



---

## Mini Lesson 030 - Using 'Since' and 'For' with the Present Perfect

---

### Explanation:

In English, we often use the **present perfect** tense to talk about actions or situations that started in the past and continue into the present. To express the duration of these actions, we use '**since**' and '**for**':

### 'Since':

- '**Since**' is used to indicate the starting point of an action, something that began at a specific time in the past.

- Example: \*I have lived here **since** 2010.\*

- It refers to a particular moment in time: **since** yesterday, **since** last week, **since** Monday, **since** 8 AM, **since** we met.

### 'For':

- '**For**' is used to express the length of time or duration of an action or situation.

- Example: \*She has worked here **for** 10 years.\*

- It refers to a period of time: **for** two hours, **for** five years, **for** a long time.





## Exercises:

### Section 1: Fill in the Blanks

Choose either '**since**' or '**for**' to complete the sentence.

1. We have been friends \_\_\_\_\_ we were children.
2. She has studied English \_\_\_\_\_ three years.
3. They have lived in that house \_\_\_\_\_ 2015.
4. I've been waiting \_\_\_\_\_ two hours.
5. He's worked at the company \_\_\_\_\_ five years.
6. The store has been open \_\_\_\_\_ 9 AM.
7. I have not seen him \_\_\_\_\_ last Friday.
8. We've known each other \_\_\_\_\_ a long time.

### Section 2: Choose the Correct Option

Choose the correct form to complete each sentence.

1. I have lived here (since/for) five months.
2. They have been married (since/for) 2002.
3. She has not eaten anything (since/for) this morning.
4. We've been talking (since/for) an hour.
5. He hasn't seen his family (since/for) a long time.
6. They've been studying French (since/for) the beginning of the year.

### Section 3: Rewrite the Sentences

Rewrite each sentence using '**since**' or '**for**' to describe how long the action has been happening.

1. I moved to this city in 2010. (Use '**since**')
2. They started working at the hospital five years ago. (Use '**for**')
3. We met at university in 2015. (Use '**since**')
4. She has played the piano for 10 years. (Use '**for**')
5. He started his new job a month ago. (Use '**for**')





**Answers:**

Section 1:

1. We have been friends **since** we were children.
2. She has studied English **for** three years.
3. They have lived in that house **since** 2015.
4. I've been waiting **for** two hours.
5. He's worked at the company **for** five years.
6. The store has been open **since** 9 AM.
7. I have not seen him **since** last Friday.
8. We've known each other **for** a long time.

Section 2:

1. I have lived here **for** five months.
2. They have been married **since** 2002.
3. She has not eaten anything **since** this morning.
4. We've been talking **for** an hour.
5. He hasn't seen his family **for** a long time.
6. They've been studying French **since** the beginning of the year.

Section 3:

1. I have lived in this city **since** 2010.
2. They've worked at the hospital **for** five years.
3. We've known each other **since** 2015.
4. She has been playing the piano **for** 10 years.
5. He's had his new job **for** a month.

