



### For and since + Present perfect



Used with present perfect to indicate time. “**For**” is used to talk about a period of time (the duration). “**Since**” is used to talk about a point in the past specifically.

#### For

Examples:

- Mr Ramu has been working as a chef **for a long time**.
- She has known the architect **for seven years**.
- The teachers have taught in this school **for ten years**.

#### Since

Examples:

- Mr Ramu has been working as a chef **since** he was **30 years old**.
- She has known the architect **since 2010**.
- The teachers have taught in this school **since 2000**.

#### Present perfect simple with “for” and “since”

Examples:

- Tina has worked for the company **for** over 20 years.
- You haven’t worked as a receptionist **since** 2021.
- I have always wanted to become a tennis player **since** I was eleven.
- “How long has she been your secretary?”  
”**For** over 10 years./**Since** 2013.”

- ☛ We can use **present perfect** with “**since**” and a date, day, time or event.

Positive and negative						
	Subject	Auxiliary	Past participle		For/Since	
+	Tina	has	worked	at the company	for	over 20 years.
					since	1998.
-	You	haven't	worked	as a receptionist	for	two years.
					since	<ul style="list-style-type: none"> <li>• 2021.</li> <li>• the accident.</li> <li>• you got married.</li> </ul>

- ☛ We can form **present perfect** questions with “**How long...?**”

Questions					
	How long	Auxiliary	Subject	Past participle	
?	How long	have	they	been	here?
		has	John	worked	there?

Short answer with “**for**” or “**since**”.

Examples:

- “How long have they been here?”  
“**For** three years./**Since** I was ten.”
- “How long has John worked there?”  
“**For** over 15 years./**Since** 2004.”