**Present Simple**

* facts or things which are generally true

Orang-utans eat bark, fruit and leaves.

The Earth doesn't move around the Moon.

Where do polar bears live?

* daily routines and habits

I work in that factory

I always have a shower in the morning.

* a permanent state or situation

She doesn't play the piano.

Do you live in Manchester?

**Present Continuous**

* a situation in progress or things which are happening now or around now

The boys are playing tennis in the park.

Paul isn't staying in Paris long.

Are you doing your report, Chris?

* future arrangements

They are picking me up at 7 a.m. tomorrow.

Are you coming to the party on Friday?

**Present perfect simple**

* recent action or situation which started at some time in the past

*The situation may also continue into the present or have a result in the present.*

The dogs are happy because she has just fed them.

Michael can't come with us because he hasn't renewed his passport.

Have you visited your grandparents lately?

* recent news

I have just bought a new car.

**Present perfect continuous**

* an action or situation that was in progress in the recent past

*The situation may also continue into the present or have a result in the present. We use the present perfect continuous, not the present perfect simple, to emhesise the duration of an action.*

I've been working in this office for six months. (I'm still working in the office.)

They've been behaving like this since they arrived.

What have you been doing since l saw you last?

She hasn't been working hard enough lately!

We often use the **present perfect simple** and**present perfect continuous** with **since**and **for**to talk about how long a situation has continued. We use **since**with the point of time when the activity started, for example *since Monday, since ten o' clock, since January, since l was a boy*.

We use **for**to talk about a period of time up to now, for example*for an hour, for two months, for a long time, for ages*.

We've been friends since we were twelve years old. I've been playing at the club since 2010.