### Past perfect continuous

We use the **past perfect continuous** to
- emphasise the duration of an action that was in progress before another action or time in the past.
  - I had been waiting for Jane for half an hour before she finally arrived.
- talk about an action that was in progress in the past which affected a later action or state.
  - Our neighbours had been making a lot of noise, so we finally called the police.

We form the affirmative with **had been** and the main verb with the ending **–ing**.
Jennifer had been shopping for hours before she went home.

In the negative form we use **hadn’t been** and the main verb with the ending **–ing**.
Paul hadn’t been working for very long when he got a promotion.

In the question form we use **had been** and the main verb with the ending **–ing**. In short answers we only use **had**. We don’t use the main verb.
**Had you been watching** TV all evening before you went to bed?
Yes, I had.

#### Time expressions

We use the following **time expressions** with the **past perfect continuous**: all day, for weeks/ages/a (very) long time, since four o’clock, at the time.

<table>
<thead>
<tr>
<th>Affirmative</th>
<th>Negative</th>
<th>Question</th>
<th>Short answers</th>
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</thead>
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<tr>
<td>I had been waiting you hadn’t been waiting he hadn’t been waiting she hadn’t been waiting it hadn’t been waiting we hadn’t been waiting you hadn’t been waiting they hadn’t been waiting</td>
<td>I hadn’t been waiting you hadn’t been waiting he hadn’t been waiting she hadn’t been waiting it hadn’t been waiting we hadn’t been waiting you hadn’t been waiting they hadn’t been waiting</td>
<td>Had I been waiting ...? Had you been waiting ...? Had he been waiting ...? Had she been waiting ...? Had it been waiting ...? Had we been waiting ...? Had you been waiting ...? Had they been waiting ...?</td>
<td>Yes, I had. Yes, you had. Yes, he had. Yes, she had. Yes, it had. Yes, we had. Yes, you had. Yes, they had. No, I hadn’t. No, you hadn’t. No, he hadn’t. No, she hadn’t. No, it hadn’t. No, we hadn’t. No, you hadn’t. No, they hadn’t.</td>
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</table>
2 Complete the sentences with the past perfect continuous. Use the verbs in brackets.

1 Billy __had been working___ on a farm before he moved to the city. (work)

2 Marcia ____________, all night before she saw the lights of the city. (drive)

3 I ______________ on the rooftop for very long when it started to rain! (not sit)

4 We _______________ the hospital for two hours before the ambulance finally arrived. (phone)

5 Tim and Wendy ______________ tennis for long when Wendy hurt her leg. (not play)

6 Our teacher ______________ about the pros and cons of exams all morning when suddenly there was a power cut. (talk)

3 Look at the pictures and complete the sentences with the correct form of the past perfect continuous. Use these verbs.

[argue  not talk  not wait  rely  show  study]

1 Grandma _____________ for a long time when the bus arrived.

2 The girls _______________ about what colour to paint their room before they agreed to paint it yellow.

3 Joe _______________ on his parents to drive him everywhere before he passed his driving test.

4 Mum __________________ me how to use my new mobile phone just before Dad came home.

5 Gemma fell asleep during the test because she _______________ all night!

6 Kerry and Lily finally made up. They _______________ for weeks!
4 Complete the questions with the past perfect continuous and the words in brackets. Then complete the short answers.

1 Had you been walking the dog before I arrived? (you / walk)
   Yes, I had ________.

2 in an office before he became a teacher? (Jack / work)
   No, ________.

3 in the fields when she found the stray cat? (Teresa / cycle)
   Yes, ________.

4 at Newcastle University before you moved to Manchester? (you / study)
   No, ________.

5 for a long time before she opened the door? (Clare's classmates / knock)
   Yes, ________.

5 Complete the dialogue with the past perfect continuous. Use the verbs in brackets.

Freddie: How was your summer in New York?
Alice: Good.
Freddie: Good? You (1) _____ had been talking (talk) about it day and night before you left!
Alice: I know. The truth is, I (2) ________ (look forward to) it for ages. I (3) ________ (not think) about anything else.
Freddie: I remember! And for a very long time, your cousin Trish (4) ________ (boast) about how big her college was and how great life was in New York.
Alice: Mm.
Freddie: So, isn’t life great in The Big Apple?
Alice: Well, it is. New York is amazing. It’s absolutely beautiful, with many historic sites, museums and beautiful parks. I (5) ________ (dream) of walking through Central Park for years!
Freddie: So?
Alice: It made me realise how lucky we are to live in the countryside.
Freddie: I know. Trish doesn’t think so though, does she? Before she went to the States, she (6) ________ (complain) about how dull country life is.
Alice: You’re right! Trish loves it there.

6 Say it! Look at these pictures with your partner. Talk about what the children had been doing when the storm struck.

Some boys had been playing football when the storm struck.

These girls had been playing tennis when the storm struck.
Lesson 2

1 Read.

We use the past perfect simple to talk about:
- something that happened in the past before another action in the past.
  - *I had set* the security alarm before I left home.
- something that happened before a specific time in the past. We often use the word *by* to mean before or not later than.
  - *By ten o’clock yesterday morning, we had done* our shopping.
- something that happened in the past and had an effect on a later action.
  - *Julie had won* a lot of money so she decided to buy an apartment in the city centre.

See the list of past participles on page 159.

**Time expressions**

We use the following **time expressions** with the past perfect simple: *after, already, as soon as, before, by (time or date), just, when.*

*Janet had just sat down when the phone rang.*
*Brian had already handed in his assignment.*

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2 Complete the sentences with the past perfect simple. Use the verbs in brackets.

1 When I arrived home, I realised I ___’d/had forgotten___ my bag on the bus. (forget)
2 Mandy felt terrible because she ___had been sleeping___ all night. (not sleep)
3 I only understood the film because I ___had been reading___ the book. (read)
4 As soon as I ___had left___ the room, my mum called me back. (leave)
5 Sebastian ___had been washing___ the car when it started to rain. (just wash)
6 Tim ___had been noticing___ the question until Mr Jones explained it to him. (not understand)

3 Write questions.

1 Had you fallen asleep by ten o’clock last night?
   Yes, I had fallen asleep by ten o’clock last night.

2 __________________________
   No, Christine hadn’t stayed on a farm before.

3 __________________________
   Yes, our grandparents had lived in Ireland before we were born.

4 __________________________
   No, they hadn’t eaten all the ice cream before I arrived.

5 __________________________
   Yes, I had just moved house when I met Sue.

6 __________________________
   Yes, I had already replied to his email.

**Past perfect simple vs past perfect continuous**

We use both the past perfect simple and past perfect continuous to talk about actions that happened in the past before another past action.

* Natalie had finished her project before she went out.  
  We had been waiting for ages before the doctor arrived.

However, we use the past perfect continuous to emphasise how long the first action was in progress for.

* My classmates and I had been raising money for stray animals for a very long time.

We also use the past perfect continuous to show that we don’t know whether the action was completed or not.

* Jason had been exercising, so he was tired.

4 Circle the correct words.

1 Before we moved to the city, my family and I ___had always liked/ had always been liking___ living in the suburbs.
2 I ___had studied/ had been studying___ at the library all morning when I decided to take a break.
3 My classmates and I ___hadn’t noticed/ hadn’t been noticing___ the adventure playground before Dad showed it to us.
4 Before I joined the local gym, I ___hadn’t realised/ hadn’t been realising___ how important exercise is.
5 The children were exhausted because they ___had swum/ had been swimming___ all afternoon.
6 The dog ___had dug/ had been digging___ all morning before it finally found its bone.
5 Look at the pictures and complete the sentences with the correct form of the past perfect simple or the past perfect continuous. Use these verbs.

depart  do  do  miss  not leave  train

1 When Tom got to the station the train ________ departed.  
2 Mandy realised how much she ________ the peace and quiet of the countryside.  
3 Dad was very tired at lunch. He ________ the gardening all morning.

4 Josh was angry as his little brother ________ him any biscuits.  
5 Marcus was exhausted because he ________ all morning.

6 Complete the diary entry with the past perfect simple or the past perfect continuous. Use the verbs in brackets.

Last week, my cousin Oscar, who lives in a village, came to stay with me for the weekend. I (1) ________ (wonder) where to take him for hours when Oscar suggested going to the zoo. I (2) ________ (never be) keen on zoos, but Oscar (3) ________ (visit) a zoo before, so we decided to go. After we (4) ________ (travel) on the bus for an hour, we arrived at the zoo. There are many animals and exotic birds, and I was surprised because I (5) ________ (realise) how big the park was. After Oscar and I (6) ________ (walk) around for hours, we decided to sit down and have a drink at the café. It was very peaceful and relaxing. Later, we continued walking and we saw some beautiful lions, tigers, zebras, bears and a giraffe. Oscar (7) ________ (not see) a giraffe before and he was thrilled! I (8) ________ (never want) to visit a zoo, but I really enjoyed this experience.

7 Say it! Tom had lots of things to do before he went on holiday. Look at his list below and talk to your partner about what he had and hadn’t done before he left for the airport.

✓ pack suitcase  
✓ water plants  
✓ close all the windows  
✓ wash the car  
✓ tidy the living room  
✓ exchange money  
✓ buy new sunglasses  
✓ ring Mum and Dad to say goodbye  
✓ cancel newspaper

Tom had packed his suitcase before he left for the airport.

Tom hadn't watered the plants before he left for the airport.
Lesson 3

1 Read.

This is an amazing view.

This is the most beautiful view I've ever seen.

The indefinite article

We use the indefinite articles a/an

- with a singular countable noun when we mention it for the first time.
  *This is an amazing adventure park.*

- with a singular countable noun when making a general statement.
  *You don't need a car in the city centre.*

- with nouns which refer to professions, nationalities or religions.
  *Mr Greenhalf is a French teacher.*
  *Philip is an American.*

- with certain numbers instead of one, and some quantifying phrases such as: a thousand, twice a week, once an hour, etc.
  *Mum drives to work once a week.*

We don't use the indefinite articles a/an with

- plural countable nouns or uncountable nouns.
  *We always drink milk for breakfast.*

- adjectives which aren't followed by a noun.
  *My cousin is adventurous!*

- the names of meals, unless there is an adjective before them.
  *Can you come to my house for dinner?*
  *Mum cooked a lovely meal last night.*

Remember!

When a word begins with a vowel, but the vowel sounds like a consonant in the word, we use a.

*Jennifer is a university graduate.*

When a word begins with a consonant, but the consonant sounds like a vowel in the word, we use an.

*I want to buy an MP4 player.*

2 Complete the sentences with a, an or –.

1. Catherine's dad is ______ a/an ________ architect.
2. There's ____________ great funfair just outside the city centre.
3. Our teacher is going to take us out for ____________ lunch.
4. The flight to Paris is approximately ____________ hour long.
5. Dad takes ____________, sugar with his coffee.
6. I really need ____________ new sofa for the living room.
7. We go skiing in the Swiss Alps once ____________ year.
8. William wrote ____________ interesting story.
The definite article

We use the definite article the
• with singular and plural countable and uncountable nouns to talk about something specific or when we mention something for a second time.  
  Can you pass me the salt, please?  
  Mum bought me a T-shirt. The T-shirt is really cool.
• before unique nouns, names of hotels, theatres and musical instruments.
  We haven’t seen the sun for three days because it’s been raining!
  Are you staying at the Marriott Hotel?
  Salma plays the trumpet.
• for historical periods or events.
  At the moment, we’re learning about the Middle Ages.
• for groups of islands, mountain ranges, rivers and deserts.
  We’re renting a house on one of the Greek islands.
  Kate is doing a project on the Sahara Desert.
• before superlatives.
  This is the most beautiful view I’ve ever seen.
• before nationalities.
  The Spanish are keen on football.
• with dates and with the words morning, afternoon, evening and night.
  Amy was born on the 6th of November.
• with adjectives referring to a group of people.
  We really should help the homeless more.
We don’t use the definite article with
• proper nouns.
  James is a talented table tennis player.
• the names of sports, games, colours, days, months, holidays, subjects of study and languages (not followed by the word language).
  Kylie plays ice-hockey for the national team.
• names of most countries (but the USA, the Netherlands), cities, streets (but the High Street), parks, bridges, islands, lakes and continents.
  Marcus was born in Beirut.
  We’ll meet you at the café on Bond Street.
• with the words school, hospital, prison, university when they are used as a general term.
  Helen’s been at university for two years.

3 Complete the sentences with the or –.

1 My grandparents moved to [the] United States after [the] Second World War.
2 Every year, Elisa travels to [the] Sweden.
3 [the] Saturday is my favourite day of the week.
4 Is [the] head teacher at your school Australian?
5 This is [the] most spectacular concert I’ve ever been to!
6 We went on a boat trip along [the] River Nile.
7 Many people can speak [the] English language.
8 I used to love playing [the] hide-and-seek.

4 Complete the text with a, an, the or –.

Mount Snowdon is (1) [the] highest mountain in Wales and one of (2) [the] highest mountains in (3) [the] Great Britain. It is located in (4) [the] national park and is about 250 miles away from (5) [the] Cardiff, (6) [the] Wales’ capital city.

In the past, (7) [the] only way to the top was on foot. Nowadays, there is (8) [the] railway. Thousands of people climb (9) [the] mountain every year to enjoy (10) [the] amazing view.
5 Circle the correct words.
1 We’re going backpacking around **Greek Islands** / (the Greek Islands) this summer.
2 Have you ever seen an **eagle** / eagle?
3 At the moment, we are learning about **the Battle of Trafalgar** / Battle of Trafalgar in history.
4 We have raised a large amount of money to help the **poor** / poor.
5 We had a **beautiful breakfast** / beautiful breakfast on the roof garden.
6 The new play is on at **Orion Theatre** / the Orion Theatre.

6 The words in bold are wrong. Write – or the correct words.
1 Let’s go to a new shopping mall this afternoon. It’s just opened!
2 These are a worst living conditions I have ever seen.
3 My parents and I are travelling to the Sharm El-Sheikh this summer.
4 Can you come to our country house for the lunch next Saturday?
5 This is the very nice violin.
6 Harry graduated from university and he became the lawyer.

7 Say it! Talk to your partner about what you know about these places.

--

Mount Everest is the tallest mountain in the world.
Paris is a city in France.
1 Complete the sentences with the present perfect simple. Use these verbs.

be  buy  give  not finish  take part  visit

1 I’ve/have never visited such a picturesque village before!
2 My classmates and I  took part in three competitions this year.
3 I  have not finished my homework yet.
4 My grandparents  bought just a new apartment near the botanical gardens.
5 You  have been in the adventure park since eleven o’clock this morning! Aren’t you tired?
6 The government  has provided our local community some money for bicycle lanes.

2 Complete this text with the present perfect continuous. Use the verbs in brackets.

My family and I (1) have been looking for (look for) a cottage in Devon, but they all seem to be very expensive. We chose Devon because we (2) have spent (spend) our weekends there for years now. We all like peaceful weekends away from the hustle and bustle of the city centre. Dad and Joe, my brother, enjoy walking, and for the past three years, they (3) have been trekking (trek) with a group of people from the area. We (4) have been arguing (argue) about where to buy this cottage, as Dad, Mum and Joe want to be near the hills, but my sister and I (5) hope (hope) to find a house nearer to the sea.

We enjoy swimming and water sports. My sister (6) has been diving (dive) since she was very young and I (7) have been sailing (sail) for two years.

At the moment, we can’t find anything, so we (8) have been staying (stay) in a little hotel. I hope we find something soon.

3 Complete the dialogue with the present perfect simple or the present perfect continuous. Use the verbs in brackets.

Rosie: Billy, I think we (1) have finally found (find) a solution for homeless people in our community.
Billy: Really? That’s great. We (2) have been trying (try) for so long!

Rosie: I spoke to the mayor and he (3) has agreed (agree) to provide money for a shelter. He also wants to encourage residents to raise money for homeless people.

Billy: We (4) have disagreed (disagree) about this issue for the past year. Why (5) has he suddenly decided (decide) to help?

Rosie: For a very long time, many people (6) have complained (complain) about the number of people living on the streets. I think he (7) finally realised (realise) how serious the problem is. We’re meeting later on to discuss how to raise the money.

Billy: I’ll come, too. We (8) have worried (worry) about this problem for ages!

4 The words in bold are wrong. Write the correct words.

1 This house,  where has got a rooftop garden, is extremely expensive.
2 That’s the girl  whom won the scholarship to study abroad.
3 The botanical garden,  which there is a huge variety of tropical plants, is on the outskirts of the city.
4 Can you please tell me the time  which the library opens?
5 I know the lady  that son owns a pet tarantula.
6 The sports centre, in  where there’ll be many new facilities, should open by the end of the year.
5 Choose the correct answers.

1 Sam is ______ to go to the sports centre.
   a enough tired
   b too tired
   c tired enough

2 I’m not keen on the inner city. It’s just ______ for me.
   a noisy enough
   b too noisy
   c enough noisy

3 There aren’t any big animals in the country park.
   It is ______.
   a not large enough
   b too large
   c small enough

4 My neighbourhood is dull as there ______.
   a aren’t enough facilities
   b are too many facilities
   c are enough facilities

5 You’ll easily get into the local university.
   You’re ______.
   a too clever
   b clever enough
   c not clever enough

6 This river is ______ to swim in. Let’s go to the swimming pool.
   a polluted enough
   b enough polluted
   c too polluted

6 Complete the sentences with the past perfect continuous. Use the words in brackets.

1 Rosie and Clare ___________ had been talking ______ during yesterday’s lesson so they hadn’t heard about today’s test. (talk)

2 ___________ for long when the coach arrived? (you / practise)

3 The local community ___________ a new library before they ran out of money. (build)

4 We were exhausted last night. We ___________ the gardening all afternoon. (do)

5 ___________ for long before he found his way out of the maze? (Johnny / walk)

6 Mum ___________ for long before Dad got home. (not cook)

7 Sarah ___________ all day, so she was very tired. (study)

8 ___________ for long when she finally arrived? (you / wait)

7 Circle the correct words.

1 Before last night, I ______ watched / hadn’t been watching a 3D film on TV.

2 We ______ hiking / had been hiking all morning when we finally saw a café.

3 Had Mr Terry taught / Had Mr Terry been teaching for years before he decided to retire?

4 Until I saw Max bungee jump off the bridge, I ______ wanted / had never been wanting to try it myself.

5 Mrs Robinson ______ realised / had never been realising how dull the programme was.

6 Harriet and James got home late. They ______ tickets all evening.

7 Mum ______ cleaned / had been cleaning the house all day before the guests arrived.

8 ______ seeing / had seen that film before.
8 Complete the article with a, an, the or –.

PILATES

If you want to strengthen your muscles, Pilates is (1) great idea. It is (2) system of physical fitness, which has improved (3) lives of people all over (4) world.

People started practising (5) in (6) early twentieth century, when (7) gymnast Joseph Pilates invented the system.

His aim was to unite our body and mind, and therefore (8) lot of concentration is required. (9), basic aim of Pilates is to help you breathe properly and strengthen your muscles, making you feel healthier all round.

It really is worth (10) try, so why not give it a go!

9 Look at a project about the Old Town of Heidelberg. Choose the correct answers.

The Old Town of Heidelberg

The Old Town or Altstadt of Heidelberg is located on the southern side of (1) Neckar River. It is (2) beautiful town and many visitors walk through the maze of cobbled streets and admire the historical architecture. For example, the city hall, which (3) in its present form since 1701; the Haus zum Ritter, which is one of (4) oldest buildings in Heidelberg; and the Ruprecht Karls University, which dates back to the late 14th century, to name just a few.

Visitors can follow (5) Hauptstrasse, (6) is the city’s high street, all the way to the ruins of the famous Heidelberg Castle. They can also visit antique shops, art galleries, trendy boutiques and department stores. Or they can just enjoy the view sitting at one of the many cafés. The Café Knoesel was opened in 1863 and (7) popular. It is famous for its delicious chocolate praline.

Locals and visitors alike can enjoy the various events that take place during the year, such as the Heidelberg Castle Festival, which has fascinating theatrical productions and open-air events, and the Heidelberg Autumn Fair, (8) people can try local specialities.

1 a – b a c the
2 a – b a c the
3 a exists b has existed c had existed
4 a – b a c the
5 a – b a c the
6 a that b where c which
7 a will be b has always been c have always been
8 a that b which c where

10 Now it’s your turn to do a project about a town. Find or draw a picture of the town and write about it.