

Difference Between To and For

Source: <https://www.espressoenglish.net/difference-between-to-and-for/>

Don't say: "I'm studying every day for improve my English."

Say: "I'm studying every day to improve my English."

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

Use TO In These Cases:

1. **Destination**
"We're going **to** Paris."
2. **What time it is**
"It's a quarter **to** 2."
3. **Distance**
"It's about ten miles from my house **to** the university."
4. **Comparing**
"I prefer sleeping **to** working."
5. **Giving**
"I gave the book **to** my sister."
6. **Motive/Reason – with verb**
"I came here **to see** you."

Use FOR In These Cases:

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** May 3."
4. **Agree with**
"Are you **for** or against the development of nuclear weapons?"
5. **Doing something to help someone**
"Could you carry these books **for** me?"
6. **Motive/Reason – with noun**
"Let's go out **for** a drink."
7. **Function – with verb (-ing form)**
"A ladle is a big spoon used **for serving** soup."

As you can see in #6, **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 New York **to work**.
- I came to New York **for a new job**.