

FREE PRACTICE SET • 2026 FORMAT

TOEFL iBT® Speaking Practice Set (2026 Format)

11 items in the format the TOEFL iBT has used since January 2026, with answers and short explanations.

WHAT'S INSIDE

- 7 Listen and Repeat sentences
- 4 interview questions, with sample answers

ON THE REAL TEST

The Speaking section has 11 items and takes about 8 minutes (ETS, TOEFL iBT test content page, checked 28 October 2026).

HOW TO USE THIS SET

1. Ask a partner to read each sentence and question at the back aloud, once. On your own? Read it once, cover it, then speak.
2. Record yourself on your phone, then listen back and compare with the script.
3. There's no planning time on the test, so start speaking as soon as each prompt ends.

Timing: On the test you have 8 to 12 seconds to repeat each sentence, and 45 seconds for each interview answer. Time yourself the same way.

Take this section timed and scored, free

When you've finished on paper, take the full Speaking section online in the real format:
goodmocks.com/toefl/speaking/speaking-practice-test-1

Part 1 Listen and Repeat

You will hear a short scenario, then seven sentences, one at a time. Repeat each sentence exactly as you heard it. On the test each sentence is played once and isn't shown on the screen. Here, a partner reads them from the script pages.

How this task works: goodmocks.com/toefl/speaking/listen-and-repeat

THE SCENARIO

You have started a part-time job at your university's photo studio. The studio manager is showing you what to tell students who come in to use the studio. Listen to the manager and repeat what he says.

SENTENCE	EVERY WORD?	WHAT I MISSED OR CHANGED
1	Yes / No	
2	Yes / No	
3	Yes / No	
4	Yes / No	
5	Yes / No	
6	Yes / No	
7	Yes / No	

Part 2 Take an Interview

You will hear four questions, one at a time. Answer each one in 45 seconds. On the test an interviewer asks them in a recording, and they aren't shown on the screen. Here, a partner reads them from the script pages.

How this task works: goodmocks.com/toefl/speaking/take-an-interview

THE SCENARIO

A researcher at your university is studying how people find their way in places they don't know. You have agreed to take part in an interview about it. Answer each of the interviewer's questions.

Questions 8–11 are in the scripts at the back. After each answer, tick what you did:

QUESTION	ANSWERED IT FIRST	GAVE A REASON	GAVE AN EXAMPLE	KEPT GOING 45 S
8	☐	☐	☐	☐
9	☐	☐	☐	☐
10	☐	☐	☐	☐
11	☐	☐	☐	☐

Scripts for your partner

Read each one aloud once, at a natural speed, then stop. Don't show it to the person answering. On the test, every recording is heard once.

LISTEN AND REPEAT · 1-7

Narrator: You have started a part-time job at your university's photo studio. The studio manager is showing you what to tell students who come in to use the studio. Listen to the manager and repeat what he says.

Read one sentence, then wait while it's repeated. On the test there are 8 to 12 seconds for each.

- 1. Manager:** Welcome to the photo studio.
- 2. Manager:** Please sign in at the front desk.
- 3. Manager:** Cameras can be borrowed for up to three days.
- 4. Manager:** The lights in this room get very hot.
- 5. Manager:** Always ask a staff member before you move the backdrops.
- 6. Manager:** If you need help with editing, the next workshop is on Tuesday.
- 7. Manager:** Students who book the studio online should arrive ten minutes before their session starts.

TAKE AN INTERVIEW · 8-11

Narrator: A researcher at your university is studying how people find their way in places they don't know. You have agreed to take part in an interview about it. Answer each of the interviewer's questions.

Read one question, then time 45 seconds for the answer.

- 8. Interviewer:** When you visit a city you don't know, how do you usually find your way around?
- 9. Interviewer:** Tell me about a time you got lost. What happened, and how did you find your way?
- 10. Interviewer:** Some people say that because of map apps, people no longer learn their way around the places where they live. Do you agree? Why or why not?
- 11. Interviewer:** Some schools still teach children how to read paper maps. Do you think this is still a useful skill to teach? Why or why not?

Answers and explanations

LISTEN AND REPEAT

The answer is the sentence itself, word for word: check what you said against the script. These are the places where repetitions most often slip.

Watch for

- **Sentence 3:** “can be borrowed”, not “can borrow”. The small word “be” is easy to drop.
- **Sentence 4:** keep “very”. Leaving out one small word makes the repetition inexact.
- **Sentence 5:** “before you move”, and the plural: “backdrops”.
- **Sentence 6:** hold it as two chunks: “If you need help with editing, / the next workshop is on Tuesday.”
- **Sentence 7:** three chunks: “Students who book the studio online / should arrive ten minutes / before their session starts.” Keep “their”.

TAKE AN INTERVIEW

There’s no single right answer. Here’s one strong answer to each question.

8. When you visit a city you don’t know, how do you usually find your way around?

Mostly I use the map app on my phone, but I try not to stare at it the whole time. Before I go out, I look at the map and pick two or three landmarks, like a big square or a river. Then I walk and only check my phone at corners. Last summer in Lisbon I did this, and by the second day I could walk from my hostel to the old town without looking at all. I think you see much more of a city when you’re not just following a blue dot.

9. Tell me about a time you got lost. What happened, and how did you find your way?

When I was about twelve, I got lost at a huge outdoor market with my aunt. I stopped to watch a man playing the drums, and when I looked up, she was gone. At first I panicked and walked around quickly, which only made it worse. Then I remembered what my mother always said: stay in one place and ask someone who works there. So I went to a fruit stall, and the owner called the market office. My aunt was there ten minutes later. Since then, I always agree on a meeting point in a crowded place.

10. Some people say that because of map apps, people no longer learn their way around the places where they live. Do you agree? Why or why not?

I partly agree. When I first moved to my city, I used my phone for every trip, and after two months I still didn't really know the streets. It was only when my battery died one day that I had to pay attention, and suddenly I started to remember the way. So I think apps can make us lazy. But they don't stop us from learning. If you look up from the screen and notice where you're going, you learn just as well, and you get lost a lot less.

11. Some schools still teach children how to read paper maps. Do you think this is still a useful skill to teach? Why or why not?

Yes, I think it's still worth teaching, even though most people use apps. Phones run out of battery, and in the mountains or the countryside there's often no signal at all. A paper map always works. Reading a map also teaches children how places fit together: which way is north, and how far things really are. An app just gives you the next turn. So I'd teach both, and the paper map first, because it builds the picture in your head that the app skips.

What makes these answers strong

- **Each answer starts with a direct answer** to the question, then backs it up. Answers 3 and 4 say which side they're on in the first sentence.
- **Short, real examples do the developing:** the landmarks in Lisbon, the market, the dead battery. They come from the speaker's own life, so there's nothing to invent under time pressure.
- **Small linking words keep the ideas easy to follow:** "at first", "then", "so", "but".
- **Each one fits in about 45 seconds** at a calm, natural pace. These are sample answers for practice, not answers to memorize: there's no right answer to an interview question.

Next: the real thing, timed and scored

Paper can't time you. The free online Speaking test does, in the real section's format, and gives you a band score from 1.0 to 6.0. No account needed.

goodmocks.com/toefl/speaking/speaking-practice-test-1

TOEFL® and TOEFL iBT® are registered trademarks of ETS. This practice set is not endorsed or approved by ETS. Every item in it was written by GoodMocks for practice purposes only. Print and share it freely.

Take this section timed and scored, free

goodmocks.com/toefl/speaking/speaking-practice-test-1