James
Hi everybody. I'm James and welcome back to this week's English In A Minute. This week we're going to look at the differences between actually and at the moment. These two phrases are often confused, so let's take a look at an example:

At the moment, I'm making this programme, but actually, I should be in a meeting.

So this sentence shows both phrases but they're actually quite different. Let's break it down.

At the moment, I'm making this programme. As you can see, I'm making this programme right now, so at the moment means 'now', or 'in the present'.

But actually I should be in a meeting. Now in this part of my sentence, actually isn't talking about time at all. Actually means 'in fact' or 'in reality'.

So, if you want to talk about now, say at the moment. But if you want to say in reality say actually.

At the moment I want to go and make a coffee, but actually I think I'll go back to my desk. Bye!