



أول منصة عربية للتحضير الذكي لاختبار الآيلتس

GENERAL TRAINING

نموذج مجاني قابل للطباعة

نموذج امتحان الآيلتس العام

مع الإجابة - يُحاكي الاختبار الحقيقي بالكامل

British Council

IELTS.org

Cambridge IELTS GT

100%

مجاني



إجابات مفصلة

40

سؤال Listening

40

سؤال Reading

مستوحى من Cambridge IELTS Official Practice Materials الرسمية

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ما الذي يُميّزه؟

[الفرق بين Academic و IELTS General](#) ←

GENERAL TRAINING ✓ – هذا الملف

نصوص يومية في القراءة · كتابة رسالة في Task 1 · مطلوب للهجرة (كندا، أستراليا، بريطانيا) والعمل والتدريب المهني

General vs Academic – المقارنة الكاملة

المهارة	General ✓ – هذا الملف	Academic X
Reading	نصوص يومية – إعلانات، رسائل	نصوص أكاديمية عميقة x 3
Writing Task 1	كتابة رسالة (رسمية أو غير رسمية)	وصف رسوم بيانية ومخططات
Writing Task 2	مقال في موضوع عام	مقال أكاديمي
Listening	✓ مشترك	✓ مشترك
Speaking	✓ مشترك	✓ مشترك

خريطة النموذج

المهارة	النوع · الوقت · الأسئلة	الصفحة
Reading General	GENERAL TRAINING · 60 min · 40 Qs	3
Listening	BOTH · 30 min + 10 min · 40 Qs	6
Writing Task 1	GENERAL TRAINING · 20 min · Letter	9
Writing Task 2	GENERAL TRAINING · 40 min · Essay	10
Speaking	BOTH · 11-14 min · 3 Parts	12
مفتاح الإجابات	جميع الأسئلة – Reading + Listening	13

Reading Section 1 – نموذج القراءة العامة

تدريب على القراءة ←

استراتيجية Section 1

نصوص من الحياة اليومية – إعلانات وتعليمات. ركّز على الأرقام والشروط الدقيقة.

Text A – Millfield Sports Complex: Members' Guidelines

Membership Cards: Present your card at reception each visit. Lost/stolen cards: report immediately. Replacement fee: £10. Cards are non-transferable.

Pool Rules: Shower before entering. No outdoor footwear poolside. Children under 8 must have an adult present at all times. Lane swimming: Mon-Fri 6-8 a.m. and Sun 7-9 a.m.

Gym: Wipe down equipment after use. Free induction sessions for new members must be booked within the first month. Gym shoes with non-marking soles required.

Parking: Free for up to 2 hours. Longer stays need a permit from reception. Motorcycles and bicycles use designated bays at the rear.

Café: Open daily 7 a.m.-8 p.m. Outside food and drink not permitted in the café. Members receive a 10% discount on presentation of membership card.

Text B – Westbrook Adult Education Centre – Language Classes

Italian: Tuesdays 6-8 p.m. (Beginners and Intermediate) | German: Wednesdays 6-8 p.m. (Beginners only)

French: Thursdays 7-9 p.m. (All levels) | Mandarin: Fridays 6-8:30 p.m. (Beginners only)

Fees: £95 per 10-week term. Concessionary rate £65: students, job seekers, and over-60s.

Registration: Call 01453 788200 or visit centre office Mon-Fri 9 a.m.-5 p.m. Classes begin 14 September.

Questions 1–8: TRUE / FALSE / NOT GIVEN

تعليمات

TRUE = تطابق مع النص | FALSE = تعارض | NOT GIVEN = غير موجود

إجابتك	Statement	#
☐ NG ☐ FALSE ☐ TRUE	Replacing a lost membership card is free of charge.	1
☐ NG ☐ FALSE ☐ TRUE	Children under 8 must have an adult with them in the pool.	2
☐ NG ☐ FALSE ☐ TRUE	Free induction sessions must be booked in the first month.	3
☐ NG ☐ FALSE ☐ TRUE	Members receive a discount at the café.	4
☐ NG ☐ FALSE ☐ TRUE	Italian classes are available for all levels.	5
☐ NG ☐ FALSE ☐ TRUE	French classes are held on Thursday evenings.	6
☐ NG ☐ FALSE ☐ TRUE	The concessionary fee applies to people of all ages.	7
☐ NG ☐ FALSE ☐ TRUE	Students can get a reduced fee for language classes.	8

Reading Section 2 – نموذج القراءة العامة

استراتيجية Section 2

نصوص متعلقة بالعمل – حدّد القسم المناسب أولاً قبل الإجابة.

Text C – Employee Handbook: Working from Home Policy

A. Eligibility: Available to permanent employees who have completed their probationary period (6 months). Employees requiring physical presence (e.g. reception, warehouse) are not eligible. Applications need line manager approval.

B. Equipment: The company provides a laptop and software. Employees must ensure a reliable internet connection. All company devices must be returned if the arrangement ends.

C. Hours and Availability: Standard contracted hours apply. Employees must be reachable by phone and email during core hours (10 a.m.-3 p.m.). Attendance at scheduled team meetings is compulsory.

D. Health and Safety: Employees must complete a home workstation self-assessment form before starting. The company accepts no liability for injuries at a home workstation that has not been assessed.

E. Reviews: Arrangement reviewed every three months. May be withdrawn if performance targets are not met. Employees receive at least two weeks' notice if the arrangement ends.

Questions 9–14: Which section (A–E) contains the following information?

الفقرة (A-E)	Information	#
_____	Circumstances under which the arrangement can be cancelled	9
_____	A requirement to be contactable during specific hours	10
_____	Types of employees who cannot apply	11
_____	What employees must do before starting to work from home	12

الفقرة (A-E)	Information	#
_____	Who provides the main piece of technology	13
_____	How long an employee is given before the arrangement ends	14

Questions 15–21: Complete the sentences. Write NO MORE THAN TWO WORDS.

- | | |
|---|---|
| 15. Employees must complete their (15) | period before applying.
_____ |
| 16. Staff in (16) | or warehouse roles are not eligible.
_____ |
| 17. The company supplies a laptop; employees must provide a reliable (17) | _____
_____ |
| 18. Team meetings are (18) | for all remote workers.
_____ |
| 19. Before starting, employees complete a home (19) | self-assessment.
_____ |
| 20. The arrangement is reviewed every (20) | months.
_____ |
| 21. Employees receive a minimum of (21) | notice if the arrangement ends.
_____ |

Reading Section 3 – نموذج القراءة العامة

استراتيجية Section 3

نص طويل ومعقد – اقرأ الأسئلة أولاً ثم ابحث في النص. Section 3 هو الأصعب.

Text D – The Psychology of Habit Formation

A. Habits govern a surprisingly large portion of human behaviour. Research by Duke University psychologist David Neal suggests habits account for roughly 40 per cent of our daily actions. Rather than deliberate choices, these behaviours are triggered automatically by environmental cues, allowing the brain to conserve energy for more complex tasks.

B. Habit formation follows a three-stage loop. The first stage is a cue – a trigger from the environment, such as a time of day or an emotional state. The second is the routine – the behaviour itself. The third is the reward – the positive outcome that reinforces the behaviour and makes repetition more likely.

C. The time required for habit formation varies widely. A study by Phillippa Lally at University College London found an average of 66 days for a behaviour to become automatic, with a range of 18 to 254 days across participants. Habit complexity and individual personality both play significant roles.

D. Breaking unwanted habits is considerably harder than forming positive ones. Attempting to suppress a behaviour can make it more prominent – a phenomenon known as “ironic process theory,” described by social psychologist Daniel Wegner. A more effective strategy involves replacing the routine while keeping the same cue and reward.

E. Governments and public health organisations have applied habit research to design “nudge” interventions that reshape environments to encourage healthier behaviour without requiring conscious effort. Placing fruit at eye level in supermarkets, for example, increases purchase rates without advertising.

F. Critics argue, however, that emphasising habit overlooks the importance of conscious decision-making. Not all desirable behaviours can be automated, and the assumption that environmental design can change complex social behaviour may be overly simplistic.

Questions 22–27: Which paragraph (A–F) contains the following information?

الفقرة (A-F)	Information	#
_____	Wide variation in how quickly habits form	22
_____	A strategy for eliminating unwanted habits	23
_____	An example of environmental design affecting consumer choices	24
_____	How habitual behaviour benefits the brain	25
_____	A criticism of environmental approaches to changing behaviour	26
_____	The three components that form a habit	27

Questions 28–34: TRUE / FALSE / NOT GIVEN

تعليمات

TRUE = تطابق مع النص | FALSE = تعارض | NOT GIVEN = غير موجود

إجابتك	Statement	#
☐ NG ☐ FALSE ☐ TRUE	According to Neal, less than half of daily actions are habitual.	28
☐ NG ☐ FALSE ☐ TRUE	The three-stage loop was first described by Phillippa Lally.	29
☐ NG ☐ FALSE ☐ TRUE	Habits typically become automatic after exactly 66 days.	30
☐ NG ☐ FALSE ☐ TRUE	Suppressing a behaviour can sometimes make it stronger.	31
☐ NG ☐ FALSE ☐ TRUE	All undesirable behaviours can be replaced using the habit loop.	32
☐ NG ☐ FALSE ☐ TRUE	Nudge interventions require no conscious effort from individuals.	33
☐ NG ☐ FALSE ☐ TRUE	The writer believes behaviour results from both habit and deliberate thought.	34

Listening – نموذج الاستماع

تدريب على الاستماع ←

ملاحظة مهمة

الاستماع مشترك بين General و Academic – نفس التنسيق لكلا النوعين.

Section 1 – Form Completion

السيناريو

Registering for fitness classes at a community centre

[Receptionist]: Good morning, Kingsbridge Community Centre.

[Woman]: Hi, I'd like to sign up for fitness classes please.

[Receptionist]: Full name?

[Woman]: Maria Okonkwo – M-A-R-I-A, Okonkwo.

[Receptionist]: Date of birth?

[Woman]: 3rd September 1992.

[Receptionist]: Which classes?

[Woman]: Yoga on Monday evenings and the swimming sessions.

[Receptionist]: Swimming is Wednesday mornings at 7:30. Suitable?

[Woman]: Perfect. Phone: 07812 446 390. I'll pay by direct debit.

[Receptionist]: Monthly fee is £45.

Questions 1-6: Complete the form. Write NO MORE THAN TWO WORDS AND/OR A NUMBER.

Kingsbridge Community Centre – Registration Form

Full Name:	(1)	
Date of Birth:	(2)	
Classes: Yoga +	(3)	
Swimming:	(4)	mornings at 7:30
Contact:	(5)	
Payment:	(6)	

Section 2 – Monologue

السيناريو

Radio broadcast about a new council recycling scheme

The new scheme covers all residential properties from next month. Three bins will be provided. The green bin is for food waste only, collected every Tuesday morning. The blue bin is for mixed recycling – paper, cardboard, plastic, and glass – collected on alternate Fridays. The grey bin is for general household waste, collected weekly on Mondays.

A bulky item collection service is also available – residents can book via the council website or by calling 0800 123 456 (free of charge). Large items collected free up to twice a year. Information sessions at the town hall next Tuesday and Wednesday, starting at 6 p.m. No booking required.

Questions 7-13: Complete the notes. Write NO MORE THAN TWO WORDS AND/OR A NUMBER.

New Recycling Scheme – Notes

- Green bin: (7) _____ only. Collected every (8) _____ morning.
- Blue bin: mixed recycling – collected on (9) _____ Fridays.
- Grey bin: general waste – collected (10) _____ on Mondays.
- Bulky items: free collection up to (11) _____ times per year.
- To book: council website or call (12) _____
- Info sessions at town hall – start at (13) _____ p.m.

Section 3 – Academic Discussion

السيناريو

Two students discussing an assignment on urban transport

[Tom]: Have you started the transport assignment?

[Lucy]: Yes – I'm focusing on cycling infrastructure. It's cheaper than new roads and has health benefits.

[Tom]: But cycling only works in flat cities. The hills here put people off.

[Lucy]: That's why electric bikes could be the answer – the city could subsidise them.

[Tom]: Good point. But the main issue is safety – not enough protected lanes.

[Lucy]: Exactly. The report says the biggest barrier to cycling uptake is safety concerns, not hills.

[Tom]: So for the conclusion – invest in cycle lanes?

[Lucy]: Combined with e-bike subsidies. More realistic than building a whole underground system.

Questions 14-20: Choose the correct letter, A, B or C.

14. Lucy's main argument for cycling is that it is:

- ☐ A more popular
- ☐ B cost-effective and healthy
- ☐ C easy on hills

15. Tom believes the main obstacle to cycling is:

- ☐ A cost
- ☐ B lack of interest
- ☐ C hilly terrain

16. Lucy's proposed solution to the hill problem is:

- ☐ A a new metro
- ☐ B e-bike subsidies
- ☐ C wider pavements

17. According to the report, the biggest barrier to cycling is:

- ☐ A hills
- ☐ B cost
- ☐ C safety

18. Both students agree the conclusion should recommend:

- ☐ A underground system
- ☐ B cycle lanes + e-bikes
- ☐ C subsidised buses

19. Tom describes the underground option as:

- ☐ A the best solution
- ☐ B impractical
- ☐ C under consideration

20. The assignment focuses mainly on:

- ☐ A cycling safety
- ☐ B urban transport solutions

Section 4 – Academic Lecture: The History and Science of Sleep

Sleep was long seen as a passive state, but research since the 1950s revealed it as an active biological process. In 1953, Aserinsky and Kleitman discovered REM sleep – characterised by vivid dreams and heightened brain activity. Sleep consists of 90-minute cycles including light, deep, and REM stages. During deep sleep, the body repairs tissue, strengthens immunity, and consolidates memories. Studies show 17 hours without sleep produces cognitive impairment equivalent to a blood alcohol level of 0.05%. Chronic sleep deprivation links to cardiovascular disease, obesity, and depression.

Questions 21-27: Complete the notes. Write NO MORE THAN TWO WORDS AND/OR A NUMBER.

Science of Sleep – Notes

- Sleep was originally considered a (21) _____ state.

- REM sleep discovered in (22) _____ by Aserinsky and Kleitman.

- REM characterised by dreams and heightened (23) _____ activity.

- Each sleep cycle lasts approximately (24) _____ minutes.

- Deep sleep: repairs tissue, strengthens immunity, consolidates (25) _____

- 17 hours awake → impairment equal to blood alcohol of (26) _____

- Chronic deprivation linked to heart disease, (27) _____, and depression.

Writing Task 1 – نموذج الكتابة العامة

قوالب وأمثلة Task 1 ←

General vs Academic – Task 1

Task 1 في General Training = رسالة. Task 1 في Academic = وصف رسم بياني.

العنصر	General ✓	Academic X
المهمة	كتابة رسالة (Formal / Informal)	وصف رسم بياني أو خريطة
الأسلوب	يعتمد على المُرسَل إليه	أكاديمي موضوعي دائماً
الضمائر	مسموح بهما you و I	يُفضل تجنبه I
الخطأ الأكبر	نسيان أحد أغراض الرسالة الثلاثة	حذف Overview

أنواع الرسائل – الصيغة الصحيحة

النوع	التحية	الخاتمة	مثال
رسمية	Dear Sir/Madam	Yours faithfully	شكوى لشركة، طلب من مسؤول
شبه رسمية	Dear Mr/Ms [Name]	Yours sincerely	مدير تعرفه
غير رسمية	Dear [First name]	Best wishes	صديق أو زميل

دقيقة | 150+ كلمة 20 | Cambridge IELTS GT – General Training Writing Task 1

You recently attended a training course organised by your employer, but you were dissatisfied with it.

Write a letter to the training department manager. In your letter:

- describe the course you attended
- explain what problems you experienced
- suggest how the course could be improved

Write at least 150 words. You do NOT need to write any addresses.

Begin: Dear Sir/Madam,

Write at least 150 words. You do NOT need to write any addresses.

Begin: Dear Sir/Madam,

اكتب Task 1 هنا:

صيغة المخاطبة صحيحة ذكرت الأغراض الثلاثة الوقت: _____ الكلمات: _____

Writing Task 2 – نموذج الكتابة العامة

أخطاء Task 2 وكيف تتجنبها ←

خطة قبل الكتابة

حدّد: نوع المقال + موقفي → ثم خطط المحتوى: أدلة وأمثلة لكل فقرة.

المعيار	Band 5	Band 7	Band 8+
Band 5	موقف غير واضح	انتقال مبتور	مفردات متكررة
Band 7	موقف واضح + أمثلة	تنظيم واضح	متنوعة
Band 8+	موقف + أدلة	تدفق منطقي	دقة أكاديمية
			تنوع وسلامة

دقيقة | 250+ كلمة 40 | General Training Writing Task 2

Some people think that it is better for children to grow up in the countryside than in a big city. Others believe that living in a city gives young people more opportunities.

Discuss both views and give your own opinion.

Give reasons and include relevant examples. Write at least 250 words.

اكتب Task 2 هنا:

تابع – Writing Task 2

تابع الكتابة هنا:

_____ :Band _____ :الكلمات Task Response Cohesion Lexical Grammar

Speaking – نموذج المحادثة

تدرب على المحادثة ←

ملاحظة

Speaking مشترك – نفس التنسيق والمعايير في Academic و General.

أسئلة تدريبية – Part 1 (4-5 min)

Work/Study: What do you do? – What do you enjoy most about it? – Would you like to change careers?

Part 3 (4-5 min) – مناقشة

- Why do people prefer cities over the countryside?
- Is countryside life becoming less popular with young people?

Hometown: Where are you from? – What is it known for? – Has it changed recently?

Free Time: What do you do in your spare time? – Has your routine changed?

- How can governments improve rural living standards?
- Has technology changed the appeal of rural life?
- Should governments offer incentives to live outside cities?

Part 2 (3-4 min) – Cue Card

Describe a time when you helped someone.

You should say:

- who you helped
- how you helped them
- why they needed help

and explain how you felt about it.

1 minute to prepare – then speak for 1-2 minutes.

ملاحظات التحضير:

مفتاح إجابات نموذج امتحان الآيلتس العام

Reading (Q1-34) – الإجابات

Listening (Q1-27) – الإجابات

ملاحظة	الإجابة	#
fee £10	FALSE	1
Pool Rules	TRUE	2
first month	TRUE	3
discount 10%	TRUE	4
Beginners & Intermediate	FALSE	5
Thursday	TRUE	6
students/job seekers/ 60+	FALSE	7
rate £65	TRUE	8
reviews	E	9
core hours	C	10
reception/warehouse	A	11
self-assessment	D	12
company provides	B	13
2 weeks notice	E	14
	probationary	15
	reception	16
	internet connection	17
	compulsory	18

الإجابة	#
Maria Okonkwo	1
3rd September 1992	2
swimming	3
Wednesday	4
07812 446 390	5
direct debit	6
food waste	7
Tuesday	8
alternate	9
weekly	10
twice / 2	11
0800 123 456	12
6	13
B	14
C	15
B	16
C	17
B	18
B	19
B	20

ملاحظة	الإجابة	#
	workstation	19
	three / 3	20
	two weeks	21
Lally study	C	22
replace routine	D	23
fruit example	E	24
brain conserves energy	A	25
critics argue	F	26
three-stage loop	B	27
habitual 40%	TRUE	28
Lally = timing	FALSE	29
average not exact	FALSE	30
ironic process	TRUE	31
	NOT GIVEN	32
no conscious effort	TRUE	33
Para F	TRUE	34

الإجابة	#
passive	21
1953	22
brain	23
90	24
memories	25
0.05%	26
obesity	27

جدول تحويل الدرجات

Listening	Reading GT	Band
39-40	40	9
35-36	37-38	8
30-32	34-35	7
27-29	32-33	6.5
23-26	30-31	6
20-22	27-29	5.5
16-19	23-26	5

المراجع والمصادر الرسمية

#	المصدر	الوصف
①	ielts.org	General Training Band Descriptors – Reading & Listening
②	takeielts.britishcouncil.org	GT Test Format – British Council Official
③	cambridge.org/elt/ielts	Cambridge IELTS GT Practice Materials 1-19

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نماذج اختبار الآيلتس العام – تصحيح فوري بالذكاء الاصطناعي بدقة ± 0.5 Band

goielts.ai/mock-test

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