

Present Perfect: For, Since & Duration

INTERMEDIATE

Focus: Periods of time, Points in time, Prepositions of duration, Time markers, Interchangeable forms, Use with 'always', Simple vs. Continuous nuances, Long-term situations, Time since an event, Sentence transformation

1. For vs. Since (Duration vs. Starting Point)

We use the **Present Perfect** with **for** and **since** to talk about actions or situations that started in the past and continue to the present.

- **FOR + Period of Time:** Use *for* when measuring the duration (how long).
 - *Examples:* for two hours, for a long time, for ages, for three years.
 - *Sentence:* I have known her **for** ten years.
- **SINCE + Point in Time:** Use *since* to mention the starting point.
 - *Examples:* since 8:00 AM, since Monday, since 1994, since I was a child.
 - *Sentence:* I have known her **since** 2013.

2. Verbs 'Live' and 'Work' (Interchangeable Forms)

For the verbs **live** and **work**, there is often very little difference between the **Present Perfect Simple** and the **Present Perfect Continuous** when describing long-term situations.

- **Simple:** *I have lived here for 20 years.* (Focus on the result/fact)
- **Continuous:** *I have been living here for 20 years.* (Focus on the activity/continuity)
- **Note:** If you use "**always**", you must use the **Simple** form.
 - *Correct:* I have always lived here.
 - *Incorrect:* ~~I have always been living here.~~

3. "It is / It has been ... since"

This is a specific structure used to emphasize the time that has passed from a past event until now.

Structure: It is (or It has been) + [Period of Time] + since + [Subject] + [Past Simple Verb]

- *Example:* **It is** three years **since** we **moved** to New York.
- *Example:* **It has been** a long time **since** I **saw** him.
- *Note:* The verb following "since" refers to a finished starting point, so it is usually in the **Past Simple**.

Practice: Fill in the Blanks

Instruction: Complete the sentences using the correct form of the verb in brackets (**Present Perfect Simple** or **Continuous**), the correct preposition (**for** or **since**), or the correct verb form for the "**It is... since**" structure.

Note: For verbs *live* and *work*, both simple and continuous forms are often acceptable unless a specific word (like 'always') suggests otherwise.

1. She _____ (work) at the hospital _____ 2015.
2. They _____ (live) in this neighborhood _____ ten years.
3. We _____ (not/see) each other _____ the graduation party.
4. How long _____ (you/live) in your current apartment?
5. It _____ (be) ages since we last _____ (go) to the cinema.
6. My brother _____ (always/live) in the countryside because he hates the city.
7. _____ (she/work) with you _____ a long time?
8. I _____ (not/work) on that project _____ last October.
9. It's been three months since I _____ (eat) pizza.
10. Where _____ (you/work) _____ you left university?
11. My parents _____ (live) in the same house _____ they got married.
12. He _____ (not/always/work) as a teacher; he used to be a banker.
13. It is five years since she _____ (quit) smoking.
14. How long _____ (they/work) on the construction site? It looks almost finished.
15. We _____ (not/live) in London _____ very long, only a few weeks.

Answer Key

1. **has worked / has been working ... since**
2. **have lived / have been living ... for**
3. **haven't seen ... since**
4. **have you lived / have you been living**
5. **is / has been ... went** (The verb after 'since' is Past Simple)
6. **has always lived** (Use Simple with 'always')
7. **Has she worked / Has she been working ... for**
8. **haven't worked / haven't been working ... since**
9. **ate** (Past Simple required inside the 'since' clause)
10. **have you worked / have you been working ... since**
11. **have lived / have been living ... since**
12. **hasn't always worked**
13. **quit** (Past Simple required inside the 'since' clause)
14. **have they worked / have they been working**
15. **haven't lived / haven't been living ... for**