

With sample band 7 answers and coaching notes on what makes each answer score well.

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How to Use This List

Speaking Part 1 lasts 4–5 minutes. The examiner asks short questions about familiar topics: your home, your work or studies, your hobbies, food, travel, and daily routines. Answers should be 2–3 sentences — long enough to show vocabulary range, short enough to stay natural. Do not memorise these sample answers word for word. Instead, notice **why** each answer scores well — the structure, the connectors, the vocabulary choices — and use that pattern with your own content.

TIP Band 7 Speaking Part 1 answers give a direct response + a reason or example. "Yes, I enjoy cooking" is band 5. "Yes, I really enjoy cooking — I find it relaxing after a long day, and I like trying different recipes from other cuisines" is band 7. The difference is one sentence of extension.

HOME & ACCOMMODATION

Q1. Do you live in a house or a flat?

"I live in a house with my family in Lahore — it has a small garden which I really appreciate, especially in the evenings. We have lived there for about ten years."

Why it works: Gives location, a specific detail, and a time reference — all natural extensions.

Q2. Do you enjoy living there?

"Yes, very much. The neighbourhood is quiet and close to the city centre, so it is convenient for everything. I cannot imagine living anywhere else at the moment."

Why it works: "Cannot imagine" is a natural idiom showing vocabulary range.

Q3. What do you like most about your home?

"Probably the living room — it is quite spacious and that is where the whole family spends time together in the evenings. We have a large window that lets in a lot of natural light."

Why it works: Specific room + specific feature + reason. Avoids vague "it is nice and comfortable".

Q4. Would you like to move somewhere else in the future?

"Possibly, yes. I have always been curious about living abroad for a few years — maybe somewhere in Europe — though I would always see Lahore as home."

Why it works: "Curious about" and "see X as home" are natural collocations that examiners notice.

WORK & STUDIES

Q1. Are you a student or do you work?

"I am currently completing my final year of a degree in computer science at a university in Lahore. I have one more semester left before I graduate."

Why it works: Specific field + institution type + time frame — avoids "I am a student."

Q2. Do you enjoy your studies?

"Most of the time, yes. I find the programming modules particularly engaging because I can see a direct application for what I am learning. Some of the theory modules are less interesting, if I am honest."

Why it works: Genuine nuance scores higher than "yes I love everything about it."

Q3. What do you plan to do after you finish your studies?

"I am hoping to work in software development — ideally at a company where I can work on products that have a real impact. I am also considering further study abroad."

Why it works: "Ideally" and "real impact" are natural, non-memorised-sounding language.

Q4. Do you prefer studying alone or with others?

"It depends on the subject, really. For revision and reading, I much prefer studying alone because I can concentrate better. But for group projects I find collaboration genuinely useful."

Why it works: "It depends on" + nuanced answer shows sophisticated response patterns.

FREE TIME & HOBBIES

Q1. What do you do in your free time?

"I spend quite a bit of time reading — mostly non-fiction and history. I also play cricket with friends at weekends when the weather allows."

Why it works: Two specific activities + conditions = natural, varied response.

Q2. Do you have any hobbies?

"Yes, I have been into photography for the past couple of years. I mainly take street photos around Lahore — I love capturing ordinary moments."

Why it works: "Been into" is a natural collocation; specific genre of photography shows detail.

Q3. Do you prefer indoor or outdoor activities?

"Generally outdoor — I find being outside refreshing, especially after spending long hours in front of a screen for university. But in the summer heat, I tend to stay indoors more."

Why it works: General preference + reason + exception shows complex thought.

Q4. How do you usually spend your weekends?

"They vary quite a bit. Sometimes I meet up with friends or family, and at other times I use the weekend to catch up on studying. I also try to get some exercise in — usually a walk or a run in the morning."

Why it works: "Vary quite a bit" avoids the repetitive "Sometimes I do X and sometimes I do Y" structure.

FOOD & EATING

Q1. Do you enjoy cooking?

"Yes, I do — though I am not a very adventurous cook. I tend to stick to Pakistani dishes that I grew up eating. I find it genuinely relaxing to cook after a busy day."

Why it works: "Tend to" and "genuinely" are natural fillers that add fluency.

Q2. What is your favourite food?

"Probably biryani — I think most Pakistanis would say the same. My mother makes it for special occasions and I have never had a better version anywhere else."

Why it works: Personal story makes the answer memorable and shows spontaneous language.

Q3. Do you prefer eating at home or at restaurants?

"At home, mostly. The food is more consistent and obviously much cheaper. I do eat out occasionally, usually when meeting friends, but it is not a regular habit."

Why it works: "Obviously" and "occasional" show natural hedging language.

Q2. Do you think your daily routine will change in the future?

"Almost certainly, yes. Once I start working full-time, I expect my schedule to become more strictured and predictable. Right now as a student it is quite variable."

Why it works: "Almost certainly" is a confident, natural hedging phrase.

Q3. Are you a morning person or a night person?

"Definitely a night person. I find I am most productive and focused late in the evening. Mornings are something I manage rather than enjoy."

Why it works: "Manage rather than enjoy" is a memorable, natural turn of phrase.

Q4. Do you exercise regularly?

"I try to, though I do not always succeed. I aim for a run or some form of exercise three or four times a week. It is something I want to make more consistent."

Why it works: Honest imperfection + future intention = natural, band 7 level response.

TECHNOLOGY

Q1. How often do you use the internet?

"Constantly, I would say — it is essentially part of every aspect of my day now, from university work to keeping in touch with people to entertainment."

Why it works: "Essentially" and listing three areas naturally is more sophisticated than "I use it a lot."

Q2. Do you think technology has improved our lives?

"On balance, yes — though it has also created new problems. I think the access to information and communication is genuinely transformative. But issues around screen time and social media are real concerns."

Why it works: "On balance" and "genuinely transformative" are strong vocabulary choices.

Q3. What technology could you not live without?

"My phone, probably — though that feels like a slightly uncomfortable thing to admit. It is the first thing I look at in the morning and the last at night."

Why it works: Self-awareness and mild humour show a natural, confident speaker.

Q4. Do you prefer reading books or using the internet for information?

"It depends on what I need. For in-depth understanding of a subject, a good book is hard to beat. For quick, current information, the internet is obviously more practical."

Why it works: "Hard to beat" is a natural idiom that shows range without being forced.

WEATHER & SEASONS

Q1. What is the weather like in your city?

"Lahore has extreme seasons — very hot summers that can reach over 45 degrees, and mild winters. The best time of year is probably October to February when the weather is genuinely pleasant."

Why it works: Specific temperature + specific months = detailed, natural answer.

Q2. Do you prefer hot or cold weather?

"Cold, without a doubt. I find the heat in Lahore in June and July almost unbearable — it limits how much you can do outdoors. I feel much more energetic in cooler temperatures."

Why it works: "Without a doubt" and "almost unbearable" are strong natural expressions.

Q3. Does the weather affect your mood?

"Definitely. I notice I am more motivated and active in the winter months. In the summer heat I feel sluggish and tend to stay indoors as much as possible."

Why it works: "Sluggish" is a strong, specific adjective that shows vocabulary range.

SHOPPING

Q1. Do you enjoy shopping?

"Not particularly, to be honest. I tend to buy what I need and leave — I do not really enjoy browsing for its own sake. Online shopping has made this much easier for me."

Why it works: Honest negative preference expressed politely with natural hedging.

Q2. Do you prefer shopping online or in stores?

"Online, mostly. It is much more convenient and I can compare prices easily. I still go to physical shops for things like clothes, where I want to try things on first."

Why it works: Nuanced preference with a logical exception scores better than a blanket preference.

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