get carried away - захопитися (to become very excited or emotional)

get in touch - зв'язатися (to make contact)

get it - зрозуміти (to understand)

get on someone’s nerves - дратувати (to annoy someone)

get someone’s attention - привернути увагу (to attract someone's attention)

get some rest - відпочити (to rest)

get straight to the point - перейти до суті (to be concise and get to the main point)

get the feeling - відчувати (to have a sense or feeling about something)

get to do something - мати можливість зробити щось (to have the opportunity to do something)

get together - зустрітися (to meet with others socially)

The present perfect simple and present perfect continuous are two verb tenses that are used to talk about actions or events that started in the past and continue up to the present time. However, there are some differences in how these two tenses are used.

Present Perfect Simple: The present perfect simple is formed with the auxiliary verb "have" or "has" + past participle of the main verb. The present perfect simple is used to describe an action or event that started in the past and is still relevant or has a connection to the present. It is often used to describe actions that have been completed at an unspecified time before the present.

Examples:

* I have finished my homework. (The action is complete, and it has a connection to the present)
* He has been to Paris twice. (The action happened in the past, but it has a connection to the present)
* She has studied French for three years. (The action started in the past and is still ongoing)

Present Perfect Continuous: The present perfect continuous is formed with the auxiliary verb "have" or "has" + been + present participle of the main verb. It is used to describe an action or event that started in the past and is still ongoing at the present time. The present perfect continuous is often used to emphasize the duration or length of an action or event.

Examples:

* I have been studying all day. (The action started in the past and is still ongoing)
* He has been working out for two hours. (The action started in the past and is still ongoing)
* They have been living in New York for five years. (The action started in the past and is still ongoing)

In summary, the present perfect simple is used to describe completed actions with a connection to the present, while the present perfect continuous is used to describe ongoing actions that started in the past and are still happening at the present time.