Present PERFECT

esl-inventory.com

1 Unfinished time phrases

I **have been** to the gym twice *this week*.

2 'Timeless' life experiences

She **has been** to Japan twice in her life. *She's going again next week.*



Past SIMPLE

esl-inventory.com

1 Finished time phrases

I **went** to the gym twice *last week*.

2 Life experiences of a dead person

She **went** to Japan twice in her life. *She loved that country.*