

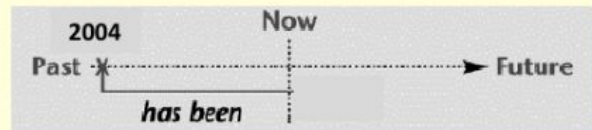
# Present Perfect: *Since* and *For*

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 21<sup>st</sup> 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