

**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!**