

G present perfect + for / since, present perfect continuous

V strong adjectives: exhausted, amazed, etc.

P sentence stress

## 1 LISTENING



a **2.13** Listen to Part 1 of a show about the charity Adelante Africa. Answer the questions.

- 1 When was Adelante Africa started?
- 2 Why were the tourists in Uganda?
- 3 What happened to their truck in Igayaza?
- 4 What was the building where the tourists took shelter?
- 5 What condition was the building in?
- 6 What did one of the tourists do with the children?
- 7 What did the principal tell them they needed?
- 8 What did the tourists decide to do when they got home?
- 9 When did the new school open?

b **2.14** Listen to Part 2, an interview with Jane Cadwallader, the secretary of Adelante Africa. Number the photos 1–8 in the order she mentions them.



c Listen again and correct the information.

- 1 There are 47 children living in the children's home.
- 2 People in Uganda eat a lot of vegetables.
- 3 They are building tanks to store gas.
- 4 In the factory, they make palm oil.
- 5 In the FAL groups, children learn to read and write.
- 6 They need to raise money to pay for more teachers.
- 7 Most of the volunteers are from Europe.
- 8 John Muzzei is now studying to be a teacher.
- 9 When Rose first arrived at the children's home, she never spoke.

d Do you know anybody like Jane who does volunteer work for a charity? What do they do?



## Glossary

**orphan** a child without a mother or father

**malnutrition** not having enough to eat

**seeds** the small, hard part of a plant, from which a new plant can grow

**FAL** Functional Adult Literacy

**AIDS** an illness that attacks the body's immune system



## 2 GRAMMAR present perfect + *for* / *since*, present perfect continuous

- a Look at six sentences from the interview. Complete them with a past participle or an *-ing* form from the list.

building changed doing running  
started working

- 1 Jane, how long **have you been working** with Adelante Africa?
  - 2 Tell us what Adelante Africa **has been** \_\_\_\_\_ since 2010.
  - 3 The children's home **has been** \_\_\_\_\_ since 2012.
  - 4 **We've also been** \_\_\_\_\_ water tanks to collect rainwater.
  - 5 Since then, **we've** \_\_\_\_\_ eleven more FAL groups.
  - 6 Since she came here, **she's** \_\_\_\_\_ completely.
- b **2.15** Listen and check. Then with a partner, look at the **highlighted** phrases in a and answer the questions.
- 1 Are the sentences about...?
    - a a period of time in the past
    - b a period of time from the past until now
    - c a period of time in the present
  - 2 What's the difference in form between the verbs in 1–4 and in 5 and 6?
- c **p.135 Grammar Bank 2B**

## 3 PRONUNCIATION sentence stress

- a **2.18** Listen to four sentences. Try to write the stressed words in the **pink** boxes.
- 1 **How long** \_\_\_\_\_ ?
  - 2 \_\_\_\_\_ .
  - 3 \_\_\_\_\_ ?
  - 4 \_\_\_\_\_ .
- b Look at the stressed words and try to remember the unstressed words. Then listen again to check and write them in.
- c Listen again and repeat the sentences. Copy the rhythm.
- d **2.19** Listen and make questions.
- 1 **It's snowing.** (How long has it been snowing?)

## 4 SPEAKING

- a Look at the squares and write something in as many as you can.

<p>a charity you support</p>	<p>a friend you know very well</p>
<p>a social media site you use regularly</p>	<p>a sport or a kind of exercise you do regularly</p>
<p>the car, motorcycle, or bike you have</p>	<p>the place where you live</p>
<p>a coffee shop or restaurant you often go to</p>	<p>a possession that is very important for you</p>
<p>an organization, club, gym, etc., you are a member of</p>	<p>something you're learning (to do)</p>

- b Compare with a partner. Ask your partner at least three questions about the things they've written. The first question must be *How long have you...?*
- (How long have you been supporting Adelante Africa?)  
(Have you ever been to Uganda?)
- (How long have you known Sofia?)  
(How often do you see her?)

## 5 WRITING

**p.116 Writing** An informal email Write an email to say thank you.



## 6 READING

- a In your country, are there charity events to raise money for a good cause? Have you ever taken part in one? What did you do? How much money did you raise?
- b You're going to read a blog by TV host Helen Skelton, who has taken part in several charity challenges. First, read the introduction and answer the questions.
- 1 What has Helen done for charity before?
  - 2 What is her most recent challenge, and how is it different?
- c Read Helen's blog entries and number them in order, 1–9. Use the **highlighted** phrases to help you.



# The polar challenge

TV host **Helen Skelton** has never been afraid of a charity challenge. She has run the 78-mile Ultra Marathon in Namibia, and she has kayaked 1,198 miles down the Amazon, from Nauta, in Peru, to Almeirim, in Brazil, for the charity Sport Relief, which helps poor and disadvantaged people. Now she has decided to leave the heat of Africa and South America to take part in a polar challenge, a 500-mile ski, kite-ski, and bike journey to the South Pole, the bottom of the world. During the challenge, Helen is writing a blog.

A ☐

It's over a month since we arrived in Antarctica, and if everything goes according to plan, we should reach the South Pole late tonight. We've been here for so long it's almost become a routine. We camp, get up, ski, camp, get up, ski. I'm wearing a face mask because of the wind and sun. I may look like Darth Vader, but it will help me get there.

B 1 ☐

My first night in Antarctica. It's summer here, and the 24-hour daylight is weird. The plan, until January 3rd, is to train before starting our trek. Today was my first full day on cross-country skis, pulling a sled full of my food, tent, and supplies. It was a nightmare! Still, the scenery was incredible. I'm now going to try out the ice bike for the first time, and we're also going to practice kite-skiing.

C ☐

The first day of the trek is over! We managed to make the bikes work! But we need to do a minimum of 25 miles a day, and we only managed 15 miles today. After nine hours of ice-bike riding (and a lot of pushing), we had to stop because I was completely exhausted.

D ☐

We've only been in Antarctica for four days, but there's been a huge snowstorm for the past 48 hours. It's freezing outside, so we can't train – we've had to stay in the tent. The winds are 70 miles per hour, with a temperature of -15°C and lots of snow. The visibility is terrible, too. However, we're staying warm and morale is still good.

E ☐

This morning, the second day of our trek, we set off on the kite-skis, and right away we were traveling fast. In the first hour, we'd gone eight miles. I thought we could do 60 miles today, but late this afternoon the wind dropped, so we decided to stop and set up camp. But we'd traveled 41 miles – I'm very proud of that. I've only kited a few times before. But I'm trying to complete my challenge in 20 days, and there's still a long way to go...



F ☐

We're now only 150 miles from our destination. For the last few days, we've only been using bikes and cross-country skis, not kite-skis. We had a ten-hour day yesterday with the bikes. The morning went well, but then we hit some soft snow and we ended up pushing the bikes for the last six miles. Today, we decided to use skis, but progress has been slow.

G ☐

We've completed our 500-mile journey in 18 days! When I talked to Dad on the phone, saying we've done it, I cried. This is the biggest thing I have ever been part of.

H ☐

We're on our way to the halfway checkpoint today, where we can have some rest...and I've been promised lots of hot water so I can have a good wash – my second one since arriving in Antarctica. I have to admit it, I smell awful...and my hair is absolutely filthy.

I ☐

The training is over and we're starting our 500-mile journey today! We've been bike riding, walking, and kiting for ten days. I washed and changed my clothes. I'm not going to get clean clothes again for three weeks!



d Read the blog again. In which entry does she mention...?

- ☐ feeling very emotional
- ☐ how beautiful Antarctica is
- ☐ looking forward to a wash
- ☐ looking like a science fiction character
- ☐ not being able to go outside
- ☐ stopping bike riding because she was very tired
- ☐ stopping using one method of transportation
- ☐ having to wear the same clothes every day
- ☐ traveling quickly for the first time

e Tell your partner about an adventure sport you've done, or an exciting experience you've had. Was it a positive experience? Why (not)? How did you feel?

## 7 VOCABULARY & SPEAKING strong adjectives

a Complete three sentences from Helen's blog with an adjective. What do you think they mean?

- 1 After nine hours of ice-bike riding, I was completely \_\_\_\_\_.
- 2 It's \_\_\_\_\_ outside... -15°C and lots of snow.
- 3 I smell awful...and my hair is absolutely \_\_\_\_\_.



### Strong adjectives

With strong adjectives like *exhausted*, you can use *absolutely*, *completely*, *really*, or *totally*, but not *very* (**NOT** *very exhausted*). We often give strong adjectives extra stress.

b Complete the sentences with a regular adjective.

- 1 A Was Lisa's father angry about the car accident?  
B Yes, he was **furious**!
- 2 A Is Omar's apartment \_\_\_\_\_?  
B Yes, it's really **tiny** – just a bedroom and a living room.
- 3 A Are you \_\_\_\_\_ of flying?  
B Yes, I'm **terrified**! I never fly anywhere.
- 4 A There was an \_\_\_\_\_ documentary about whales on TV last night.  
B Yes, I thought it was **fascinating**.
- 5 A Are you very \_\_\_\_\_?  
B I'm **starving**! I haven't eaten all day.
- 6 A Is your parents' house \_\_\_\_\_?  
B It's **huge** (or **enormous**). It has seven bedrooms.
- 7 A Was it \_\_\_\_\_ in Dubai?  
B It was **boiling**! 110 degrees.
- 8 A Was Jack's kitchen \_\_\_\_\_?  
B It was **filthy**. It took us three hours to clean it.
- 9 A Are your parents \_\_\_\_\_ about the wedding?  
B They're **delighted**. In fact, they want to pay for everything!
- 10 A Was the movie \_\_\_\_\_?  
B It was **hilarious**. We laughed all the way through.
- 11 A Are you \_\_\_\_\_ you locked the door?  
B I'm **positive**. I remember turning the key.
- 12 A Were you \_\_\_\_\_ to hear that Tyler and Kimiko have broken up?  
B I was absolutely **amazed**! I never thought it would happen.

c 2.20 Listen and check. Practice the conversations with a partner.

d **Communication** Are you hungry?  
A p.106 B p.111 Practice strong adjectives.

e Ask and answer with a partner. Use a strong adjective in your answer.

- 1 Have you ever been swimming in a place where the water was very cold?
- 2 Is there anything that makes you angry about drivers or cyclists in your country?
- 3 Are you afraid of any animals or insects?
- 4 What's the hottest place you've been to?
- 5 Is there a comedy series on TV in your country that you think is really funny?

## 8 VIDEO LISTENING

a Watch the documentary *The Great OUP Bake Sale*. Which cake 1–5 was the winner? Do you agree that it looks the best?



b Watch the documentary again. Why are the following mentioned?

- 1 the New York Marathon
- 2 *The Great British Baking Show*
- 3 Macmillan Cancer Support and Adelante Africa
- 4 Daisy Watt
- 5 Viennese Whirls
- 6 a stress-reliever
- 7 a sponge cake with blueberries
- 8 baking with kids
- 9 the decoration
- 10 £270



Go online to watch the video and review the lesson



## 2 AN INFORMAL EMAIL

**From:** Marisol [marisol\_new@gmail.com]  
**To:** Angela [angelav1970@yahoo.com]  
**Subject:** Thanks

<sup>1</sup>Hi Angela,

- A** I'm really sorry for not writing earlier, but I've been very busy since I got back from the US!
- B** <sup>2</sup>Th\_\_\_\_\_ for a wonderful six months. I loved being in Colorado, and I had a great time. Also, my English got a little better... don't you think?
- C** I really enjoyed taking care of Austin and Melissa. I thought they were adorable and we had a fantastic <sup>3</sup>t\_\_\_\_\_ together. I have really good memories, for example, our trip to Denver and the amusement park there! I've had several messages from the kids since I've been back! Please tell them from me that I <sup>4</sup>m\_\_\_\_\_ them.
- D** I've been a little stressed for the last few weeks, because I've been working at a restaurant, while I look for a full-time job. Being a waitress is very hard work, but I can now afford to rent an apartment with Sofia and two other friends, and I'm saving to buy a car! I've also been <sup>5</sup>sp\_\_\_\_\_ a lot of time with my family – my brothers have changed so much over the past six months!
- E** That's all for now. Thanks again for everything. And I hope you know you're welcome in Lima at any time – my family would love to meet you. Summer here is usually beautiful.
- F** Give my regards to Matt and <sup>6</sup>h\_\_\_\_\_ to hear from you soon.
- Best <sup>7</sup>w\_\_\_\_\_,
- Marisol,
- PS I <sup>8</sup>a\_\_\_\_\_ a photo I took of me with the kids. I hope you like it!

- a** Marisol went to the US and stayed for six months with a couple, Angela and Matt, working as an au pair. After going back to Peru, she sent them an email. Read the email and match what she says to paragraphs A–F.

- ☐ She sends greetings to another member of the family.
- ☐ She thanks Angela for her stay.
- ☐ She talks about what she's been doing recently.
- ☐ She apologizes for not writing before.
- ☐ She thanks them again and invites them to stay.
- ☐ She talks about the nice things they did together when she was with them.

- b** Read the email again and fill in the blanks 1–8.
- c** Imagine you have some American friends in the US, and you stayed with them for a week last month. **Write** an email to say thank you. **Plan** what you're going to say. Use A–F in **a** and the language from the **Informal emails** box to help you.
- d** **Check** your email for mistakes (grammar, vocabulary, punctuation, and spelling).



### Informal emails

Beginnings:

*Hi + name (or Dear + name if you want to be a little more formal).*

*(I'm really) sorry for not writing earlier, but...*

*Thank you / Thanks (so much) for (your letter, having me to stay, etc.)...*

*It was great to hear from you.*

Endings:

*That's all for now.*

*Hope to hear from you soon. / Looking forward to hearing from you soon.*

*(Give my) regards / love to...*

*Best wishes / Love (from)*

*PS (when you want to add a short message at the end)*



present perfect + *for* / *since*, present perfect continuouspresent perfect + *for* / *since*

They've **known** each other for ten years.

2.16

Julia's **had** that bag since she was in college.

A How long **have** you **worked** here?

B Since 2010.

A How long **has** your brother **had** his motorcycle?

B For about a year.

- We use the present perfect + *for* or *since* to talk about something that started in the past and is still true now. *They've known each other for ten years.* (= they met ten years ago and they still know each other today)
- We use *How long...?* + present perfect to ask about an unfinished period of time (from the past until now).
- We use *for* + a period of time, e.g., *for two weeks*, or *since* + a point of time, e.g., *since 2016*.
- Don't use the simple present with *for* / *since*. **NOT** *They know each other for a long time.*

present perfect continuous: *have* / *has been* + verb + *-ing*

1 How long **have** you **been learning** English?

2.17

Nick **has been working** here since April.

They've **been going out** together for about three years.

2 A Your eyes are red. **Have** you **been crying**?

B No, I've **been** chopping onions.



- 1 We use the present perfect continuous with *for* and *since* with **action verbs** (e.g., *learn, work, go*, etc.) to talk about actions that started in the past and are still true now.
  - With nonaction verbs, we use the present perfect (**NOT** continuous). **NOT** *They've been knowing each other for ten years.*
  - Don't use the present continuous with *for* / *since*. **NOT** *I am working here for two years.*
- 2 We can also use the present perfect continuous for continuous or repeated actions that have been happening very recently. The actions have usually just finished or have visibly present results.

I've (I <b>have</b> ) You've (You <b>have</b> ) He / She / It's (He <b>has</b> ) We've (We <b>have</b> ) They've (They <b>have</b> )	<b>been working</b> here for two years.	
I <b>haven't</b> (I <b>have not</b> ) You <b>haven't</b> He / She / It <b>hasn't</b> (He <b>has not</b> ) We <b>haven't</b> They <b>haven't</b>	<b>been working</b> here for two years.	
<b>Have</b> you <b>been working</b> here for two years?	Yes, I <b>have</b> .	No, I <b>haven't</b> .
<b>Has</b> she <b>been working</b> here for two years?	Yes, she <b>has</b> .	No, she <b>hasn't</b> .

## live and work

*live* and *work* are often used in either the present perfect or present perfect continuous with the same meaning.

*I've lived* here since 2010.

*I've been living* here since 2010.

## a Write sentences in the present perfect continuous.

How long / you / work here?

*How long have you been working here?*

- 1 She / study English for three years.
- 2 How long / they / watching TV?
- 3 It / rain / since lunchtime.
- 4 I / not live / here for very long.
- 5 How long / you / learn to drive?

## b Circle the correct form. Check (✓) if both are possible.

Harry is / has been unemployed since last year.

- 1 We've had our new apartment *for* / *since* six months.
- 2 Hi, Jackie! How are you? I *haven't seen* / *haven't been seeing* you for a long time!
- 3 How long *have you known* / *do you know* your husband?
- 4 I've *worked* / *been working* as a teacher for five years.
- 5 I'm exhausted! I'm *cleaning* / I've *been cleaning* the kitchen for two hours.

c Make present perfect sentences (with *for* / *since* if necessary). Use the continuous form if possible.

I / work for a charity / eight years

*I've been working for a charity for eight years.*

- 1 we / know each other / we were children
- 2 the children / play computer games / two hours
- 3 your sister / have that hairstyle / a long time?
- 4 I / love her / the first day we met
- 5 my internet connection / not work / yesterday
- 6 how long / you / wait?
- 7 I / be a teacher / three years
- 8 it / snow / 5:00 this morning
- 9 Sam / not study enough recently
- 10 you / live in Chicago / a long time?