

2 B

Only I can change my life. No one can do it for me.

Carol Burnett, US actress & comedienne

Changing your life

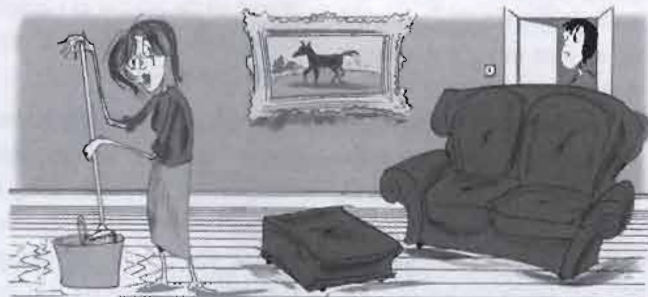
1 GRAMMAR present perfect continuous with for / since

a Write the words and phrases in the correct column.

six years 1992 Friday the last three days
ages a long time Christmas I last saw you
months and months he was a child

for	since
<u>six years</u>	

b Complete the dialogues with the correct form of the verbs in brackets.



1 A Haven't you finished yet?

B No. I'm exhausted! I _____ (clean) the house for hours!



2 A Have you finished that report?

B Not yet. I _____ (work) on it for three days.



3 A Dinner isn't ready yet.

B What _____ (you / do) for the last two hours?

A I _____ (prepare) the vegetables!



4 A He doesn't look very happy.

B No, he _____ (try) to repair his computer all morning.



5 A Why are you moving?

B We _____ (think) of moving for a long time. This house is too small.

c Circle the correct form. If both forms are possible, circle them both.

- 1 How long have you known / been knowing your boyfriend?
- 2 She's gone / been going to the same hairdresser for years.
- 3 They've worked / been working in that bank since 2003.
- 4 He's slept / been sleeping since three o'clock!
- 5 How long have you lived / been living here?
- 6 They've looked / been looking for a new flat for ages.
- 7 How long have you had / been having your bike?

Study Link Student's Book p.132 Grammar Bank 2B

2 PRONUNCIATION sentence rhythm

a Underline the words you would normally stress in each sentence.

- 1 How long has he been teaching here?
- 2 She's been learning Arabic for five years.
- 3 He's been working as a tourist guide since he left here.
- 4 They've been travelling around Europe for two months.
- 5 We've been waiting for your phone call.
- 6 What has she been doing since she moved to Peru?
- 7 I've been cleaning the house all morning.

b Practise saying the sentences in a.

3 READING

a Read the article and tick (✓) the best summary.

- 1 Lucy went to Ghana to learn how to play football.
- 2 Lucy went to Ghana to help children and get to know the country.
- 3 Lucy went to Ghana because she wants to be a professional football coach.

b Read the article again and mark the sentences T (True) or F (False).

- 1 Lucy was worried about being a female football coach. T
- 2 She had problems with discipline. —
- 3 The football club she worked with was well equipped. —
- 4 She had plenty of free time during the day. —
- 5 The heat was always a problem for her. —
- 6 She was completely happy with her job. —

c Match the **highlighted** words to the correct definition.

- | | |
|--|-----------------------------|
| 1 satisfying | <u>rewarding</u> |
| 2 to have a short sleep | <u> </u> |
| 3 without shoes or socks | <u> </u> |
| 4 a person who does something without being paid | <u> </u> |
| 5 investigating | <u> </u> |
| 6 incredible, very good | <u> </u> |
| 7 from the country, not the town | <u> </u> |
| 8 the noun from poor | <u> </u> |

MY AFRICAN EXPERIENCE

Lucy Mills writes

There are so many life-changing experiences available that I had great fun **researching** options for my gap year*. Having always played sports, and especially football, I thought teaching children to play football in Ghana (organized by Gap Sports Abroad) sounded different and **amazing**.

Initially I thought that a girl football coach might not be respected, but as soon as I got to Ghana I realized that I was wrong. I worked with the Young Schweppes Football Club in Nungua, a poor area in the city of Accra. I coached under-12, under-14 and under-17 boys from **poor rural** families. The training pitch was a dusty patch of land, and taxis and goats used to cross the pitch during matches! Many of the boys played **in bare feet** and

without T-shirts, but their passion for the game was amazing. For thousands of Ghanaian children football is their life, a possible escape from **poverty**.

The weather was boiling so I coached early in the morning and in the evening to avoid the midday sun, but after a while I didn't mind the heat any more. During the day I went home to **snooze**, sunbathe, or read on the balcony, or I looked round markets or went to the beach.

I loved Ghana because of its hidden beauty, and the warmth and friendliness of the people. Being a **volunteer** is sometimes really hard because you get the feeling that what you are doing is not enough, but it is very **rewarding** both for yourself and for the children you meet.



* Many students in the UK take a year's break between finishing university and starting work. They often travel abroad during this 'gap year.'

4 VOCABULARY strong adjectives

a Complete the adjective for each picture.



- 1 She's t *errified* _____ . 4 They're f _____ .
 2 He's b _____ . 5 She's f _____ .
 3 He's s _____ . 6 It's _____ .

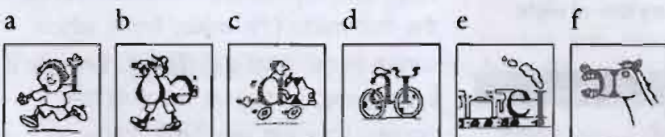
b Complete the sentences with a strong adjective.

- 1 Can I borrow your coat? I'm *freezing* !
 2 A Is James's flat big?
 B Big? It's _____ ! It's 300 square metres.
 3 The weather's been _____ all week! It hasn't stopped raining.
 4 I've been working hard all day. I'm _____ !
 5 Can I have another cake? They're _____ .
 6 The film was _____ ! We loved it.

5 PRONUNCIATION sounds

a Match the words to the correct sound.

- 1 tiny d 3 great 5 exhausted
 2 furious 4 boiling 6 starving



b Practise saying the words in a.

Study Link Student's Book p.158 Sound Bank

More Words to Learn

Write translations and try to remember the words.

Word	Pronunciation	Translation
apes <i>noun</i>	/eɪps/	
social life <i>noun</i>	/'səʊʃl laɪf/	
tourist guide <i>noun</i>	/'tʊərɪst gaɪd/	
the tube (= the London Underground) <i>noun</i>	/ðə 'tju:ɪb/	
deep <i>adjective</i>	/di:p/	
ill-treated <i>adjective</i>	/ɪl 'tri:tɪd/	
trivial <i>adjective</i>	/'trɪviəl/	
apply for (a job) <i>verb</i>	/ə'plai fə/	
rescue <i>verb</i>	/'reskjʊ:/	
take time off <i>verb</i>	/teɪk taɪm ɒf/	

LISTENING

a Listen to a woman talking about some of the topics in exercise 4 on Student's Book p.25. Number the topics in the order she mentions them.

- A a club she's a member of
 B something she's learning to do
 C the make of car she drives
 D a sport she does
 E an important possession
 F a friend of hers

b Listen again and complete the sentences.

- 1 Oxford is good for cycling because the roads are _____ .
 2 She likes cross-country skiing because you don't see many _____ .
 3 She met her friend from Norway on a mountaineering _____ .
 4 Her most important possession is _____ .
 5 The British Mountaineering Council gives members _____ .
 6 The problem with her car is that it is _____ .

c Listen again with the tapescript on p.76 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

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