

1 You use *for* to say how long something lasts:

I've been working here **for fifteen years**. I hadn't eaten **for ten hours**.
I will be away **for three weeks**. We stayed in Paris **for a couple of days**.

Notice that *for* is followed by a period of time which tells *how long* something lasts:

fifteen years ten hours three weeks a couple of days

2 You use *since* to give the time when an action started:

I've been working here **since 1980**. I hadn't eaten **since eight o'clock**.

Notice that *since* is followed by a time:

1980 eight o'clock this morning yesterday last week

or an event:

I've been working here **since the war**. I hadn't eaten **since breakfast**.

or a clause:

I've been working here **since I left school**.
I hadn't seen him **since I was a child**.

Since is usually found with the present perfect or the past perfect tense.

You use *since* with the present perfect when you are talking about a period of time up to the present:

We have lived here **since we were children**. (=and we still live here.)

You use *since* with the past perfect when you are talking about a period of time up to a given time in the past:

It was 1973. Elizabeth **had been queen since 1953**. (=and in 1973 she was still queen.)

We also have the common expressions: *It's since + past simple* and *It was since + past perfect*:

It's a long time **since I saw Jeff**. It was five years **since we had last met**.

3 You use *from ... to* or *from ... till/until* to say when something started and finished:

The shops will be open **from nine until five thirty**.

The winter season lasts **from December to March**.

We worked non-stop **from six in the morning till nine at night**.

Till and *until* can be followed by a clause:

We can watch television **till Dad gets home**.

I lived in Manchester **until I went to University in 1987**.

A Complete these sentences using the *since* clauses:

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|---------------------------------|--|
| 1 He hasn't played football | a ever since we first met. |
| 2 We have been good friends | b since she started secondary school. |
| 3 She hasn't written to us | c since seven o'clock this morning. |
| 4 He has been out at work | d ever since supper time. |
| 5 She has been learning English | e since he hurt his leg last week. |
| 6 I have been feeling hungry | f since she sent that letter on your birthday. |

B Complete the following sentences by adding *for*, *since*, *from* or *until*:

- 1 There has been a university in Oxford for more than eight hundred years.
- 2 They have been married _____ 1966.
- 3 The First World War lasted _____ 1914 _____ 1918.
- 4 _____ 1992 _____ last year we had a flat in the centre of town.
- 5 Can you wait for a few minutes _____ I'm ready?
- 6 I haven't spoken to Bill _____ we were at school.
- 7 We usually stop for lunch _____ one _____ two thirty.



- 8 It has been raining _____ early this morning.
- 9 It's nearly five years _____ Jenny left school.
- 10 She was at college _____ two years and she's been working here _____ almost three years.

C Complete these to make true sentences:

- 1 I have been learning English since _____.
- 2 I have lived in _____ for _____.
- 3 I have an English lesson today from _____ until _____.
- 4 I usually sleep from about _____ to about _____ in the morning.
- 5 It's _____ since I had my breakfast.
- 6 I haven't been to the cinema since _____.