

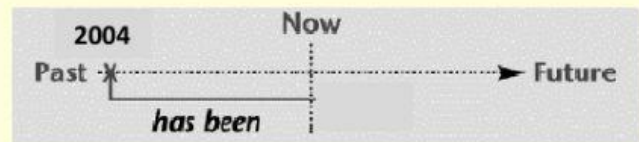
Present Perfect: *Since* and *For*

Use a **verb in the Present Perfect** with **since** or **for** to talk about something that started in the past and continues into the present.

Examples:

- Messi **has been** a professional football player **since** 2004.
- He **has been** a professional football player **for** 18 years.

(= He started his professional career years ago, and he is still a professional player now).



Use **since** to show when a present situation started in the past.

Examples:

I **have been** here {
 since eight o'clock.
 since Tuesday.
 since 2009
 since yesterday.
 since last month.

The important thing is the starting point of that situation.

Use **for** to show how much time a situation has lasted until the present time.

Examples:

I **have been** here {
 for ten minutes.
 for two hours.
 for five days.
 for about three weeks.
 for almost six months.
 for many years.
 for a long time.

The important thing is the duration of that situation.

Since when?

- SINCE** + a specific clock time (*since 4 o'clock*)
 + a date (*since 21st September*)
 + yesterday (*since yesterday, since yesterday morning, etc.*)
 + a year (*since 2010, since 2019*)
 + a season (*since summer, since winter*)
 + a day of the week (*since Monday, etc.*)
 + a month (*since July, since August, etc.*)
 + last + week, month, year, etc.
 (*since last week, since last month, since last year*)
 + Person + Verb
 (Ex: Messi has been a professional player *since he was* 17 years old).

For how long?

- FOR** + a minute / an hour / a day / a week
 a month / a year
 + (a number) + minutes, hours, days, weeks, months, years
 (Ex: *for five minutes, for three hours, for twenty days, etc.*)
 + "many" + minutes, hours, etc.
 (Ex: *for many days, for many months, etc.*)
 + a long time
 + ages
 (*for ages = for a very long time!!*)
 + a short time