

Exercise 9

Read the information. Then choose the correct verb form (present perfect simple or present perfect continuous) to complete the sentences.

We often use the **present perfect simple**:

- to talk about our experiences in our lives up to now. We can use words like *ever* and *never* to talk about experiences
- with state verbs (e.g. *know*, *like*) to measure time up to now. We can use words like *for* and *since* to measure time with state verbs
- to talk about progress through a list of plans / steps. We can use words like *already* and *yet* to talk about progress
- to talk about news – things that the other person doesn't know yet. We can use words like *just* to talk about news
- to talk about the present results of a completed past event. We can use words like *because* and *so* to talk about the present results of past events.

We often use the **present perfect continuous**:

- with action verbs (e.g. *wait*, *talk*) to measure time up to now. We can use words like *for* and *since* to measure time with action verbs
- to talk about the present results of a past process – something that happened over a period of time, without a clear start / finish. We can use words like *because* and *so* to talk about the present results of past processes
- to talk about recent habits – something that is happening a lot. We can use words like *lately* and *recently* to talk about recent habits.

1. We 've been walking/'ve walked around museums and castles all day, so we're all really tired.
2. We 've been/'ve been going to Russia a few times, but only to Moscow and St. Petersburg.
3. How long have you been having/have you had that suitcase? It looks quite old.
4. How long have you been travelling/ have you travelled ? You look exhausted!
5. I 've been reading/ 've read a lot of travel blogs recently. I've been trying to find ideas for my next trip.
6. We've decided to go to Canada next year, but we haven't been booking/ haven't booked our flights yet.

