

INSIDE REGENT

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Colla
IELTS 7.0



Kong
kwan
IELTS 8.0



Angelo
IELTS 9.0



Pemee
IELTS 7.0

IELTS SKILLS FOCUS

LISTENING TEST STRATEGIES

The IELTS Listening test is divided into four sections, each with ten questions. Although Section 4 is often considered the hardest, many candidates actually struggle more with Section 3. Here are some key tips to help you perform better in all parts of the test.

Start by establishing the context — who is speaking, where they are, and what they're discussing. This is especially useful in Section 1, where conversations are often set in everyday situations such as booking a hotel or arranging travel. Predicting the setting and topic helps you follow the conversation and anticipate the language you'll hear.

Sections 1 and 4 often include summary or sentence completion tasks. For each gap, think carefully about what type of word fits — a noun, verb, or adjective — and what kind of information is needed, such as a colour, material, or place. If it's a noun, decide whether it should be singular or plural before you listen.

Watch out for distractors, especially in multiple-choice questions. Speakers often change their minds or correct themselves. When you hear a clear distractor, mentally eliminate it and focus on the revised answer. You can also predict the kind of distractor that might appear — for instance, if the question mentions "currently," expect references to the past or future as possible traps.

Finally, remember that spelling matters — even a small mistake can cost you a mark. Pay close attention to singular and plural forms and practise recognising them during your listening practice.

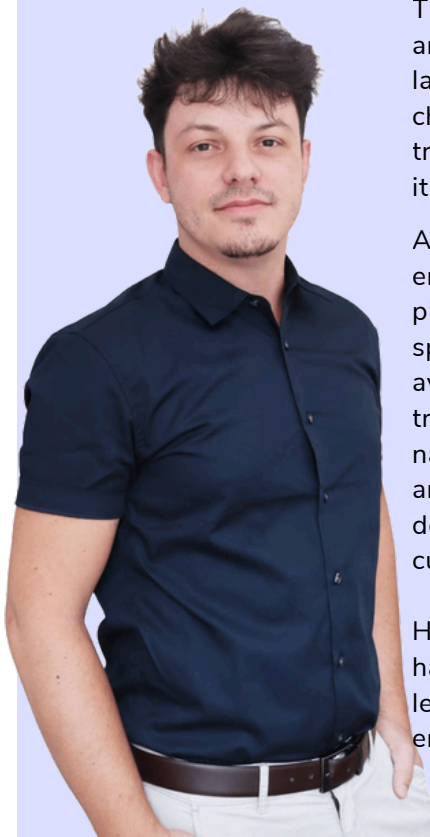
1. - B 2. - A 3. - A 4. - A 5. - A
UK FOOD QUIZ: ANSWERS

MEET OUR PEOPLE

MILO

IELTS TUTOR

Before moving to Thailand, Milo was living in Staines-upon-Thames, just outside London — a lovely area that offered the best of both city life and the countryside. Wanting a complete change of scenery, he decided to explore a new culture and lifestyle.



Thailand's friendly people, amazing food, and beautiful landscapes made it an easy choice. Having previously travelled here, he knew what it had to offer.

A passionate foodie, Milo enjoys discovering new places to eat and admits he spends a fair amount of time avoiding the gym. Having travelled extensively, he names Spain, Italy, and China among his favourite destinations for their culture, cuisine, and architecture.

His goal is simple: to stay happy and fulfilled through learning, travelling, and embracing new experiences.

TECHNOLOGY TIP

BEST FREE FLASHCARD APP FOR IELTS

Flashcards are a smart way to revise for IELTS, especially vocabulary. One of the best free options is AnkiDroid/Anki (Android & desktop versions are free; iOS has a small one-off cost). It uses spaced repetition and active recall to help move words into long-term memory.

Tips for IELTS prep:

- Add new words from tests or lessons.
- On the front add the word/phrase, and on the back add the definition, example sentence or image.
- Review for 10 minutes daily — tougher cards appear more often.
- Add 5–10 new cards per week to keep reviews manageable.
- Use short bursts on the go — transport or between classes.



ACHIEVEMENT SPOTLIGHT

HANA
MONTFORT COLLEGE

IELTS 8.5

Hana already had strong English skills, so we focused on writing and key strategies to help her showcase her ability in the Speaking test.

In terms of writing, with incremental improvements and refinement, she produced outstanding Task 1 and Task 2 responses.



Manjit
Teaching Centre Manager



CULTURE CORNER

UK FOOD QUIZ

How well do you know British food? Test your knowledge with this quiz about classic dishes, ingredients, and culinary favourites from the UK! [Answers on the bottom of page 1.](#)

1. What is the main ingredient in a traditional Cornish pasty?
A) Cheese
B) Beef
C) Chicken
2. Which dessert is made from layers of sponge, fruit, and custard, often topped with meringue?
A) Trifle
B) Crumble
C) Sticky Toffee Pudding
3. Which UK dish consists of sausages wrapped in bacon?
A) Toad in the Hole
B) Pigs in Blankets
C) Bangers and Mash
4. Which food is traditionally spread on scones and served with tea?
A) Jam and Clotted Cream
B) Marmalade
C) Honey
5. What is considered the most popular dish in the UK?
A) Fish and Chips
B) Roast Dinner
C) Full English Breakfast

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