

**Exercise 1: Fill in the blanks with the correct form of the present perfect continuous or present perfect simple tense of the verbs in brackets.**

1. She \_\_\_\_\_ (work) at this company for five years. (Present Perfect Simple)
2. They \_\_\_\_\_ (wait) for the bus for over an hour. (Present Perfect Continuous)
3. We \_\_\_\_\_ (visit) Paris twice. (Present Perfect Simple)
4. \_\_\_\_\_ you \_\_\_\_\_ (study) for the exam all morning? (Present Perfect Continuous)
5. He \_\_\_\_\_ (finish) his homework. (Present Perfect Simple)
6. It \_\_\_\_\_ (rain) since yesterday evening. (Present Perfect Continuous)
7. Mary \_\_\_\_\_ (learn) how to play the piano. (Present Perfect Simple)
8. How long \_\_\_\_\_ you \_\_\_\_\_ (learn) how to play the piano? (Present Perfect Continuous)
9. They \_\_\_\_\_ (live) in New York for ten years. (Present Perfect Simple)
10. She \_\_\_\_\_ (wait) for her friend since 3 o'clock. (Present Perfect Continuous)

**Exercise 2: Rewrite the sentences using either the present perfect continuous or present perfect simple tense.**

1. I have been reading this book for two hours. - I \_\_\_\_\_ this book for two hours. (Present Perfect Simple)
2. They have been playing football since morning. - They \_\_\_\_\_ football since morning. (Present Perfect Continuous)
3. She has learned how to play the piano. - She \_\_\_\_\_ how to play the piano. (Present Perfect Simple)
4. We have been waiting for the train for half an hour. - We \_\_\_\_\_ for the train for half an hour. (Present Perfect Continuous)
5. He has finished his studies at university. - He \_\_\_\_\_ his studies at university. (Present Perfect Simple)
6. They have been studying English for six months. - They \_\_\_\_\_ English for six months. (Present Perfect Continuous)
7. I have visited three different countries this year. - I \_\_\_\_\_ three different countries this year. (Present Perfect Simple)
8. How long have you been waiting here? - How long \_\_\_\_\_ here? (Present Perfect Continuous)
9. She has worked at the company since January. - She \_\_\_\_\_ at the company since January. (Present Perfect Simple)
10. It has been raining since morning. - It \_\_\_\_\_ since morning. (Present Perfect Continuous)

**Exercise 3: Complete the sentences with either the present perfect continuous or present perfect simple tense of the verbs in brackets.**

1. We \_\_\_\_\_ (study) English for the past six months. (Present Perfect Continuous)
2. Have you \_\_\_\_\_ (see) that movie before? (Present Perfect Simple)
3. He \_\_\_\_\_ (wait) for his friend for an hour. (Present Perfect Continuous)
4. They \_\_\_\_\_ (travel) to Europe twice. (Present Perfect Simple)
5. How long \_\_\_\_\_ you \_\_\_\_\_ (learn) how to play the guitar? (Present Perfect Continuous)
6. She \_\_\_\_\_ (work) at the company for five years. (Present Perfect Simple)
7. It \_\_\_\_\_ (rain) since yesterday evening. (Present Perfect Continuous)
8. I \_\_\_\_\_ (finish) my work for today. (Present Perfect Simple)
9. \_\_\_\_\_ you \_\_\_\_\_ (study) for the exam all morning? (Present Perfect Continuous)
10. They \_\_\_\_\_ (live) in this city since 2010. (Present Perfect Simple)

**Exercise 4: Choose the correct option to complete each sentence with the present perfect continuous or present perfect simple tense.**

1. My friend \_\_\_\_\_ (already / leave) for his vacation. (Present Perfect Simple)
2. They \_\_\_\_\_ (study / have been studying) French for three months. (Present Perfect Continuous)
3. John \_\_\_\_\_ (not stop / has not stopped) talking about his trip. (Present Perfect Continuous)
4. \_\_\_\_\_ you \_\_\_\_\_ (wait / have been waiting) for a long time? (Present Perfect Continuous)
5. She \_\_\_\_\_ (not exercise / has not been exercising) regularly. (Present Perfect Continuous)
6. We \_\_\_\_\_ (play / have been playing) tennis for hours. (Present Perfect Continuous)
7. It \_\_\_\_\_ (not rain / has not been raining) much lately. (Present Perfect Continuous)
8. How long \_\_\_\_\_ you \_\_\_\_\_ (work / have been working) on this project? (Present Perfect Continuous)
9. They \_\_\_\_\_ (not practice / have not been practicing) the piano much. (Present Perfect Continuous)
10. He \_\_\_\_\_ (live / has been living) in this city since childhood. (Present Perfect Simple)

**Exercise 5: Write five sentences using the present perfect continuous and five using the present perfect simple to describe your experiences and actions.**

Your answers will vary depending on your personal experiences.

**Exercise 1: Fill in the blanks with the correct form of the present perfect continuous or present perfect simple tense of the verbs in brackets.**

1. She has worked at this company for five years. (Present Perfect Simple)
2. They have been waiting for the bus for over an hour. (Present Perfect Continuous)
3. We have visited Paris twice. (Present Perfect Simple)
4. Have you been studying for the exam all morning? (Present Perfect Continuous)
5. He has finished his homework. (Present Perfect Simple)
6. It has been raining since yesterday evening. (Present Perfect Continuous)
7. Mary has learned how to play the piano. (Present Perfect Simple)
8. How long have you been learning how to play the piano? (Present Perfect Continuous)
9. They have lived in New York for ten years. (Present Perfect Simple)
10. She has been waiting for her friend since 3 o'clock. (Present Perfect Continuous)

**Exercise 2: Rewrite the sentences using either the present perfect continuous or present perfect simple tense.**

1. I have been reading this book for two hours. - I have read this book for two hours. (Present Perfect Simple)
2. They have been playing football since morning. - They have been playing football since morning. (Present Perfect Continuous) [No change]
3. She has learned how to play the piano. - She has learned how to play the piano. (Present Perfect Simple) [No change]
4. We have been waiting for the train for half an hour. - We have been waiting for the train for half an hour. (Present Perfect Continuous) [No change]
5. He has finished his studies at university. - He has finished his studies at university. (Present Perfect Simple) [No change]
6. They have been studying English for six months. - They have been studying English for six months. (Present Perfect Continuous) [No change]
7. I have visited three different countries this year. - I have visited three different countries this year. (Present Perfect Simple) [No change]
8. How long have you been waiting here? - How long have you been waiting here? (Present Perfect Continuous) [No change]
9. She has worked at the company since January. - She has worked at the company since January. (Present Perfect Simple) [No change]
10. It has been raining since morning. - It has been raining since morning. (Present Perfect Continuous) [No change]

**Exercise 3: Complete the sentences with either the present perfect continuous or present perfect simple tense of the verbs in brackets.**

1. We have been studying English for the past six months. (Present Perfect Continuous)
2. Have you seen that movie before? (Present Perfect Simple)
3. He has been waiting for his friend for an hour. (Present Perfect Continuous)
4. They have traveled to Europe twice. (Present Perfect Simple)
5. How long have you been learning how to play the guitar? (Present Perfect Continuous)
6. She has worked at the company for five years. (Present Perfect Simple)
7. It has been raining since yesterday evening. (Present Perfect Continuous)
8. I have finished my work for today. (Present Perfect Simple)
9. Have you been studying for the exam all morning? (Present Perfect Continuous)
10. They have lived in this city since 2010. (Present Perfect Simple)

**Exercise 4: Choose the correct option to complete each sentence with the present perfect continuous or present perfect simple tense.**

1. My friend has already left for his vacation. (Present Perfect Simple)
2. They have been studying French for three months. (Present Perfect Continuous)
3. John has not stopped talking about his trip. (Present Perfect Continuous)
4. Have you been waiting for a long time? (Present Perfect Continuous)
5. She has not been exercising regularly. (Present Perfect Continuous)
6. We have been playing tennis for hours. (Present Perfect Continuous)
7. It has not been raining much lately. (Present Perfect Continuous)
8. How long have you been working on this project? (Present Perfect Continuous)
9. They have not been practicing the piano much. (Present Perfect Continuous)
10. He has been living in this city since childhood. (Present Perfect Simple)

**Exercise 5: Write five sentences using the present perfect continuous and five using the present perfect simple to describe your experiences and actions.**