

--- PRESENT PERFECT CONTINUOUS ΠΑΡΑΚΕΙΜΕΝΟΣ ΔΙΑΡΚΕΙΑΣ

I have been working (έχω...κάποια ώρα που δουλεύω)  
you have been working  
he / she / it has been working  
we have been working  
you have been working  
they have been working

Have I been working?  
have you been working?  
has he/she/it been working?  
have we / you / they been working?

I have not been working. I haven't been working  
he / she / it has not been working. He / she / it hasn't been working

Αυτός ο χρόνος δεν υπάρχει στα Ελληνικά και έτσι είναι δύσκολο να τον κατανοήσουμε. Ας υποθέσουμε ότι είναι 10 το πρωί, ότι βρισκόμαστε στο γραφείο μας στο οποίο πήγαμε από τις 8 και δουλεύουμε από εκείνη την ώρα. Εάν έρθει κάποιος θα του πούμε: 'ΕΧΩ από τις 8 ΠΟΥ ΔΟΥΛΕΥΩ' ή 'ΔΟΥΛΕΥΩ από τις 8'. Αυτή η έκφραση δείχνει κάτι που ΑΡΧΙΣΕ ΣΤΟ ΠΑΡΕΛΘΟΝ(στις 8)ΣΥΝΕΧΙΖΕΤΑΙ ΤΩΡΑ (στις 10) και ίσως συνεχιστεί και αργότερα (μπορεί να δουλέψουμε μέχρι τις 2 το μεσημέρι)

Τότε θα πούμε "I have been working since 8 o'clock."

**Ο present perfect continuous χρησιμοποιείται για να δώσουμε έμφαση στη διάρκεια μιας πράξης που άρχισε στο παρελθόν και συνεχίζεται στο παρόν, κυρίως με χρονικές εκφράσεις όπως**

**for, since,  
all morning/day/  
week κλπ.**

My mother has been talking on the phone all day. Η μητέρα μου έχει όλη την ημέρα που μιλάει στο τηλ.

**Ο present perfect continuous χρησιμοποιείται επίσης για μια πράξη που άρχισε στο παρελθόν και είχε ορισμένη διάρκεια. Το αποτέλεσμα της πράξης είναι ορατό στο παρόν.**

**He is dirty. He has been playing football.**  
(Έπαιζε ποδόσφαιρο γι' αυτό είναι τα ρούχα του βρώμικα.)



**It doesn't matter if the whole action is finished or not  
Δεν έχει σημασία αν η πράξη τελείωσε ή όχι.**

**The result of the action is UNWANTED, and it's something we can see, hear, smell or feel. Το αποτέλεσμα της πράξης είναι ΑΝΕΠΙΘΥΜΗΤΟ, και είναι κάτι που μπορούμε να δούμε να ακούσουμε, να μυρίσουμε ή να αισθανθούμε.**

**I've been eating dinner, so there are plates all over the table.**

**She has been doing her homework, so she's tired.**

ΣΥΓΚΡΙΣΗ ΑΠΛΟΥ ΠΑΡΑΚΕΙΜΕΝΟΥ ΚΑΙ ΠΑΡΑΚΕΙΜΕΝΟΥ ΔΙΑΡΚΕΙΑΣ.  
COMPARISON OF PRESENT PERFECT AND PRESENT PERFECT CONTINUOUS

Present perfect simple

**Focuses on the RESULT of an action that HAS FINISHED.**

**Επικεντρώνεται (δίνει έμφαση στο) ΑΠΟΤΕΛΕΣΜΑ μιας πράξης που ΕΧΕΙ ΤΕΛΕΙΩΣΕΙ.**

*The present perfect simple is often used when we're talking about **how much of something** or **how many things have finished or have been used.***

*You've cleaned the bathroom! It looks lovely! Εχεις καθαρίσει το μπάνιο (η πράξη τελείωσε-ΑΠΟΤΕΛΕΣΜΑ)*  
*She's read ten books this summer. (ΑΠΟΤΕΛΕΣΜΑ – HOW MANY?--TEN BOOKS)*

*She's drunk three cups of coffee this morning. (HOW MANY? 3 CUPS OF COFFEE)*

*I've written you 2 emails.*

*DESIRED RESULT of an action that has finished. (ΕΠΙΘΥΜΗΤΟ ΑΠΟΤΕΛΕΣΜΑ μιας πράξης που τελείωσε)*

*I have washed the car. (Result: The car is clean now.)*

*I've made a cake. It's delicious!*

*I've eaten dinner, so let's go out.*

*She's done all her homework, so she can relax this evening.*

Present perfect continuous

**Focuses on the DURATION of an activity which may continue**

**Δίνει έμφαση στη ΔΙΑΡΚΕΙΑ μιας δραστηριότητας που ίσως συνεχιστεί.**

*It is used when talking about **how long** something has been going on.*

*She has been cleaning since 8 o'clock. Εχει από τις 8 που καθαρίζει. (η πράξη συνεχίζεται -έμφαση στη ΔΙΑΡΚΕΙΑ)*  
*She's been reading that book all day. I've been gardening for 2 hours. It's so nice out there. (HOW LONG? FOR 2 HOURS)*

***I've been writing emails all morning.***

*UNWANTED RESULT OF an action that may continue (ΑΝΕΠΙΘΥΜΗΤΟ ΑΠΟΤΕΛΕΣΜΑ μιας πράξης που ίσως συνεχιστεί.*

*Why are you so wet? - I have been washing the car. (Unwanted result: I became wet when I was washing the car. It does not matter whether the car is clean now.)*

*I've been making a cake, that's why the kitchen is such a mess.*

*I've been eating dinner, so there are plates all over the table.*

*She's been doing her homework, so she's tired.*

**Δεν χρησιμοποιούμε Παρακείμενο διαρκείας με ρήματα ΚΑΤΑΣΤΑΣΗΣ**

~~**I have been knowing John for 10 years.**~~

**I have known John for 10 years.**

EXERCISE A. Present Perfect or Present Perfect Continuous?

1. \_\_\_\_\_ (they/arrive) already?
2. Lucy \_\_\_\_\_ (run) 2000 metres today.
3. I \_\_\_\_\_ (clean) all morning - I'm fed up!
4. How long \_\_\_\_\_ (you/know) Simon?

5. I \_\_\_\_\_ (drink) more water recently, and I feel better.
6. Sorry about the mess! I \_\_\_\_\_ (bake).
7. How many times \_\_\_\_\_ (you/take) this exam?
8. He \_\_\_\_\_ (eat) six bars of chocolate today.
9. He \_\_\_\_\_ (eat) chocolate bars all day.
10. Julie \_\_\_\_\_ (cook) dinner. Let's go and eat!
11. The students \_\_\_\_\_ (finish) their exams. They're very happy.
12. The baby's face is really dirty. What \_\_\_\_\_ (he/eat)?
13. Samantha is exhausted these days. She \_\_\_\_\_ (work) too hard recently.
14. Luke \_\_\_\_\_ (never/be) abroad.
15. I \_\_\_\_\_ (wait) three hours already!
16. \_\_\_\_\_ (you/finish) your homework yet?
17. How long \_\_\_\_\_ (you/be) a lawyer?
18. I \_\_\_\_\_ (read) your book all day. It's very interesting.
19. I \_\_\_\_\_ (finish) chapter 2 of your book.
20. She \_\_\_\_\_ (drink) ten glasses of water!
21. She \_\_\_\_\_ (drink) a lot of water lately.
22. I \_\_\_\_\_ (have) my car for twenty years.
23. Help, I \_\_\_\_\_ (lose) my wallet. How can I get home?

## KEY

1. Have they arrived
2. has run
3. have been cleaning
4. have you known
5. have been drinking
6. have been baking
7. have you taken
8. has eaten
9. has been eating
10. has cooked
11. have finished
12. has he been eating
13. has been working
14. has never been
15. have been waiting
16. Have you finished
17. have you been
18. have been reading
19. have finished
20. has drunk
21. has been drinking
22. have had
23. have lost