

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 ten years. (Present Perfect Simple)
2. They _____ (wait) for the results since morning. (Present Perfect Continuous)
3. We _____ (visit) three different countries. (Present Perfect Simple)
4. _____ you _____ (study) for the exam all week? (Present Perfect Continuous)
5. He _____ (finish) his project. (Present Perfect Simple)
6. It _____ (rain) heavily for the past two days. (Present Perfect Continuous)
7. Mary _____ (learn) how to swim. (Present Perfect Simple)
8. How long _____ you _____ (learn) how to swim? (Present Perfect Continuous)
9. They _____ (live) in this city for five years. (Present Perfect Simple)
10. She _____ (wait) for her friends since morning. (Present Perfect Continuous)

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

1. I have been writing this essay for three hours. - I _____ this essay for three hours. (Present Perfect Simple)
2. They have been playing video games all day. - They _____ video games all day. (Present Perfect Continuous)
3. She has already learned how to ride a bike. - She _____ how to ride a bike. (Present Perfect Simple)
4. We have been waiting for the bus for half an hour. - We _____ for the bus for half an hour. (Present Perfect Continuous)
5. He has completed his assignment. - He _____ his assignment. (Present Perfect Simple)
6. They have been studying Spanish for two months. - They _____ Spanish for two months. (Present Perfect Continuous)
7. I have visited Paris once. - I _____ Paris once. (Present Perfect Simple)
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 _____ 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. They _____ (travel) to different countries. (Present Perfect Simple)
2. How long _____ you _____ (wait) for the train? (Present Perfect Continuous)
3. She _____ (work) here for five years. (Present Perfect Simple)
4. We _____ (study) for the exam for hours. (Present Perfect Continuous)
5. He _____ (already / eat) lunch. (Present Perfect Simple)
6. It _____ (rain) for days. (Present Perfect Continuous)
7. Mary _____ (learn) how to play the guitar. (Present Perfect Simple)
8. How long _____ you _____ (learn) how to play the guitar? (Present Perfect Continuous)
9. They _____ (know) each other since childhood. (Present Perfect Simple)
10. She _____ (wait) for her friends for over an hour. (Present Perfect Continuous)

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 for five years. (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.

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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 ten years. (Present Perfect Simple)
2. They have been waiting for the results since morning. (Present Perfect Continuous)
3. We have visited three different countries. (Present Perfect Simple)
4. Have you been studying for the exam all week? (Present Perfect Continuous)
5. He has finished his project. (Present Perfect Simple)
6. It has been raining heavily for the past two days. (Present Perfect Continuous)
7. Mary has learned how to swim. (Present Perfect Simple)
8. How long have you been learning how to swim? (Present Perfect Continuous)
9. They have lived in this city for five years. (Present Perfect Simple)
10. She has been waiting for her friends since morning. (Present Perfect Continuous)

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

1. I have been writing this essay for three hours. - I have written this essay for three hours. (Present Perfect Simple)
2. They have been playing video games all day. - They have been playing video games all day. (Present Perfect Continuous) [No change]
3. She has already learned how to ride a bike. - She has learned how to ride a bike. (Present Perfect Simple)
4. We have been waiting for the bus for half an hour. - We have been waiting for the bus for half an hour. (Present Perfect Continuous) [No change]
5. He has completed his assignment. - He has completed his assignment. (Present Perfect Simple) [No change]
6. They have been studying Spanish for two months. - They have been studying Spanish for two months. (Present Perfect Continuous) [No change]
7. I have visited Paris once. - I have visited Paris once. (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. They have traveled to different countries. (Present Perfect Simple)
2. How long have you been waiting for the train? (Present Perfect Continuous)
3. She has worked here for five years. (Present Perfect Simple)
4. We have been studying for the exam for hours. (Present Perfect Continuous)
5. He has already eaten lunch. (Present Perfect Simple)
6. It has been raining for days. (Present Perfect Continuous)
7. Mary has learned how to play the guitar. (Present Perfect Simple)
8. How long have you been learning how to play the guitar? (Present Perfect Continuous)
9. They have known each other since childhood. (Present Perfect Simple)
10. She has been waiting for her friends for over an hour. (Present Perfect Continuous)

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 for five years. (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.