



Presentation

Simple present	Present continuous
Use the simple present to talk about ... - facts and things that are always true: <i>The moon orbits the Earth once a day.</i> (= this is always true) - things that are generally true: <i>I often have problems with my computer.</i> (= this is generally true) - general tendencies and repeated situations: <i>It gets cold at this time of year.</i> (= every year) - permanent situations: <i>Where does he live? He lives with his mom.</i> (= there's no plan to change this situation)	Use the present continuous to talk about ... - actions happening now: <i>I'm currently orbiting the Earth.</i> (= this is happening now) - something that is happening now or around now: <i>I'm having lots of problems with my computer.</i>(= at the moment) - changing situations: <i>It's getting colder.</i> (= at the moment) - temporary or new situations: <i>Where is he living now? He's staying with friends.</i> (= 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

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

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- ✓ 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.