



Guide to Test Selection

Find the English test that fits your goal

A friendly guide to choosing with confidence

STUDY Academic admission	MIGRATION Visa pathways
WORK Workplace evidence	REGISTRATION Professional standards

14 test options compared

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How to use this guide

Start with your destination, then compare the test experience.

01 Define your goal

Study, migration, professional registration or employment?

02 Check acceptance

Only the receiving organisation can confirm the exact test, version and score.

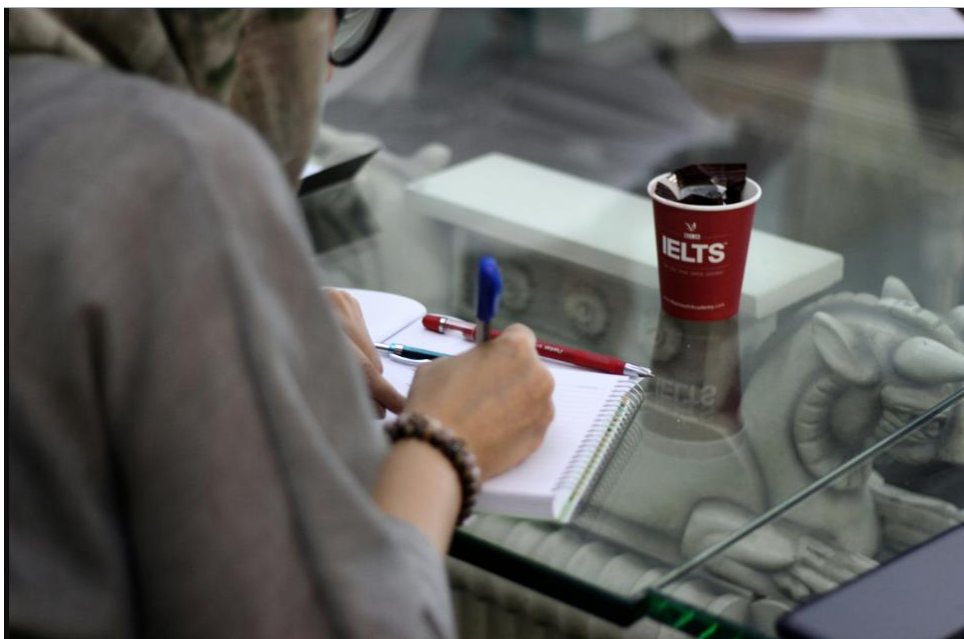
03 Compare the experience

Consider format, speaking mode, duration, scoring and availability.

04 Choose your best fit

Use the decision guide and final checklist before booking.

Important. Acceptance and score requirements change. Check the official requirements for your institution, regulator or visa pathway before paying.



Which test?

There is no single best English test. The right choice is the one your destination accepts and whose format lets you show your strongest performance.

STUDY Academic language and admission	MIGRATION Government-approved route
WORK Workplace or employer evidence	REGISTRATION Profession-specific standard

The first question

Which exact tests and scores will you accept?

Ask the receiving organisation before comparing price or convenience.

Meet the tests 1 of 4

IELTS

International English Language Testing System

Academic or General Training; study, work and migration.

Format: Paper/computer + live speaking

PTE

Pearson Test of English

Academic and migration pathways; PTE Core serves Canadian immigration.

Format: Computer-based; integrated tasks

Cambridge

B2 First / C1 Advanced / C2 Proficiency

Level-specific qualifications for study and work; certificate does not expire.

Format: Digital or paper; paired speaking

TOEFL iBT

Test of English as a Foreign Language

Academic admission, especially for North American institutions.

Format: Computer at a centre or Home Edition where offered



Meet the tests 2 of 4

TOEIC

Test of English for International Communication

Workplace English; modules may be taken separately.

Format: **Paper**/digital options vary

DET

Duolingo English Test

Fast, online academic English evidence where accepted.

Format: **Adaptive** online test at home

OET

Occupational English Test

Healthcare registration and employment in profession-specific contexts.

Format: **Computer**/paper options; live speaking

CELP

Canadian English Language Proficiency Index Program

Canadian permanent residence, citizenship and professional uses.

Format: **Computer**-based

Meet the tests 3 of 4

CAEL

Canadian Academic English Language Test

Academic admission in Canada with integrated university-style tasks.

Format: Computer-based

ISE

Trinity Integrated Skills in English

Study, work and selected UK visa routes; check the exact ISE level required.

Format: **Modules**; delivery varies

iTEP

International Test of English Proficiency

Admissions, placement and employment where specifically accepted.

Format: **Online** / computer-based

Meet the tests 4 of 4

LanguageCert

LanguageCert International ESOL

CEFR-level qualifications for study, work and selected visa routes.

Format: **Test** centre or live-proctored online; modules can be separate

MET

Michigan English Test

Multilevel English for education and professional purposes; recognition varies by use.

Format: **Digital** at centres; at-home in some countries

Kryterion

Test-delivery platform, not one English exam

Some institutions deliver their own assessments through Kryterion.

Format: **Computer-based**

Comparison 1 of 2

TEST	SKILLS	DELIVERY	TIME	SCORE
IELTS	Listening, Reading, Writing, Speaking	Paper/computer + live speaking	About 2 h 45 m	Band 0-9
PTE	Speaking, Writing, Reading, Listening	Computer-based; integrated tasks	About 2-2.5 h	10-90
Cambridge	Reading and Use of English, Writing, Listening, Speaking	Digital or paper; paired speaking	About 3.5-4 h	Cambridge English Scale
TOEFL iBT	Reading, Listening, Speaking, Writing	Computer at a centre or Home Edition where offered	Under 2 h	0-120
TOEIC	Listening and Reading; Speaking and Writing	Paper/digital options vary	About 2-3 h	10-990 / 0-400
DET	Integrated reading, writing, listening, speaking	Adaptive online test at home	About 1 h	10-160
OET	Listening, Reading, Writing, Speaking	Computer/paper options; live speaking	About 3 h	0-500 / grades

Timing is approximate and can vary by test version, level and administration.

L = Listening R = Reading W = Writing S = Speaking

Comparison 2 of 2

TEST	SKILLS	DELIVERY	TIME	SCORE
CELP	Listening, Reading, Writing, Speaking	Computer-based	About 3 h	1-12 per skill
CAEL	Reading, Listening, Writing, Speaking	Computer-based	About 3.5 h	10-90
ISE	Reading, Writing, Speaking, Listening	Modules; delivery varies	Varies by level	Pass / Merit / Distinction
iTEP	Reading, Listening, Grammar, Writing, Speaking	Online / computer-based	About 1.5 h	0-6
Language Cert	Written: L/R/W; Spoken: Speaking	Test centre or live-proctored online; modules can be separate	Varies by level	High Pass / Pass / Fail
MET	Writing, Listening, Reading, Speaking	Digital at centres; at-home in some countries	About 2 h	0-80 + CEFR
Kryterion	Set by the sponsoring organisation	Computer-based	Varies	Varies by sponsor

Timing is approximate and can vary by test version, level and administration.

L = Listening R = Reading W = Writing S = Speaking

Strengths and trade offs 1 of 3

IELTS

- + Very broad recognition; multiple purposes
- Live speaking and rigid timing may not suit everyone

PTE

- + Fast, fully computer-based experience
- Microphone speaking and integrated scoring need practice

Cambridge

- + Level-focused qualification; certificate does not expire
- Less commonly requested for migration

TOEFL iBT

- + Strong academic recognition; compact format
- Academic tasks and recorded speaking can feel intense

TOEIC

- + Clear workplace focus; modular options
- Usually not the first choice for migration or university entry

Strengths and trade offs 2 of 3

DET

- + Convenient, fast and usually lower-cost
- Acceptance is growing but not universal

OET

- + Authentic healthcare contexts
- Specialist and useful mainly for healthcare pathways

CELP

- + Designed for Canadian immigration and everyday English
- Much less useful outside Canadian pathways

CAEL

- + Integrated Canadian academic tasks
- Recognition is concentrated in Canada

ISE

- + Modules and CEFR levels create a clear pathway
- Acceptance depends heavily on institution and route

Strengths and trade offs 3 of 3

iTEP

- + Flexible and relatively short
- Smaller recognition footprint

LanguageCert

- + Flexible modules; online and centre delivery
- Confirm the exact qualification and level accepted

MET

- + Real-world, multilevel assessment; digital delivery
- Recognition varies by institution and purpose

Kryterion

- + Flexible platform for sponsor-specific exams
- No universal format, score or recognition

A practical decision guide

1 Need a migration test?

Start with the official visa list. Common options include IELTS, PTE, CELPIP or an approved LanguageCert SELT, depending on the country and route.

2 Applying to university?

Check IELTS Academic, PTE Academic, TOEFL iBT, DET, Cambridge, CAEL, MET, LanguageCert or iTEP, but only where your institution lists them.

3 Healthcare professional?

OET may be the most relevant. IELTS, PTE or MET may also be accepted by some regulators.

4 Want a level based certificate?

Cambridge and LanguageCert offer qualifications aligned to a specific CEFR level.

5 Need workplace English?

TOEIC and iTEP are common choices where an employer specifically requests them.

Your final checklist

- ☐ My destination accepts this exact test and version.
- ☐ I know the minimum overall score and every sub-score required.
- ☐ The test date leaves time for results and a possible retake.
- ☐ The delivery format suits me: computer, paper, live or recorded speaking.
- ☐ I have checked ID rules and test-centre or at-home technical requirements.
- ☐ I understand score validity and how to send results.
- ☐ I have used official sample tasks before paying.

Smart booking rule. Save a screenshot or PDF of the acceptance requirement that applies to you.

Your next three steps

1 CONFIRM

Contact the institution, regulator or migration authority.

2 SAMPLE

Try official sample questions from your shortlist.

3 PREPARE

Choose a test date, study plan and realistic target score.

Ready to practise

Explore English4Empowerment exam practice packs, models and strategy support.

english4empowerment.com

Keep this guide current

Test formats, timings, recognition and visa rules change. Use this guide to shortlist options, then confirm details on the official test website and with your receiving organisation.

- ielts.org
- celPIP.ca and cael.ca
- pearsonpte.com
- trinitycollege.com/qualifications/english-language
- cambridgeenglish.org
- itepexam.com
- ets.org/toefl and ets.org/toeic
- languagecert.org
- englishtest.duolingo.com
- michiganassessment.org
- oet.com

A note on Kryterion

Kryterion is a test-delivery platform, not a single English proficiency test. Always follow the sponsoring organisation's own test description, scoring and acceptance information.

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