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GRAMMAR: FOR OR SINCE

For: for + duration of time

For is used in the present perfect simple and the present perfect continuous when talking about time.

I have been living in Spain for 9 years.

I usually work for 9 to 12 hours a day.

I have had my car for 3 years now.

Fixed phrases:

For a long time = for ages

For ever = for life

For example = for instance

For a while = for quite a long time

For a change = to make a change

For sale = be on sale

For a walk = take a walk

For nothing = be a useless act

For once = for one time

For a moment = for a short period of time

Since: since + a point in time

Since is used in the present perfect simple and the present perfect continuous when talking about time.

I have worked here since 2014.

I have been playing the piano since 4 months ago.

I have been trying to find a job since last month.

Fixed phrases:

Since then = since a certain point in time

Ever since = throughout the period since

Since when = used to show surprise or annoyance

Since the beginning = from the start of something