

Grammar Practice Exercises

FOR and SINCE
WHEN...? and HOW LONG...?

Practice Set 1

December 29, 2025

Instructions

This practice set focuses on two key grammar topics:

- Using **FOR** and **SINCE** with the present perfect
- Using **WHEN...?** and **HOW LONG...?** questions

Complete all exercises and check your answers with the answer key.

1 Exercise 1: Choose FOR or SINCE

*Complete the sentences with **for** or **since**.*

1. I've been waiting _____ over an hour.
2. She has lived in London _____ 2015.
3. They haven't seen each other _____ last Christmas.
4. We've known each other _____ a very long time.
5. He has been working here _____ he graduated from university.
6. I haven't eaten anything _____ breakfast this morning.
7. She's been studying English _____ three years.
8. They have been married _____ 1998.
9. I haven't spoken to him _____ last Monday.
10. We've had this car _____ six months.
11. He hasn't visited his parents _____ Easter.
12. I've been interested in photography _____ I was a child.

13. They've been playing tennis _____ two hours.
14. She hasn't called me _____ her birthday.
15. We've lived in this house _____ ages.

2 Exercise 2: Complete the Sentences

Complete the sentences using the present perfect with **for** or **since** and the information in parentheses.

1. (I / not see / Sarah / two weeks)

2. (They / live / in this apartment / 2020)

3. (How long / you / know / each other?)

4. (She / be / a teacher / ten years)

5. (I / not eat / meat / I was 18)

6. (We / wait / the bus / 30 minutes)

7. (He / not play / football / his accident)

8. (How long / she / work / in that company?)

9. (They / be / friends / they were children)

10. (I / have / this laptop / last year)

3 Exercise 3: WHEN...? or HOW LONG...?

Choose the correct question word: **When** or **How long**.

1. _____ did you start learning English?

2. _____ have you been learning English?

3. _____ did they get married?

4. _____ have they been married?

5. _____ did she arrive in Brazil?

6. _____ has she been in Brazil?

7. _____ did you last see Tom?
8. _____ is it since you last saw Tom?
9. _____ did the meeting begin?
10. _____ has the meeting been going on?
11. _____ did he move to this city?
12. _____ has he lived in this city?

4 Exercise 4: Write Questions

Write questions using **When...?** or **How long...?** for these answers.

1. _____?
I started my job three years ago.
2. _____?
I've been working here for three years.
3. _____?
She moved to Paris in 2019.
4. _____?
She has been living in Paris since 2019.
5. _____?
They bought their house last summer.
6. _____?
They have had their house for about six months.
7. _____?
I last saw him two weeks ago.
8. _____?
I haven't seen him for two weeks.
9. _____?
The concert started at 8 PM.
10. _____?
The concert has been going on for two hours.

5 Exercise 5: Correct the Mistakes

Each sentence has one mistake. Find and correct it.

1. I've been living here since three years.
Correction: _____
2. She has worked in that office for 2018.
Correction: _____
3. How long did you live in Japan? (He still lives there)
Correction: _____
4. When have you been studying English?
Correction: _____

5. I haven't seen her since two weeks.

Correction: _____

6. They are married since 2010.

Correction: _____

7. How long did she start working here?

Correction: _____

8. I know him since we were at school together.

Correction: _____

9. When did you have that car? (You still have it)

Correction: _____

10. He lives in London for five years.

Correction: _____

6 Exercise 6: Mixed Practice

Complete the conversations with the correct form of the verb and **for** or **since**.

Conversation 1

A: How long _____ (you / live) in this neighborhood?

B: I _____ (live) here _____ about five years.

A: Do you like it here?

B: Yes, I do. I _____ (be) very happy here _____ I moved in.

Conversation 2

A: _____ (you / know) Sarah long?

B: Yes, we _____ (be) friends _____ we were children.

A: That's nice. When _____ (you / meet) her?

B: We _____ (meet) in elementary school in 2005.

Conversation 3

A: How long _____ (John / work) at the hospital?

B: He _____ (work) there _____ about ten years.

A: When _____ (he / start)?

B: I think he _____ (start) in 2015.

Conversation 4

A: I _____ (not / see) Mark _____ ages. When _____ (you / last / see) him?

B: I _____ (see) him last week at the gym.

A: How is he?

B: He's great! He _____ (have) a new job _____ last month.

7 Exercise 7: Translation Practice

Translate these sentences into English using **for**, **since**, and the present perfect.

1. Eu moro aqui há três anos.

2. Ela não me liga desde o mês passado.

3. Há quanto tempo você estuda inglês?

4. Eles estão casados desde 2018.

5. Quando você começou a trabalhar aqui?

6. Eu não como carne há anos.

7. Ele está esperando há mais de uma hora.

8. Há quanto tempo você a conhece?

End of Exercises

Check your answers with the answer key