

# For and Since

- We use "For" + a period of time (2 hours, 5 weeks, etc.):



- We use "Since" + the start of a period (8 o'clock, Monday, 1999, etc.):



## For:

Two hours   A long time   A week  
20 minutes   six months   ages  
Five days   50 years   years

## Since:

8 o'clock   April   Lunchtime  
Monday   1985   We arrived  
12 May   Christmas   I got up



**Practice #1: Write "For" or "Since"**

1. It's been raining \_\_\_\_\_ lunchtime.
2. Sarah has lived in Paris \_\_\_\_\_ 1995.
3. Paul has lived in London \_\_\_\_\_ ten years.
4. I'm tired of waiting. We've been sitting here \_\_\_\_\_ an hour.
5. Kevin has been looking for a job \_\_\_\_\_ he left school.
6. I haven't been to a party \_\_\_\_\_ ages.
7. I wonder where Joe is. I haven't seen him \_\_\_\_\_ last week.
8. Jane is away. She's been away \_\_\_\_\_ Friday.
9. The weather is dry. It hasn't rained \_\_\_\_\_ a few weeks.



**Practice #2: Write the answer using the words in brackets.**

**Example:**

➤ Do you often go on holiday?  
(no/five years) No, I haven't had a holiday for five years.



1. Do you often see Sarah?  
(no/about a month) \_\_\_\_\_
2. Do you often go to the cinema?  
(no/a long time) \_\_\_\_\_
3. Do you often eat in restaurants?  
(no/ages) \_\_\_\_\_

