For vs Since — Worksheet

30 exercises · Level B1–B2 · Answer key on the last page Free for classroom use

Name _____ Class _____ Date _____

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Choose the correct option (a–d) for each gap or question. Check yourself with the answer key on the last page.

1. We have been waiting at this bus stop _____ twenty minutes.
   a) since b) for c) during d) ago

2. My brother has been a vegetarian _____ early 2021.
   a) since b) for c) in d) ago

3. I haven't been to the dentist _____ ages — I really should book an appointment.
   a) since b) during c) for d) ago

4. The shop on the corner has been closed _____ last Thursday.
   a) for b) at c) ago d) since

5. Sam has played the guitar _____ he was twelve.
   a) for b) since c) ago d) when

6. I've been learning Japanese _____ about eighteen months.
   a) since b) from c) for d) ago

7. They have lived next door to us _____ a long time, so we know them well.
   a) since b) for c) during d) from

8. Nobody in the office has seen Anna _____ the beginning of June.
   a) since b) for c) at d) ago

9. I started a new job in May, and _____ then I've hardly had a free evening.
   a) for b) ago c) during d) since

10. The two companies have worked together _____ almost a decade.
    a) since b) for c) ago d) during

11. "How long have you had your dog?" "_____ she was a puppy."
    a) For b) From c) Since d) Ago

12. "How long have you been waiting?" "Oh, _____ about ten minutes. Not long."
    a) for b) since c) ago d) during

13. Last summer we stayed with my aunt _____ three weeks.
    a) since b) during c) ago d) for

14. Next month my parents are coming to stay with us _____ a week.
    a) since b) during c) for d) from

15. I _____ much free time since September.
a) didn't have b) haven't had c) hasn't had d) haven't have

16. Kate and I have been friends since we _____ at a friend's wedding.
a) met b) have met c) meet d) had met

17. It has been raining _____ we left home this morning.
a) for b) when c) from d) since

18. I've been feeling much better _____ the past few days.
a) since b) ago c) for d) from

19. It's almost a year _____ we last went to the theatre together.
a) since b) for c) from d) during

20. My grandmother _____ in that village for sixty years before she moved in with us.
a) has lived b) lives c) is living d) lived

21. I moved here three years _____, so I've lived here _____ three years.
a) ago … since b) ago … for c) for … since d) since … ago

22. She worked as a nurse _____ 2010 _____ 2018, and then she became a teacher.
a) since … to b) for … to c) from … to d) since … until

23. I fell asleep _____ the film and woke up when it finished.
a) for b) since c) while d) during

24. My phone rang three times _____ the meeting, which went on _____ over two hours.
a) during … for b) for … during c) during … during d) for … since

25. I've been working on this report _____ nine o'clock, so I've been at my desk _____ almost five hours.
a) for … since b) since … since c) since … for d) for … for

26. Which sentence is correct?
a) We are married since 2015.
b) We have been married since 2015.
c) We have been married for 2015.
d) We married since 2015.

27. Which sentence is correct?
a) I started working here since three years.
b) I have started working here three years ago.
c) I started working here before three years.
d) I started working here three years ago.

28. Which sentence is correct?
a) I studied in Rome for six months.
b) I studied in Rome during six months.
c) I studied in Rome since six months.
d) I have studied in Rome six months ago.

29. Which sentence is correct?
a) I have lived here since I have been a child.
b) I live here since I was a child.
c) I have lived here since I was a child.
d) I have lived here for I was a child.

30. Which question is correct?
a) How long do you know Tom?
b) Since how long have you known Tom?
c) How long have you know Tom?
d) How long have you known Tom?

Answer Key

For vs Since · Explanations are shortened — the full interactive version is at gramvoy.com/exercises/for-vs-since/

1. b) for

Twenty minutes is a length of time — it answers how long?

2. a) since

Early 2021 is the point when it started, and he is still a vegetarian, so since.

3. c) for

Ages means a very long time — a length, not a starting point — so for ages.

4. d) since

Last Thursday is the day the closure started, and the shop is still closed, so since.

5. b) since

He was twelve marks the moment he started, and he still plays, so since + a past simple clause.

6. c) for

About eighteen months is a length of time, so for, with the present perfect continuous just as with the simple.

7. b) for

A long time is a length, not a moment, so for a long time.

8. a) since

The beginning of June is a point in time — the period runs from then until now — so since.

9. d) since

Then points back to May, the moment the period began, and I've had runs up to now, so since then.

10. b) for

Almost a decade is a length of time — about ten years — so for.

11. c) Since

How long…?

12. a) for

The answer to How long…?

13. d) for

For gives the length of a period in any tense — here a finished one in the past simple: stayed … for three weeks.

14. c) for

The visit is in the future, but a week is still a length of time, so for.

15. b) haven't had

Since September runs from that month until now, so the main verb is in the present perfect: haven't had.

16. a) met

The main clause is in the present perfect, but the since-clause names the moment it started — a finished event — so it…

17. d) since

We left home this morning is the moment the rain started, and it is still raining, so since + a past simple clause.

18. c) for

The past few days is a length of time up to now, not a starting point, so for.

19. a) since

The pattern It's + a length + since + past simple counts from the last time until now: It's almost a year since we last…

20. d) lived

Before she moved in with us shows the sixty years are over, so for goes with the past simple: lived.

21. b) ago … for

Moved is past simple, so the finished time is three years ago.

22. c) from … to

A period with a start and an end that is now over takes from … to and the past simple.

23. d) during

The film is an event, and the sentence says when I fell asleep — at some point inside it — so during.

24. a) during … for

The calls happened inside an event, the meeting, so during.

25. c) since … for

Nine o'clock is the moment I started, so since; almost five hours is the length of the same period, so for.

26. b) We have been married since 2015.

2015 is a starting point, so since, and a period up to now needs the present perfect: We have been married since 2015.

27. d) I started working here three years ago.

The start of the job is a finished moment, so the past simple with ago after the length: three years ago.

28. a) I studied in Rome for six months.

Six months is a length, so for, and a finished period takes the past simple: I studied in Rome for six months.

29. c) I have lived here since I was a child.

The main clause runs up to now, so the present perfect have lived; the since-clause names the starting point in the past…

30. d) How long have you known Tom?

A question about a period up to now uses How long + the present perfect: How long have you known Tom?