology important to an athlete's performance?

### Sports and School Education

**Physical Education** should be **an essential part of the school curriculum** as not only does it enhance the pupils' **well-being** through **healthy exercise** but also it promotes the **importance of exercise as a healthy way of living later in life**.

Through **fitness** students **learn self-discipline** and they **build self-respect** while maintaining a **healthy body in a healthy mind**.

### Questions

How important is physical education in schools?

Many people believe that physical education in schools is a waste of time and it should be a subject of choice. Do you agree?

## Sports and Money

Many people believe that footballers **do not deserve the exorbitant amounts they are paid** in relation to doctors and other professions.

**Commercial sponsorship deals** and **astronomically high transfer fees** lead to **fierce competition** among athletes who are **under incredible pressure** to do well.

**Financial rewards** lead athletes **to resort to steroids in order to obtain success** as they **face much tougher competition**

Due to extreme competition and pressure, **taking drugs which radically improve an athlete's performance** seems to be the only option for professionals.

**The subjection of professional athletes to blood tests in order to detect traces of drugs** is an indication that **the true meaning of sport is clearly lost**.

### Questions

Nowadays, sports have to do more with business and money than with higher values and health. What do you think?

How has the involvement of drugs in sports affected the way people see sports?

## Competitiveness

Some people believe that teachers should **boost competitiveness among students** because competition **stimulates motivation** but others are **against**

**encouraging competition** because it can **lead to negative feelings of low self-image**.

**Healthy competition motivates** students to **reach their full potential**.

Students that **succeed in achieving** something **feel a sense of accomplishment** that boosts their self-confidence.

Competition does not always **promote team spirit** and thus, weaker students may **be laughed at** and **suffer from embarrassment**.

Competition can have a positive impact on students that are **full of determination** but a negative impact on students who **lack self-confidence** as they will **feel stressed about** doing well and **feel a failure** when they don't succeed.

### Questions

Many people believe that school should encourage competitiveness among students. Do you agree?

How can competitiveness help students with low self esteem?

Students with a lack of self confidence can suffer from competitiveness in schools. What could be done to avoid that?

## Job Market

There is **a rising demand for** web developers.

In order to **compete in the job market** you need to be **well equipped for** the position you want and have **suitable qualifications**.

Only the **basic requirements** will not get you very far in relation to **employment prospects**.

In order to **secure a job** you have to impress **potential employers** not only with your **academic achievements** and **work experience** in your field but also with your **social skills**.

A desirable job helps you **gain independence**.

**Being suited to a job** in terms of qualifications increases your **prospects for promotion**.

### Questions:

Young adults should choose a field of study according to the demands of the job market and not according to their preferences. Do you agree?

Some school graduates prefer to find a job right after school instead of going to university. What are the advantages and disadvantages of that?  
What are the benefits of a good education?

## Foreign Languages

People that **excel in foreign languages** usually have a successful career.

Being able to speak several foreign languages can help your acceptance to **scholarship programmes**.

Students that are **exposed** to two or more different foreign languages **acquire better communicative abilities** and **have access to two different worlds**.

Some people have an **innate ability to learn languages** easily and this ability usually opens up **career opportunities** as it **makes a favourable impression to potential employers**.

When a student tries to **immerse himself/herself in a language**, s/he should avoid using the **dominant language** and find ways to **maximise his/her exposure** to the new language.

Being **fluent** in a foreign language is not only a **medium of communication** but also a medium that surpasses **language barriers**.

The school system should **reinforce the knowledge of foreign languages** by making them **compulsory** and by **new teaching methods** that will make learning easy and fun.

People fluent in two or more different languages learn to **embrace diverse cultures**.

People that are able to speak foreign languages usually have **high self-esteem**.

### Questions:

How important is to know foreign languages today?

How can the knowledge of foreign languages help you find a job?

## Workplace

People should **get ahead** in the workplace only **through hard work, punctuality**, and talent.

A **pleasant working environment makes a huge difference** to employees as it **generates positive feelings** and **increases productivity**.

Employees shouldn't be **treated as commodities** by their bosses; employers should be able to **promote teamwork and team spirit** among employees as this will trigger their **motivation**.

If a company has **high expectations** from its employees then, it should **reward them for good performance**; this will **boost their creativity** and **personal motivation** even more.

### Questions:

In what ways and to what extent does the environment of the workplace affects employees?

What are the consequences when negativity prevails in the workplace?

## Equality

Several employers are **reluctant to employ women** due to **discrimination, fear, and prejudice**.

Women do not usually **receive the same treatment as their male counterparts**, although they are **equally capable** and **deserve to be taken more seriously**.

**Women face discrimination in the workplace** and they **experience several obstacles** from **sexual harassment** to **being overlooked** as an employee.

The salaries of men and women in the same company are not equal; women **are usually underpaid** although they do the same kind of job.

### Questions:

Men and women are said to be excluded from specific jobs due to their gender.

Is this fair in your opinion?

Are women treated differently in the workplace? If yes, to what extent and in what ways?

## Media

In the **ever-changing world of technology** there is an **ever-increasing demand for new stories**.

There have been some **radical changes in the past few years** concerning **the role of the media** and the way **information is transmitted**. Media and journalism have become **highly competitive markets** and as a result **credibility is rare**; **unscrupulous journalists** publish **misleading stories** with **sensational headlines** and **gruesome details** that **distort the truth**. **Trying to keep track of the latest events** becomes almost impossible. Journalists nowadays use **ambiguous language** and no **tact or discretion** as they don't hesitate to **offend people** with **disturbing images** and what not, in order to gain profit. If you don't **read between the lines**, you **run the risk of** being misled.

### Questions:

Media studies should be a compulsory subject in schools. Do you agree?  
The role of the media is to inform people objectively; however, nowadays this is far from the case. Discuss.

## Advertising

Advertising not only **helps people to make choices** among products through **informing them about new things**, but also **it creates a need** in people to buy something.

In this **increasingly materialistic society**, the **main purpose of advertising is to sell**; therefore, it is not rare for advertisers to resort to **dishonest tactics** in order to **increase sales**.

It is very **difficult for people to escape influence** since they are **constantly bombarded by adverts** which **create desires** and **affect buying habits**.

Governments should **put restrictions on the deceptive use of marketing in order to promote**

By **running constant advertising campaigns** which **target a particular age group**, advertisers create needs to this group for **expensive or even overpriced**. The **increasing materialism** enhanced by advertising affects teenagers the most who try to **follow fashion** and **make a positive impression** in order to **be accepted by their peers**.

Nowadays, **emphasis is put on looks not on character** and everyone is **judged by his/her appearance**.

People **feel more self-confident** when they **keep up with the latest trends** and **improve their self-image**.

Advertising is **a powerful tool for influencing people** but people should be very careful not to fall victims of **misleading perceptions**.

### Questions:

What is the role of advertising?

Do you think that there should be a limit on advertising?

In what ways is advertising trying to inform us about the latest products? How do adverts promote materialism?

In what ways and to what extent do adverts influence people?

## Television

Television is an **inexpensive form of entertainment**; this makes it **the primary source of entertainment** and for some people the only one.

People that watch TV too many hours a day run the risk of becoming **couch potatoes** something that has devastating results to one's health.

Damage to young people's minds is said to be irreparable; children shouldn't watch TV as it **has a negative influence on** It is the **parents' responsibility to monitor and control the children's viewing**.

Television has become a **part of our daily lives** since the majority of people watch TV **on a daily basis**.

The **exposure to TV advertisements** is major leading people to **desire things that are beyond their means** in order to **keep up with the latest trends**.

Since television **exerts a huge influence on people**, **governments manipulate public opinion** without viewers realising it.

It is true that some TV programmes **insult viewers' intelligence**, but unfortunately TV **imitates our society**.

The **advertising revenue** from TV adverts is enormous, therefore TV not only **fulfils the need** of entertainment but it also creates a need for new products.

The **lack of communication and conversation** among people lies in the fact that everyone is watching TV programmes and is **alienated** from his/her environment.

It is quite an advantage that through television, people have the opportunity to **access** not only important **worldwide events** but also **different cultures**.

The potential to change and form the public opinion gives television immense power.

Television not only **mirrors our society** but it also has a **great impact on**

### Questions:

Television is considered a form of entertainment that is accessible to everyone.

What are the dangers a person faces when s/he watches TV many hours a day?

Children watch television too many hours a day. What are the consequences?  
What can be done about this problem?

Television is said to be a window to the world. However, the more you watch, the more alienated you become from society. Discuss.

## Globalisation

There are many people who **oppose globalisation** because **it weakens and threatens national identities**.

It is **crucial** that we **keep in touch with our roots** and **preserve the diversity of our culture**.

It is **vital** to **keep our traditions alive** and **develop a sense of national identity**.

Due to globalisation, not only all kinds of **products are accessible** to all people but also **exposure to languages and education** is easier and more convenient than ever.

Internet has **greatly altered the way we perceive the world** and as a result, people have **developed a global perspective**.

**The influence of more dominant countries** has spread worldwide **wiping out** cultural differences that gradually **cease to exist**.

**Exposure to different cultures is beneficial** as it **broadens peoples' minds and horizons** but this doesn't mean that they will **neglect the customs and traditions** of their own country.

**Let's not underestimate the significance of national achievements**, events, and people that **shape a nation**.

**Cultural heritage should be passed down from generation to generation** as this will prevent the cultural differences among nations from being **obliterated**.

Globalisation has a **deep social, cultural, economic and environmental impact** that **affects all countries** but especially the less promoted.

**It is inevitable to avoid** the effects of globalisation, therefore instead of worrying about how **global change affects** us, we should **learn from the mistakes or successes** of the past.

**We cannot live in the past** as **change is unavoidable**, but if we get a **good general knowledge** of our differences and learn **to take pride in** our national achievements, **the effect of world events** on our national identity won't be so harmful.

Questions:



What are the benefits of globalisation?

What are the negative aspects of globalisation?

How does global change affect people?

In what ways are smaller countries influenced by more dominant ones?

## Internet

The internet is **an invaluable research tool** and can **provide us with a wealth of knowledge** as the information you need is **usually available at the press of a button**.

**On the downside, reliance on the internet can turn out to be problematic** as you are **too dependent on it** and you forget to think for yourself.

Technology is developing rapidly and gradually the **traditional skills are vanishing** as **manual labour is replaced with machines**. As a result, there is **increase in unemployment levels**.

The **information overload** and the **over-dependence on technology** are two **negative aspects** of the internet.

The fact that the internet is **less time-consuming** and **highly efficient** at the same time **outweighs the disadvantages**.

The Internet is both **a source of information and entertainment**; you have **instant access** to both which is **an innovation**.

The **price of progress** we have to pay is that **computer criminals are getting better and better** and you should **be on your guard against hackers gaining illegal access into your system** in numerous ways.

**Increased automation** saves time.

### Questions:

In what ways and to what extent has the evolution of the internet changed people's lives?

What are the drawbacks of the dependence on the Internet?

## E – crime

People should **be wary of cyber-criminals who hack into** their computers **illegally on a global scale**.

Being online makes you instantly **vulnerable** that's why you should always **take the right precautions** to avoid **falling victim to e-crime**.

**It is advisable not to give away personal information online** unless you trust the source and it is important to **invest in your security** by **installing and updating** security software.

**Dishonesty and deception** are very common online and more often than not what looks **harmless on the surface may hide dangers** that could **ruin your life**.

Keep your personal computer safe from **infections** that could **spread** throughout your system.

### Questions:

The internet is a tool that should be used with caution. Do you agree?

How dangerous is to use the internet today without knowing the ways you can protect yourself?

## Communication

The Internet is **an invaluable communication tool** as people are able to **access information** online and talk with their peers instantly.

However, computer **affects personal relationships** in such a way that it could **lead people to social isolation**.

**Advances in technology** have led to **a noticeable increase in the number of teens with mobile phones**

People learn how to **develop their social skills** online through social media but this has nothing to do with the real life social skills.

### Questions:

How has modern technology changed the way people communicate and interact with each other?

What are the drawbacks of communicating through a machine?

Are teenagers familiar with real life social skills?

## Parenthood

Both parents should **play a role in child bearing** and **spend quality time with** their offspring.

Parents **that view children as individuals** and **treat them with respect** usually raise children with a **sense of responsibility**.

Children should learn to be **respectful towards the elderly** and **apologise for their disobedience**.

When children **misbehave**, they usually **seek their parents' attention**.

Raising children **requires patience and diplomacy**.

**The best way to handle a stubborn child** is to **express your disapproval** of his/her behaviour and **give a warning**.

### Questions:

How has parental discipline changed from the past?

What are the best methods to teach discipline to a child?

## Sleeping Disorders

Insomnia is a common problem of our modern times as people are either **under a lot of pressure** and they cannot go to sleep or they **have no time for relaxation** due to a very busy schedule.

Lack of sleep not only **leads to irritability** but it also **interferes with daily activities** as **physical energy is not adequately restored** during the night. **Inadequate rest is detrimental to people's health** not only because people experience **lack of motivation** during the day but also because it **has a negative effect** on the body and its function.

**A good sleep or nap** has a **profound effect on our bodies** as we **feel refreshed and alert**.

### Questions:

People today are so busy that they underestimate the importance of rest. What are the consequences?

If health is the most important thing, why do people keep ignoring it?

## Stress

The illness of our time is said to be stress as it **has devastating effects on our health** and there are many **stress related illnesses**.

Stress is **very common but very difficult to combat** due to the **excessive demands that are placed on us** and our **anxiety to please**

It is important for people to **find ways to relieve stress** by **diverting this negative energy into something creative**.

It is advisable to **make time for ourselves** and **recharge our batteries** often without filling our schedule with many activities since many activities and our effort to keep up with them can be **stressful**.

People who **find balance between work and leisure** and **express themselves creatively** **feel fulfilled**, satisfied, and relaxed.

If you are **full of anxiety** you will never feel a **sense of satisfaction** with your work or life.

### Questions:

The modern way of life has increased stress. Can you think of any solutions to this problem?

How can feelings of stress damage our health?

## Alternative Medicine

Alternative medicine is in fashion nowadays because it is said to **bring the body into balance and restore its defence system**.

Some illnesses cannot be cured by traditional medicine that's why a great number of people resort to alternative medicine in order **to find a cure** for their pains.

It is said that it is **not healthy to take conventional medicine all the time**, therefore alternative medicine can be a good solution and what is more, it **does not require prescription**.

People who are **allergic to medication** can **restore their health** and **relieve minor ailments** with the help of alternative medicine.

### Questions:

What are the benefits of alternative medicine?

Many people reject traditional medicine; they believe that medication can be harmful as it never targets the cause of the problem—only its symptoms. Do you agree?

## Diet and Body (extreme eating disorders/ anorexia)

Nowadays, teenage girls **follow countless diets and starve themselves to death** in order to be skinny and look like the models in magazines.

Our society is **obsessed with the image and losing weight** but extreme diets can **cause severe health problems**.

Doctors **do not recommend** starvation **but a balanced diet and regular exercise**.

Obsession with our weight becomes **so addictive** that people tend to forget **the nutritional value of food** which is the most important factor for our health.

Teenage girls that **are dissatisfied with the way they look** usually have **an unrealistic impression of their bodies**; in all cases of anorexia or any other eating disorder there is **an underlying psychological problem**. Thus, these girls **need support** more than anything else.

People that want to lose weight should **avoid fattening products** that **contain unhealthy additives** and should control their **consumption of calories**.

Instead of following an unhealthy starvation diet, people and especially teenage girls should **develop healthy eating habits** and a **positive outlook** towards themselves and their bodies.

Losing weight **boosts self-confidence** but if the **wrong attitude towards our self** stays the same, this confidence is not going to last.

The key to losing weight is to change your **dietary habits** for ever; if you don't **acquire the habit of** healthy eating as a way of life, you will gain all the lost weight again.

### Questions:

In what ways can obsession with our appearance lead to psychological and physical problems?

Anorexia and obesity seem to be different sides of the main coin. Discuss.

People are obsessed with their weight and constant dieting. Can you suggest any solutions to this problem?

## The Elderly

**Life expectancy is on the increase** lately due to the **medical breakthroughs that have extended**

The fact that **people are living longer has an impact on society** for a number of reasons.

It is quite difficult for the elderly to **rely only on welfare state** and most of them are having a hard time to **make ends meet**.

It is **completely illogical to expect people to** work until they are 70 years old.

They still need to know that they **can contribute to society** and that they are still **able to maintain their independence**.

Some people live under **residential care**.

It is very difficult for those who are **practically immobile** to maintain their independence.

One of the greatest fears of the elderly is **the fear of being neglected** not only by society but from their loved ones as well.

### Questions:

In what ways does the increase of life expectancy affect society? How can society help the elderly not to feel neglected?

## Climate Change

As citizens, it is advisable to **keep electricity consumption to the minimum** and **use energy efficient light bulbs**.

It will **make a significant difference** if **governments economise on the natural resources** and take advantage of **renewable energy that doesn't run out**

The **destruction of forests increases at such an alarming rate** that governments all over the world should consider a **reforestation project** as soon as possible.

**Global warming** has severe **consequences**; the **climate change** will cause the rise of sea level leading to **hurricanes and floods**.

**Deforestation** and **acid rain** have devastating consequences.

**The emission of toxic gases**, such as **carbon dioxide**, can **damage the environment**

**Harmful acid rain** is responsible for **the contamination of food and water**; thus, in this poisonous atmosphere people can never be sure for what they eat, drink, or even breathe.

There is the need of an **environmentally sustainable plan** that will not destroy natural resources and consequently people's health.

### Questions:

Can you think of any ways the problem of climate change could be solved?

What are the consequences of climate change today? If nothing changes, what will the consequences be in the future?

## Recycling

Governments should **take effective measures to eliminate** the **toxic fumes released into the atmosphere** by the **disposal of waste**, especially plastic. It will make a huge difference if all companies used **biodegradable plastic** for their products, as the disposal of regular plastic is a **threat to the environment**. Governments should use the media in order to **raise public awareness** in relation to recycling.

Governments should create **laws to combat the problem** of the disposal of waste and ensure that people abide by these laws through **regular inspections**. If governments don't **tackle this issue** immediately, the **consequences** are going to be **catastrophic in the long run**.

**It is imperative that the issue** of waste **is addressed** so as to reduce the risk to people's health due to **potential health hazards**.

### Questions:

What do you suggest as a solution regarding the disposal of electronic devices?

Nowadays, most people recycle their waste. Is this enough? What else could be done?

## Natural Resources

Trees play a vital role to people's health and well-being; the sooner people realise that, the better. Not only do **they provide oxygen and improve air quality** but they also **make the surroundings beautiful**—to say the least. Hence, **the only solution to the problem of deforestation is reforestation**.

**There is a tendency towards the overconsumption of the earth's resources** whereas governments should focus on ways to **make the most of natural energies** that don't run out.

There is the **opportunity to produce electricity** naturally by **converting the energy of the sun (solar energy into electricity)**.

Governments should **take decisive action** in order to tackle the problem of **ecologically wasteful products**; this **toxic trend**, which is the result of consumerism, will **ultimately lead to an environmental disaster**.

### Questions:

The energy wasted by the consumption of electricity is more than significant. In what ways can energy be conserved?

The earth's resources are running out. What can be done about it?

In what ways does consumerism affect the environment? What could be done about it?

## Pollution

**Society and governments seem to be indifferent to the problem of air pollution from the fumes of cars** as well as the problem of **traffic and noise** they create.

**Tougher measures should be introduced** so as to address the problem of **factories that dump their waste into the sea**.

As long as people continue to **destroy the animals' natural habitat**, even more species are going to be **in danger of extinction**.

Governments should **impose fines on** factories that **produce highly toxic waste** and on agriculturalists who don't **avoid pesticides on crops**.

### Questions:

What are the consequences of pollution in the air, the sea, and the earth?

Noise pollution is a major problem especially in big cities. How does it affect people and what could be done about it?

## Food and Health



People should prefer crops and vegetables that are **grown without synthetic fertilisers**.

People should avoid eating meat that comes from animals which are **treated with hormones or antibiotics**.

Public awareness should be raised in relation to the products people consume; not all products **meet certain requirements** that make them **environmentally friendly**.

The contamination of food has destroyed its **nutritional value**; people need to look for **healthier alternatives** that are not chemically treated.

**Water contamination** is extremely dangerous for people's health; it is imperative to find a solution to this hazard.

### Questions:

Why do more and more people resort to organic food today?

People today can eat everything they want regarding the numerous options they have, but they can't eat anything at all regarding their health. Discuss.

## Nuclear Power

There is a lot of controversy around nuclear power; **nuclear power is an extremely efficient source of energy** for sure, but **failure to abide by the safety procedures will result in an accident and the impact not only on the local environment but also on people's health would be catastrophic**.

People should **reduce their dependency on this kind of energy source** and find alternative ways to replace it because a potential accident can have **disastrous consequences**.

A **unique advantage** of nuclear power is that it is one of the most **environmentally friendly sources of energy** as it produces fewer **greenhouse gas emissions** in comparison to traditional sources like **coal power**.

There is a **rising demand** for nuclear power plants because as the **worldwide energy consumption is growing**, the **emissions of greenhouse gases** are rising; thus, people need a more environmentally friendly energy than coal.

Questions:

What are the advantages of nuclear power?

What are the potential problems of nuclear energy? How can they be avoided?

## Urbanisation

The **gradual migration of people from rural areas to urban ones** will lead to the **abandonment of the agricultural land** and the **depopulation of the villages**—the majority of which are already **deserted**.

The **shortage of jobs in rural areas** along with young people's need to **pursue a career**, are the two main reasons of rural depopulation.

**In search of a brighter future**, people are willing to move to **overcrowded** areas and **join the competitive rat race**.

People **leave a healthier lifestyle behind at the expense of** earning a higher salary.

Life in urban areas is **far too stressful** as compared to rural life which is close to nature.

### Questions:

Why do people leave their villages in order to live in the big city?

What are the consequences of overpopulation in urban areas?

What are the problems caused by the depopulation of the villages?

## Prison

The role of the prison should be **twofold**; apart from **protecting innocent people from criminals**, it should also **rehabilitate former prisoners back to the society** in effective ways.

Research shows that former prisoners almost always get back to prison. Hence, it seems that **the penal system is failing us**.

Instead of **putting criminals in solitary confinement**, the **legal system** should be set up in such a way that it **trains prisoners to learn a trade and gain qualifications** that will help them survive when they get out of prison.

Prisoners need **help and support** not only while they **serve their sentence** but most importantly when they **are released** trying to lead a new life.

For **petty crimes**, it is preferable to do **community service** instead of going to prison.

### Questions:

What would be an ideal prison? How are prisons today?

What is the role of the prison? Is it successful?  
Can you think of any ways it could be improved?

## Tourism

Tourism not only **provides employment locally** but also **boosts local economy** through **valuable foreign exchange**.

There are also **doubtful benefits** as tourism might **bring unwanted changes to the area** and **cause a great deal of pollution** involving **more noise, litter, and cars**.

**Touristic attractions** that **provide entertainment for all ages** and **reflect the local culture and history** of a place **attract more visitors** and become a long-term **investment** for the whole country.

### Questions:

What are the advantages of tourism in an area? What are the drawbacks of tourism?  
How can the rise of ecotourism help environmental conservation?

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