

## Present Perfect Continuous



### Duration

E.g. I have been picking strawberries since this morning.

## Present Perfect



### Frequency / Number

E.g. I have picked 5 basketfuls of strawberries already.



### Action in Progress related to the present

E.g. I have been swimming for more than 3 hours and so I am really tired.



### Completed action related to the present

E.g. I have finished the swimming class and so I am really exhausted.