

Present Simple (long-term)

1) We use the present simple for **facts**:

- Sally speaks French and German.
- Water boils at 100° degrees.

2) and to talk about our **hobbies, timetables** and **things we do regularly**.

- We study maths on Monday morning.
- I often go swimming.
- The bus leaves at 4pm.

3) We usually use it with *like, love, hate, want, know, think, understand*.

- Do you like the film?
- Yes, but I don't understand the story.

Present Progressive (short-term)

1) We use the present progressive for **things that are happening now**.

- Jack is speaking to his dad on the phone right now.

2) and for **things that are happening around now, but not perhaps at the exact moment**.

- We are buying a new house at the moment.

3) and how life is **slowly changing (+trends)**

- Children are living at home longer these days.

**Signal words**

often, always, every day/week/month/year, sometimes, on Tuesdays, in the morning/afternoon/evening, at 9:30 pm,...

**Signal words**

now, this week/month/year, at the moment, these days, nowadays, still,...

We normally use the **present simple** for things that are **long-term** and the present progressive for things that are temporary or different from our normal lives.

- Every week, John **writes** about football. At the moment, he is writing a book on "Great American Golfers" too.

**Adverbs of frequency**

show us how often something happens. We often use adverbs of frequency with the **present simple**. "Do you always drive to work?"

We use adverbs of frequency:

* **before the main verb** "Penny never reads the paper on her way to work."

* **after the auxiliary verbs** *be, have, do* and **modal verbs** such as *can, will, must, etc.*

"Frank is often at the gym in the afternoon." "You can always count on me."