**PRESENT TENSES**

 **Present Simple**

**Form**: Base form of the verb (add -s for third person singular).

* **Usage**:
	+ Regular actions or habits: "She drinks coffee every morning."
	+ Universal truths: "Water freezes at 0°C."
	+ Scheduled events: "The train leaves at 6 PM."

**2. Present Continuous (Present Progressive)**

**Form**: am/is/are + verb-ing.

* **Usage**:
	+ Actions happening right now: "He is reading a book."
	+ Temporary situations: "I am staying with a friend this week."
	+ Future arrangements: "We are meeting them tomorrow."

**3. Present Perfect**

**Form**: has/have + past participle.

* **Usage**:
	+ Actions that occurred at an unspecified time: "I have visited Paris."
	+ Actions with relevance to the present: "She has lost her keys."
	+ Life experiences: "They have never seen the ocean."

**4. Present Perfect Continuous**

**Form**: has/have been + verb-ing.

* **Usage**:
	+ Actions that started in the past and continue to the present: "I have been studying for three hours."
	+ Recently finished actions with present relevance: "He is tired because he has been working out."

**Summary Chart**

| **Tense** | **Structure** | **Example** |
| --- | --- | --- |
| Present Simple | Verb (s/es) | She plays soccer. |
| Present Continuous | am/is/are + verb-ing | They are watching a movie. |
| Present Perfect | has/have + past participle( -ed / 3η στήλη) | I have completed my homework. |
| Present Perfect Continuous | has/have been + ing | We have been waiting for an hour hour. |

**Key Points**

* Use the **Present Simple** for routines and facts.
* Use the **Present Continuous** for ongoing actions or future plans.
* Use the **Present Perfect** for experiences and actions with present relevance.
* Use the **Present Perfect Continuous** to emphasize the duration of an ongoing action.