



PRESENT PERFECT – FOR & SINCE

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Activity 1 – For or Since?

Choose **for** or **since**.

1. I have lived here **for / since** five years.
2. She has worked there **for / since** 2020.
3. We have known each other **for / since** a long time.
4. He has been married **for / since** ten years.
5. They have lived in Bangkok **for / since** January.
6. I've had this phone **for / since** two years.
7. My parents have been together **for / since** 1995.
8. I haven't seen him **for / since** last summer.



Look and learn



for = a period of time

for three years

since = the starting point

since 2023

Activity 2 – Complete the Sentences

Use for or since.

1. I have studied English _____ three years.
2. She has lived here _____ 2021.
3. We have worked together _____ six months.
4. He has had his car _____ March.
5. They have been friends _____ a long time.
6. I haven't eaten anything _____ breakfast.

Activity 3 – Correct the Mistakes

1. I have lived here since five years. → _____
2. She has worked there for 2020. → _____
3. We have known him since a long time. → _____
4. He has had this job since six months. → _____
5. They have been married for 2018. → _____

Activity 4 – How Long?

Complete the questions with **How long**.

1. _____ have you lived in your town?
2. _____ have you studied English?
3. _____ have you had your phone?
4. _____ have you known your best friend?

Now ask a partner and answer with **for** or **since**.

Example:

How long have you studied English?

I've studied English for five years.

ANSWER KEY

Activity 1

1. for
2. since
3. for
4. for
5. since
6. for
7. since
8. since

Activity 2

1. for
2. since
3. for
4. since
5. for
6. since

Activity 3

1. I have lived here for five years.
2. She has worked there since 2020.
3. We have known him for a long time.
4. He has had this job for six months.
5. They have been married since 2018.

Activity 4

1. How long
2. How long
3. How long
4. How long

Personal answers will vary.