Present Perfect
Form Subject + Auxiliary Have + Past Participle
Use An action that started in the past and continues to the present.
E.g She's studied English for five years / since 2009.
Use
An experience in your life: It is not important when it happened so the emphasis is on the action and not on the time.

Have you ever eaten casu marzu?

Definitely a unique gastronomic experience of life !!!
Use
An action in the past which has a consequence in the present.

He's broken his leg
binta
I've been to Stitch (es)