



Nik is afraid of lifts, so since he moved into a flat on the 21st floor recently, he has had to climb 21 flights of stairs every day to get home. He also has to walk down 21 flights so that he can get to work or go to the shops.

When he first moved into his flat, it took him 20 minutes to climb the stairs. But his daily stair-climbing has been great for getting fit. He now runs from the ground floor to his front door in just under three minutes.

In fact, Nik is now in such great shape that he's entered his first international tower running race. He will be running up 10,000 steps in the company of professional athletes, in order to put his stair-running fitness to the test.

Presentation

Expressing purpose

To give the reason for doing something (purpose), we use *to*, *in order (not) to* and *so as (not) to* + infinitive.

*I walk up 21 flights of stairs **to get** home.*

*He walks up the stairs **in order not to** take the lift.*

We use *for* to describe the function or use of a thing. We can use *for* + noun or *for* + -ing.

*Walking up the stairs is great **for fitness**.*

*Walking up the stairs is great **for getting fit**.*

We can also use *so that* and *in order that* + clause (subject + verb) to give the reason for doing something. We often use *can*, *could*, *will*, *would* or *should* in the *that* clause.

*He walks down 21 flights **so that** he can get to the shops.*

*He will be competing with athletes **in order that** he **can** put his fitness to the test.*

Expressing result

We use *so ... that* and *such ... that* to express the result of an action. We use:

- **so** before an adjective
*He's **so fit** that he's entered a running competition.*
- **such** before a noun phrase
*He's in **such great shape** that he's entered a running competition.*

Note that we use **such** before a noun phrase even if the noun phrase starts with an adjective. However, when the noun phrase begins with the determiners *much*, *many*, *little* or *few* before a noun, we use *so* rather than *such*.

*It took him **so much time** to get down the stairs that he was always late for work.*

Exercises

1 Match the two halves of the sentences.

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|---|---|
| 1 This fitness machine is <u>d</u> | a that I can go for a run. |
| 2 I run on this machine to | b great shape that I'm going to enter a marathon. |
| 3 I go to the gym every week in order | c improve my fitness. |
| 4 I get up early every morning so | d for building arm muscles. |
| 5 I've gone on a diet in | e order to lose some weight. |
| 6 I've lost so much | f not to put on weight. |
| 7 I'm in such | g weight that I've had to buy new clothes. |

2 Complete the sentences with one word.

- I signed up for a course in to learn Chinese.
- This is a useful website finding out about languages.
- My parents got up early that they could catch their flight.
- They had been away for a long time that we didn't recognize them.
- I sent you my location in order you can find my flat.
- He has much free time that he doesn't know what to do!
- It's been such bad weather we've cancelled the match.
- Put this in your bag in order to lose it.

3 Choose the correct word in *italics*. Both answers are possible in two sentences.

- They closed the road *in order to* / *in order that* fix it.
- These scissors are *so that* / *for* cutting hair.
- You need to fill in this form *to* / *in order to* apply for the job.
- The shop remained closed for four days *so that* / *in order to* they could redecorate.
- I haven't practised the guitar for *so* / *such* a long time that I need to begin again.
- They have *so money* / *so much money* that they can afford to buy a new car.
- This politician is *so* / *such* good that I'm going to vote for her again.
- I downloaded an app *in order to* / *in order that* learn Spanish.
- They went to the park *for* / *such* a walk.
- I got a brand new TV *so that* / *in order that* I can watch the world cup!