Although / Despite / In Spite Of

The meaning is basically the same, but you need to think about the form of the words which come after the connective.

I went to work although I didn't feel very well.

I went to work despite / in spite of feeling a bit sick.

I went to work despite / in spite of my headache.

After despite and in spite of, you can use just one noun (e.g. winning), or a longer noun phrase (e.g. his team winning the match for the third time). There is no difference between despite and in spite of.

Despite winning, Fred still didn't feel happy.

Despite his team winning the match for the third time, Fred still didn't feel happy.

You can use *although*, *despite* and *in spite of* in the middle of the sentence or at the start. If you use them at the beginning, put a comma (,) in the middle.

1.	\$	the heavy snow, all the trains were on time.
2.	We enjoyed	our camping holiday \$ it rained a lot.
3.	*	Yuki and I are in the same class, I don't really know her.
4.	\$	his age, he swims in the sea every day.
5.	*	the injury to his shoulder, he won the tennis match.
6.	Our holiday v	was wonderful \$\diamonds\$ the food was very expensive.
	\$\phi\$ he studied every day, he still found it difficult to remember new vocabulary.	
8.	I went into w	vork every day last week \$\displaystyle feeling really ill.
9.	Our new neig	ighbours are quite nice \$\diam\text{their dog is a bit annoying.}
10.	He forgot my	y birthday again \$\dagger\$ that I reminded him three times.
	Despite	likes chocolate, he doesn't eat it very often. to the doctor although he felt unwell.
	575	
	Although she In spite	e had good grades, she gave up her studies.