

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.**
Ayu is in Japan. She **has been** there **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

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.