

# What's the difference between FOR and TO? Finally explained!

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Have you ever wondered whether you should use **to** or **for**? If that's the case, then this guide is for you. Look at the following 3 rules, check out an informative illustration with the situations where you should use **to** and **for**, and on page 3, you will find an exercise to practice with its solutions.

## RULE 1

If there is a verb, use  
**TO + infinitive**

- I came here to talk to you.
- I got the certificate to get promoted.

## RULE 2

If there is a noun, use  
**FOR + noun**

- He went for the results.
- I did this for the team.

## RULE 3

if it's a definition with the verb **to be**, you can use  
**FOR + verb-ing**

- The contract **is** for ensuring your needs are covered.

## When To Use The Preposition TO

### Destinations



*We'll head to the new branch tomorrow.*

### From... To...



*You can easily walk from your house to the office.*

### Time



*She came at quarter to 10.*

### Verbs

advise, agree, allow, appear, begin, choose, claim, continue, decide, demand, deserve, expect, fail, happen, hesitate, hope, intend, invite, learn, manage, need, offer, plan, pretend, promise, refuse, seem, swear, teach, tend, threaten, want, wish, would like, would prefer

### Expressions

to some extent | to date | to excess | to my surprise | to my credit | to my face | to this day | to the detriment of | to the satisfaction of



## When To Use The Preposition FOR

### Benefits



*Getting this certificate will be good for your career.*

### Favors



*He wrote it for me because I didn't have time.*

### Periods of Time



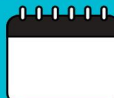
*I have worked here for 5 years.*

### Reason



*He was fired for being late.*

### Scheduling



*I'll set it up for May 4.*

### Expressions

for good | for a living | for sale | for now/for the time being | for a while | for free | for the record | for the best | for all I care | for all I know | for chicken feed

## TO or FOR? Confusing Cases



### Goals: TO + infinitive

*I got this certification to increase my chances of being promoted.*

**\*\*Note:** It is also possible to use FOR + verb ing to express a goal. However, it doesn't always work, so if you have doubts, always use TO + infinitive.

**\*Careful: Never use FOR + infinitive!**

*I went to the office for talk with my boss. → I went to the office to talk with my boss.*



### "For you" or "To you"?

**#1 If there is a transfer of something to someone → TO**

*Can you give this to her?  
I wrote the letter to her.*

**#2 If the person will benefit from a service or a favor → FOR**

*This present is for him.  
I wrote the letter for her.*

## Practice Exercises

Fill the blanks with **TO** or **FOR**.

1. I am writing an email \_ find out the details.
2. We're traveling \_ Singapore in two months.
3. I'll set up our next meeting \_ Monday.
4. They came \_ the results.
5. He'll head \_ the new branch in the morning.
6. You're seeing Sue at the weekend, right? Can you give this present \_ her?
7. There are some good points, but also many negatives, so I only agree \_ some extent.
8. I have to prepare a report \_ the meeting.
9. I think they went a bit too far, but she was fired \_ being late.
10. This contract is only \_ ensuring that your needs are covered.
11. You can use this tool \_ debug the system.
12. He came quite early, at quarter \_ five.
13. She continued \_ talk.
14. Sarah sent the parcel \_ me because I had the flu and couldn't go out.
15. They need \_ provide all their details before we sign the agreement.
16. I would love \_ visit you in Rome.
17. He's super sweet, he picked up the parcel \_ me.
18. We always have happy hour on Fridays. The tradition started 10 years ago and it continues \_ this day.
19. The whole team was sad about the news - apparently he left the company \_ good.
20. Roy hasn't got any money so I'll have to pay the bill \_ him.

Check your answers on the next page.

## Answer Key

1. I am writing an email **to** find out the details.
2. We're traveling **to** Singapore in two months.
3. I'll set up our next meeting **for** Monday.
4. They came **for** the results.
5. He'll head **to** the new branch in the morning.
6. You're seeing Sue at the weekend, right? Can you give this present **to** her?
7. There are some good points, but also many negatives, so I only agree **to** some extent.
8. I have to prepare a report **for** the meeting.
9. I think they went a bit too far, but she was fired **for** being late.
10. This contract is only **for** ensuring that your needs are covered.
11. You can use this tool **to** debug the system.
12. He came quite early, at quarter **to** five.
13. She continued **to** talk.
14. Sarah sent the parcel **for** me because I had the flu and couldn't go out.
15. They need **to** provide all their details before we sign the agreement.
16. I would love **to** visit you in Rome.
17. He's super sweet, he picked up the parcel **for** me.
18. We always have happy hour on Fridays. The tradition started 10 years ago and it continues **to** this day.
19. The whole team was sad about the news - apparently he left the company **for** good.
20. Roy hasn't got any money so I'll have to pay the bill **for** him.

Still have some questions? Message us on [Facebook](#) or send us an email at [info@talaera.com](mailto:info@talaera.com).

Happy learning! :)