

Session Grammar

Present continuous

Use this for things that are happening now and for temporary situations, with time expressions like *at the moment, this week, these days*.

We're staying in a fantastic hotel in Goa **this week**.

Present simple

Use this for things that we do regularly and for permanent situations, with adverbs of frequency and time expressions like *every day, on Saturdays*.

I swim every day before breakfast.

Past simple

Use the past simple tense for situations and actions that finished in the past.

We arrived two days ago.

Present perfect

Use this: 1) to talk about our life experiences, often with the words **ever** and **never**.

Have you ever been here?

I've never been to Goa.

2) for situations that started in the past and are continuing now. We can make questions with **how long + the present perfect** and we answer them with the words **for** or **since**.

How long has Mia been in Goa?

She's been there **for** two days.

She's been there **since** Wednesday.

3) to say whether an action has happened or not at the present time. The words **just**, **already** and **yet** are very common.

I've already done some sunbathing.

We haven't seen much yet.

The sun's just disappeared!