

EXPLANATION SHEET: Present Perfect Continuous

1. Form

Subject + have / has + been + verb-ing

Examples:

- I **have been studying**.
- She **has been cooking**.
- They **have been working** all day.

Negative form:

- I **have not been working**.
- He **has not been sleeping** well.

Questions:

- **Have you been waiting** long?
- **Has she been learning** German?

2. When do we use the Present Perfect Continuous?

We use the Present Perfect Continuous when:

1 an action **started in the past and is still continuing**

- She has been studying for three hours.

2 an action **started in the past and has just finished**, and the result is visible now

- He is tired because he has been running.

3 we want to **emphasise the duration** of an action

- We have been living here since 2022.

3. Signal words (time expressions)

Common signal words:

- **for** (for two hours)

- **since** (since Monday)
- **all day / all morning / all week**
- **lately / recently**

Example:

- I have been working **since** 8 o'clock.

4. Present Perfect vs. Present Perfect Continuous

Present Perfect	Present Perfect Continuous
focus on result	focus on duration
I have written five emails.	I have been writing emails all morning.
action finished	action continuing or just finished

5. Common mistakes (German learners)

- ✗ She has been **study** English. ✓ She has been **studying** English.
- ✗ I am been working here. ✓ I **have been working** here.
- ✗ He has been working **since two hours**. ✓ He has been working **for two hours**.

6. Quick check

Choose the correct sentence:

1. a) She has been cook dinner. b) She has been cooking dinner.
2. a) We have been living here since 2021. b) We are been living here since 2021.