

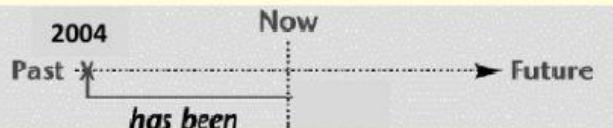
# Present Perfect: Since and For

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