



Present Continuous v Present Perfect Continuous

The present continuous and present perfect continuous tenses have almost exactly the same meaning. The only difference is the focus in the tense.

Present Continuous	Present Perfect Continuous
Focus on the activity still happening now, the present result of the action <i>I'm studying to become a doctor</i>	Past event impacts present <i>It's been raining all morning and it's flooded my garden</i>
Right now <i>I'm teaching you</i>	Recent past event <i>We've been swimming a lot recently</i> *Regularly
Future events <i>My mum is visiting me on Sunday</i>	Temporary situation <i>I've been watching the news a lot recently</i> *Temporary, short-term events
Change in state <i>The children are growing up so quickly</i>	Unfinished duration of time <i>I've been learning English for 10 years</i> *Assume the event isn't finished yet *Focus is on the time/duration
Before and after <i>At 7am, I'm normally having a shower</i>	
Life experience <i>I have visited France before</i>	