

 for

The word „for“ is used when we talk about a **period of time** in the past, present or future.

„I've been studying *for* two hours.“

period of time



e.g.: two weeks, a year

 since

We use the word „since“ to talk about a certain **point in the past**.

„I've been studying *since* I got home from school.“

point of time

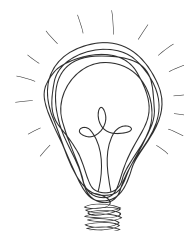


e.g.: last month, yesterday

 for + all

For *can't* be used with all.

Therefore the sentence „I've been here for all day.“ is *incorrect*.
Instead we would say: „I've been here all day.“



1  Read the sentences and fill in either *for* or *since*.

1) I've known Steve _____ a long time.

2) Sarah has been living in Vienna _____ 2017.

3) I haven't eaten anything _____ 1 o'clock.

4) Paul has been watching TV _____ twenty minutes.

5) My husband and I have been looking forward to our vacation _____ ages. We will be staying at a hotel in Italy _____ two weeks.

6) Don't forget your umbrella. It's been raining _____ I got up this morning.

- for would be used
- since would be used

e.g.: yesterday