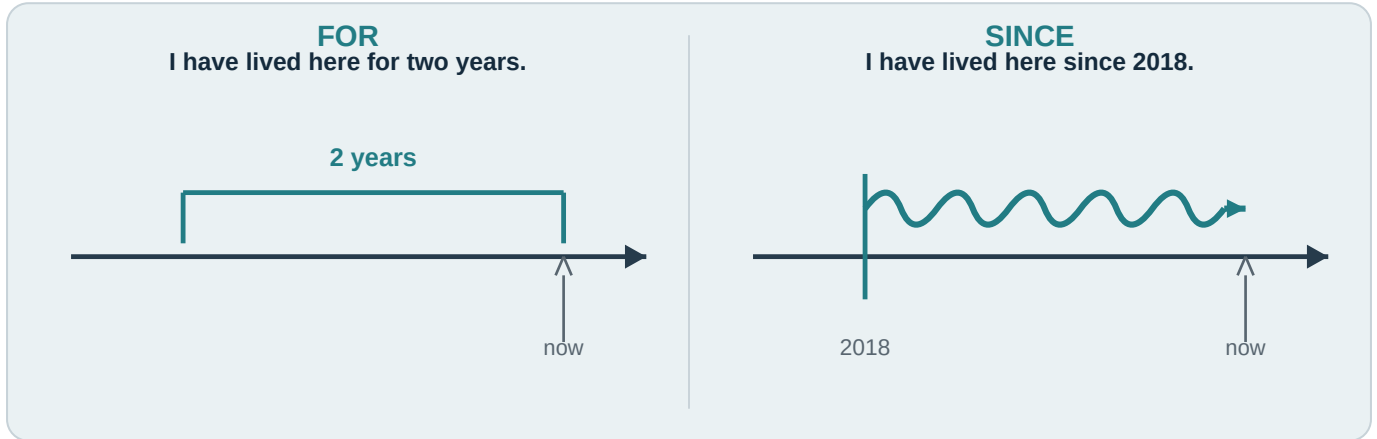


FOR & SINCE

A2-B1 | Talking about time and duration

1 Look at the diagrams below.



2 Read the key idea.

Use for with a length of time. Use since with the point when something started.

They are often used with the present perfect: I have lived here ...

3 Notice the words that follow.

FOR + a period

two hours | a week | ten years

SINCE + a starting point

Monday | 2020 | I was a child

4 Read more examples.

- I have studied English **for three years**.
- We have known each other **for a long time**.
- I have not eaten anything **since breakfast**.
- She has worked here **since January**.
- They have lived in Tokyo **since 2022**.
- He has been busy **for the last two weeks**.