

GRAMMAR

Present perfect continuous

We can use the present perfect continuous to talk about actions which started in the past and are still in progress now.

I've been studying geography for two years.
(= I'm still studying geography.)

To describe the period of time between the start of the action and now, we can use *for* and *since*. We use *for* + an expression that describes the length of time.

for five years/a long time/the last two years/three weeks

We use *since* + an expression that refers to the time when the action started.

since two o'clock/last year/2002/I met you

We use *how long ...* in questions to ask about the length of time.

How long have you been living here?

We also use the present perfect continuous to talk about an action that has been in progress recently. The action may or may not still be in progress.

She's been getting ready for the party.
They've been swimming in the river.

We use the present perfect continuous to emphasize the action itself, or the duration of the action. However, we use the present perfect simple (not the continuous) to talk about the result of the action.

She's been writing letters.
(Here the speaker is interested in the action of writing.)

She's written 50 letters.
(Here the speaker is interested in the result of the action – the number of letters that have been completed.)

We also use the present perfect simple (not the continuous) to talk about single, completed actions.

She's chosen a new outfit.
They've booked a holiday.

Affirmative & Negative

I/You/We/They	've haven't	been working.
He/She	's hasn't	

Question

What	have	I you/we/they	been doing?
	has	he/she	

We use the present perfect simple (not the continuous) with stative verbs.

I've been here since last autumn.
Not ~~*I've been being here.*~~

For more information about stative verbs and continuous verb forms, see unit 1 (Language reference page 14).

For more information about the present perfect simple see unit 2 (Language reference page 24).

FUNCTIONAL LANGUAGE

Giving advice

- Have you thought about + -ing form?*
- Have you tried + -ing form?*
- I think you should + infinitive*
- If I were you, I'd + infinitive*
- There's no harm in + -ing form*
- What you need to do is + infinitive*
- Why don't you + infinitive?*

WORD LIST

Phrasal verbs with *live*

live for sth	/lɪv fə/
live off sth/sb	/lɪv ɒf/
live on sth	/lɪv ɒn/
live out of sth	/lɪv aʊt əv/
live through sth	/lɪv θruː/
live up to sth	/lɪv 'ʌp tə/

Metaphor

an unexpected turn	/ən ,ʌnɪkspektɪd 'tɜːn/
at a crossroads	/æt ə 'krɒsrəʊdz/
embark on a new stage of life	/ɪm,bɑːk ɒn ə ,njuː ,steɪdʒ əv 'laɪf/
go their separate ways	/gəʊ ðeə seprət 'weɪz/
her life took off	/hɜː ,laɪf tʊk 'ɒf/
move on	/muːv 'ɒn/
no turning back	/nəʊ tɜːnɪŋ 'bæk/
take a new direction	/teɪk ə ,njuː dɪ'rekʃn/

Life stages

adolescent <i>adj/n C</i>	/ædə'lesnt/
adult <i>n C/adj ***</i>	/ædʌlt; ə'dʌlt/
elderly <i>adj ***</i>	/eldəli/
in your early/late forties	/ɪn jɔː ,ɜːli/leɪt 'fɔːtiz/
middle-aged <i>adj *</i>	/mɪdl'eɪdʒd/
pensioner <i>n C **</i>	/penʃ(ə)nə/
retired <i>adj *</i>	/rɪ'taɪəd/
teenager <i>n C **</i>	/tiːneɪdʒə/
toddler <i>n C *</i>	/tɒdlə/

Exclamations with *what*

What a good idea!	/wɒt ə ,gʊd aɪ'dɪə/
What a day!	/wɒt ə 'deɪ/
What a mess!	/wɒt ə 'mes/
What a night!	/wɒt ə 'naɪt/
What a nightmare!	/wɒt ə 'naɪtmeə/
What a nuisance!	/wɒt ə 'njuːsəns/
What a relief!	/wɒt ə rɪ'liːf/
What a shame!	/wɒt ə 'ʃeɪm/
What a surprise!	/wɒt ə sə'praɪz/
What a waste of time!	/wɒt ə ,weɪst əv 'taɪm/
What bad luck!	/wɒt ,bæd 'lʌk/
What an idiot!	/wɒt ən 'ɪdɪət/

Other words & phrases

admirer <i>n C</i>	/əd'maɪərə/
anniversary <i>n C **</i>	/ænɪ'vɜːs(ə)rɪ/
appreciate <i>v **</i>	/ə'priːʃɪeɪt/
aspect <i>n C ***</i>	/əspekt/
blow out <i>v</i>	/bləʊ 'aʊt/
blush <i>v *</i>	/blʌʃ/
cheers	/tʃɪəz/
childcare <i>n U</i>	/tʃaɪldkeə/
compete <i>v ***</i>	/kəm'piːt/
confess <i>v **</i>	/kən'fes/
consequence <i>n C ***</i>	/kɒnsɪkwəns/
consultancy <i>n C</i>	/kən'sʌltənsɪ/
consultant <i>n C **</i>	/kən'sʌltənt/
contract <i>n C ***</i>	/kɒntrækt/
ditch <i>n C</i>	/dɪtʃ/
dither <i>v</i>	/dɪðə/
drop <i>n C **</i>	/drɒp/
eager <i>adj **</i>	/iːgə/
embarrassment <i>n U *</i>	/ɪm'bærəsmənt/
epidemic <i>n C</i>	/epɪ'demɪk/
errand <i>n C</i>	/erənd/
expectation <i>n C ***</i>	/ekspek'teɪʃn/
eyesight <i>n U</i>	/aɪ,sart/
farmhand <i>n C</i>	/fɔːm ,hænd/
fire <i>v ***</i>	/faɪə/
flu <i>n U *</i>	/fluː/
get in touch with sb	/get ɪn 'tʌtʃ wɪð/
graduate <i>n C/v **</i>	/grædʒuːət/ (n) /grædʒuːeɪt/ (v)
guilty <i>adj ***</i>	/gɪlti/
heartbroken <i>adj</i>	/ha:tbrəʊkən/
hell <i>n U ***</i>	/hel/
invitation <i>n C **</i>	/ɪnvrɪ'teɪʃn/
irresponsible <i>adj</i>	/ɪrɪ'spɒnsəbl/
jealous <i>adj *</i>	/dʒeləs/
ketchup <i>n U</i>	/ketʃʌp/
lamb <i>n C **</i>	/læm/
loose <i>adj **</i>	/luːs/
make sense	/meɪk 'sens/
miss out on sth <i>v</i>	/mɪs' aʊt ɒn/
moving <i>adj **</i>	/muːvɪŋ/
nappy <i>n C</i>	/næpi/
newsreader <i>n C</i>	/njuːzrɪːdə/
nursery <i>n C **</i>	/nɜːs(ə)rɪ/
occasion <i>n C ***</i>	/ə'keɪʒn/
odd <i>adj **</i>	/ɒd/
orchestra <i>n C **</i>	/ɔːkɪstrə/
outfit <i>n C *</i>	/aʊtfit/
overworked <i>adj</i>	/əʊvə'wɜːkt/
physically <i>adv **</i>	/fɪzɪkli/
playgroup <i>n C</i>	/pleɪgruːp/
PR (public relations) <i>n pl</i>	/piː'ɒː (pʌblɪk rɪ'leɪʃənz)/
promotion <i>n C/U ***</i>	/prə'məʊʃn/
pursue <i>v **</i>	/pə'sjuː/

put two and two together	/put ,tuː ən ,tuː tə'geðə/
radical <i>adj **</i>	/rædɪkl/
redundancy <i>n C **</i>	/rɪ'dʌndənsɪ/
regret <i>v/n C **</i>	/rɪ'gret/
scholarship <i>n C *</i>	/skɒləʃɪp/
set up <i>v</i>	/set 'ʌp/
sherry <i>n U</i>	/ʃeri/
social security <i>n U</i>	/səʊʃl sɪ'kjʊərəti/
stressful <i>adj</i>	/stresfl/
superficial <i>adj *</i>	/suːpə'fɪʃl/
take sth/sb seriously	/teɪk 'sɪəriəsli/
tattoo <i>n C</i>	/tæ'tuː/
tiredness <i>n U</i>	/taɪədnes/
travel expenses <i>n pl</i>	/trævl ɪk'spensəz/
tropical <i>adj **</i>	/trɒpɪkl/
unsure <i>adj *</i>	/ʌn'sɜː/
unthinkable <i>adj</i>	/ʌn'θɪŋkəbl/
violinist <i>n C</i>	/vaɪə'lɪnɪst/