

Phrasal Verb	Significato	Esempio
abide by	Rispettare o obbedire a una decisione, una legge o una regola	If you want to keep your job here, you must abide by our rules.
account for	Spiegare, dire una ragione	I hope you can account for the time you were out!
add up	Dare un senso, sembra ragionevole	The facts in the case just don't add up.
advise against	Raccomandare di non fare qualcosa	I advise against walking alone in this neighborhood.
agree with	Avere la stessa opinione di qualcun altro.	I agree with you. I think you should go as well.
allow for	Prendere in considerazione	We need to allow for unexpected charges along the way.
appeal to	Fare una richiesta	He appealed to the court to change its decision.
appeal to	Essere attraente o interessante	A vacation of sunbathing doesn't appeal to me.
apply for	Fare una richiesta formale di qualcosa (lavoro, messo, prestito ecc.)	He applied for a scholarship for next semester.
back away	Andare indietro, nella paura o nell'amarezza	When he saw the bear, he backed away in fright.
back down	Ritirarsi, concedere la sconfitta	Local authorities backed down on their threats to build on that part of the beach.
back up	Dare supporto o incoraggiamento	I'm going to be very strict with him. I hope you'll backme up on this?

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back up	Fare una copia di (file, programma, ecc.)	You should back up all your computer files in a secure location.
bank on	Basare le tue speranze su qualcosa / qualcuno	I'm banking on you to help with the charity event.
black out	Svenire, perdere conoscenza	Jenna fell in the parking lot and blacked out.
block off	Separare usando una barriera.	The police blocked off the street after the explosion.
blow up	Esplodere	Tommy blew up the red balloon.
blow up	Arrabbiarsi	Don't blow up at me. It's not my fault.
boil down to	Essere riassunti come	It all boils down to who has more power.
boot up	Avviare un computer caricando un sistema operativo o un programma	You need to boot up your computer before you begin to work.
break away	Separarsi da una folla	One of the wolves broke away from his pack.
break down	Andare fuori servizio, smettere di funzionare	The washing machine broke down so we had to call in the repair technician.
break down	Perdere il controllo delle proprie emozioni	John broke down when he heard the news.
break into	Entrare con la forza	Burglars broke into my car last night.

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break out	Iniziare improvvisamente	Rioting broke out after the government raised the fuel prices again.
break out of	Fuggire da un posto con la forza	Several prisoners broke out of jail.
break up	Finire (matrimonio, relazione)	She broke up with Daniel after dating him for five years.
bring up	Allevare (un bambino)	Sara is bringing up her children by herself.
brush up on	Migliorare, aggiornare la propria conoscenza di qualcosa	I must brush up on my French before going to Paris next month.
bump into	Incontrarsi a caso o inaspettatamente	I bumped into Adam at the bank. He says "hello".
burn out	Smettere di funzionare (qualcosa)	The light bulb burnt out. Please change it.
burn out	Diventare esausti da un eccesso di lavoro (esaurirsi)	She needs to work fewer hours. Otherwise she will burn out.
call back	Richiamare	Could please call back in ten minutes?
call off	Cancellare	The game was called off because of bad weather.
calm down	Diventare più rilassato, meno arrabbiato o sconvolto	It took Kylie several hours to calm down after she saw the accident.
carry on	Continuare	The soldiers carried on walking in order to get to their post before dark.

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carry out	Fare qualcosa come specificato (un piano, un ordine, una minaccia)	His orders were carried out to the letter.
carry out	Seguire o condurre (testare, sperimentare)	That company does not carry out tests on animals.
check in	Registrarsi (in un hotel o in un aeroporto)	They said I must check in at least three hours before my flight.
check out	Pagare il conto e andare via (un hotel)	Donna checked out of the hotel this morning.
check out	Investigare	I don't know if this price is correct. I'll check it out online.
clam up	Rifiutare di parlare	When the police started asking questions, the suspect clammed up.
clamp down on	Agire rigorosamente, prevenire qualcosa	The local authorities have decided to clamp down on illegal parking in handicapped parking places.
come across	Trovare per caso	I was cleaning up and came across some old photos of you.
come across	Apparire, sembrare, fare un'impressione	The politician came across as a complete fool during the TV interview.
come forward	Presentarsi	Has the owner of the winning lotto ticket come forward?
count on	Contare o dipendere da (aiuto)	You can count on me to keep your secret.

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cut down on	Ridurre il numero o la dimensione	I've decided to cut down on the amount of sweets I eat.
cut out	Rimuovere usando le forbici (tagliare)	She cut out a coupon from the newspa.
cut out	Smettere di fare qualcosa	You need to cut out all red meat from your diet.
deal with	Gestire, prendersi cura di (problema, situazione)	Catherine is not good at dealing with stress.
die down	Calmare, diventare meno forti	After the storm died down, we went outside to see the damage it had caused.
do without	Gestire senza	She didn't get a salary this month, so she'll have to do without extra treats.
drag on	Durare più del previsto	The suspect's trial dragged on longer than we had expected!
draw up	Scrivere (contratto, accordo, documento)	They drew up a contract and had me sign it.
dress up	Indossare abiti eleganti	Their wedding gave us a chance to dress up and get out of the house.
drop in	Visitare, di solito sulla strada per andare da qualche altra parte	Why don't you drop in to see us on your way home?
drop off	Consegnare qualcuno o qualcosa	I'll drop off the paper later today.
drop off	Addormentarsi	I often drop off in front of the TV.

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drop out	Lasciare la scuola senza finire	Zack dropped out of college and joined the army.
ease off	Ridurre, diventare meno severi o rallentare (dolore, traffico, lavoro)	Traffic usually eases off about 7pm
end in	Finire in un certo modo; risultato in	Her marriage ended in divorce.
end up	Raggiungere finalmente uno stato, un luogo o un'azione	If you don't improve your work habits, you'll end up being fired.
fall through	Fallire; non succede	His plans to trek through South America fell through when he got sick.
figure out	Capire, trovare la risposta	He's trying to figure out how to earn enough money to go on the trip to Spain.
fill out	Completare (un modulo / un'applicazione)	Please fill out the enclosed form and return it as soon as possible.
find out	Scoprire o ottenere informazioni	I'm going to find out who's responsible for the power cut.
focus on	Concentrarsi su qualcosa	Tom had difficulty focusing on work the day before his holiday started.
get along (with)	Essere in buoni rapporti; funzionare bene con	It's important to get along with your team supervisor.
get at	Implicare	What are you getting at? Do you think I'm to blame?

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get away	Scappare	I think we should get away for the weekend.
get by	Riuscire a far fronte o sopravvivere	Students without jobs have a hard time getting by.
get in	Entrare	When did you get in last night?
get into (+sostantivo)	Entrare	How did you get into your car without the keys?
get off	Partire (autobus, treno, aereo)	You should get off the train in Kings Heath.
get off	Rimuovere	I can't get the ink stain off my shirt.
get on	Salire a bordo (bus, treno, aereo)	I'm trying to get on the flight to Brussels.
get on with (something)	Continuare a fare; fare progressi	After they split up, she had a hard time getting on with her life.
get on (well) with (somebody)	Avere un buon rapporto con	He doesn't get on very well with the other members of the committee.
get out	Lasciare	He had a hard time getting out of Newark because of the snow?
get out of	Evitare di fare qualcosa	Edna's trying to get out of working the night shift.
get over	Riprendersi, recuperare da (malattia, delusione)	Has she gotten over the flu?
get rid of	Eliminare, liberarsi di	Please get rid of that old t-shirt. It's so ragged.

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get together	Incontrarsi	Let's get together for your birthday on Saturday.
get up	Alzarsi, lasciare il letto	Will you please get up? You've got a class in 20 minutes.
give in	Cessare l'opposizione; dare la precedenza	We will never give in to the terrorists' demands.
give in	Consegnare; Sottomettere (qualcosa)	I'll give in my pa tomorrow.
give up	Smettere di fare qualcosa	Morris gave up drinking 10 years ago.
go through	Provare	Andy went through a lot of pain after his mother died.
grow up	Trascorrere la propria infanzia; crescere; diventare un adulto	He's like Peter Pan. He never really grew up at all.
hand in	Inviare (rapporto, compiti a casa)	Please hand in your pas before Friday.
hand out	Distribuire	Susan volunteered at the shelter where she handed out warm clothes.
hang out	Trascorrere del tempo in un luogo particolare o con un gruppo di amici	Which pub does the team hang out at after the game?
hang up	Terminare una conversazione telefonica, riagganciare	If you hang up now, I'll never speak to you again.

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hold on	Aspettare	Please hold on and a representative will answer your call.
give in	Afferrare saldamente	She was so scared on the rollercoaster ride that she held on for dear life.
hurry up	Essere veloce, agire rapidamente	Hurry up and finish your lunch or we'll miss the train.
iron out	Risolvere con con il dialogo, eliminare le differenze	The two countries met at the conference to iron out their differences.
join in	Partecipare	Yes David, you can join in the discussion any time you like.
join up	Partecipare, diventare un membro di	There was a war on, so some kids were only sixteen when they joined up.
join up	Incontrare e unirsi con	Let's separate now and join up later at the restaurant.
keep on	Continuare a fare qualcosa	If you keep on making that noise I will get annoyed.
keep up with	Rimanere allo stesso livello di qualcuno o qualcosa, tenersi aggiornati	I read the newspaper every day to keep up with the news.
kick off	Iniziare, cominciare	The rugby match kicked off at 3 o'clock.
leave out	Omettere, non parlare	Please check your form again and make sure nothing is left out.

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let down	Deludere	I feel so let down because they promised me a puppy but all I got was a doll.
look after	Prendersi cura di	Andy can you look after your sister until I get back?
look down on	Considerare come inferiori	She's such a snob. She always looks down on anyone who is poor.
look on	Essere spettatori di un evento	If you don't want to take part in the game you can look on for now.
look for	Cercare di trovare qualcosa	Harry went to the shop to look for a new computer.
look forward to	Aspettare o attendere con piacere	I'm looking forward to my birthday. It's in two days time.
look up to	Ammirare	I always looked up to my father. He was a great man.
make fun of	Ridere / fare battute su	It's not nice to make fun of people in wheelchairs.
make up	Inventare (scusa, storia)	That's a good excuse. Did you make up it up yourself?
mix up	Scambiare una cosa o una persona con un'altra	She had so many cats that she kept mixing up their names.
move in	Arrivare in una nuova casa o in ufficio	Did you hear? Our new neighbors are moving in this afternoon.
move out	Lasciare la tua casa / ufficio per un altro.	When are you moving out? We need your office for the new guy.

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nod off	Addormentarsi	You were so tired after the game that you nodded off on the couch.
own up	Ammettere o confessare qualcosa	Come on. Own up. We know you did it!
pass away	Morire	Your grandfather passed away peacefully in his sleep last night.
pass out	Svenire	He didn't drink enough water so he passed out at the end of the race.
pay back	Rimborsare	I'll pay you back as soon as I get the loan.
put off	Posticipare, organizza una data successiva	Don't put off until tomorrow, what you can do today.
put on	Accendere	It's very dark in here. Please put on the light on.
put out	Spegnere, estinguere	The fire fighters were able to put out fire in ten minutes.
put up	Accogliere, dare a qualcuno un letto	I can put you up until the weekend but then I'm going away.
pick up	Recuperare qualcuno (dare un passaggio)	I'll pick you up at around 7:00 to take you to the airport.
point out	Indicare / dirigere l'attenzione su qualcosa	As I already pointed out, there was a mistake in your calculation.
rely on	Contare, fare affidamento, dipendere da, fidarsi	You can rely on me. I always arrive on time.

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rule out	Eliminare	Since he had a sound alibi, the police ruled him out as a suspect.
run away	Fuggire da un posto o partire all'improvviso	He ran away from home and joined the circus.
run into	Incontrarsi caso o inaspettatamente (anche: imbattersi)	I'm so glad I ran into you. I need to ask you something.
run out of	Non avere più di qualcosa.	We've run out of milk. I'll just pop next door to borrow some.
set off	Iniziare un viaggio;	Let's set off early to miss the rush hour traffic.
set up	Avviare un'attività	They set up their own company when they were still in high school.
shop around	Confrontare i prezzi	Don't buy that. Let's shop around and see if we can find something cheaper.
show off	Vantarsi o voler essere ammirato	He's such a show off. He has to tell everybody about his new computer.
show up	Apparire / arrivare	I don't think she'll show up tonight. Her daughter is sick.
shut up (impolite)	Tacere, smettere di parlare	Shut up, you're spoiling the movie!
sit down	Sedersi	I think you should sit down. It's bad news.
stand up	Alzarsi da una posizione seduta	The whole stadium stood up for the national anthem.

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stick up for	Difendere	My big brother always stuck up for me when I got into a fight.
take after	Assomigliare, in aspetto o carattere	Angie really takes after her grandmother.
take care of	Prendersi cura	Please take care of my cat when I'm away.
take off	Decollare	The plane will take off as soon as the fog lifts.
take on	Assumere o ingaggiare personale	I hear they're taking on extra staff for this event.
take out	Rimuovere; tirare fuori; estrarre	Please take out your mobile phones and turn them off.
tell off	Rimproverare / criticare severamente	The coach told her off for not trying hard enough.
think over	Considerare	Take your time and think it over before you decide.
try on	Indossare qualcosa per prova (provare vestiti o scarpe)	Go ahead, try it on and see if it fits?
turn down	Rifiutare	I asked her out but she turned me down flat.
use up	Finire un prodotto (in modo che non ne sia rimasto niente)	Your parents used up all the coffee!
watch out	Stare attenti	Watch out! There's a dog in the road.

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wear out	Diventare inutilizzabile	Julie wore out her shoes running the marathons.
wear out	Diventare molto stanco	Julie was worn out after all that running.
work out	Fare esercizio fisico	You should work out twice a week at the gym.
work out	Trovare una soluzione o calcolare qualcosa	Can you work this out? I'm no good at math.
wipe off	Pulire (tavola, tavolo).	I'll wash up if you wipe off the table.