

I have practiced this hobby for five years. 

I've been a member of this club for a year. 

I've been here since six in the morning! 

She's played the guitar since she was six years old. 

We have been friends for eight years. 

They have lived in this city for ten years! 

I've done karate since I was nine. 

Javier has ridden a bike since last year. 

Have you only known Lindsay for a month? 

a period of time 

a specific time in the past (a day, a year, a month, an hour during a day, etc) 