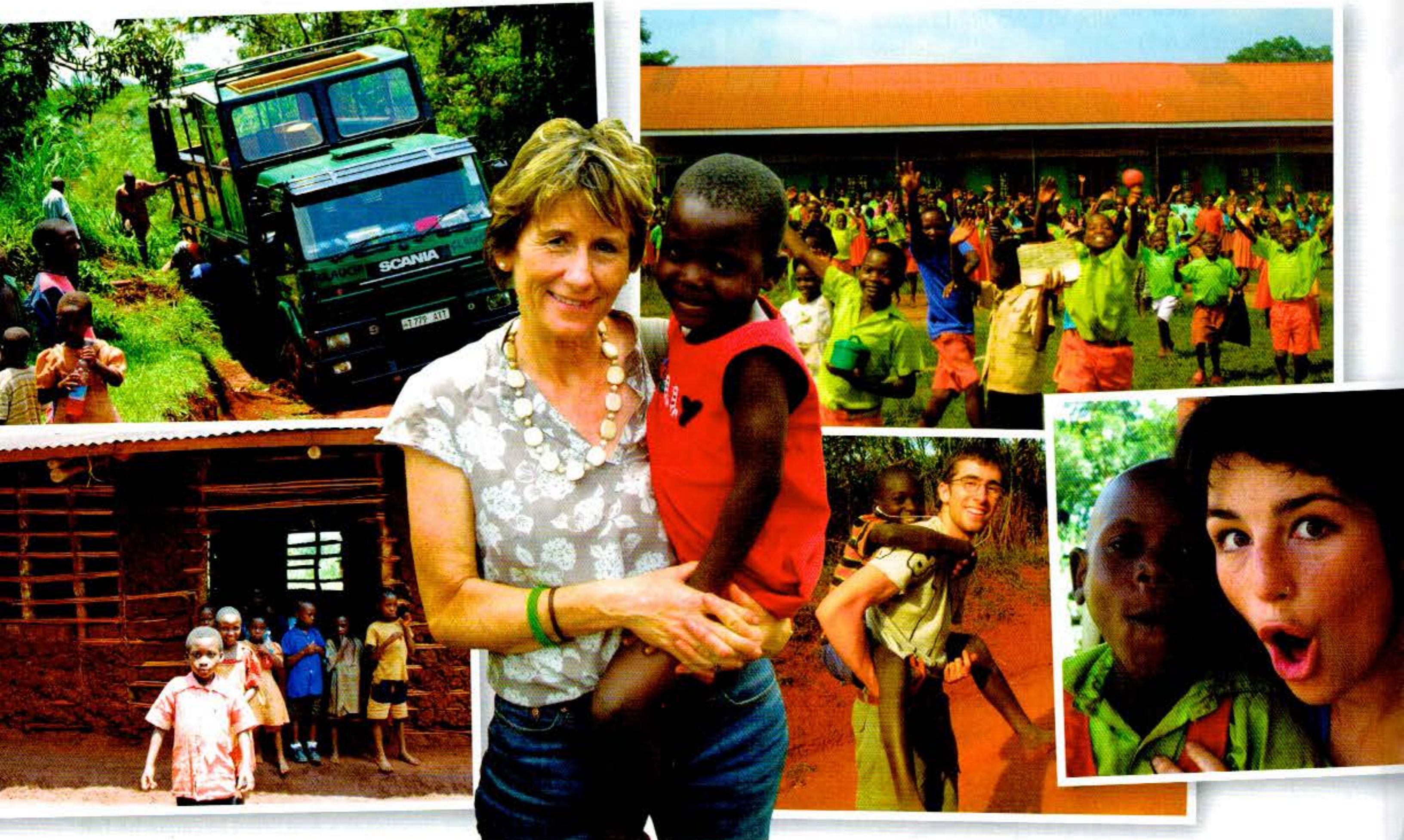


2B Changing lives



1 LISTENING

- a Look at the photos. Where do you think they were taken? What can you see in each photo?
- b (1 45)) You are going to listen to an interview with Jane, talking about a trip she made in 2008. Listen to **Part 1**. Where did she go? What did she decide to do after the trip?
- c Listen again. What does Jane say about:
- 1 her normal job
 - 2 the holiday to Uganda
 - 3 what happened when the lorry broke down
 - 4 the condition of the school
 - 5 the children
 - 6 what the headmaster asked her for
- d (1 46)) Now listen to **Part 2**. Correct the wrong information in these sentences.
- 1 Jane's son chose the name *Adelante África*, which means 'Go forward, Africa' in Spanish.
 - 2 The new school opened in 2012.
 - 3 Today the school has 75 children.
 - 4 *Adelante África* has also been trying to improve the children's English.
 - 5 They are building a home for the teachers.
 - 6 Two of Jane's children have been helping in Uganda.
 - 7 Jane says the school has changed children's lives because it has given them an education.
 - 8 Jane thinks that she gives more than she gets.
 - 9 The website has a video Jane's daughter took of her teaching the children.
- e Compare your answers with a partner. Then listen again to check.
- f Do you know anybody like Jane who does a lot of work for a charity? What do they do?

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

a Match the questions and answers.

- How long has Jane been a writer? _____
- How long has *Adelante África* had a website? _____
- How long has she been working for *Adelante África*? _____

- A Since 2008.
 B For about 22 years.
 C For four years.



b Answer with a partner.

- Are the three questions and answers in a about...?
 - a period of time in the past
 - a period of time from the past until now
 - a period of time in the present
- What's the difference in form between the first two questions and question 3?

c ► p.135 Grammar Bank 2B. Learn more about the present perfect with *for / since* and the present perfect continuous, and practise them.

3 PRONUNCIATION sentence stress

a 1 49))) Listen once and try to write down the stressed words in the large pink rectangles.

1 How long learning French ?

2 _____

3 _____ ?

4 _____

5 _____ ?

6 _____

b Look at the stressed words and try to remember what the unstressed words are. Then listen again to check and write them in.

c Listen again and repeat the sentences. Copy the rhythm.

d 1 50))) Listen and make questions.

))) It's snowing. (How long has it been snowing?

4 SPEAKING

a Look at the circles, and write something in as many as you can.

- A social networking site you use regularly (with Facebook and Twitter icons)
- A friend you know very well (with a woman's photo)
- A sport you play regularly (or a kind of exercise you do regularly) (with a basketball hoop)
- The car / motorbike / bike you have (with a motorcycle)
- The place where you live (with a house)
- A gadget you have which is very important for you (with a mobile phone)
- A bar or restaurant you often go to (with a plate of food and a glass of wine)
- An organization, club, gym, etc. you are a member of (with a fitness card)
- Something you are learning (to do) (with a trumpet)

b Compare circles with a partner. Ask your partner at least three questions about the things they've written. One question must be *How long have you...?*

How long have you been using Twitter? (For about a year.

Do you write things on it or do you just read other people's tweets?

Why did you buy a Nissan Juke? (Because it's small, and it's quite 'green'.

How long have you had it?

5 READING & LISTENING

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 an article about Helen Skelton, who agreed to kayak down the Amazon for charity. Read the introduction and answer the questions.

- 1 What did Helen do last year for charity?
- 2 What is she hoping to do this year?
- 3 What is dangerous about the trip?
- 4 What experience does she have?

c Before you read the texts of Helen's first three phone calls, imagine what kind of problems you think she had on her journey. Then read and check. Were you right?

d **1 51**) Read **Phone calls 1–3** again and complete the gaps with the correct word. Then listen and check.

- | | | |
|---------------|---------------|-------------|
| 1 a in front | b behind | c back |
| 2 a freezing | b hot | c boiling |
| 3 a exhausted | b angry | c lost |
| 4 a down | b up | c over |
| 5 a long | b wide | c short |
| 6 a ice cream | b coffee | c chocolate |
| 7 a sleep | b paddle | c rest |
| 8 a boring | b interesting | c worrying |
| 9 a being | b feel | c feeling |
| 10 a sick | b well | c hard |

e **1 52**) Now listen to the rest of Helen's journey down the Amazon. Did she manage to finish?

f Listen again. Then answer the questions.

Phone call 4

- 1 Why hasn't she had any music for three days?
- 2 What does she do to pass the time?
- 3 Why didn't she celebrate reaching the halfway point?

Phone call 5

- 4 What have been driving her mad this week?
- 5 What wildlife has she seen?
- 6 Why is she starting to feel a bit sad?

The 6.00 news

- 7 How many kilometres did she do altogether?
- 8 How long did the journey take?
- 9 What did Helen miss?
- 10 What is the first thing she is going to do when she gets home?

g 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?

TV presenter's Amazon

Helen Skelton hopes to become the first woman to kayak down the Amazon River.

Helen Skelton is a 26-year-old TV presenter of *Blue Peter*, a BBC programme for young people. She has never been afraid of a challenge. Last year she became the second woman to complete the 78-mile Ultra Marathon in Namibia, running the three consecutive marathons in 23 hours and 50 minutes. But when *Blue Peter* decided to do something to raise money for the charity Sports Relief (which sponsors projects in the UK and abroad) Skelton said that she wanted an even bigger challenge. So they suggested that she kayak 3,200 kilometres down the Amazon from Nauta in Peru to Almeirim in Brazil.

This is a very risky trip. There are no roads, no towns, only rainforest and the river (which is sometimes more than 40 kilometres wide and infested with crocodiles). If she falls ill, it will take around 11 hours to fly her to a hospital.



Phone call 1

“Everything went wrong. I only managed half a day on Wednesday, the first day, and on Thursday we started late, so I'm already ¹ _____. I've been suffering from the heat. It's absolutely ² _____, and the humidity is 100% at lunchtime. I went the wrong way and I had to paddle against the current. I was ³ _____! They asked me, 'Do you want to give ⁴ _____?' but I said, 'No!' Because I've also been having a wonderful time! There are pink dolphins – pink, not grey – that come close to the boat. I think that if I can do 100 kilometres a day, then I can make it.”

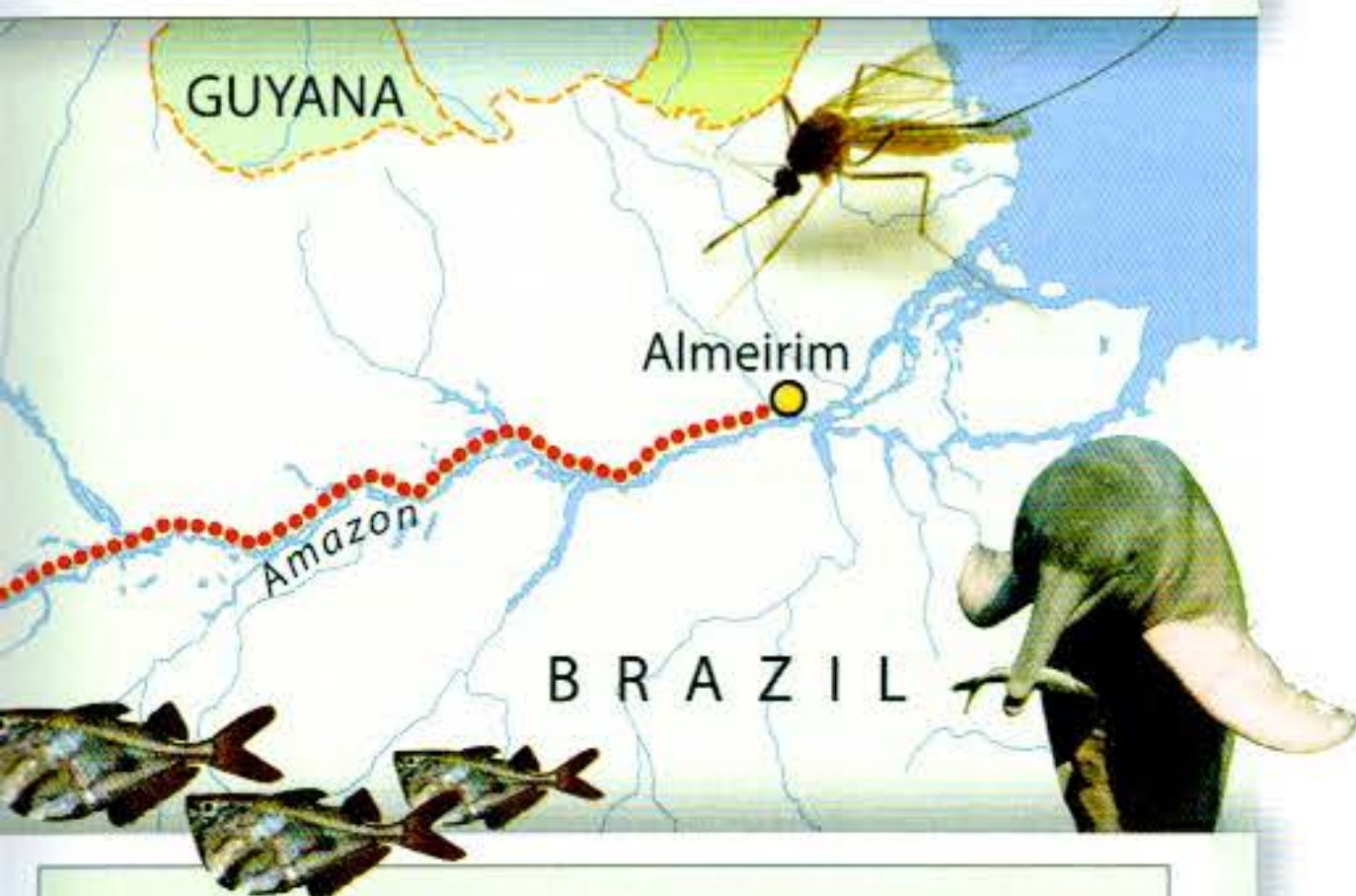


Adapted from The Telegraph website

challenge



Helen has only been kayaking once before in her life, so she has been training four hours a day. Last week she arrived at the Amazon in Peru. After two days kayaking she made the first of her phone calls to the BBC.



Phone call 2

“I’ve been on the Amazon for a week now, and I’ve been paddling for six out of the seven days. The river is incredibly ⁵ _____, and it’s very hard to paddle in a straight line. The water is so brown that I can’t see my paddle once it goes under the surface. It looks like melted ⁶ _____. I start at 5.30 in the morning, and I ⁷ _____ for at least ten hours, from 5.30 a.m. until dark, with only a short break for lunch. My hands have been giving me problems – I have big blisters. I now have them bandaged in white tape.

I’m usually on the water for at least ten hours; it’s ⁸ _____ at times, exciting at others. I listen to music on my iPod. I’ve been listening to *Don’t Stop Me Now* by Queen to inspire me! ”

Phone call 3

“I haven’t been ⁹ _____ very well this week. The problem is heat exhaustion. They say it’s because I haven’t been drinking enough water. I’ve been travelling 100 kilometres a day, which is my target. But yesterday after 84 kilometres I was feeling ¹⁰ _____, and my head was aching and I had to stop and rest. ”

6 VOCABULARY & PRONUNCIATION

strong adjectives

Strong adjectives

Some adjectives have a strong meaning, e.g.

*I had to paddle against the current. I was **exhausted!** (= very tired)*

*I’ve had a **fantastic** time! (= very good)*

With strong adjectives you can use *absolutely* or *really*, but NOT *very*.

*I’ve been suffering from the heat. It’s **absolutely boiling**. NOT *very boiling*.*

a Complete the sentences with a normal adjective.

- 1 A Was Lisa’s father *angry* about the car?
B Yes, he was **furious!**
- 2 A Is Oliver’s flat _____?
B Yes, it’s really **tiny** – just a bedroom and a sitting room.
- 3 A Are you _____ of flying?
B Yes, I’m **terrified!** I never fly anywhere.
- 4 A Was the food _____?
B Yes, it was **delicious**.
- 5 A Are you very _____?
B I’m **starving!** I haven’t eaten all day.
- 6 A Is your parents’ house _____?
B It’s **enormous**. It has seven bedrooms.
- 7 A Was it _____ in Moscow?
B It was **freezing!** Minus 20 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 film _____?
B It was **hilarious**. We laughed the whole 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 Ted is getting married?
B I was absolutely **amazed!** I never thought it would happen.

b 153)) Listen and check. How are the strong adjectives pronounced? Practise the dialogues in pairs.

c ► **Communication** *Are you hungry?* A p.104 B p.109.

d Ask and answer with a partner. Ask for more information.

- 1 Have you ever been swimming in a place where the water was absolutely freezing?
- 2 Is there anything that makes you furious about car drivers or cyclists in your country?
- 3 Are there any animals or insects that you’re terrified of?
- 4 What’s the most delicious meal you’ve had recently?
- 5 Is there a comedian or a comedy series on TV in your country that you think is absolutely hilarious?

7 WRITING

► p.114 **Writing** *An informal email.* Write an informal email to thank somebody you have been staying with and to tell them what you have been doing recently.