The Present Perfect tense is used to talk about actions or events that started in the past and have a connection to the present. It is formed with the present tense of the auxiliary verb "have" (or "has" for the third person singular) and the past participle of the main verb.

Affirmative: Subject + have/has	+ past participle + complement
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Subject	Have/Has	Past Participle	Complement
I	have	finished	my homework
Не	has	traveled	to many countries
We	have	seen	that movie before
They	have	lived	here for five years

Negative: Subject + have/has + not + past participle + complement.

Subject	Have/Has	Not	Past Participle	Complement
I	have	not	seen	her today
She	has	not	visited	the museum yet
We	have	not	finished	the project
They	have	not	been	to the beach

Interrogative: Have/Has + subject + past participle + complement?

Have/Has	Subject	Past Participle	Complement
Have	you	studied	for the exam?
Has	she	read	that book?
Have	we	met	before?
Have	they	arrived	yet?

Usage:

To talk about past actions with no specific time mentioned:

I have visited London. (It's not clear when exactly in the past.)

They have tried the new restaurant. (The time of trying is not mentioned.)

To talk about experiences in life:

He has been to Paris. (He experienced Paris at some point in his life.)

Have you ever tried sushi? (Have you experienced eating sushi?)

To talk about actions that started in the past and continue in the present:

She has lived in this city for three years. (She started living here three years ago and is still living here now.)

We have worked on this project for two weeks. (We started working on the project two weeks ago and are still working on it.)

To talk about actions that have just happened, but the time is not specified: I have lost my keys. (Recently, but not mentioning exactly when.) They have finished the meeting. (Recently, but the exact time is not stated.)

Remember, the Present Perfect uses the auxiliary verb "have" or "has" with the past participle of the main verb. It's essential to understand the context and time frame of the action or event to use this tense correctly.