

“For” and “Since” for Time

We often use **for** and **since** when talking about time.

for + period

A period is a duration of time, for example: 5 minutes, 2 weeks, 6 years. **For** means "from the **beginning** of the period until the **end** of the period." **For** can be used with all tenses.

since + point

A point is a precise moment in time, for example: 9 o'clock, 1st January, Monday. **Since** means "from a **point** in the past until **now**." **Since** is normally used with perfect tenses.

for a period (from start to end) >====<	since a point (up to now) x====>
for 20 minutes for three days for 6 months for 4 years for 2 centuries for a long time for ever etc	since 9am since Monday since January since 1997 since 1500 since I left school since the beginning of time etc
all tenses	perfect tenses only

For can be used with **all** tenses. Here are a few examples:

- They study for **two hours** every day.
- They are studying for **three hours** today.
- He has lived in Bangkok for **a long time**.
- He has been living in Paris for **three months**.
- I worked at that bank for **five years**.
- Will the universe continue for **ever**?

For is NOT used with "all day", "all the time" etc.

- I was there **all day**. (*not *for all day*)

Since is normally used with **perfect** tenses:

- He has been here since **9am**.
- He has been working since **he arrived**.
- I had lived in New York since **my childhood**.

Since can also be used in the structure "It is [period] since...":

- It is **a year** since I saw her.
- **How long** is it since you got married?