



For and Since

For is used to express a period of time.

I worked there for two years, from 1980 to 1982

I have been waiting here for two hours, from 2 p.m. to now.

I will be away for three weeks, from tomorrow.

Since is used to express the beginning of the period and that period finishes, or completes a given period, to eventually continue into the future.

I have been here since 9 a.m.

I have lived in this town since 1980

Since always uses the Present Perfect tense.

