

Making emphasis on the duration, effort, or relevance of events

1) Complete the sentences with the correct option. If both are possible, emphasize the duration or effort

1. I have _____ five emails today. I'm tired and so bored!
2. Sorry the kitchen's a mess. Ollie _____.
3. Sorry I'm late! Have you _____ long?
4. He _____ English for six years.
5. I _____ that film! It was terrible.
6. They've been playing for forty minutes but no one _____ a goal yet.
7. We _____ each other for years.
8. I really need a break! I _____ all morning!
9. Hey, you look different. Have you _____ your hair?
10. Can we go if we _____?
11. Your hands are really dirty! What have you _____ (do)?
12. Who _____ all the cake?! There's none left.

2) Complete the text about Alex Whitestone's life events and experiences. Fill in the gaps with the correct form of the verb in parenthesis according to the context.
Don't use contractions.

Ever since he was a teenager Alex Whitestone 1 _____ (want) to travel. This year he decided to do it. Alex gave up his job as a journalist in July, and since then he 2 _____ (travel) around the world. So far, he 3 _____ (visit) four different countries. At the moment, Alex is in Bangkok, in Thailand. He 4 _____ (already / be) there for five days. 'I 5 _____ (never / be) to Asia before, so it was my first stop,' he explains. So, 6 _____ he 7 _____ (buy) any souvenirs yet? 'Not yet,' says Alex. And what about the food? 'It's great! I 7 _____ (eat) a lot of rice and fish,' he says. During his travels Alex 8 _____ (meet) many other tourists. 'I 9 _____ (made) some new friends,' he says, 'and we 10 _____ (exchange) advice about where to go and what to see. I 11 _____ (also / write) a travel guide, but I 12 _____ (not finish) it yet!'

 Pay attention to what people are emphasizing: duration, effort or relevance of the event.