

Present Perfect Continuous (I have been doing) - Summary

The present perfect continuous is formed with **have/has + been + verb (-ing)** and is used for:

1. Actions that have just stopped or have a present result:

- *You're out of breath. Have you been running? (You're out of breath now.)*
- *He's been working very hard. (He is tired now.)*

2. Actions that started in the past and are still happening:

- *It has been raining for two hours. (It started two hours ago and is still raining.)*
- *How long have you been learning English?*

3. Repeated actions over a period of time:

- *She's been playing tennis since she was eight.*
- *They've been going there for years.*

4. To stress out how long is action on progress or was in progress (if it has just finished)

- *I've been learning English since school.*
- *She has been cleaning that room for three hours.*

Comparison with Present Continuous

- **Present Continuous (I am doing) → Describes actions happening right now.**
 - *I'm working now.*
 - *It's raining.*
- **Present Perfect Continuous (I have been doing) → Describes actions that started in the past and continue or have a recent effect.**
 - *I've been working hard. Now I'm taking a break.*
 - *It has been raining. (The ground is wet.)*

Write a question for each situation.

1. You meet Paul as he is leaving the swimming pool.
You ask: (you / swim?)
Have you been swimming?
2. You have just arrived to meet a friend who is waiting for you.
You ask: (you / wait / long?)
3. You meet a friend in the street. His face and hands are very dirty.
You ask: (what / you / do?)

4. A friend of yours is now working in a shop. You want to know how long.
You ask: (how long / you / work / there?)

5. A friend tells you about his job – he sells mobile phones. You want to know how long.
You ask: (how long / you / sell / mobile phones?)

Read the situations and complete the sentences.

1. It's raining. The rain started two hours ago.
It's been raining for two hours.
2. We are waiting for the bus. We started waiting 20 minutes ago.
We _____ for 20 minutes.
3. I'm learning Spanish. I started classes in December.
I _____ since December.
4. Jessica is working in a supermarket. She started working there on 18 January.
_____ since 18 January.
5. Our friends always spend their holidays in Italy. They started going there three years ago.
_____ for years.

Put the verb into the present continuous (I am -ing) or present perfect continuous (I have been -ing).

1. *Maria has been learning* (Maria / learn) English for two years.
2. Hello, Tom. _____ (I / look) for you. Where have you been?
3. Why _____ (you / look) at me like that? Stop it!
4. Linda is a teacher. _____ (she / teach) for ten years.
5. _____ (I / think) about what you said and I've decided to take your advice.
6. 'Is Paul on holiday this week?' 'No, _____ (he / work).'
7. Sarah is very tired. _____ (she / work) very hard recently.