

Risks and experiences

LANGUAGE

present perfect with *ever* and *never* ■ phrasal verbs

6A Try something new!

1 Look at the pictures. Ask and answer the questions in pairs.

- Which activities are the most difficult, in your opinion?
- Which activities would you like to try? Why/Why not?
- What stopped you from doing these activities in the past?



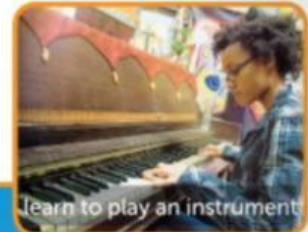
climb a mountain



ride your bike to work



read a book in a foreign language



learn to play an instrument



do an extreme sport

2 Read the text. Which activities from exercise 1 has Matt Cutts done?



The 30-day Challenge

Have you ever wanted to try something new? Perhaps you've wanted to take up a new hobby or learn a new skill. What stopped you? Not enough time? The fear of failure? Was it difficult to change your routine?

Matt Cutts is an American software engineer. A few years ago, he was bored with his life. That's when he decided to try the 30-day challenge. The idea is simple. You think of something you haven't done before, but you've always wanted to do, and you try it for 30 days. He started with small challenges, such as walking more, riding his bike to work, and giving up sugar for a month. Gradually, his challenges became bigger and more difficult. Now, Matt has written a novel, he's taught himself to play the ukulele, and he's even climbed Mount Kilimanjaro! Trying something new can be kind of terrifying, but

doing it for just 30 days doesn't seem so hard. At the end of the month, you can stop ... or who knows? You might decide to go on with your new activity. For example, Matt gave up TV and did other things like reading books, instead. After 30 days, the first thing he did was turn on the TV. However, he found that he watched less TV than before because he enjoyed doing the other things, too. Matt says that the challenges have made his life much more interesting. He's also become more confident. So, what about you? Is there something you've always wanted to do? What are you waiting for? **Try it for 30 days!**

3 Answer the questions in pairs.

- Why did Matt start doing 30-day challenges?
- Why is it easier to try something for 30 days?
- How have the challenges helped Matt?
- What challenge would you do for 30 days?

4 Choose the correct words to complete the sentences. Check your answers in the text.

- Maybe you've wanted to **take up** / **over** / **in** a new hobby or learn a new skill.
- You might decide to **go over** / **in** / **on** with your new activity.
- Matt **gave under** / **up** / **above** TV and did other things like reading books, instead.
- After 30 days, the first thing he did was **turn on** / **in** / **around** the TV.

Go to Vocabulary practice: phrasal verbs, page 145



- 5 A Complete the sentences about Matt from the text. Check your answers in the text.
- 1 A few years ago, he _____ bored with his life. 2 Matt has _____ a novel.

B Answer the questions about sentences 1 and 2 in exercise 5A.

- 1 Which sentence is about an event at a particular time in the past? ____
What is the tense? *simple past / present perfect*
- 2 Which sentence is about a general experience in Matt's life? ____
What is the tense? *simple past / present perfect*
- 3 How do we form the present perfect tense? the verb _____ + past participle

- 6 Underline a present perfect question and an example of the present perfect negative in the text. Then read the Grammar box.

Grammar present perfect with ever and never

Experiences in your life:

*Have you ever eaten Japanese food? I've been to Australia, but I've never seen a kangaroo.
She hasn't seen the new Star Wars movie.*

Look! We use the simple past to talk about **when** an event happened and to give more details:
I've been to the U.S. I went to California in 2015. It was great!



Go to Grammar practice: present perfect with ever and never, page 122

- 7 6.4 **Pronunciation: irregular past participles** Listen and repeat the words. Pay attention to the /ən/ sound in the -en endings.

broken chosen driven eaten fallen forgotten given spoken taken written

- 8 A 6.5 Practice saying the questions. Listen, check, and repeat.

- 1 Have you ever written a poem? 4 Have you ever broken your arm or leg?
2 Have you ever eaten Japanese food? 5 Have you ever forgotten an important birthday?
3 Have you ever driven a fast car? 6 Have you ever fallen asleep in class or at work?

B Ask and answer the questions in pairs. If you answer Yes, *I have*, give more information in the simple past.

A *Have you ever written a poem?* B *Yes, I have. I had to write a poem when I was at school.*

Go to Communication practice: Student A, page 161; Student B, page 169

- 9 A 6.6 Complete the text with the present perfect form of the verbs in the box. Listen and check.

study give up write win work be

DID YOU KNOW ...?

Natalie Portman is a world-famous actress. You probably know that she ¹ _____ an Oscar, but here are some facts you might not know.

- ★ She ² _____ with Britney Spears.
- ★ She ³ _____ two scientific papers that ⁴ _____ published.
- ★ She ⁵ _____ Japanese, German, and Arabic.
- ★ She ⁶ _____ watching TV.

- B 6.6 Listen again. Are the sentences true (T) or false (F)?

- 1 Natalie was the main character in a musical when she was 10 years old. ____
2 She studied psychology at Harvard University. ____
3 She started learning languages when she was a child. ____
4 She never watches any TV shows. ____

- 10 A Write down some of your experiences that not many people know about.

B In pairs, talk about your experiences and give more information.



Personal Best

Write ten sentences about yourself using the phrasal verbs in the Vocabulary practice.

49