Kee
Hi! This is Kee from BBC Learning English, and today, I'm going to tell you the differences between *while* and *during*.

We can use *while* and *during* to say that a shorter event happened within a longer event. They mean the same, but the grammar’s different.

After *while*, we have a clause. A clause is a group of words containing a subject and a verb. So we can say: *While I was having lunch, my phone rang*. Remember that the verb in the while clause is usually in an ING form.

We can also use *while* with just an ING form. So we can say: *While having lunch, my phone rang*. So we remove the subject and the 'be' verb.

However, *during* is different because it can only be used with a noun phrase. So we can say: *During lunch, my phone rang*. We cannot use a clause or just the ING form.

So, same meaning, but different grammar!