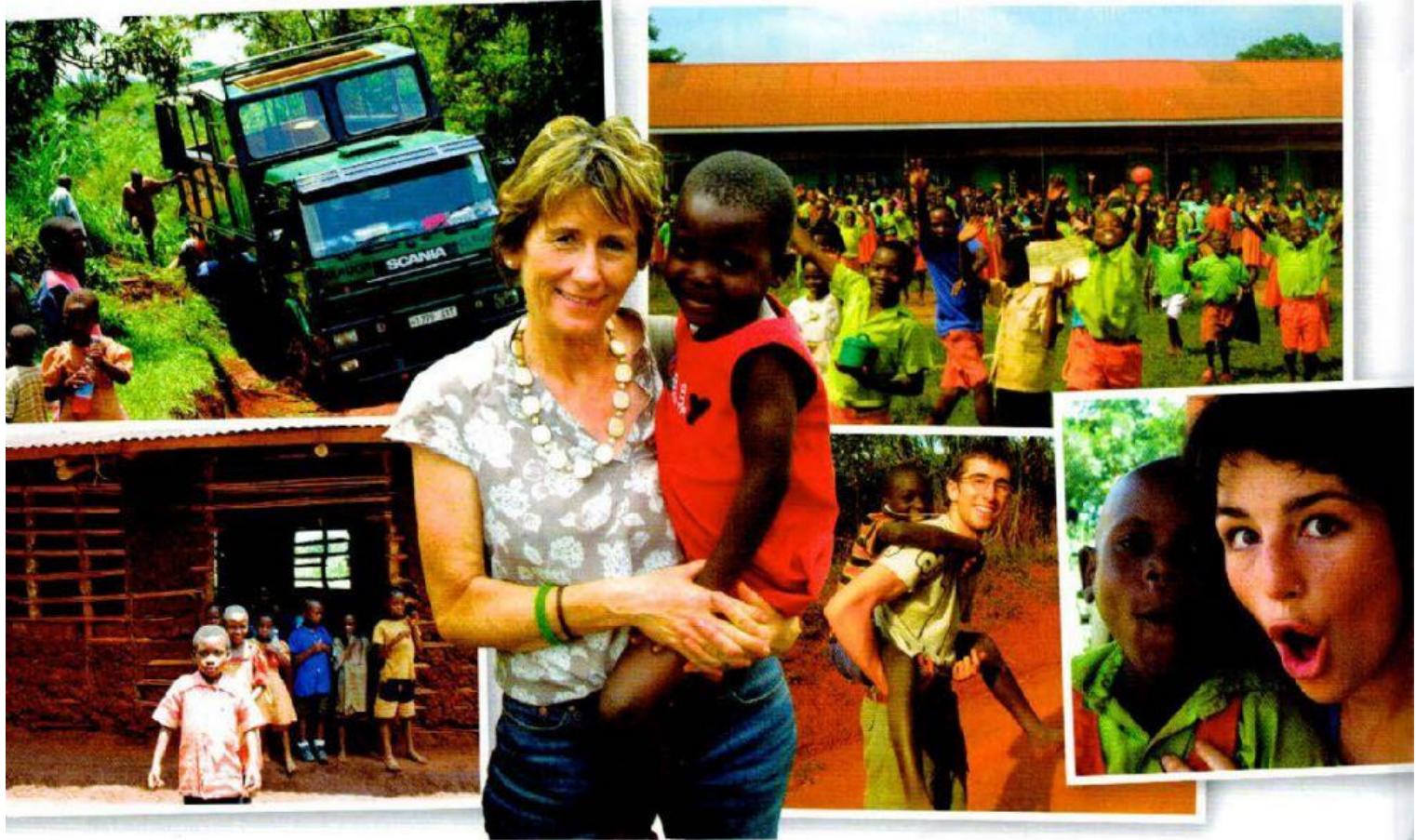


## 2B Changing lives



### 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.

1 How long has Jane been a writer? \_\_\_\_\_  
2 How long has *Adelante África* had a website? \_\_\_\_\_  
3 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.

1 Are the three questions and answers in a 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 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 149) 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 150) 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.



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.

Adapted from The Telegraph website



### Phone call 1

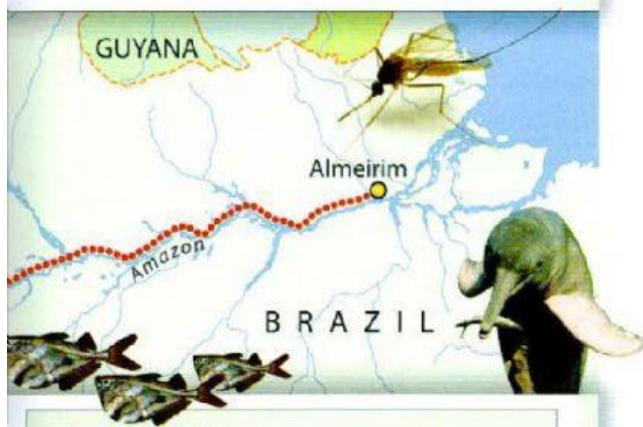
“Everything went wrong. I only managed half a day on Wednesday, the first day, and on Thursday we started late, so I'm already 1 \_\_\_\_\_. I've been suffering from the heat. It's absolutely 2 \_\_\_\_\_, and the humidity is 100% at lunchtime. I went the wrong way and I had to paddle against the current. 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.



# 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 <sup>5</sup>\_\_\_\_\_, 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 <sup>6</sup>\_\_\_\_\_. I start at 5.30 in the morning, and I <sup>7</sup>\_\_\_\_ 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 <sup>8</sup>\_\_\_\_ 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 <sup>9</sup>\_\_\_\_ 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 <sup>10</sup>\_\_\_\_\_, 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.

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

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

1 (47))

Julia **has 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* with **non-action verbs** (e.g. *like*, *have*, *know*, etc.) 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 1990*.
- 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?

1 (48))

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

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

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

No, I've **been cutting** onions.



a Correct the mistakes.

Harry is unemployed since last year.

Harry **has been unemployed** since last year.

- 1 We've had our new flat since six months.
- 2 Hi Jackie! How are you? I don't see you for ages!
- 3 How long are you knowing your husband?
- 4 Emily has been a volunteer for ten years ago.
- 5 Paul doesn't eat anything since yesterday because he's ill.
- 6 It hasn't rained since two months.
- 7 How long has your parents been married?
- 8 They're having their dog since they got married.
- 9 I haven't had any emails from my brother for last Christmas.
- 10 My grandmother lives in the same house all her life.

b Make sentences with the present perfect simple or present perfect continuous (and *for* / *since* if necessary). Use the present perfect continuous if possible.

1 / 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 / five o'clock this morning

9 Sam / not study enough / recently

10 you / live in London / a long time?

◀ p.19

### 1 WHAT ARE THEY LIKE?

a Complete the definitions with the adjectives.

affectionate /ə'fekʃənət/ aggressive /ə'gresɪv/  
 ambitious /əm'bɪʃəs/ anxious /'æŋkʃəs/ bossy /'bɒsɪ/  
 charming /'tʃɔ:mɪŋ/ competitive /kəm'petɪtɪv/  
 independent /ɪndɪ'pendənt/ jealous /dʒeləs/  
 moody /'mʊdɪ/ rebellious /rɪ'bɛlɪəs/ reliable /rɪ'læblɪ/  
 selfish /selfɪʃ/ sensible /sensəblɪ/ sensitive /sensətɪv/  
 sociable /'səʊəblɪ/ spoilt /spoilt/ stubborn /stʌbən/

- 1 Selfish people think about themselves and not about other people.
- 2 A \_\_\_\_\_ person always wants to win.
- 3 \_\_\_\_\_ children behave badly because they are given everything they want.
- 4 An \_\_\_\_\_ person gets angry quickly and likes fighting and arguing.
- 5 \_\_\_\_\_ people have an attractive personality and make people like them.
- 6 A \_\_\_\_\_ person has common sense and is practical.
- 7 A \_\_\_\_\_ person is friendly and enjoys being with other people.
- 8 \_\_\_\_\_ people are often worried or stressed.
- 9 A \_\_\_\_\_ person is happy one minute and sad the next, and is often bad-tempered.
- 10 \_\_\_\_\_ people like doing things on their own, without help.
- 11 A \_\_\_\_\_ person likes giving orders to other people.
- 12 An \_\_\_\_\_ person shows that they love or like people very much.
- 13 A \_\_\_\_\_ person thinks that someone loves another person more than them, or wants what other people have.
- 14 A \_\_\_\_\_ person can be easily hurt or offended.
- 15 An \_\_\_\_\_ person wants to be successful in life.
- 16 A \_\_\_\_\_ person is someone who you can trust or depend on.
- 17 A \_\_\_\_\_ person doesn't like obeying rules.
- 18 A \_\_\_\_\_ person never changes his (or her) opinion or attitude about something.

b 1(23) Listen and check.

c Cover the definitions and look at the adjectives. Remember the definitions.

### 2 OPPOSITES

a Match the adjectives and their opposites.

hard-working /hɑ:d 'wɜ:kɪŋ/ mean /mi:n/  
 outgoing /aʊt'gɔ:ŋ/ self-confident /self 'kɒnfɪdənt/  
 stupid /'stju:pɪd/ talkative /tɔ:kətɪv/

#### Opposite

clever	_____
generous	_____
insecure	_____
lazy	_____
quiet	_____
shy	_____

b 1(24) Listen and check. Then cover the opposites and test yourself.

c With a partner, look at the adjectives again in 1 and 2. Do you think they are positive, negative, or neutral characteristics?

### 3 NEGATIVE PREFIXES

a Which prefix do you use with these adjectives? Put them in the correct column.

ambitious friendly honest imaginative  
 kind mature organized patient reliable  
 responsible selfish sensitive sociable tidy

un- / dis-	im- / ir- / in-
unambitious	

b 1(25) Listen and check. Which of the new adjectives has a positive meaning?

c Cover the columns. Test yourself.

#### False friends

Some words in English are very similar to words in other languages, but have different meanings.

**Sensible** looks very similar to **sensible** in Spanish and French, but in fact in English it means someone who has common sense and is practical. The Spanish / French word **sensible** translates as **sensitive** in English (to describe a person who is easily hurt).

**Sympathetic** does not mean the same as **sympatyczny** in Polish or **sempatik** in Turkish (which mean **nice, friendly**). In English, **sympathetic** means a person who understands other people's feelings, e.g. *My best friend was very sympathetic when I failed my exam last week.*

# 2B 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*.

- 1 I've had my car for about a month. (have)
- 2 My mum was ill last Friday. (be)
- 3 We have known each other since we were at school. (know)
- 4 He has worked for the same company for five years. (work)
- 5 They have lived in Scotland since they got married. (live)
- 6 My parents have gone away for the weekend. (go)
- 7 I want to go to Australia for a long time. (want)
- 8 She hasn't spoken to me since last year. (not speak)

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



1 A Have you heard Heather's new band?  
B No. Have they been playing together for a long time? (they / play)



2 A How long was your flight?  
B Twelve hours. for all day. (we / travel)



3 A My brother has a very good job in New York.  
B Really? How long has he been working there? (he / work)



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



5 A Why does Liam's teacher want to see you?  
B He's been doing his homework lately. (he / not do)



6 A You're late.  
B Yes, I know. Sorry. for long? (you / wait)



7 A You look exhausted.  
B I've been looking after the children all day! (I / look after)

d Circle the correct form. If both forms are possible, tick (✓) the sentence.

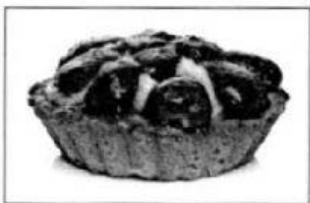
- 1 How long have you lived / have you been living abroad? ✓
- 2 I've studied / I've been studying Chinese for two years.
- 3 Hannah has had / has been having the same boyfriend since she was at school.
- 4 How long has Mark played / has Mark been playing the bass guitar?
- 5 He's worked / He's been 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!

## 4 VOCABULARY strong adjectives

a Complete the adjective for each picture.



1 She's absolutely freezing.



2 It's delicious!



3 They're really generous.



4 He's extremely happy.



5 It's absolutely enchanting.



6 They're friendly.

b Complete the sentences with a strong adjective.

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

## 5 LISTENING

a **iChecker** 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	<input checked="" type="checkbox"/>	7 Paraguay	<input type="checkbox"/>
2 Antarctica	<input type="checkbox"/>	8 Peru	<input type="checkbox"/>
3 China	<input type="checkbox"/>	9 Russia	<input type="checkbox"/>
4 Haiti	<input type="checkbox"/>	10 Rwanda	<input type="checkbox"/>
5 India	<input type="checkbox"/>	11 Thailand	<input type="checkbox"/>
6 Kenya	<input type="checkbox"/>	12 Zanzibar	<input type="checkbox"/>

b Listen again and answer the questions.

1 What did J.D. Lewis use to do?

He used to be an actor.

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?

c Listen again with the audioscript on p.70.

### USEFUL WORDS AND PHRASES

Learn these words and phrases.

blister	/blɪstər/
charity	/tʃerəti/
kayak	/kækə/
lorry	/lɔri/
target	/tɑ:gɪt/
melt	/melt/
paddle	/pædəl/
risky	/rɪski/
go forward(s)	/gəʊ 'fɔ:wəd/
sponsor projects	/sponso 'prɒdʒekts/