

**Present Simple or Present Continuous ?**  
**-That is the question...**

Present Simple	Present Continuous
<b>Question : How often...?</b>  “once a day” •“twice a week” •“three times a month” •“once every three months” •“once every two or three years”	“at the moment”  •“presently” •“currently” •“right now” •“as we speak” •“at this very moment”
<u>adverbs of frequency and order of frequency :</u>  “always” / “all the time” •“almost always” •“usually” / “generally” / “typically” / “most of the time” •“often” / “regularly” •“sometimes” / “at times” •“occasionally” •“rarely” / “seldom” •“hardly ever” •“almost never” •“never”	

**Examples of questions with the above :**

- “What are you working on at the moment?”
- “Do you often travel abroad?”
- “What do you usually do in your free time?”
- “How often do you give presentations?”

- “Do you sometimes go on holidays abroad ?”
- “How often do you go out?”
- Do you ever use [*name of program or application*] ? ”
- Do you ever play [*name of game or application*] ? ”
- “I **hardly ever** see you round here nowadays. What have you been up to?”
- “I’m thinking about going to the cinema. Are they showing anything good at the moment?”