



**Module:** English  
**Branch:** International Trade  
**Level:** Third year Bachelor

## Lecture 07: Present continuous or simple?

### 1 - PRESENT CONTINUOUS and PRESENT SIMPLE

#### - PRESENT CONTINUOUS

We use the present continuous for something happening now. / *am speaking to you live* means

that Kitty is in the middle of a live broadcast.

Here are some more examples.

*It's raining at the moment.*

*I'm watching this programme.*

*Look. That man is taking a photo of you.*

#### - PRESENT SIMPLE

We use the present simple for repeated actions. / *often speak live to the camera* means that she does

it again and again.

*It always rains at the weekend.*

*I watch television most weekends.*

*He's a photographer. He takes lots of photos.*

### 2-Thoughts, feelings and states

We normally use the present simple to talk about thoughts and feelings.

/ *think it's a good programme. Kitty likes her job.* We also use it to talk about states and permanent facts.

*Reporting means a lot to her. Paper burns easily.* We also use the present simple in **I promise, I agree, I refuse**, etc.

*I promise I'll write to you. It's all right. I forgive you.*

### 3- Temporary or permanent?

#### - PRESENT CONTINUOUS

We use the present continuous for a routine or situation that we see as temporary (for a short

period).

*I'm working at a sports shop for six weeks.*

*At the moment they're living in a very small flat.*

#### 4- Always

##### - PRESENT CONTINUOUS

We can use **always** with the present continuous to mean 'very often', usually with the added meaning

of too often'.

*Tom is always inviting friends here.*

(= He invites them very often.)

*I'm always making silly mistakes.*

(= I make silly mistakes too often.)

##### - PRESENT SIMPLE

We use the present simple for a routine or situation that we see as permanent.

*I work at a sports shop. It's a permanent job.*

*They live in a very nice flat.*

##### - PRESENT SIMPLE

Always with the present simple means 'every time'.

*Tom always invites us to stay at Christmas.*

(= He invites us every Christmas.) / **always**

*make silly mistakes in exams.* (= I make

mistakes in every exam.)