**THE PRESENT SIMPLE VS THE PRESENT CONTINUOUS**

**THE PRESENT SIMPLE**

**We use the Present Simple when we talk about activities that happen regularly or are always true: habits (gewoonten) and facts (feiten).**

**Examples:**

**I live in Oss.**

**Wood floats on water.**

**He plays football every Friday.**

**My brother always studies a lot.**

**We never go on holiday.**

**They usually have dinner at six o’clock.**

**We use the following time expressions with the Present Simple:**

**always, never, usually, often, every weekend/year/month etc., twice a year, frequently, regularly……….**

**THE PRESENT CONTINUOUS**

**We use the Present Continuous to talk about activities that are happening now, at or around the time of speaking.**

**You are learning English now.**

**He isn’t studying French at this moment.**

**I am not working today.**

**Look at them! They are having a lot of fun.**

**He is talking to her right now.**

**My parents are staying with friends in England this week.**

**We use the following time expressions with the Present Continuous:**

**At this moment, now, right now, this week/month/year, this afternoon/morning/evening, today**

**PAY ATTENTION!**

**These verbs are almost never used in the Present Continuous:**

**Be, believe, know, understand, want, remember, need, mean, like, hate, love, dislike.**

**Examples:**

**She loves skiing. (not is loving)**

**I don’t understand you. (not am not understanding)**

**They want a new boat. (not they are wanting)**

**He is my best friend. (not is being)**