

FOR - SINCE

I have been living in Spain **since** 2012.

since
2012

SINCE + point in time (in the past)

SINCE + starting point

(and continues until now)

FOR + duration of time

NOW

I have been living in Spain **for** 6 years.

for 6 years



FOR

+ period of time
+ number + time word

When we measure the duration of something or how long it lasts.

It has a start point and an end point and can be used in different tenses.

- I studied English in Ireland **for** 2 years.
- I will be there **for** around two months.
- We have been married **for** 16 years.

for ten minutes
for eight hours
for five days
for six months
for three years
for two centuries

FOR

SINCE

+ starting point
+ a time / a date

When something started in the past and continues until now.

Since is mostly used in the present perfect and perfect progressive tense.

- He hasn't eaten **since** 7 o'clock.
- I have been working here **since** June.
- We have been married **since** 2002.

since 8 o'clock
since Monday
since February
since 1982
since I left school
since the end of last century

SINCE