



present perfect continuous

We use the **present perfect continuous** to talk about unfinished activities that started in the past and are still in progress in the present:

I've **been working** in London since last year.

I don't know many people in this city. I **haven't been living** here for very long.

We can use the **present perfect continuous** to

focus on a recent activity. It is not important if the activity is finished or unfinished:

She'll be ready. She's **been studying** very hard.

(We are interested in the activity of studying.)

His clothes smell. **Has he been smoking?**

We often use the **present perfect continuous** to say *how long*:

I've **been writing** for two hours.

How long **have you been standing** there?

I **haven't been watching** television for very long.

Dialogue

A: I've **been living** here for about a year.

B: Really? How many new friends **have you made**?

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Practice 1 - Present perfect simple

What have you done since last week? Write true sentences about yourself using the present perfect simple, e.g. 'I have/haven't been to a concert.'

1. go to a concert
2. visit another city
3. eat sushi
4. read a book
5. go shopping
6. review my English lessons



3 Practice 2 - Present perfect continuous

Play the video file or scan the code on the right with your mobile device. Write a sentence about each clip using the present perfect continuous.

- bake cookies**
- cycle in the forest**
- rain all morning**
- argue with someone**
- swim in the sea**
- walk in the park**
- work out in the gym**



1. She 's been arguing with someone.
2. She
3. It
4. They
5. They
6. He
7. They

Study the example and complete the questions using the present perfect continuous and the verbs below:

Tanya looks very sad. Has she been crying?

- diet**
- drink**
- eat**
- fight**
- run**
- see**
- sleep**
- sunbathe**

1. The dog looks exhausted. _____ in the park?
2. James looks tired these days. _____ late?
3. You look very tanned today. _____ in the garden?
4. Joseph looks drunk. _____ again?
5. Sonia looks very happy these days. _____ somebody?
6. The couple seem upset with each other. _____ again?
7. Your mouth looks filthy. _____ chocolate?
8. Alison is much slimmer these days. _____ ?

4 Practice 3 - Simple vs. continuous

Cross out the incorrect structure to complete the following sentences:

1. I love Paris. I've visited/I've been visiting the city three times this year.
2. Carlos is currently a student. He's been studying/He's studied in London for nearly two years.
3. Alison is very excited. This is the first time she's ever travelled/she's ever been travelling abroad.
4. Joseph seems very stressed. I think he's been working/he's worked too much lately.
5. Have you seen/Have you been seeing my dictionary anywhere? I need it to do my homework.
6. I've emailed/I've been emailing Jack five times since last week. So far, he hasn't replied/he hasn't been replying.
7. Brazil have won/have been winning the world cup six times.
8. I haven't seen/haven't been seeing you for ages! What have you done/have you been doing with yourself?