

2B

Changing lives

How long have you been working with Adelante Africa?

For over ten years now.

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 programme 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 lorry 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 head teacher tell them they needed?
- 8 What did the tourists decide to do when they got home?
- 9 When did the new school open?

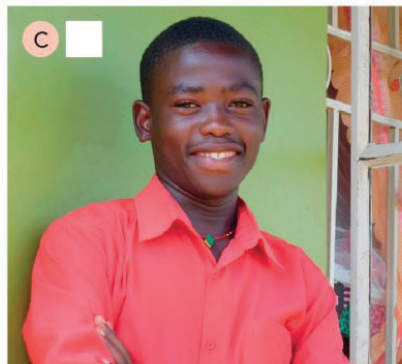
b **2.14** Listen to Part 2, an interview with Jane Cadwallader, the secretary of Adelante Africa. Number the photos 1–8 in the order she mentions them.



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 petrol.
- 4 In the factory, they make palm oil.
- 5 In the FAL groups, children learn to read and write.
- 6 They have just built another primary school.
- 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 voluntary 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 which 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

- Jane, how long **have you been working** with Adelante Africa?
 - Tell us what Adelante Africa **has been** _____ since 2010.
 - The children's home **has been** _____ since 2012.
 - We've also been** _____ water tanks to collect rainwater.
 - Since then, **we've** _____ eleven more FAL groups.
 - 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.
- Are the sentences 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 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.
- How long* _____ ?
 - _____ .
 - _____ ?
 - _____ .
- 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.
- 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, motorbike, or bike you have</p> | <p>the place where you live</p> |
| <p>a bar or restaurant you often go to</p> | <p>a possession which 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 Irina?*)

(*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 presenter 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 presenter **Helen Skelton** has never been afraid of a charity challenge. She has run the 78-mile Ultra Marathon in Namibia, and she has kayaked 3,200 kilometres 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 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 3rd January, is to train before starting our trek. Today was my first full day on cross-country skis, pulling a sledge 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 practise 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 cycling (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 straight away we were travelling 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 put up camp. But we'd travelled 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 a 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 cycling, 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 cycling because she was very tired
- stopping using one method of transport
- having to wear the same clothes every day
- travelling 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 cycling, 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 normal adjective.

- 1 A Was Lisa's father *angry* about the car accident?
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 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**! 45 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 and Sonia have broken up?
B I was absolutely **amazed**! I never thought it would happen.

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

d  **Communication** Are you hungry?
A p.106 B p.111 Practise 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 Bake Off*
- 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

present perfect + for / since, present perfect continuous

present perfect + for / since

They've **known** each other for ten years. 2.16

Julia's **had** that bag since she was at university.

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

B Since 1996.

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

B For about a year.

- We use the present perfect + *for* or *since* to talk about something which 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 present simple 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 which started in the past and are still true now.
 - With non-action verbs we use the present perfect simple (**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 which have been happening very recently. The actions have usually just finished or have visibly present results.

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

live and work

live and *work* are often used in either the present perfect simple 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. Tick (✓) if both are possible.

Harry is / has been unemployed since last year.

- 1 We've had our new flat *for / since* six months.
- 2 Hi Jackie! How are you? I *haven't seen / haven't been seeing* you for ages!
- 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 London / a long time?