



## Presentation

### Simple present

Use the simple present to talk about ...

- facts and things that are always true:  
*The moon orbits the Earth once a day.* (= this is always true)
- things that are generally true:  
*I often have problems with my computer.* (= this is generally true)
- general tendencies and repeated situations:  
*It gets cold at this time of year.* (= every year)
- permanent situations:  
*Where does he live? He lives with his mom.*  
(= there's no plan to change this situation)

### Present continuous

Use the present continuous to talk about ...

- actions happening now:  
*I'm currently orbiting the Earth.* (= this is happening now)
- something that is happening now or around now:  
*I'm having lots of problems with my computer.* (= at the moment)
- changing situations:  
*It's getting colder.* (= at the moment)
- temporary or new situations:  
*Where is he living now? He's staying with friends.*  
(= for the moment, but this situation will change)

### Stative verbs

You usually use the simple present with verbs such as *be, like, believe, look, understand, and know*. These verbs describe states. You rarely use them in the present continuous form:

*I understand what you mean.* ✓

*I'm understanding what you mean.* ✗

### Time expressions and adverbs

You often use these adverbs and expressions with the simple present tense: *always, sometimes, every day, all the time*.

You often use these time expressions with the present continuous: *at the moment, currently, now, today*.

## Exercises

### 1 Choose the correct forms.

- 1 The Earth *has / is having* a population of 6.7 billion people.
- 2 The climate of the Earth *becomes / is becoming* warmer at the moment.
- 3 As you move toward the equator, the temperature *becomes / is becoming* warmer.
- 4 You live in France now but where *do you come / are you coming* from originally?
- 5 My family *lives / is living* in Nigeria for two years. After that we'll move to Alaska.
- 6 Sorry, I can't hear you because I *stand / 'm standing* on the platform at the train station.
- 7 The train *comes / is coming* into the station now. I'll be home in ten minutes.
- 8 This car *never starts / is never starting* in the winter.
- 9 How often *do you take / are you taking* a vacation?
- 10 *Do you understand / Are you understanding* what I'm saying?

### 2 Complete the article about an internet businessman. Use the simple present or present continuous forms of the verbs in parentheses.

#### A day in the life of Simon Nixon of [www.moneysupermarket.com](http://www.moneysupermarket.com)

I normally <sup>1</sup> ..... (get up) at seven o'clock, but this week I <sup>2</sup> ..... (start) work earlier because it's a busy period. I <sup>3</sup> ..... (usually arrive) at work by nine, and I <sup>4</sup> ..... (check) my emails. Today, I <sup>5</sup> ..... (work) on reports on our websites, because these tell me how many people <sup>6</sup> ..... (currently visit) our websites. For example, we <sup>7</sup> ..... (have) about six million visitors every month and this number <sup>8</sup> ..... (increase). We <sup>9</sup> ..... (also make) a lot of improvements to our sites at the moment. The internet business is very competitive and it <sup>10</sup> ..... (get) harder to stay at the top.

#### Our customer promise



- Best price
- Most comprehensive
- Clear & impartial
- Trustworthy
- Supportive



Simon Nixon, Founder

### 3 Complete these questions for Simon. Use the simple present or present continuous forms.

- 1 What time *do you get up?*  
At seven o'clock.
- 2 Why ..... earlier this week?  
Because it's a busy period.
- 3 When ..... at work?  
Around nine.
- 4 What ..... today?  
The reports on our websites.
- 5 How many people ..... every month?  
About 6 million.
- 6 ..... the number of people who visit your sites ..... ?  
Yes, it is.
- 7 ..... easier to stay at the top?  
No it isn't.