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| SIMPLE PRESENT | PRESNT CONTINUOUS |
| ROUTINE  Ex I always get up at 7 o’clock | At the moment  Ex. Right now I’m having a shower |
| PERMANENT SITUATION & GENERAL STATEMENTS  Ex. I live in Cagliari  Ex. Water becomes ice at 0 C° degrees | TEMPORARY SITUATION  Ex. I usually work in Cagliari, but this week I’m working in Oristano |
| Usually, normally, always, often, sometimes (all frequency adverbs) | Today, at the moment, now, right now, at present, these days … |
| As a FUTURE tense when the time is scheduled  Ex. My flight leaves tomorrow at 3 o’clcok | As a FUTURE tense when the event has already been arranged in time and place  Ex. I’m seeing grandma Louise next Friday at her house |