



In Spite of vs Despite – Practice Exercises (B2–C1)

Instructions: Complete the exercises below to practise using “in spite of” and “despite”. Pay attention to form (noun / -ing) and to common mistakes.

Exercise 1 – Choose the correct option (in spite of / despite)

1. _____ the heavy traffic, we arrived on time.
2. She kept smiling _____ the pain.
3. _____ his lack of experience, he did very well in the interview.
4. They decided to go for a walk _____ the cold weather.
5. _____ many warnings, he touched the wire.
6. We enjoyed the trip _____ being tired.
7. _____ her young age, she runs her own company.
8. He refused to change his mind _____ all our arguments.

Exercise 2 – Complete the sentences with the correct form

Use: in spite of / despite + noun or -ing form.

1. They went swimming _____ (the rain).
2. He passed the exam _____ (not study much).
3. She kept working _____ (feel ill).
4. We stayed until the end _____ (be tired).
5. The company made a profit _____ (the crisis).
6. He continued the speech _____ (the interruptions).
7. She bought the house _____ (its high price).
8. They remained friends _____ (argue a lot).



Exercise 3 – Rewrite the sentences using “in spite of” or “despite”

Keep the meaning the same.

1. Although it was raining, we went for a walk.

→ _____

2. Although he is very rich, he lives simply.

→ _____

3. Although she was afraid, she spoke in front of everyone.

→ _____

4. Although they worked very hard, they didn't finish on time.

→ _____

5. Although he had a broken leg, he finished the race.

→ _____

Exercise 4 – Correct the mistakes

Each sentence contains a mistake. Rewrite it correctly.

1. In spite of she was tired, she kept working.

2. Despite he is young, he is very responsible.

3. In spite of the fact she tried hard, she failed.

4. Despite of the bad weather, we went out.

5. In spite of he studied a lot, he didn't pass the exam.

Exercise 5 – Choose: despite / in spite of / regardless of

Choose the best option.

1. You can apply _____ your age or nationality.

2. _____ the noise, he managed to fall asleep.

3. She went out _____ feeling unwell.

4. The match continued _____ the heavy rain.

5. Everyone must follow the rules _____ their position.



Answer Key

Exercise 1: (Possible answers) 1. Despite 2. in spite of / despite 3. In spite of / Despite 4. in spite of / despite 5. Despite / In spite of 6. in spite of / despite 7. Despite / In spite of 8. in spite of / despite

Exercise 2: 1. in spite of / despite the rain 2. in spite of / despite not studying much 3. in spite of / despite feeling ill 4. in spite of / despite being tired 5. in spite of / despite the crisis 6. in spite of / despite the interruptions 7. in spite of / despite its high price 8. in spite of / despite arguing a lot

Exercise 3: (Examples) 1. We went for a walk in spite of / despite the rain. 2. In spite of / Despite being very rich, he lives simply. 3. In spite of / Despite being afraid, she spoke in front of everyone. 4. In spite of / Despite working very hard, they didn't finish on time. 5. In spite of / Despite having a broken leg, he finished the race.

Exercise 4: 1. In spite of being tired, she kept working. 2. Despite being young, he is very responsible. 3. In spite of the fact that she tried hard, she failed. 4. Despite the bad weather, we went out. 5. In spite of studying a lot, he didn't pass the exam.

Exercise 5: 1. regardless of 2. Despite / In spite of 3. in spite of / despite 4. despite / in spite of 5. regardless of