My Journey of a Lifetime

I have had many exciting experiences while traveling. I have visited several countries, have met amazing people, and have tried new things that I never imagined before. These adventures have changed the way I see the world.

Last year, I went on a solo trip across Southeast Asia. I started my journey by backpacking through Vietnam. I carried only one backpack and stayed in small hostels. In Thailand, I tried scuba diving for the first time. It was a bit scary at first, but I loved seeing the colorful fish underwater.

Then, I went paragliding in Bali. Flying over the ocean was one of the most unforgettable experiences of my life. While I was there, I also volunteered at a sea turtle rescue center. I helped feed the turtles and cleaned their tanks. It felt great to give something back.

One big challenge I faced was climbing Mount Batur early in the morning to catch the sunrise. The hike was difficult, but the view from the top was worth it. I also explored some remote beaches in Lombok where there were no tourists, just nature and peace.

This trip has been a huge achievement for me. It not only gave me stories to tell, but it also taught me to be brave and independent.

A. Grammar Noticing Task

Instructions: Read the text again. **Underline all the sentences that use the present perfect tense.** Then answer the questions below.

1. What do you notice about the structure of these present perfect sentences?

   ☐ They use "have" or "has" + _____.

2. What are these sentences usually talking about?

   ☐ A. Finished actions in the past with a specific time
   ☐ B. Life experiences with no specific time

3. Look at these examples from the text. Fill in the blanks:
   a. I _____ many exciting experiences while traveling.
   b. I _____ several countries.
   c. These adventures _____ the way I see the world.

LIVEWORKSHEETS

B. Compare the Tenses

Look at these pairs of sentences. Which one is in the **present perfect**, and which one is in the **simple past**? Tick (✔) the correct column.

Sentence	Present Perfect	Simple Past
I have visited several countries.	☐	☐
I went on a solo trip across Southeast Asia.	☐	☐
I have met amazing people during my travels.	☐	☐
I stayed in small hostels.	☐	☐
The trip has been a huge achievement for me.	☐	☐
I tried scuba diving for the first time.	☐	☐

C. Sentence Building Practice

Use the present perfect tense to write true sentences about your life. Use the structure: **have/has + past participle**

1. I have _____.
2. I have never _____.
3. My friend has _____.
4. We have _____.

LIVEWORKSHEETS