

Grammar – Present Perfect Simple vs. Present Perfect Continuous

Choose the correct option to complete the sentence:

“I ____ (go) mountain biking in Baños several times, and I ____ (train) for this adventure for three months now.”

- a) have gone / have been training
- b) went / trained
- c) have been going / have trained
- d) go / am training

Choose the correct option:

“If I ____ more experience, I would try skydiving.”

“If I had worn a helmet, I ____ hurt my head.”

- a) had / wouldn't hurt
- b) have / wouldn't have hurt
- c) had / wouldn't have hurt
- d) have had / won't hurt

Vocabulary – Extreme Sports in Ecuador

Which of the following activities is **not** considered an extreme sport in Ecuador?

- a) Bungee jumping
- b) Canyoning
- c) Paragliding
- d) Sightseeing

Choose the best option to complete the sentence:

“When you go camping, you should always bring a ____ to sleep in, and a ____ to keep you dry.”

- a) sleeping bag / tent
- b) hammock / umbrella
- c) backpack / mat
- d) pillow / sunscreen