

1

Take a break!



“Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28, NIV).



1. Listen to the dialogue and answer.

What are Anna and Beth talking about?



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Anna: Hey! Has your family decided where you are going on holidays yet?

Beth: No, not yet. Last year we went to a resort by the beach. It was really relaxing. This year we want to try a more adventurous place.



Anna: That's so exciting! Have you ever been to Costa Rica? It's definitely not your typical laid-back trip.

Beth: No, we haven't. I'd love to visit a place that's rich in history and offers adventure tourism.



Anna: Yeah, there's a ton of things you can do there: trekking, ziplining and rafting, just to name a few.

Beth: I've already tried rafting, but I haven't gone ziplining before. It sounds awesome!



Anna: It sure is exhilarating! It's on my bucket list.

Beth: I'll have to convince my mum, though. She's afraid of heights!

2. Say if the sentences are "T" (true) or "F" (false) according to the dialogue on page 8.

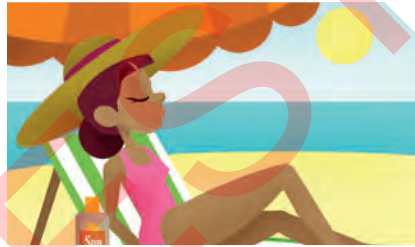
- a. Beth's family went to the beach last year on holiday.
- b. Anna suggests taking a laid-back holiday so they can relax.
- c. Beth has gone rafting before.
- d. Beth is excited about trying ziplining.
- e. Ziplining is on Anna's bucket list.

3. Read the dialogue again and answer the following questions.

- a. What kind of holiday does Beth's family want to take?
- b. Is Anna's suggestion about going to Costa Rica a good one?
- c. Why is Beth worried about her mum?
- d. Where has Beth's family already been on holiday?

4. Look at the pictures and decide what Beth's family did or didn't do on their last beach holiday. Put the words in the box under the correct column.

scuba diving – sunbathing – waterskiing – paddle boarding – canoeing –
swimming – fishing – windsurfing – kayaking – snorkeling



Activities they did	Activities they didn't do



5. Pair work. Talk to your partner about things you did on your last holiday.

Holiday time!













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1. Label the pictures under each type of holiday with the words in the box. Then listen and check.

paragliding – paddle boarding – backpacking – tour guide – pitch a tent –
guidebook – windsurfing – rock climbing – sunbathing – roasting marshmallows –
bungee jumping – excursion

Beach holiday	Sightseeing holiday	Activity holiday	Camping holiday
 a.	 d.	 g.	 j.
 b.	 e.	 h.	 k.
 c.	 f.	 i.	 l.

Vocabulary Builder, p. 121

2. Complete the sentences with words from activity 1.

- a. When Peter and his friends got to the campsite, they had to After dinner, they had fun singing songs around the campfire and
- b. The took us on an along the Thames River.
- c. Beth's mum is afraid of heights, so it's best if she doesn't try or
- d. A is full of information about a country and has useful phrases.



3. Pair work. Decide which type of holiday you'd like to have and tell your partner. Have you been on any of these holidays before? Use the phrases below.

- I'd like to go on a/an... holiday.
- I've never been on a/an... holiday before.
- I'd like... because...

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The present perfect bucket list

1. Complete the dialogue with the present perfect form of the verbs in parentheses and choose the correct adverb.

Anna: So, Beth, (a) you (write) your bucket list for Costa Rica *just / yet / already*?

Beth: Sure thing! I (b) *before / already / just* (think) about it and I (c) (write) down all the things I want to do while on holidays.

Anna: Well, I really hope you get a chance to do it all!

Beth: Yeah, we (d) (do) a few of these activities *before / just / yet*, but it was such a long time ago! We're looking forward to this holiday so we can take a break from work and study, and try out new experiences.

Anna: Right, you deserve it! I hope you enjoy your holidays!



2. Beth and her family ended up going to Costa Rica for holidays. Listen to Beth phoning her friend Anna back home and tick (✓) off the list the things she has already done.



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To do list

..... Ziplining in Monteverde.

..... Spot a jaguar in the cloud forest.

..... Walk across suspended bridges in a forest canopy.

..... Horseback riding.

..... Rafting in La Fortuna.



3. Pair work. Write 5 items for your bucket list in the chart below. Then interview a partner to see if they have already done something on your list. Write their response in the column on the right.

Your activity bucket list	Write a sentence using <i>yet, already, or before</i>
<i>I want to see the Iguazu Falls.</i>	<i>My partner has already seen the Iguazu Falls.</i>



Useful tip!

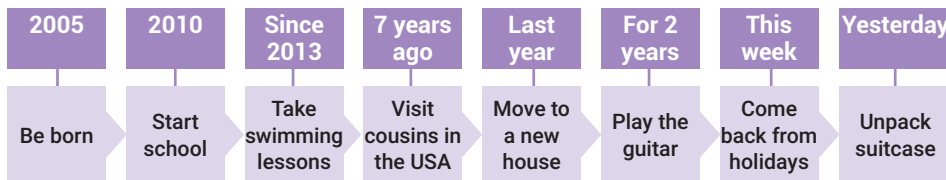
Adverbs with the present perfect

- **Already (+):** I've **already been** to Iguazu Falls.
- **Just (+):** We've **just had** dinner.
- **Yet (?) (-):** Have they **arrived yet**? He **hasn't taken** any photos **yet**.
- **Before (-/+)?**: They **haven't been** to Paraguay **before**. They **have been** to Paraguay **before**. Have they **been** to Paraguay **before**?

Grammar Reference, p. 113

Better done than perfect

1. Look at Tom's timeline and write sentences in the present perfect or in the simple past using the time expressions and the information given.



Useful tip!
 The **present perfect** always connects the past and the present. The **simple past** only tells us about the past.

Grammar Reference, p. 113

- a. Tom was born in 2005.
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____



2. Pair work. Ask your partner these questions, listen to the answers, and then switch places in the conversation.

- a. What have you done so far this week?
- b. What have you never tried in your life?
- c. What did you do the other day?
- d. Where did you go on your last holiday?



3. Read the story and write the correct form of the present perfect or the simple past. Then listen and check.



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I was born to be a world explorer! When I was a child, I (a) _____ (be) fascinated by the world's most beautiful places. I loved taking pictures when I went on trips with my family, and I used to make scrapbook pages of our adventures. Last semester, we (b) _____ (learn) about the seven natural wonders of the world at school and, since then, I (c) _____ (be) obsessed with my goal of visiting these wonderful places. So far, I (d) _____ (visit) four continents. In the last five years, I (e) _____ (be) to Victoria Falls in Africa, Mount Everest in Asia and the Great Barrier Reef in Oceania. One of the most memorable trips was when I camped out alone in the Grand Canyon in North America. It is the biggest canyon in the world, and the view of the night sky is the brightest I (f) _____ (ever see)! I also (g) _____ (see) wildlife when I hiked along the trails. Recently, I have been curious to see the Aurora Borealis, but I (h) _____ (have) a chance yet. As God's stewards, it is very important that we help preserve these natural treasures. God's creation is truly amazing!

4. Complete the dialogue with the words in the box.

came – haven't gone hiking – has been – have been – been – arrived

Beth: It feels so good to be in the mountains! I (a) _____ for a long time!
Mum: I agree! The air is so fresh! We're actually walking through the clouds!
Beth: I'm starving! How long have we (b) _____ here? We (c) _____ early in the morning.
Mum: I'm starving too! We (d) _____ here since 8 a.m.! My stomach is grumbling!
Beth: What?! It (e) _____ four hours since we (f) _____ here! Let's go grab a bite to eat!



Grammar Sheet 1



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The best holiday ever!

1. Complete the text with the comparative or superlative form of the adjectives.

I think the beach is the (a) (relaxing) place for a holiday. What's the (b) (good) destination for a beach holiday? Many people agree on Hawaii! Hawaii has some of the (c) (beautiful) beaches in the world. There are eight islands; Hawaii is the (d) (big). Oahu has one of the (e) (pretty) beaches to see the sunset. It's called Sunset Beach. December is the (f) (popular) month to travel, but it's also (g) (expensive) than any other time of the year. The weather in spring is (h) (nice) than in winter, and travelling in that season is also (i) (cheap). When is the (j) (bad) time to visit Hawaii? There really isn't a bad time because it's always beautiful in Hawaii!



Useful tip!

Regular comparative and superlative adjectives are formed with **-er/-est** or **more/most**.

Irregular adjectives are formed differently, for example: **good-better-best**.

Grammar Reference, p. 113



2. Pair work. Look at the photos showing people on holidays. Compare the photos and say the benefits of each holiday. Which holiday do you think is the most enjoyable?



3. Pronunciation: questions of choice. Listen to the intonation of questions in which there is a choice. Then practise saying the questions.

- a. Which holiday is more exciting: a beach holiday, a sightseeing holiday or a camping holiday?
- b. Which sport is more dangerous: kayaking, waterskiing or scuba diving?
- c. Which activity is the most expensive: paragliding, snorkeling or bungee jumping?



4. Group work. Finish these statements with information that is true for you. Then compare your answers with the group. Be ready to explain them.

- a. I think that is the most dangerous water sport.
- b. In my opinion, a holiday is more boring than a holiday.
- c. I believe is the most relaxing type of holiday.
- d. I think (season) is the best time to go on holidays.
- e. is the most famous tourist attraction in my country.
- f. Travelling by is cheaper than while on holidays.
- g. Skydiving is more than



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Travel + School = school exchange programme

1. Skim the text and choose the best title.

- a. Planning your school exchange visit.
- b. The best way to learn and travel.
- c. Three things to avoid when travelling abroad.

Travelling the world is something many people dream of doing, but it isn't easy if you're young and don't have a lot of money saved up. One way you can travel cheaply and learn at the same time is through a student exchange programme. Through this type of programme, you can spend time in another country while you study and live with a host family. Adrian and Melisa share their experiences abroad.

Adrian says: "I'm Adrian and I'm 15. I'm from the USA and I visited Japan. I was nervous at first because it was a big culture shock, but my host family was very kind and generous. I spent four weeks in Tokyo, which is one of the cleanest cities I've ever been to! The history and the food are amazing, and my host family showed me around the city. I even learned how to spell my name in Japanese!"

Melisa says: "I'm Melisa and I'm 16. I'm from Argentina and I visited Germany. The best thing about my two months in Germany was learning about my roots and improving my German. I'm more confident when speaking now. My immersion experience has helped me grow and broaden my perspective. I also had the opportunity to visit neighbouring countries, because they are close by. I'll go back to visit soon!"

2. Imagine you are Melisa or Adrian and you are sending an email to your family back home. Write a short paragraph describing the experiences you've had and how you feel. Use both the present perfect and the simple past, and the questions as a guide.

- a. What places have you visited?
- b. What have you done so far?
- c. What did you like or dislike?

✉ New Message
⌵ ↶ ✕

Dear Mum and Dad,

I've been for two weeks already and I miss you so much! This city is wonderful and I've tried many different foods. I went to.....

.....

.....

.....

3. Adrian is buying his bus ticket. Who says these phrases? Write "TA" (ticket agent) or "C" (customer).

- a. How may I help you?
- b. Will that be cash or credit?
- c. How long does it take?
- d. One way or round trip?
- e. How much is it?
- f. What is the boarding time?



4. Pair work. Create a dialogue with questions from activity 3 and Adrian's bus ticket. Then practise the dialogue with a partner.

PASSENGER TICKET		NO. 354894456
Date: Feb. 4	Gate: G5	
Departure: 13:00	From: Shibuya	
Arrival: 15:30	To: Tokyo Station	
Boarding time: 12:45	Roundtrip fee: \$ 10.00	
BUS TICKET		

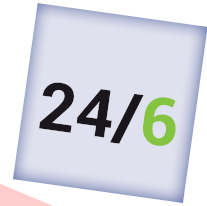
Invest in rest



“Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28, NIV).

1. Read the following text and answer the questions.

“For in six days, the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day...” (Exodus 20:11, NIV). Wow! Even God took a day off! However, he didn’t rest because he was tired; God is all-powerful. He wanted to show that humans need rest to keep our minds and bodies healthy. He also set aside a special day, the Sabbath, which means “to rest from labour”, so we can spend time with God and consider the work he has done for us. God commands that we rest from our busy lives every Sabbath in order to hear him, seek him and obey him better.



a. What does the expression 24/7 mean? Write a sentence using this expression.

.....

b. Why is it important to follow a 24/6 lifestyle instead?

.....

2. Look at the icons and select the top five things you enjoy doing on Sabbath.



..... Going to church



..... Reading the Bible



..... Having family time



..... Saying prayers



..... Serving others



..... Writing in a journal



..... Visiting the sick



..... Listening to worship music



..... Taking nature walks



3. Read the 4 R's tips to finding real rest. Then discuss the questions with your group.

- Reconnect with God after a busy week through prayer, Bible study and worship.
- Recharge and rest on the 7th day: Sabbath.
- Relate to the people around you. Grow your relationships with others.
- Rejoice and thank God for all his blessings.

- a. What do you dislike most about our fast-paced society?
- b. What can you do to remember to slow down and “take a break”?
- c. Of the 4 R's, which is the easiest for you to do? And the hardest?

Self-Assessment

1. Fill in the gaps with the words in the box.

backpacking – roasted – guidebook –
pitched – excursion – rock climbing

Peter and Joe used a (a) to plan their (b) trip to the mountains. After they (c) their tent, they went (d) At night, they (e) marshmallows over the campfire and planned their next (f)

2. Unscramble the words to form a sentence or question.

- a. plane / ever / flown / in / Paul / has / a
..... ?
- b. visited / have / my / never / aunt / in / I / Madrid
.....
- c. ever / gone / on / ride / a gondola / have / you
..... ?
- d. he / a museum / visited / never / has
.....
- e. abroad / you / ever / have / studied
..... ?

3. Place the time expressions in the correct columns.

last Christmas – 10 years ago – since January – ever – yesterday – this week – in my life – for two days – so far – in 2016 – four weeks ago – yet – until now – the other day

Unfinished time (Present perfect)	Finished time (Simple past)

4. Complete the sentences with the adverbs in the box. There are two extra words.

just – ever – never – before – already – yet

- a. Don't take out anything from the suitcase. I've closed it.
- b. Have you been skydiving
- c. Has she travelled by plane?
- d. He has gone up in a hot-air balloon before.
5. Complete these sentences using the present perfect or the simple past.
- a. My aunts (take) a lot of photos when they (be) in Ireland.
- b. I (buy) a book yesterday and I (already / finish) it.
- c. So far, we (visit) six countries on our road trip.
- d. They (not / reserve) their campsite spot yet.

6. Choose the correct option for each sentence.

- a. Paragliding is *scarier* / *the scariest* than bungee jumping. It is also *difficult* / *more difficult*.
- b. London is *better* / *the best* city I've ever visited.



Worksheet 1



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My progress: I can...		
Talk about my holiday and travel experiences.		
Talk about what has and hasn't happened.		
Use time expressions.		
Use adverbs with the present perfect.		
Compare and contrast two or more things.		