



**For**  
**Since**  
and  
**Ago**

**SEPTEMBER 2023 OPEN BASIC  
WORKSHOP**

'for'



'since'



'ago'



*At work, we often need to explain how long a task or process took from start to finish or how long a particular situation or problem lasted.*

*We may also need to explain when those tasks, processes or situations started or how far back in time they occurred.*

*In all these cases, the words 'for', 'since' and 'ago' are very useful.*

*'for' is used to express a duration of time,*

*'since' is used to indicate a starting point in time, and*

*'ago' is used to refer to a past point in time.*

**Let's take a closer look!**

# 'for'

For is used to express a period of time.

*How long are you staying in London? I'm staying **for** a week.*

*My mother is going to Rome **for** a few days with a friend.*

*Hugo is going to study in Sydney **for** 6 months.*

For is often used with the Present Perfect.

*He has been waiting at the bus stop **for** 10 minutes.*

*I have lived in Hashimoto **for** 5 years.*

*I have had this car **for** a long time.*

For can be used with other verb tenses:

*Present : I go on holidays **for** two weeks every summer.*

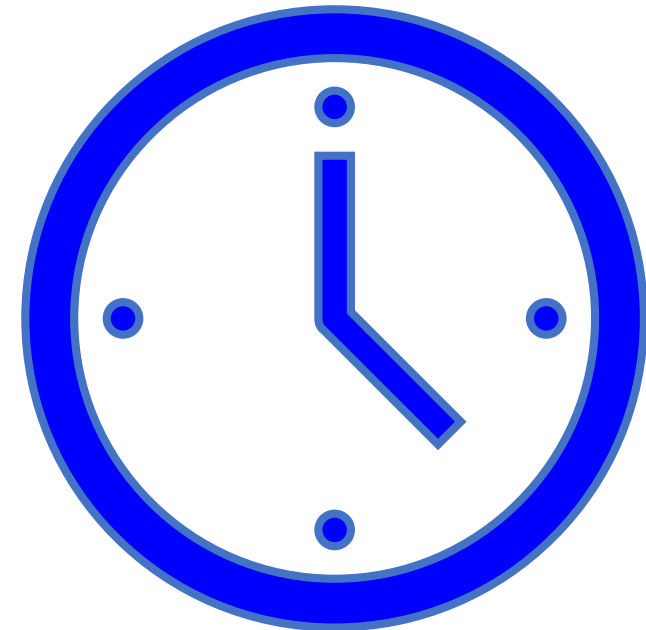
*Past : When I was sixteen, I stayed in London **for** two months.*

*Future : While I am in the USA , I will be in New York **for** two days*

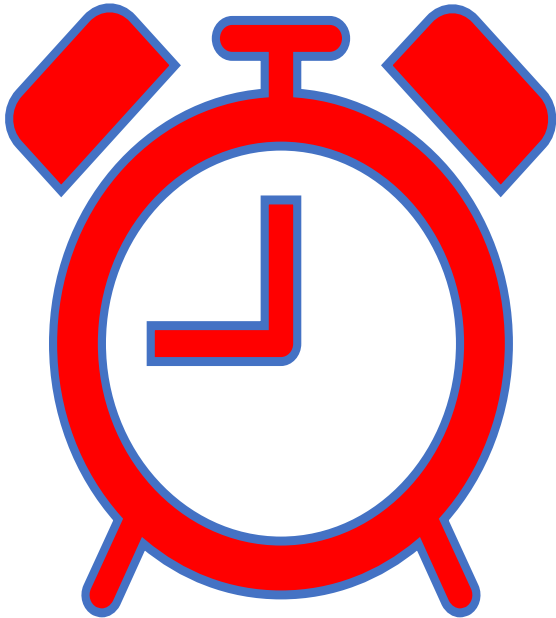
# Some more example sentences using 'for'

**For** (referring to duration of time):

01. We have been working on this problem **for** three days.
02. The contract is valid **for** one year.
03. The training session lasted **for** three hours.
04. I have been waiting **for** two hours.
05. They lived in that house **for** ten years.



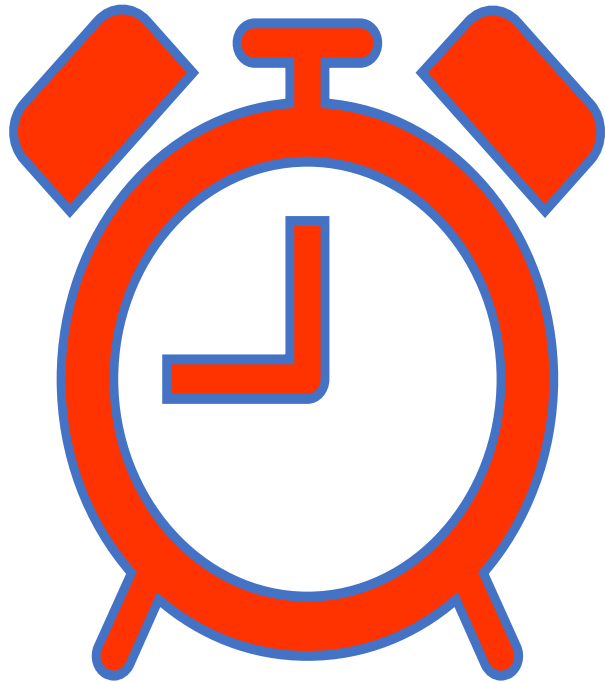
# 'since'



- **Since'** is used to indicate a specific starting point in time.
  - It is used to express when an action or state began.
  - The **Present Perfect** is generally used in the main clause.
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- I *have been working* **since** 8 o'clock this morning.
- I live in Tokyo. I *have lived* in Tokyo **since** January 2010.

# Some more example sentences using 'since'



1. I have known him **since** we were at university.
2. She has been working here **since** last year.
3. They have been together **since** they met in college.
4. We have been using the new software **since** the beginning of last month.
5. We have been friends **since** our first day working together at Micron.

# 'ago'



- 'Ago' is used to indicate a past point in time.
- It is used to express how much time has passed before the present moment.
- The verb is in the **Past Tense**.

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I **came** to Tokyo five years ago.

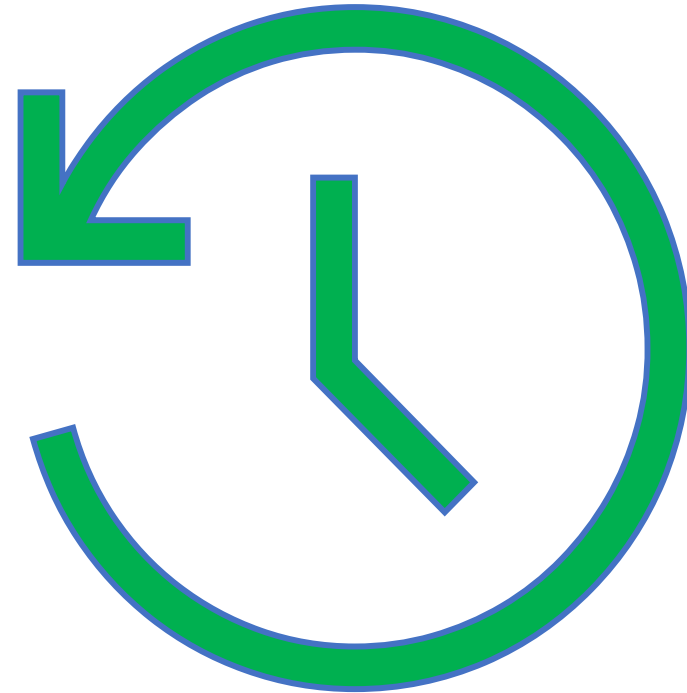
The castle **was built** 300 years ago.

We **heard** rumors about the merger some time ago.

## Some more example sentences using 'ago'

**Ago** (relating to a past point in time):

01. I **visited** Paris two years **ago**.
02. She **graduated** from college three months **ago**.
03. The board meeting **took place** three days **ago**.
04. He **quit** his job six weeks **ago**.
05. The new product **was launched** two months **ago**.







# Workshop Activity – 1

Fill in the blanks with 'for,' 'since,' or 'ago' to complete the sentences correctly:

01. We have been negotiating the contract \_\_\_\_\_ two weeks.
02. The company has been using the new software \_\_\_\_\_ last month.
03. The conference will be held at the convention center \_\_\_\_\_ three days.
04. The project was completed 2 weeks \_\_\_\_\_.



## Workshop Activity – 2

Fill in the blanks with 'for,' 'since,' or 'ago' to complete the sentences correctly:

05. The new CEO has been in position \_\_\_\_\_ six months.

06. We booked the meeting room two days \_\_\_\_\_.

07. Our company has been in operation \_\_\_\_\_ 2010.

08. The marketing campaign will run \_\_\_\_\_ two weeks.



## Workshop Activity – 3

Fill in the blanks with 'for,' 'since,' or 'ago' to complete the sentences correctly:

09. I have been a member of this organization \_\_\_\_\_ a long time.
10. We have been using the new software \_\_\_\_\_ last week.
11. The meeting ended two hours \_\_\_\_\_.
12. The training program ran \_\_\_\_\_ two weeks.



# Workshop Activity – 4

Fill in the blanks with 'for,' 'since,' or 'ago' to complete the sentences correctly:

13. I have been handling client accounts \_\_\_\_\_ the beginning of the year.
14. The new department was established six months \_\_\_\_\_.
15. The meeting is scheduled to run \_\_\_\_\_ two hours.
16. The conference will last \_\_\_\_\_ two weeks.



# Workshop Activity – 5

Fill in the blanks with 'for,' 'since,' or 'ago' to complete the sentences correctly:

17. We have been using this software \_\_\_\_\_ a long time.
18. The team has been working on the project \_\_\_\_\_ two months.
19. I quit my last job about a year \_\_\_\_\_.
20. I have been attending industry conferences \_\_\_\_\_ I joined the company.