HOWEVER

"He was ill; however, he went to school."

ALTHOUGH / EVEN IF

"Although he was sick, he went to school." "Even if he was sick, he went to school".

AT LEAST

"You should train at least twice a week".

INSTEAD OF (+ ...ing)

"Instead of watching tv, you should study!"

UNLESS

"I won't keep my job unless I work hard".

UNFORTUNATELY

"Unfortunately, he lost his job".