**Grammar explanation**

We use both the **present perfect simple** (*have* or *has* + past participle) and the **present perfect continuous** (*have* or *has* + *been* + *-ing* form) to talk about past actions or states which are still connected to the present.

| Present perfect simple | Present perfect continuous |
| --- | --- |
| **Focuses on the result** | **Focuses on the activity** |
| *You've cleaned the bathroom! It looks lovely!* | *I've been gardening. It's so nice out there.* |
| **Says 'how many'** | **Says 'how long'** |
| *She's read ten books this summer.* | *She's been reading that book all day.* |
| **Describes a completed action** | **Describes an activity which may continue** |
| *I've written you an email.* | *I've been writing emails.* |
|  | **When we can see evidence of recent activity** |
|  | *The grass looks wet. Has it been raining?* *I know, I'm really red. I've been running!* |

**Focusing on result or activity**

The present perfect simple usually focuses on the result of the activity in some way, and the present perfect continuous usually focuses on the activity itself in some way.

**Ongoing states and actions**

We often use *for*, *since* and *how long* with the present perfect simple to talk about ongoing states.

*How long have you known each other?  
We've known each other since we were at school.*

We often use *for*, *since* and *how long* with the present perfect continuous to talk about ongoing single or repeated actions.

*How long have they been playing tennis?  
They've been playing tennis for an hour.  
They've been playing tennis every Sunday for years.*

Sometimes the present perfect continuous can emphasise that a situation is temporary.