

# Present Simple vs. Present Progressive

Talking about general facts, things that are true, and things that happen on a regular basis:

## The Present Simple

- +: Subject + verb.
- : Subject + doesn't/don't + verb.
- ?: Do/Does + subject + verb?

- I work in the tech industry.
- My company doesn't have an office in Europe.
- Does your office have a parking garage?

Talking about actions that are currently in progress:

## The Present Progressive

- +: Subject + am/is/are + verb(ing).
- : Subject + am/is/are not + verb(ing).
- ?: Am/Is/Are + subject + verb(ing)?

- I'm eating lunch.
- My boss isn't helping me with the report.
- Are you looking at the document now?

Use it for:

- Introductions
- Describing habits, responsibilities, routines, and preferences.
- Explaining how something works

Use it for:

- Describing actions that started but didn't finish yet.
- Asking and answering questions while on the phone
- Describing actions that are currently happening right now.

- Write a paragraph about what your job responsibilities are. Use the present simple to describe what you do.

- Write a paragraph about what you are working on at work right now. Who is helping you? What are you doing?

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