

## To / For

The prepositions **to** and **for** are very easy to confuse! Here are some rules:

### TO:

1. **Destination:**

We're going **to** London.

2. **Time:**

It's a quarter **to** 3.

3. **Distance**

It's about 5 minutes from here **to** the metro.

4. **Comparing:**

I prefer Saturday's **to** Monday's.

5. **Giving something:**

I gave the book **to** Rosy.

6. **Motive/Reason – with verb:**

I came here **to** see you.

### FOR:

1. **Benefits:**

Yogurt is good **for** your digestion.

2. **Period of time:**

We've lived here **for** 2 years.

3. **Schedule:**

I made an appointment **for** August 26th.

4. **Agree with:**

Are you **for** or against the changes?

5. **Doing something to help someone:**

Could you carry these boxes **for** me?

6. **Function – with verb (-ing form)**

A yoga mat is used **for** supporting your body when you do yoga.

7. **Motive/Reason – with noun:**

Let's go out **for** dinner.

As you can see in #6 and #7, TO or FOR can be used for a motive/reason, but TO is always with a verb, and FOR is always with a noun. Here's a good example:

I came to Chile to work.

I came to Chile for a new job.