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| SIMPLE PRESENT  | PRESNT CONTINUOUS |
| ROUTINEEx I always get up at 7 o’clock | At the momentEx. Right now I’m having a shower |
| PERMANENT SITUATION & GENERAL STATEMENTSEx. I live in CagliariEx. Water becomes ice at 0 C° degrees | TEMPORARY SITUATIONEx. 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 scheduledEx. My flight leaves tomorrow at 3 o’clcok | As a FUTURE tense when the event has already been arranged in time and placeEx. I’m seeing grandma Louise next Friday at her house |