

For and Since Exercises

Level: B1

For a length of time; since a starting point

Use *for* with a period of time and *since* with the point when the period began. Both can describe a situation that started in the past and is still true now.

Duration: *For* + a length of time: *for two hours, for three years, for a long time.*

Starting point: *Since* + a starting point: *since Monday, since 2020, since I moved here.*

Present perfect: Use *have/has* + past participle for a situation that began in the past and continues now: *I have lived here for five years.*

Question: Ask *How long...?* to find the duration: *How long have you lived here?*

Check: A date or event is a point, not a length: *since 2020*, not *for 2020*.

Exercise 1: Choose for or since

Choose the word that fits the time expression.

1. I have lived here ___ 2019.
a) for b) since c) during
2. We have waited ___ three hours.
a) since b) for c) from
3. She has worked here ___ Monday.
a) for b) during c) since
4. They have been friends ___ a long time.
a) for b) since c) from
5. I have known him ___ we were children.
a) for b) since c) during
6. The shop has been closed ___ two days.
a) since b) from c) for

Exercise 2: Complete the time expression

Type **for** or **since** in each blank.

7. We have lived in this town ___ 2020.
8. My brother has had that bike ___ six months.
9. I have not seen her ___ last Friday.
10. The children have played outside ___ an hour.
11. He has felt better ___ he changed his routine.

12. They have lived together ____ many years.

Exercise 3: Correct the time word

*Replace the incorrect *for* or *since* with the correct one.*

13. She has worked here for 2021.

14. I have waited since two hours.

15. We have been friends for we were ten.

16. The dog has slept since three hours.

17. He has lived in Rome for last summer.

18. They have owned this house since ten years.

Answer key

Exercise 1: Choose for or since

1. b) since
2. b) for
3. c) since
4. a) for
5. b) since
6. c) for

Exercise 2: Complete the time expression

7. since
8. for
9. since
10. for
11. since
12. for

Exercise 3: Correct the time word

13. She has worked here since 2021.
14. I have waited for two hours.
15. We have been friends since we were ten.
16. The dog has slept for three hours.
17. He has lived in Rome since last summer.
18. They have owned this house for ten years.