



أول منصة عربية للتحضير الذكي لاختبار الآيلتس

مورد مجاني قابل للتحميل

كراسة تمارين آيلتس الشاملة

تمارين تدريبية على جميع مهارات الآيلتس الأربع

18

صفحة

100%

مجاني

+30

تمريناً

4

مهارات

مستوحاة من المصادر الرسمية · ليست نسخاً من أسئلة رسمية IELTS

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عن هذه الكراسة والمصادر الرسمية

ما هذه الكراسة؟

تمارين GoIELTS Cambridge مصممة على الصيغة الرسمية لاختبارات المعتمدة، تشمل جميع المهارات الأربع مع تدرج في الصعوبة من Band 5.5 إلى Band 7+. كل تمرين مصحوب بالإجابات في آخر الكراسة لتقييم نفسك فوراً.

كيف تستخدمها؟

1. ابدأ بأضعف مهارة لديك – ليس بالأسهل
2. حدّد الوقت قبل كل تمرين – التوقيت ضروري
3. أجب بدون قاموس في المرة الأولى
4. راجع الإجابات وحلّ سبب كل خطأ
5. أرسل تمارين الكتابة لـ GoIELTS للتصحيح الفوري

هيكل الكراسة

المهارة	الوقت الحقيقي	عدد الأسئلة	الوزن	الصفحة
Reading	دقيقة 60	سؤال 40	25%	5-3
Listening	د + 10 د نقل 30	سؤال 40	25%	9-6
Writing Task 1	دقيقة 20	–	8.25%	12-10
Writing Task 2	دقيقة 40	–	16.5%	15-13
Speaking	دقيقة 11-14	–	25%	16

المصادر الرسمية المعتمدة

الجهة	الرابط الرسمي	المحتوى
Cambridge IELTS 1-19	cambridge.org/elt/ielts	سلسلة كتب التدريب الرسمية
IELTS.org – Band Descriptors	ielts.org/scoring	معايير التقييم الرسمية لكل مهارة
British Council – Take IELTS	takeielts.britishcouncil.org	الدليل الرسمي للاختبار وتنسيقه
IDP IELTS – Test Format	ielts.idp.com/prepare	دليل تنسيق الاختبار من IDP

إخلاء مسؤولية

هذه تمارين تدريبية أصلية من تأليف GoIELTS.ai – مستوحاة من الصيغة الرسمية وليست نسخاً من كتب Cambridge أو أسئلة رسمية من ielts.org.

تمارين القراءة – Reading

Cambridge IELTS Test Format | ielts.org

المصدر: Cambridge IELTS Academic Test Format | ielts.org/about-ielts

أنواع أسئلة القراءة الرسمية

نوع السؤال	ما يقيسه	الاستراتيجية
True / False / Not Given	الفهم الدقيق للحقائق	قارن النص بالجملة – لا تخمّن
Yes / No / Not Given	تمييز الرأي عن الحقيقة	اعثر على رأي الكاتب
Matching Headings	الفهم الكلي لل فقرات	اقرأ أول وآخر جملة من كل فقرة
Matching Information	تحديد مكان المعلومة	ابحث بال scan
Multiple Choice	الفهم التفصيلي	اقرأ السؤال ثم ابحث في النص
Summary Completion	الفهم الكلي والمفردات	ابحث عن مرادفات الكلمات الفارغة
Sentence Completion	الفهم التفصيلي	الإجابة من النص مباشرة

قاعدة True/False/Not Given

إذا لم تجد المعلومة في النص – الجواب **Not Given**. **False** يعني النص يقول العكس.

التمرين الأول – Passage A

الوقت المقترح: 20 دقيقة ⌚ Cambridge IELTS Academic Test Format | Band 6-7

The Rise of Remote Work

- A.** The concept of remote work has existed for decades, but the global health crisis of 2020 transformed it from a niche arrangement into a mainstream phenomenon. Within weeks, millions of employees worldwide transitioned to home-based work setups, fundamentally altering perceptions of productive work environments.
- B.** Research by Stanford economist Nicholas Bloom found that remote workers demonstrated a 13% productivity increase. This was attributed to quieter environments, reduced commuting fatigue, and greater autonomy. However, critics argue gains are not uniform – creative industries and roles requiring collaboration showed measurable output declines.
- C.** The psychological dimensions are complex. While many report improved work-life balance, a significant proportion – particularly younger professionals – experience heightened isolation. A 2022 American Psychological Association survey found 39% of remote workers reported increased loneliness compared to pre-pandemic levels.
- D.** Companies adopting permanent remote models face challenges maintaining corporate culture and ensuring equitable career advancement. Middle managers expressed concerns about mentoring junior staff without physical presence. Technology companies including Meta reversed remote policies by 2023, citing cultural degradation.
- E.** Urban economists predict lasting consequences for city planning. Central business districts have seen rising commercial vacancy rates, while suburban areas experience increased housing demand. These shifts carry implications for public transport, local economies, and municipal tax revenues.

Passage A: The Rise of Remote Work – القراءة

المصدر: ielts.org – Reading Band Descriptors

Questions 1-6: True / False / Not Given

تعليمات: اكتب TRUE – إذا تطابقت FALSE – إذا تعارضت NOT GIVEN – إذا لم تذكر في النص

إجابتك	Statement	#
☐ TRUE ☐ FALSE ☐ NG	Remote work became widespread primarily due to advances in internet technology.	1
☐ TRUE ☐ FALSE ☐ NG	Nicholas Bloom's research was carried out at Stanford University.	2
☐ TRUE ☐ FALSE ☐ NG	All employees showed increased productivity when working remotely.	3
☐ TRUE ☐ FALSE ☐ NG	Younger workers were particularly affected by feelings of isolation.	4
☐ TRUE ☐ FALSE ☐ NG	Meta reversed its remote work policy in 2023.	5
☐ TRUE ☐ FALSE ☐ NG	Rural housing prices fell as a result of remote work adoption.	6

Questions 7-11: Matching Paragraphs (A-E)

اكتب الحرف المناسب (A-E) أمام كل جملة

الفقرة	Information	#
	A concern expressed by those responsible for supervising new employees.	7
	A reference to consequences for city infrastructure and government income.	8
	Statistics about feelings of social disconnection among remote workers.	9

الفقرة	Information	#
	Evidence that performance improvements are not equal across all job types.	10
	The event that accelerated the global adoption of working from home.	11

Passage B – التمرين الثاني

Cambridge IELTS General Training | Band 5.5-6.5 ⌚ الوقت المقترح: 18 دقيقة

Urban Farming: Growing Food in Cities

Urban farming encompasses activities ranging from rooftop gardens and community allotments to hydroponic warehouses and vertical farms that can occupy entire city blocks. Proponents argue that locally grown food reduces transportation costs and carbon emissions. In cities where fresh produce is difficult to access – termed "food deserts" by urban planners – urban farms provide a direct solution. A 2021 FAO report estimated that urban agriculture already supplies food for approximately 800 million people globally.

Despite its promise, urban farming faces significant limitations. Land in cities is expensive, making large-scale cultivation economically challenging without public subsidy. Water consumption for hydroponic systems, while lower than traditional soil-based agriculture per unit of output, still represents a considerable municipal burden.

Nevertheless, urban farming's value extends beyond food production. Community gardens have been shown to strengthen social bonds, improve mental health outcomes, and provide educational opportunities. Cities including Singapore, Detroit, and Rotterdam have incorporated urban agriculture into official planning strategies.

Questions 12-16: Summary Completion

أكمل الملخص بكلمات من النص فقط – لا تزيد عن كلمتين لكل فراغ

المصدر: Cambridge IELTS Academic – Summary Completion Format

Urban farming covers forms including simple gardens and sophisticated (12) _____ systems. Advocates highlight that local food production lowers (13) _____ costs and pollution. In areas described as food (14) _____, urban farms address community needs directly. The FAO estimated urban agriculture feeds around (15) _____ people globally. Beyond food, community gardens are known to improve social bonds and (16) _____ outcomes.

Questions 17-20: Multiple Choice

أدور	Question	#
☐ A ☐ B ☐ C	The main economic obstacle to large-scale urban farming is... A. High equipment cost B. Expensive urban land C. Lack of public interest	17
☐ A ☐ B ☐ C	Water usage in hydroponic farming is... A. Greater than soil farming B. Lower per unit of food produced C. Not discussed	18
☐ A ☐ B ☐ C	Which city is NOT mentioned as having urban farming policies? A. Singapore B. Rotterdam C. Tokyo	19
☐ A ☐ B ☐ C	The main purpose of the passage is to... A. Argue urban farming solves food insecurity B. Present a balanced view C. Criticise industrial agriculture	20

تمارين الاستماع – Listening

Cambridge IELTS Listening | British Council

المصدر: Cambridge IELTS Listening | British Council – takeielts.britishcouncil.org

أقسام الاستماع الأربعة

القسم	السياق	أنواع الأسئلة	ما يُختبر
S1	محادثة اجتماعية (شخصان)	Form / Note Completion	الأسماء والأرقام والتفاصيل
S2	حديث منفرد اجتماعي	Multiple Choice / Map	الفهم المحدد والموقع
S3	نقاش أكاديمي (3-4)	Matching / Multiple Choice	الآراء والمواقف
S4	محاضرة أكاديمية	Note / Summary Completion	المفردات التخصصية والحجج

Section 1 – Form Completion

اقرأ هذا النص كما لو كنت تسمعه. في الاختبار الحقيقي تملأ الإجابات أثناء الاستماع مباشرة.

المصدر: Cambridge IELTS Listening Test Format

[Receptionist]: Good morning, City Sports Centre. How can I help you?
[Man]: Hello. I'd like to register for some fitness classes, please.
[Receptionist]: Of course! Can I take your name first?
[Man]: Yes, it's Ahmed Al-Rashidi. That's A-H-M-E-D, Al-Rashidi.
[Receptionist]: And your date of birth?
[Man]: The fourteenth of March, 1998.
[Receptionist]: Which class are you interested in?
[Man]: The swimming class on Tuesday mornings, and also the yoga session.
[Receptionist]: The yoga is on Thursday evenings at 7pm. Is that suitable?
[Man]: Yes, perfect. My number is 0551 738 429.
[Receptionist]: And the payment method?
[Man]: I'll pay by credit card. The total is 180 riyals per month?
[Receptionist]: That's correct. All confirmed.

Questions 21-26: Form Completion

أكمل النموذج – كلمة واحدة أو رقم من النص فقط

City Sports Centre – Registration Form

Full Name: (21) _____	Date of Birth: (22) _____
Classes enrolled: Swimming + (23) _____	Yoga Session: (24) _____ evenings at 7pm
Contact Number: (25) _____	Payment Method: (26) _____

تمارين الاستماع – الأقسام الأصعب – Section 3 & 4

Section 3 – Academic Discussion

استراتيجية Section 3

لنركز في Section 3 على **من يقول ماذا** – الآراء تتغير وتتعارض.

المصدر: Cambridge IELTS Test Format – Section 3

[Tutor]: So, Sarah and James, you've both read the case study on renewable energy. What are your main takeaways?

[Sarah]: The section on solar power was most compelling. Cost per kilowatt-hour has dropped over 85% in the last decade – it's genuinely competitive now.

[James]: True, but the intermittency problem is still underestimated. Without better battery storage, solar and wind can't fully replace baseload power from gas or nuclear.

[Sarah]: Grid interconnection across regions can compensate. If Spain has excess solar and Germany excess wind, they can balance each other.

[James]: In theory. But the infrastructure investment is enormous – decades and trillions of dollars.

[Tutor]: What does the case study recommend?

[Sarah]: A diversified approach – solar, wind, hydro, and nuclear as a transition strategy while storage technology matures.

[James]: Which I think is more realistic than betting on one technology.

Questions 27-32: Multiple Choice

أدور	Question	#
☐ A ☐ B ☐ C	Sarah's main argument in favour of solar power is its... A. Reliability B. Falling cost C. Ease of installation	27
☐ A ☐ B ☐ C	James believes the key unsolved problem with renewable energy is... A. Public opposition	28

أدور	Question	#
	B. Energy storage C. Government policy	
☐ A ☐ B ☐ C	Sarah's proposed solution to the intermittency problem is... A. Better batteries B. Connecting national grids C. More nuclear output	29
☐ A ☐ B ☐ C	James's concern about connecting national grids is the... A. Political difficulties B. Cost and time required C. Technical impossibility	30
☐ A ☐ B ☐ C	Both students agree the recommended approach involves... A. Using multiple energy types B. Prioritising solar C. Waiting for storage tech	31
☐ A ☐ B ☐ C	The tutor's role is mainly to... A. Provide answers B. Challenge students C. Guide and prompt discussion	32

Section 4 – Academic Lecture: Decision Fatigue

استراتيجية Section 4

اتبع ترتيب المحاضرة بدون توقف – الأسئلة تتبع ترتيب المحاضرة، لا ترجع للخلف في Section 4.

المصدر: Cambridge IELTS Academic Test Format

Today I'd like to discuss decision fatigue – the deterioration in decision quality after a long session of decision-making. The concept was popularised by social psychologist Roy Baumeister, who proposed that willpower operates like a muscle – finite in capacity and subject to exhaustion.

A landmark study examined decisions of Israeli parole judges over a working day. Prisoners appearing in the morning were granted parole approximately 65% of the time. By end of day, that figure dropped to nearly zero – not due to weaker cases, but because the judges' capacity for deliberate decision-making had been depleted.

Interestingly, breaks – particularly those involving food – temporarily restored willingness to grant favourable rulings. This suggests glucose replenishment plays a measurable role in decision quality, though subsequent research has challenged the strength of this mechanism. The practical implications are significant. Some institutions now restructure their schedules to front-load complex choices to earlier in the day, reducing the total volume of decisions required.

Questions 33-39: Note Completion

أكمل بكلمة أو كلمتين من النص – اتبع ترتيب الأسئلة

Decision Fatigue – Lecture Notes

- Definition: The (33) _____ in decision quality after prolonged decision-making.
- Linked to: concept of (34) _____ – described as finite and exhaustible.
- Study setting: Israeli (35) _____ judges across a working day.
- Morning finding: Approximately (36) _____ % of prisoners granted parole.
- End-of-day: Rate dropped to nearly (37) _____.

- Recovery: Judges improved after (38) _____, especially involving food.
- Practical response: Complex decisions placed (39) _____ in the working day.

تمارين الكتابة – Writing Task 1

IELTS.org Writing Band Descriptors

المصدر: ielts.org/writing-band-descriptors

Task 1 – معايير التقييم الرسمية

المعيار	Band 5	Band 6-7	Band 8+
Task Achievement	غطى بعض النقاط	overview واضحة + غطى الرئيسية	overview + غطى الكل
Coherence	ترابط محدود	روابط واضحة	تنظيم مثالي وسلس
Lexical Resource	تكرار مفردات	بعض المرادفات	مفردات متنوعة ودقيقة
Grammar	أخطاء كثيرة	أخطاء طفيفة	تراكيب معقدة صحيحة

Task 1 – Line Graph

Cambridge IELTS Academic Writing Task 1 ⌚ دقيقة | اكتب 150 كلمة على الأقل 20

Task: The line graph below shows the percentage of households with internet access in Saudi Arabia, UK, and Japan between 2000 and 2020. Summarise the information by selecting and reporting the main features, and make comparisons where relevant. Write at least 150 words.

% Households with Internet Access



Task 1 – تابع الكتابة

قائمة المراجعة الذاتية

☐ هل كتبت overview؟

☐ هل ذكرت أرقاماً؟

☐ هل صغت المقدمة بكلماتك؟

تمارين الكتابة – Writing Task 2

ielts.org Writing Public Band Descriptors

المصدر: ielts.org – Writing Public Band Descriptors (Academic) – Task 2

Task 2 – معايير التقييم الرسمية

المعيار	Band 5	Band 7	Band 8+
Task Response	موقف غير واضح	موقف واضح + أمثلة	موقف محدد + أدلة مقنعة
Coherence	انتقال مبتور	تنظيم واضح	تدفق طبيعي ومنطقي
Lexical Resource	مفردات متكررة	تعبيرات أقل شيوعاً	دقة عالية وتنوع واسع
Grammar	أخطاء متكررة	جمل معقدة مع أخطاء طفيفة	تنوع واسع وسلامة نحوية

Task 2 – Discussion Essay

Cambridge IELTS Academic Writing Task 2 ⌚ دقيقة | اكتب 250 كلمة على الأقل 40

Some people believe that universities should focus exclusively on academic and theoretical knowledge. Others argue that universities should also prepare students for the practical demands of the workplace. **Discuss both views and give your own opinion.**

نوع المقال + موقف

مثالين / أدلة

اكتب هنا Task 2:

Speaking – المحادثة

ielts.org Speaking Band Descriptors | British Council

المصدر: ielts.org Speaking Public Band Descriptors – Academic and General Training

معايير التقييم الرسمية للمحادثة

المعيار	Band 5	Band 7	Band 8+
Fluency & Cohesion	توقف كثير وتكرار	طلاقة جيدة مع توقف طبيعي	طلاقة عالية وانسيابية
Lexical Resource	مفردات محدودة	استخدام متنوع	دقة ومرونة عالية
Grammatical Range	أخطاء متكررة	تراكيب متنوعة	تنوع واسع ودقة
Pronunciation	مشاكل في الفهم	وضوح جيد	نطق طبيعي وواضح

أسئلة تدريبية – Part 1

أجب بجملتين على الأقل – وسّع إجابتك بسبب أو مثال

موضوع: Work / Study

- What do you do – working or studying?
- What do you enjoy most about it?
- Would you change your field in the future?

موضوع: Hometown

- Where are you from?
- What is your hometown famous for?
- Has it changed much in recent years?

موضوع: Technology

- How often do you use a smartphone?
- Do people rely too much on technology?
- Has technology made daily life easier?

Part 2 – Cue Card

دقيقة تحضير ثم تحدث دقيقتين كاملتين

المصدر: ielts.org – Speaking Part 2 Format

Describe a skill you have learned that has been useful.

You should say:

- what the skill is
- how and when you learned it
- who helped you
- why it has been particularly useful to you.

ملاحظات التحضير (1 دقيقة)

أسئلة نقاشية – Part 3

- Do schools today teach the right skills for the modern world?
- Should governments invest more in vocational or academic training?
- How important is lifelong learning for adults?
- Has technology made it easier or harder to develop new skills?

مفتاح الإجابات الكامل

Reading – Passage A

Reading – Passage B

المصدر في النص	الإجابة	#
Pandemic – not internet technology	FALSE	1
Paragraph B – stated directly	TRUE	2
'not uniformly distributed'	FALSE	3
Paragraph C 'younger professionals'	TRUE	4
Paragraph D – stated directly	TRUE	5
Paragraph E – demand increased	FALSE	6
middle managers mentoring	D	7
city planning, tax revenues	E	8
APA survey 39%	C	9
'not uniformly distributed'	B	10
global health crisis 2020	A	11

الإجابة	#
hydroponic	12
transportation	13
desert	14
800 million	15
mental health	16
B	17
B	18
C	19
B	20

Listening – Section 1

الإجابة	#
Al-Rashidi	21
14th March 1998	22
yoga	23
Thursday	24
0551 738 429	25
credit card	26

Listening – Section 3 + 4

الإجابة	#
B	27
B	28
B	29
B	30
A	31
C	32
deterioration	33
willpower	34
parole	35
65	36
zero	37
breaks	38
earlier	39



مراجع هذه الكراسة – المصادر الرسمية

- ① ielts.org/about-ielts/ielts-for-organisations/ielts-scoring-in-detail
- ② takeielts.britishcouncil.org/prepare-for-ielts
- ③ cambridge.org/elt/ielts (Cambridge IELTS 1-19)
- ④ ielts.idp.com/prepare/ielts-test-format

صحّ تمارين الكتابة بالذكاء الاصطناعي

تقرير فوري بالمعايير الأربعة – بدقة ± 0.5 Band

goielts.ai/mock-test

استمر في التحضير مع موارد GoIELTS المجانية

READING

تدريب القراءة

LISTENING

تدريب الاستماع

SPEAKING

تدريب التحدث

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