USES OF PRESENT CONTINUOUS

Activities happening at the moment of speaking.

Right now, I'm making a video, and you are learning English.

The sun **is shining now**.

My parents **are working** at the moment.

The webpage is currently loading.

Useful vocabulary for activities happening now: **at the moment, now, right now, currently, as we speak**

Temporary situations happening around the present moment.

I'm living in a noisy neighbourhood at the moment.

My parents are working on a home decoration project this year.

Susie is studying at university.

My brothers are travelling the world.

Activities that **are repeated** a lot.

They **are** consistently **arriving** late to class.

We are regularly testing the computers for viruses.

Useful vocabulary for repeated activities: constantly, always, consistently, regularly, repeatedly, continually, perpetually

Talking about change.

His health **is improving**.

The kids are growing up so quickly.

The population of the town **is increasing** slowly.

Everything in my life **is changing**.

Talking about future plans or arrangements.

What are you doing this evening?

I'**m visiting** my grandma.

We're watching a movie with Mum later.

I'm getting the train at 4 o'clock this afternoon.

Useful vocabulary for future plans: at _____ (time), next Monday, next week/month/year/season, this afternoon/evening, tonight, tomorrow, tomorrow morning.

Reference

https://www.bbc.co.uk/learningenglish/english/features/tenses with georgie/ep-240202