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

Carol Burnett, US actress & comedienne

B Changing lives

- 1 GRAMMAR present perfect simple + for / since; present perfect continuous
- a Write the words and phrases in the box in the correct column.

2005 ages a fortnight Christmas six months I was little the last two days Tuesday years and years you last called

for	since
	2005

- **b** Complete the sentences with the present perfect simple form of the verb in brackets and *for* or *since*.
 - I'<u>ve had</u> my car <u>for</u> about a month. (have)
 My mum <u>ill</u>
 last Friday. (be)
 We <u>each other</u> we were at school. (know)
 He <u>for the same</u> company <u>five years. (work)</u>
 They <u>in Scotland</u> they got married. (live)
 My parents <u>away</u> the weekend. (go)

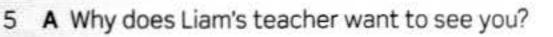
c Complete the dialogues with the present perfect continuous form of the verbs.



- A Have you heard Heather's new band?
 B No. <u>Have they been playing</u> together for a long time? (they / play)
- A How long was your flight?
 - B Twelve hours. ______ all day. (we / travel)
- A My brother has a very good job in New York.
 B Really? How long ______

_ there? (he / work)

- A Diana's found a new flat, at last.
 - B Oh good! _____ one for ages. (she / look for)



- 7 I_____ to go to Australia _____a long time. (want)
- 8 She _____ to me _____ last year. (not speak)



- his homework lately. (he / not do)
- A You're late.

в

- B Yes, I know. Sorry.
 - ____ long? (you / wait)
- A You look exhausted.

В

- the children all day! (I / look after)
- d Circle the correct form. If both forms are possible, tick (\checkmark) the sentence.
 - 1 How long have you lived | have you been living abroad? ✓
 - 2 I've studied | T've been studying Chinese for two years.
 - 3 Hannah has had | has been having the same boyfriend since she was at school.
 - 4 How long has Mark played | has Mark been playing the bass guitar?
 - 5 He's worked | He's been working in this school since he started teaching.
 - 6 I've known | I've been knowing you for years.
 - 7 We've gone | We've been going to the same dentist since we were children.
 - 8 You've worn | You've been wearing that coat for years!

PRONUNCIATION sentence stress 2

- iChecker Listen and complete the sentences. а
 - 1 I've been <u>travelling</u> all <u>day</u>.
 - 2 How _____ have they been going _____together?
 - 3 She's been ______ ill since ______.
 - 4 They _____ been _____ here for long.
 - 5 We've been _____ the house
 - all_____.
 6 I_____been_____well lately.
- **b** Listen again and repeat the sentences. Copy the <u>rhy</u>thm.

READING 3

- a Read the article once and match the photos 1-3with the paragraphs A-C.
- **b** Read the article again. Answer the questions with the letters A, B, or C.

Which organization ...?

1 1	takes people for a fortnight or a month	В
2 6	encourages sightseeing	
3 0	offers accommodation in tents	_
4 5	says what volunteers should bring	
5 9	gives volunteers free afternoons	

6 lets volunteers stay with others in a hut 7 arranges accommodation with local people ____ 8 only needs volunteers in the summer



A The Book Bus

Do you enjoy reading? Do you like children? Then why not volunteer for our mobile library service in Zambia? We work with disadvantaged children in state primary schools, and it's a lot of fun. We read stories, do art projects, and organize activities to help the children learn English. After breakfast at 7 a.m., we head to our first school in time for the beginning of the school day. Every morning we visit at least four schools, and we spend about an hour in each one. We get back to camp at around 2 p.m. for lunch, and after that you have the afternoon free to relax, or prepare activities. The project takes place from May to September, and it's open to everyone. Volunteers have to pay for their own flight and make a contribution to the project.

B The Great Orang-utan Project

- Look at the highlighted words and phrases. What do you think they mean? Check with your dictionary.
- Complete the sentences with one of the d highlighted words or phrases.
 - 1 My little niece only wants to play on the swing when we go to the park.
 - 2 If you all

_____, we'll be able to buy our colleague a nice leaving present.

- 3 I'd rather see animals in _____ than in a zoo.
- 4 The school is organizing an after-school club for children in the area.
- 5 The people waiting for the buses were standing underneath the because it was raining.
- 6 We're moving house at the weekend. Can you come and _____

with the packing?

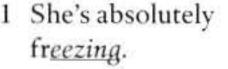
Are you an animal lover? If you are, then you should come to Kubah National Park in Borneo. We need people to help us look after our orang-utans. Unfortunately, you won't be able to touch the animals, as they are being prepared to be released into the wild, but you'll work very near them. You'll spend your time in the Wildlife Centre repairing the shelters where the orang-utans live, or building new ones. You might have to make a swing, or install some ropes where the animals can play. You'll have your own room in a wooden hut which looks out onto the rainforest. The programme lasts for two or four weeks and it costs £1,280 or £1,865 respectively, excluding flights.

C Construction in Peru

Are you good at making things? If you are, and you'd like to take part in a construction project, how about coming to Peru to lend a hand? You'll be based in Cuzco in south-eastern Peru, and you'll be involved in the construction of a small school, and a community centre or an orphanage. You may have to paint and do repairs to existing buildings, or build new ones in and around the city. You'll live with a Peruvian family, and you'll eat all your meals together in their house. All of the houses have electricity and running water, but you'll have to go to an internet café in Cuzco if you want to go online. You are expected to work from Monday to Friday, and at the weekend you can explore some of the fantastic sights in the region. Please bring your own work clothes.

- 4 VOCABULARY strong adjectives
- a Complete the adjective for each picture.







2 It's d_____



3 They're really d_____



4 He's h____



5 It's absolutely en_____



- 6 They're f
- **b** Complete the sentences with a strong adjective.

5 LISTENING

- a fichecker Listen to a news story about an American family who are travelling around the world doing voluntary work. Tick (✓) the places they have already visited.
 - 1 Australia 🖌 7 Paraguay 🗌
 - 2 Antarctica 8 Peru
 - 3 China 9 Russia
 - 4 Haiti 10 Rwanda
 - 5 India 11 Thailand
 - 6 Kenya
- 12 Zanzibar
- **b** Listen again and answer the questions.
 - 1 What did J.D. Lewis use to do? <u>He used to be an actor.</u>
 - 2 How old are the children?
 - 3 How much is the trip going to cost?
 - 4 What's the name of his organization?
 - 5 What did they do in Thailand?
 - 6 How did they help the children in Rwanda?
 - 7 Who did they help in Kenya?
 - 8 What does J. D. Lewis hope his organization will do in the future?

- A Are you sure the meeting is today?
 B Yes, I'm absolutely <u>positive</u>.
- 2 A Is your boyfriend's flat small? B Yes, it's really _____.
- 3 A Were your parents angry about your exam results?
 B Yes, they were ______.
- A Is your sister frightened of insects?
 B Yes, she's absolutely ______ of them.
- 5 A Were you surprised when you passed your driving test?
 - B Yes, I was really _____.
- 6 A Were the children hungry when they arrived?
 B Yes, they were absolutely ______.

- c Listen again with the audioscript on p.70.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

blisters //blistəz/ charity //tʃærəti/ kayak //kaiæk/ lorry //lori/ target //tɑ:ɡit/ melt /melt/ paddle //pædl/ risky //riski/ go forward(s) /gəo 'fə:wəd/ sponsor projects /sponsə 'prodʒekts/

