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 was wonderful ... the food was very expensive.
7. ... he studied every day, he still found it difficult to remember new vocabulary.
8. I went into work every day last week ... feeling really ill.
9. Our new neighbours are quite nice ... their dog is a bit annoying.
10. He forgot my birthday again ... that I reminded him three times.

Although he likes chocolate, he doesn't eat it very often.
Despite _____

He didn't go to the doctor although he felt unwell.
In spite _____

Although she had good grades, she gave up her studies.
In spite _____