

A. for and since

We use **for** and **since** to say *how long*:

- Pooja is in Delhi. She **has been** there **for three days** / **since Monday**.

FOR + A PERIOD OF TIME	SINCE + THE START OF THE PERIOD
three days, ten minutes an hour, two hours a week, four weeks a month, six months five years, a long time	Monday, Wednesday 9 o'clock, 12.30 24 July, Christmas January, I was ten years old 1985, we arrived

- **Rahul** has been in Canada **for six months**. (*not 'since six months'*)
- **We've been waiting for two hours**. (*not 'since two hours'*)
- **I've lived** in London **for a long time**.
- **Rahul** has been in Canada **since January**. (= *from January to now*)
- **We've been waiting since 9 o'clock**. (= *from 9 o'clock to now*)
- **I've lived** in London **since I was ten years old**.

B. ago

ago = before now:

- **Neha** started her new job **three weeks ago**. (= *three weeks before now*)
- 'When did **Rohan** go out?' → '**Ten minutes ago**.' (= *ten minutes before now*)
- I had dinner **an hour ago**.
- Life was very different **a hundred years ago**.

We use **ago** with the past (*started / did / had / was* etc.).

Compare ago and for:

- When **did Pooja arrive** in Delhi? → She **arrived** in Delhi **three days ago**.
- How long **has she been** in Delhi? → She **has been** in Delhi **for three days**.