FOR and SINCE



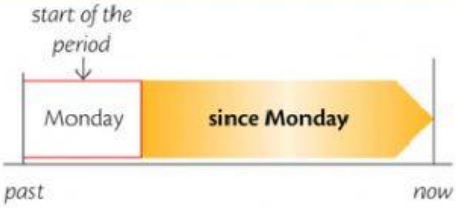
We use **FOR** when we are talking about a period of time.
We use **SINCE** when we are talking about the start of the period.
We use for and since to say how long:

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

FOR



SINCE



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

LIVEWORKSHEETS

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.

LIVEWORKSHEETS