FOR and SINCE

We use **FOR** when we are talking about a period of time.
We use **SINCE** when we are talking about the start of the period.
We use for and since to say how long:

Ayu is in Japan. She **has been** there
{ **for three days.**
since Monday.

FOR

for three days		
Monday	Tuesday	Wednesday

past   *now*

SINCE

start of the period ↓

Monday	since Monday

past   *now*

EXAMPLES

I have practiced taekwondo **for** 5 years.

I have practiced taekwondo **since** 2019.

for	
three days	ten minutes
an hour	two hours
a week	four weeks
a month	six months
five years	a long time

since	
Monday	Wednesday
9 o'clock	12.30
24 July	Christmas
January	I was ten years old
1985	we arrived

Choose for or since.

1. Hana has been in Japan _since_ Monday.

2. Hana has been in Japan for three days.

3. My uncle has lived in Australia _ _ _ _ _ 15 years.

4. Tiara is in her office. She has been there _ _ _ _ _ 8 o'clock.

5. Indonesia has been an independent country _ _ _ _ _ 1945.

6. The train is late. We've been waiting _ _ _ _ _ 20 minutes.

7. Nobody lives in those houses. They have been empty _ _ _ _ _ many years.

8. Mahmud has been ill _ _ _ _ _ a long time.

   He has been in hospital _ _ _ _ _ November.

Complete the sentences using Present Perfect. Then, choose FOR or SINCE.

1. My sister _ _ _ _ _ _ _ _ _ (live) in London FOR / SINCE ten months.

2. Nick _ _ _ _ _ _ _ _ (know) Tom FOR / SINCE he moved to London.

3. Ms Ayu _ _ _ _ _ _ _ _ (be) a teacher FOR / SINCE six years.

4. Felix_ _ _ _ _ _ _ _ (study) in Paris FOR / SINCE 2016.

5. You _ _ _ _ _ _ _ _ (not/play) the piano FOR / SINCE several weeks.

6. I _ _ _ _ _ _ _ _ (not/find) my car keys FOR / SINCE yesterday.

7. We _ _ _ _ _ _ _ _ (not/meet) FOR / SINCE last week.

8. Lina _ _ _ _ _ _ _ _ (not/speak) to Anna FOR / SINCE five days.