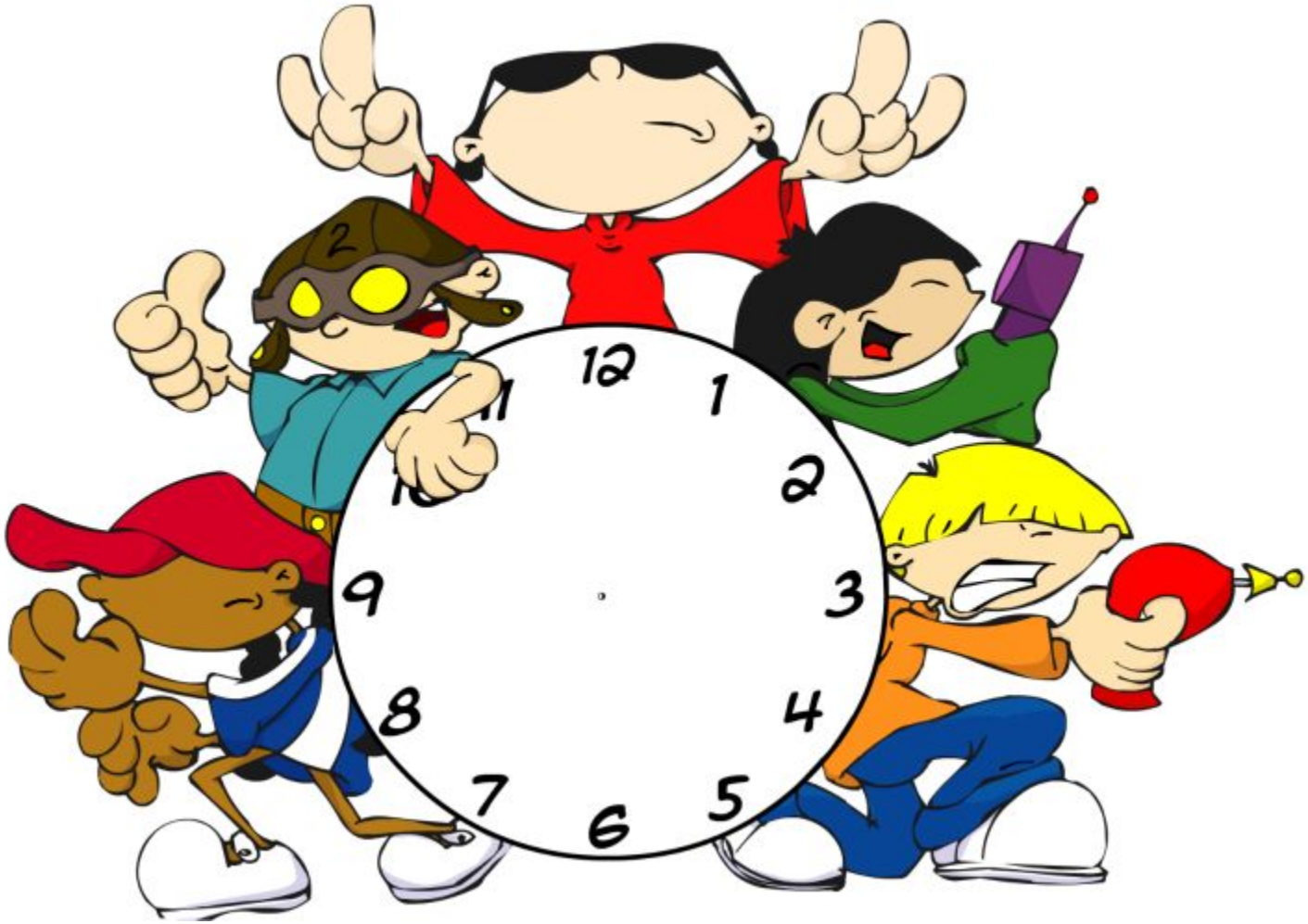
Expression of Time



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How to use the expression ‘For’

for + a period of time

To express a specific duration of time, e.g.: one week, two years, an hour.

For + period: a "period" is a duration of time - five minutes, two weeks, six years. For means "from the beginning of the period to the end of the period".

With the Present Perfect:

- He has been living on this island for two years.
- He’s been waiting for a long time.
- He hasn’t spoken to anyone for two years.

NOTE: **For can be used with all tenses.**
Here are a few examples:

- They study for two hours every day.
- They are studying for three hours today.

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How to use the expression 'Since'

since + a particular point in time.

To indicate a time, an event, or specific moment which continues into the present.

since + point : a "point" is a precise moment in time - 9 o'clock, 1st January, Monday. Since means "from a point in the past until now".

With the **Present Perfect:**

- I've been here since the shipwreck.
- It's been raining since yesterday.

NOTE: **Since is normally used with perfect tenses:**

➔ He has been here since 9 a.m.

➔ He has been working since he arrived.

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