

PRESENT PERFECT

CONTINUOUS

Actions that started in the past and continue in the present.

FORMULA

have / has + been + verb-ing

- ✓ I **have been** studying.
- ✓ She **has been** working.
- ✓ They **have been** waiting.

TIME EXPRESSIONS



FOR

+ a period of time

- for two hours
- for three days
- for a week
- for a long time

SINCE

+ a starting point

- since Monday
- since 8 o'clock
- since January

EXAMPLES



I **have been**
studying
all morning.



She **has been**
working here
since March.



They **have been**
practicing English
for two hours.



He **has been**
playing the guitar
since he was a child.

PRACTICE!



Complete the sentences with the Present Perfect Continuous.

- 1 I _____ (study) English for two hours.
- 2 She _____ (work) here since May.
- 3 They _____ (wait) for the bus for 20 minutes.
- 4 He _____ (play) soccer all afternoon.
- 5 We _____ (live) in this city since 2021.



REMEMBER!

We use the Present Perfect Continuous to focus on the **action** and **how long** it has been happening.