English with a Smile ☺

IELTS VIP COURSE

Book 1
IELTS Foundation & Orientation

STUDENT BOOK • English + සිංහල

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Friendly, practical preparation toward Band 7.5+

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Welcome to Your IELTS VIP Journey

This book is your friendly starting point. You do not need to know everything today. First, understand the exam. Then we will master one question type at a time with repeated practice.

මෙම පොත ඔබගේ IELTS ගමනේ සරල හා මිත්‍රශීලී ආරම්භයයි. අදම හැමදේම දැනගන්න ඕන නැහැ. මුලින් විභාගය හොඳින් තේරුම් ගනිමු. ඉන්පසු ප්‍රශ්න වර්ග එකින් එක නැවත නැවත පුහුණු කරමින් mastery එක ලබාගනිමු.

> Our target / **අපේ ඉලක්කය**
> Build the language, strategy, accuracy and confidence needed to work toward Band 7.5+. No shortcut can guarantee a score, but smart practice can make a huge difference.

By the end of Book 1, you can...

- explain the four IELTS skills and their timings;
- know the difference between Academic and General Training;
- understand how scores are reported;
- recognise the main question families;
- start a Band 7.5+ study routine.

Book 1 අවසානයේ IELTS කොටස් 4, කාලය, Academic/General වෙනස, ලකුණු ලබාදෙන ආකාරය, ප්‍රධාන ප්‍රශ්න වර්ග සහ Band 7.5+ අධ්‍යයන පුරුද්ද ඔබට පැහැදිලිව තේරෙනු ඇත.

> Friendly rule: Do not fear difficult English. Break it into small steps.
> **මතක තබාගන්න:** අමාරු English එකට බය වෙන්න එපා. එය කුඩා පියවර වලට බෙදාගෙන ඉගෙන ගන්න.

1. What Exactly Is IELTS?

IELTS stands for International English Language Testing System. It checks how well you can use English in four real communication skills: Listening, Reading, Writing and Speaking.

IELTS කියන්නේ International English Language Testing System. එය ඔබගේ Listening, Reading, Writing සහ Speaking යන සැබෑ භාෂා කුසලතා 4 පරීක්ෂා කරන විභාගයකි.

IELTS Academic

Usually for university study or professional registration.

සාමාන්‍යයෙන් උසස් අධ්‍යාපනය හෝ වෘත්තීය ලියාපදිංචිය සඳහා.

IELTS General Training

Often for migration, work, or study below degree level.

සාමාන්‍යයෙන් සංක්‍රමණය, රැකියා හෝ degree මට්ටමට පහළ අධ්‍යයනය සඳහා.

> Very important: Listening and Speaking are the same in Academic and General Training. Reading and Writing are different.

2026 delivery update

IELTS announced a move away from paper-based testing from mid-2026, with exact timing varying by country/market. The skills tested and scoring system do not change. Always check the local test centre when booking.

2026 මැද භාගයේ සිට paper-based IELTS පරීක්ෂණ ක්‍රමයෙන් නවත්වන බව IELTS නිවේදනය කර ඇත. රට අනුව ක්‍රියාත්මක වන දිනය වෙනස් විය හැක. නමුත් පරීක්ෂා කරන skills සහ ලකුණු ක්‍රමය වෙනස් නොවේ. Booking කරන විට ඔබගේ test centre එකේ නවතම තොරතුරු බලන්න.

> Think like this: IELTS is not a “trick exam”. It is a language test with a predictable structure.
> IELTS කියන්නේ අහම්බෙන් අල්ලගන්න “trick exam” එකක් නොවේ. එයට පැහැදිලි structure එකක් තිබෙන language test එකකි.

2. The IELTS Test Map

Skill	Main structure	Time	What you must do
Listening	4 parts, 40 questions	About 30 min	Listen once, follow details, spell accurately
Reading	3 sections, 40 questions	60 min	Find information fast and understand meaning
Writing	2 tasks	60 min	Task 1 + Task 2; organise ideas clearly
Speaking	3 parts	11-14 min	Speak naturally, develop ideas, use clear English

Listening: කොටස් 4, ප්‍රශ්න 40. Reading: කොටස් 3, ප්‍රශ්න 40. Writing: tasks 2. Speaking: parts 3.

What does Band 7.5 mean?

IELTS reports results from Band 1 to Band 9, including half bands. A 7.5 is a strong score, so you need more than basic English: you need accurate understanding, flexible vocabulary, controlled grammar, clear organisation and strong exam technique.

IELTS ලකුණු Band 1 සිට Band 9 දක්වා දෙන අතර half bands ද තිබේ. Band 7.5 කියන්නේ ඉහළ මට්ටමේ score එකක්. ඒ සඳහා basic English පමණක් නොව නිවැරදි අවබෝධය, හොඳ vocabulary, grammar control, ideas හොඳින් සංවිධානය කිරීම සහ exam technique අවශ්‍යයි.

> Do not chase “big words”. Clear, accurate English beats unnatural memorised vocabulary.
> **අමාරු වචන පස්සේ දුවන්න එපා.** ස්වභාවික, නිවැරදි English එක memorised big words වලට වඩා හොඳයි.

3. Listening - Understand Before You Hear

The Listening test has four parts and 40 questions. You hear each recording once. Parts 1-2 are usually everyday/social situations. Parts 3-4 move into education and training situations.

Listening test එකේ කොටස් 4ක් සහ ප්‍රශ්න 40ක් තිබේ. Recording එක වරක් පමණක් අසන්න ලැබේ. Parts 1-2 සාමාන්‍ය ජීවිතයට අදාළය. Parts 3-4 අධ්‍යාපන හා training situations වලට අදාළ වේ.

Common Listening question families

Multiple Choice | Matching | Map / Plan / Diagram | Form Completion | Note Completion | Table Completion | Flow-chart Completion | Summary Completion | Sentence Completion | Short Answer

3 habits that save marks

1. Read before listening. Predict the answer type.
2. Follow the order. Most answers come in the same order as the recording.
3. Check spelling and word limits.

1) අහන්න කලින් ප්‍රශ්න බලන්න. 2) recording එකේ order එකට පිළිතුරු එනවා කියලා හිතලා follow කරන්න. 3) spelling සහ word limit බලන්න.

> Mini skill: If the gap says “at _____ pm”, predict a time before you hear anything. Blank එකට කලින් “at” සහ පසුව “pm” තිබේ නම්, answer එක time **එකක්** බව කලින්ම හඳුනාගන්න.

4. Reading - Find, Don’t Panic

Reading is not about translating every word. Strong IELTS readers know when to read quickly, when to scan for a detail, and when to slow down for exact meaning.

Reading කියන්නේ හැම වචනයක්ම Sinhala වලට translate කරන එක නොවේ. හොඳ IELTS reader කෙනෙක් වේගයෙන් කියවිය යුතු වෙලාව, specific detail එකක් scan කළ යුතු වෙලාව සහ exact meaning එකට slow down විය යුතු වෙලාව දන්නවා.

Three core reading moves

Skim
Read quickly for the main idea.
මුළු අදහස ඉක්මනින් ගන්න.

Scan
Search for a name, date, number or key phrase.
නමක්, දිනයක්, අංකයක් හෝ key phrase එකක් සොයන්න.

Read closely
Check the exact sentence and nearby context.
අදාළ sentence එක සහ වටපිටාව හොඳින් බලන්න.

Paraphrase
Match the same idea expressed with different words.
වෙනත් වචන වලින් කියන එකම අදහස හඳුනාගන්න.

Common question types

True/False/Not Given | Yes/No/Not Given | Matching Headings | Matching Information | Multiple Choice | Sentence Completion | Summary / Notes / Table | Short Answer

Big trap: “Not Given” does not mean “probably false”. It means the passage does not give enough information to decide.
Not Given කියන්නේ “වැරදි වගේ” කියන එක නොවේ. Passage එකෙන් තීරණය කරන්න තරම් information නැහැ කියන එකයි.

5. Writing - Clear Ideas Beat Fancy English

Writing has two tasks. Task 2 carries twice as much weight as Task 1, so time control matters.

Writing වල tasks 2ක් තිබේ. Task 2 ලකුණු බර Task 1 ට වඩා දෙගුණයක්. ඒ නිසා time management ඉතා වැදගත්.

	Academic	General Training
Task 1	Describe visual information: graph, chart, table, process or diagram. Minimum 150 words.	Write a letter responding to a situation. Minimum 150 words.
Task 2	Write an essay about a view, argument or problem. Minimum 250 words.	

Writing is marked on four areas

- Task Achievement / Task Response
- Coherence and Cohesion
- Lexical Resource
- Grammatical Range and Accuracy

Writing score එකට task එක හරි විදිහට answer කළාද, ideas logically organize කළාද, vocabulary හොඳින් භාවිත කළාද, grammar range සහ accuracy හොඳද කියලා බලනවා.

> Band 7.5+ mindset: Answer the exact question, develop ideas, use natural vocabulary, and control grammar. Never memorise a full essay and force it onto a different topic. ප්‍රශ්නයටම answer කරන්න. Ideas develop කරන්න. Natural vocabulary සහ accurate grammar භාවිත කරන්න. Memorised essay එක වෙනත් topic එකකට බලෙන් දාන්න එපා.

6. Speaking - Sound Like a Real Person

The Speaking test is a recorded face-to-face interview with an examiner. It has three parts and lasts about 11-14 minutes.

Speaking test එක examiner කෙනෙකු සමඟ කරන recorded face-to-face interview එකකි. එයට parts 3ක් තිබෙන අතර මිනිත්තු 11-14 පමණ වේ.

Part	What happens?	Your goal
1	Questions about familiar topics	Give natural, developed answers
2	1 minute preparation + speak up to 2 minutes	Organise and extend a short talk
3	More abstract discussion	Explain, compare, justify, speculate

Speaking is marked on

- Fluency and Coherence
- Lexical Resource
- Grammatical Range and Accuracy
- Pronunciation

Natural answer formula: Answer + Reason + Example.
Question: Do you enjoy reading?
Weak: Yes, I do.
Better: Yes, especially at night because reading helps me relax. For example, I usually read short biographies before I sleep.
හොඳ answer එකක්: Answer + Reason + Example.

Do not memorise robotic speeches. Examiners want real communication, not a recited script.

7. Your Band 7.5+ Habits

Habit 1 - Learn from mistakes

Keep an error notebook: wrong answer → reason → correct rule → one new example.

වැරදි answer එක, වැරදුණේ ඇයි, හරි rule එක, අලුත් example එකක් ලියන්න.

Habit 2 - Practise under time

First learn slowly. Then repeat under exam timing.

මුලින් හොඳින් ඉගෙන ගන්න. පසුව exam time එකට practise කරන්න.

Habit 3 - Build useful vocabulary

Learn words with collocations and examples, not isolated translations.

වචන තනි Sinhala meaning එකක් ලෙස නොව collocations සහ examples සමඟ ඉගෙන ගන්න.

Habit 4 - Speak and write every week

Passive study is not enough. You must produce English.

කියවීම/අහීම විතරක් ප්‍රමාණවත් නැහැ. ඔබ English කතා සහ ලියන්නත් ඕන.

VIP rule: Accuracy first, speed second. Then combine both.
මුලින් accuracy. පසුව speed. අවසානයේ දෙකම එකට.

8. Quick Foundation Check

Choose the best answer. / හොඳම පිළිතුර තෝරන්න.

1. How many IELTS skills are tested?
   A) 2 B) 3 C) 4 D) 5
2. Which two skills are the same in Academic and General Training?
   A) Reading & Writing B) Listening & Speaking C) Listening & Reading D) Writing & Speaking
3. How many questions are in IELTS Listening?
   A) 30 B) 35 C) 40 D) 45
4. How long is Reading?
   A) 30 min B) 45 min C) 60 min D) 90 min
5. Which Writing task carries more weight?
   A) Task 1 B) Task 2 C) Equal D) Depends on topic
6. What does “Not Given” mean?
   A) The statement is false B) The passage does not give enough information C) The answer is hidden D) The question is wrong
7. Speaking Part 2 gives you preparation time of about:
   A) 30 sec B) 1 min C) 3 min D) No preparation
8. Which is the best speaking habit?
   A) Memorise a long script B) Give one-word answers C) Answer + reason + example
   D) Use very difficult words in every sentence

> No answers here. Your teacher will check them with you and explain every answer.
> Answers මෙහි නැහැ. Teacher ඔබ සමඟ check කරලා හැම answer එකක්ම explain කරයි.

9. Your 4-Week Starter Routine

Week	Main focus	Simple daily action
1	Understand format + Listening basics	20 min listening + 10 min vocabulary
2	Reading basics	1 short passage + error review
3	Writing basics	Plan one task + write one paragraph
4	Speaking basics	Record 5-10 minutes of speaking

මේක start-up routine එකක්. Mastery books වලින් එක් එක් question type එකට 50 practice items සමඟ ගැඹුරින් යමු.

Your mini promise to yourself

I will practise regularly, correct my mistakes, and focus on clear English instead of trying to impress with difficult words.

මම නිතර practise කරනවා. වැරදි හදාගන්නවා. අමාරු වචන දාලා impress කරන්න නොව clear English භාවිත කරන්න focus කරනවා.

Signature: _____ Date: _____

Next in the IELTS VIP Mastery Series

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