**The present tense**

The present simple is used to:

* Describe something that is always or usually true

Water **boils** at 100 degrees

* To talk about habits

I **play** tennis once a week

* With adverbials of frequency such as always/often, sometimes, usually, rarely, never, every day

**Every** year we go to France

* To talk about timetables, schedules or programmes

The **sale** starts on 8 January

* To describe events in the past. It is used to give a vivid descriptions of an event in the past

In 1066 William **conquers** England

The present continuous is used:

* To describe an action that is going on for some time at the moment of speaking
* To describe arrangements
* To express a habit that the speaker finds irritating. The adverb always is often used to express irritation

**The difference between simple tense en continuous tense is:**

* when using the continuous tense something is going on at that moment
* when using the simple tense the idea of an action going on is absent

