



Intercambioidiomas

# **PHRASAL VERBS**

**LEARNING WITH EXAMPLES**

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## Introduction

Phrasal verbs can be tricky for language learners and are often what students of English most commonly complain about. This may be because they do not exist in Spanish, or that they have various meanings and do not always make logical sense. This Ebook aims to explain the easiest way to learn and use phrasal verbs, and also provide lots of examples so that students can actively start practicing. This book however does NOT contain exercises, these you can find at [www.appf.es](http://www.appf.es) in our full courses.

To make the book easier to use, I have put the phrasal verbs in alphabetical order.

## Types of phrasal verbs

Separable phrasal verbs can be tricky because sometimes you can split them in two and others you cannot. In English we have separable and inseparable phrasal verbs.

### Separable phrasal verbs

Separable phrasal verbs can have an object in between the verb and the preposition = I **took her away** on holiday.

If the object is in the form of an object pronoun (me, you, him, her, it, us, they) then we normally have to divide the phrasal verb. E.g. I **picked him up** from the store. But if the object is in its full form, you usually have the choice. I **put on the jacket**, or I **put the jacket on**.

### Inseparable phrasal verbs

Inseparable phrasal verbs have an object after ONLY = I usually look after my daughter on Saturday evening so her mum can go out for a drink

### Intransitive phrasal verbs

These types of phrasal verb do not require an object. For example, I am **going out** or I can **get by**.

### 3 word phrasal verbs

These phrasal verbs are almost always inseparable. For example, I am **looking forward to** the party. I need to **cut down on** my sugar intake.

## How to learn and use phrasal verbs

What students of English need to be aware of is that phrasal verbs are not literal, their meaning depends on context. Look after does not mean *mirar después* for example, it means *cuidar*. Find out is not *encontrar fuera* it means *averiguar*.

The most usual method to introduce phrasal verbs into speech or writing is through substitution. You take a word, LIKE for example and put it into a sentence, "I like reading books about dinosaurs". Then you take the term LIKE and replace it with the phrasal verb that you want to use, "I AM INTO reading books about dinosaurs". This way the student begins to incorporate simple phrasal verbs into their language use. A great way to practice this skill is by learning how to match phrasal verbs with their synonyms. Find out = discover information, look after = take care of. Language learners must practice exercises such as matching phrasal verbs with their synonyms, antonyms and similar expressions.

The next step is by making sure that students use phrasal verbs consistently, what they need to do is make sure that they use them in context and assimilate them. They must use them often to consolidate their meaning. What students must be careful of is that they do not change the context too much or the meaning could change. For example GET BY can mean, survive with the minimum amount of money necessary or know how to use a little bit of a language.

## Be into

Be into – like

*I am into playing video games on weekends with my friends*

Be into – be attracted to someone

*He is into girls with long hair, he finds them very attractive*

Be into – be interested in

*Are you into travel literature?*

Be into – be enthusiastic about something

*I am really into this book, I can't stop reading it, it's the best book I've ever read*

Be into – to reach a point in an ongoing process

*I was halfway into my daily exercise programme when I had to make a phone call*

La mejor forma de traducir *be into* ES GUSTAR

## Be up to

Be up to – do sth

*What are you up to? You should be at work not playing the computer*

Be up to – be planning something

*I think the kids in my class are up to something this weekend, but I'm not sure what exactly*

La mejor forma de traducir *be up to* ES HACER



## Call off

Call off – cancel

*We called off the meeting as half the team couldn't come at that time.*

Call off – to stop or restrain a person or animal that is being aggressive

*Will you please call off your dog? It won't stop barking at me*

La mejor forma de traducir *call off* ES CANCELAR

## Calm down

Calm down – relax

*I need to calm down at work, I am overwhelmed*

Calm down – to become less agitated

*The boss calmed down the employees that we showing their discontent*

La mejor forma de traducir *calm down* ES TRANQUALIZARSE

## Carry on

Carry on – continue

*Shouldn't we carry on with the project? It's due tomorrow morning*

Carry on – act wildly

*He was carrying on like a mad man*

Carry on – complain

*My granddad always carries on about how life was better in the past*

La mejor forma de traducir *carry on* ES SEGUIR

## Carry out

Carry out – do sth/realize an action

*I am confident that we can carry out the project in time*

Carry someone or something out – to remove something

*I stood up and carries his books out*

La mejor forma de traducir *carry out* ES **LLEVAR A CABO**

## Catch up with

Catch up with – get to the same point as

*He is catching up with the work that he missed while he was ill last month*

Catch up with – see someone after a long time

*It is great to catch up with old friends; you always have a lot to talk about*

La mejor forma de traducir *catch up with* ES PONERSE AL DÍA

## Check out

Check out – look at sth

*Have you checked out the new restaurant in the city centre?*

Check out – leave a hotel

*You need to check out of the hotel by 11:00am*

Check out – complete a purchase

*I need to check out with my shopping once I am finished*

Check out – become distracted

*Sorry, what did you say? I checked out for a moment*

La mejor forma de traducir *check out* ES *ECHAR UN VISTAZO*

## Come across

Come across – find sth

*I came across this pen in the office; do you know whose it is?*

Come across someone - meet by chance

*I came across an old friend in the bar the other day*

Come across – seem/be viewed in a certain way

*She comes across as being a little bit stupid, but she has a master's degree*

La mejor forma de traducir *come across someone* ES **TOPARSE CON ALGUIEN**

## Cut down

Cut down (on) – reduce the amount of

*He needs to cut down on his sugar intake, it isn't healthy*

Cut down trees – chop down trees

*They are cutting down the rainforests at an unbelievable rate*

Cut down to size – make someone feel humble

*She seemed to think a lot of herself, you know, very arrogant. So I cut her down to size with a few simple words*

La mejor forma de traducir *cut down trees* ES **TALAR ARBOLES**



## Cut out

Cut out – stop using/doing

*She should cut out smoking so much; it is bad for her health*

Cut out – use scissors to remove something

*The children cut out the shapes for the exercise in technology class*

Cut out – exclude someone from something

*They cut us out of the fun because we arrived late*

La mejor forma de traducir *cut out* ES DEJAR DE HACER

## Drop off

Drop off – leave in a place

*My dad dropped us off at the airport before we went travelling*

Drop off – decline

*The subscriptions seem to be dropping off recently, it is worrying*

Drop off – go to sleep

*The kids dropped off at about 9pm*

La mejor forma de traducir *drop someone off* ES DEJAR A ALGUIEN EN UN SITIO

## Drop out

Drop out (of) – stop studying/going to school

*I dropped out of university as I didn't enjoy the course*

Drop out – fall out of

*My wallet must have dropped out of my pocket because I can't find it*

La mejor forma de traducir *drop out* ES DEJAR DE SER MIEMBRO DE ALGO

## End up

End up – final result

*So, last night we ended up meeting your sister in the bar*

End up – terminate something

*She ended up the holiday in a 5 star hotel in London*

La mejor forma de traducir *end up* ES ACABAR HACIENDO ALGO

Face up to

Face up to – accept a difficult situation as true

*She should face up to the fact that her marriage is over*

Face up to – accept the consequences

*I needed to face up to the consequences of my actions.*

La mejor forma de traducir *face up to* ES **HACER FRENTE**

## Fall for

Fall for – fall in love with

*I fell for her as soon as I saw her*

Fall for – be tricked by

I don't normally fall for his lies

La mejor forma de traducir *fall for* ES ENAMORARSE O CAER EN

## Fall out

Fall out - fall from within something

*She fell out of the car because she was drunk*

Fall out – lose hair/teeth

*He is worried about his baldness because his hair is falling out*

*One of his teeth fell out last week, so he went to the doctor to see if he has scurvy*

Fall out with – argue with

I hardly ever fall out with my siblings; we get on like a house on fire

La mejor forma de traducir *fall out* ES CAERSE FUERA O DISCUTIR

## Find out

Find out – discover information

I only found out about the job offer when it was too late to accept it

La mejor forma de traducir *find out* ES averiguar



## Get around

Get around – move from place to place

*I normally get around my city on foot as it is a small place*

Get (a)round to – start (after planning)

*What time did you get around to writing your essay last night?*

La mejor forma de traducir *get around* ES DISPLAZARSE

## Get at

Get at – suggest

*I think he is getting at what we discussed in last week's meeting*

Get at – annoy/get on (somebody's nerves)

*Can you stop that please, you are really getting at me*

Get at – access

*I am trying to pick up the pen I dropped behind the desk, but I can't get at it*

La mejor forma de traducir *get at* ES SUGERIR, ATOSIGAR O ALCANZAR

## Get by

Get by – manage with little money

*I find it difficult to get by on my salary*

*I can get by in Japanese, however, I don't speak fluently*

La mejor forma de traducir *get by* ES SOBREVIVIR O SEGUIR ADELANTE

## Get into

Get into – start liking

*I only got into jogging last year; I started because I wanted to get in shape*

Get into – manage to enter

*I forgot my keys so I couldn't get into my flat*

Get into trouble – find oneself in problems

*He is always getting into trouble at school*

Get into a mess – become confused or have problems with something

*I didn't pass the exam because I got into a mess on the final question*

Get stuck into – start to work on something ( a lot)

*It is time to get stuck into this project so that we can finish once and for all*

La mejor forma de traducir *get into* ES EMPEZAR A GUSTARLE, IMPLICARSE O  
METERSE EN LIOS

## Get on

Get on – enter a bus or plane

*You need to get on the bus at 17:00*

Get on with – continue doing

*I told my students to get on with their work*

Get on with – have a good relationship with

*I get on really well with my boss and workmates*

La mejor forma de traducir *get on with* ES SEGUIR O LLEVARSE (BIEN) CON

Get together

Get together – meet to spend time together

*At Christmas our family always gets together to celebrate*

La mejor forma de traducir *get together* ES JUNTARSE CON

## Get up

Get up – remove yourself from a bed

*I normally get up at about 6 am so that I can go for a run*

Get up to – do sth/do sth you shouldn't

*What did you get up to last night?*

*You shouldn't leave the children alone, when they are together they normally get up to no good*

La mejor forma de traducir *get up to* ES LEVANTARSE O HACER ALGO

Go for

Go for – choose

*I went for the fish instead of the steak because it is healthier*

La mejor forma de traducir *go for* ES ELEGIR O ESCOGER



## Go off

Go off – stop liking

*I went off eating cheese because I ate too much over the Christmas period*

Go off – go out of date

*We need to buy more milk, this carton has gone off*

Go off – turn off

*The lights went off in the middle of the film; it must be a power-cut*

Go off – explode

*The bomb went off at around 8:30am*

Go off – sound

*We need to fix that alarm; it is always going off at night*

La mejor forma de traducir go off *ES DEJAR DE GUSTAR O CADUCARSE*

## Go out

Go out – go outside/go clubbing

*I'll see you in half an hour. I'm going out to see a friend*

*We normally go out at the weekend to the bar area in the city*

Go out with – be in a relationship with

*I have been going out with my girlfriend for about 2 years now*

La mejor forma de traducir *go out* ES SALIR FUERA O SALIR POR ALLÍ

## Hang on

Hang on – wait

*You will need to hang on until we finish lunch*

Hang on – hold onto something

*He held on to his wallet like his life depended on it*

La mejor forma de traducir *hang on* ES ESPERAR UN MOMENTO O SUJETAR ALGO

## Hang out

Hang out (of) – be a little outside of

*The dog loves hanging out of the car window as we drive*

Hang out (with) – spend time (with)

*I always hang out with my friends on Thursday evenings*

La mejor forma de traducir *hang out* ES PASAR UN RATO CON O ASOMARSE

## Hold up

Hold up – delay

*We are waiting for the boss' decision that is what is holding up the process*

Hold up – remain strong/successful

*How is your sister holding up after losing her job?*

La mejor forma de traducir *hold up* ES **RETRASAR O MANTENERSE FUERTE**

## Join in

Join in – participate in

*We were playing football with my friends and suddenly some other children asked to join in*

La mejor forma de traducir *join in* ES PARTICIPAR EN

Keep on

Keep on – continue

*Just keep on studying in the same way; you will soon notice the progress*

La mejor forma de traducir *keep on* ES SEGUIR O CONTINUAR

## Let off

Let off – not punish/forgive

*I can't believe that they let him off with such a serious offence, he should be in prison*

Let off – allow to get off

*The bus driver stopped the bus to let me off*

La mejor forma de traducir *let off* ES QUEDAR IMPUNE O DEJAR BAJAR



## Look after

Look after – take care of

*I almost never look after my siblings as we have a babysitter*

Look after – be in charge of

*My wife looks after the family's financial affairs*

La mejor forma de traducir *look after* ES CUIDAR O OCUPARSE DE

## Look down

Look down on – think badly of

*You shouldn't look down on your brother so much, everyone makes mistakes*

Look down on – look downwards at

*We can look down on the university campus from our balcony*

La mejor forma de traducir *look down on* ES **PENSAR MAL DE O MIRAR HACIA ABAJO**

Look forward to

Look forward to – be excited about

*I am looking forward to our next holiday*

La mejor forma de traducir *look down on* ES HACER ILUSION

## Look up to

Look up to – admire

*I look up to my father; he is a very respectable man*

La mejor forma de traducir *look up to* ES ADMIRAR

## Meet up

Make up – invent information or a story

*It's true, I'm not making it up*

Make up – make peace with

*I think it is time to make up with my brother; we have been arguing for way too long*

Make up for – recuperate o compensate for

*We should get on with our work to make up for the delay we had yesterday*

Make up – form

*The exam is made up of 4 tasks*

La mejor forma de traducir *make up* ES **INVERNTARSE, HACER LAS PAZES o COMPENSAR**

## Mess around

Mess around – waste time doing sth

*Get on with your work and stop messing around on Facebook*

Mess around – behave in a stupid way

*Those kids are always messing around with the sports equipment*

La mejor forma de traducir *mess around* ES **PERDER TIEMPO** o **COMPORTARSE MAL**

## Pick up

Pick up – collect

*My dad is going to pick us up in half an hour*

Pick up – improve

*If you do lots of speaking practice, your fluency will pick up*

Pick up – increase in speed

*He was late for the meeting so he picked up the pace to make up for lost time*

La mejor forma de traducir *pick up* ES **RECOGER O MEJORAR**

## Put off

Put off – delay

*They put off the football match due to the bad weather*

Put off – dissuade from

*They were put off from going on the trip because it was very expensive*

La mejor forma de traducir *put off* ES **POSTPONER** o **DESANIMAR**



## Put on

Put on – dress oneself

*I usually put on my trousers before my socks*

Put on – turn on

*I put on the light as I entered the house*

Put on – gain weight

*I have put on over 10 kilos this year. I need to do exercise*

Put on – pretend

*He wasn't really injured, he was just putting it on*

Put on – bet/risk money

*We thought the horse was going to win so we put \$10 on it*

La mejor forma de traducir *put on* ES ENGORDAR o FINGIR

## Put up

Put up – allow someone to stay in your house

*We are putting up my brother in law at the moment while they reform his house*

Put up with – tolerate

*I find it hard to put up with his lies; he never stops*

Put up – hang

*I am going to put up a painting in the hall this afternoon*

La mejor forma de traducir *put up* ES ALOJAR, AGUANTAR o COLGAR

## Run out

Run out – flee

*He got up and ran out of the room because he was afraid*

Run out (of) – not have any left/remaining

*Laura went to the shop because she had run out of bread*

La mejor forma de traducir *run out* ES *HUIR CORRIENDO O NO QUEDAR/FALTAR*

## See off

See off – say goodbye at the airport etc

*I always accompany my son to the airport to see him off*

See off – get rid of

*The man was trying to protect his house and he used a baseball bat to see off the thieves*

La mejor forma de traducir *see off* ES APARTAR o DESPEDIRSE DE ALGUIEN

## Set off

Set off – start a journey

*What time should we set off tomorrow? We don't want to get there too late*

La mejor forma de traducir *set off* ES *PARTIR* o *EMPEZAR UN VIAJE*

## Set up

Set up – start a business

*I'm going to set up a new company that provides computer equipment to larger businesses*

Set up – arrange

*We need to set up a meeting with our partner company in the USA*

Set up – lay a trap

*It was all set up to cause us problems*

La mejor forma de traducir *set up* ES **MONTAR, ORGANIZAR o TENDER UNA TRAMPA**

## Sign up

Sign up for – do/join a team or club

*At university I signed up for the football and swimming teams*

La mejor forma de traducir *sign up for* ES APUNTARSE A

## Stand for

Stand for – tolerate/protect or defend

*I find it really hard to stand for this type of behaviour*

Stand for – represent

*The image on the front page stands for his struggle with the disease*

Stand for – defend

*Do you stand for pro or anti-bull fighters?*

Stand for – be a candidate

*Jeremy Corbyn is standing for the next general election*

La mejor forma de traducir stand for ES *TOLERAR, REPRESENTAR, DEFENDER*  
o *PRESENTARSE*



## Stand out

Stand out – be different/remarkable

*He stands out in all aspects at school. He is really gifted*

La mejor forma de traducir *stand out* ES **DESTACAR** o **RESALTAR**

## Stay up

Stay up – not go to bed

*We shouldn't stay up so late on a work night, we are too tired in the morning*

La mejor forma de traducir *stay up* ES **QUEDARSE LEVANTADO**

## Take off

Take off – the plane leaves the ground

*What time does the plane take off tomorrow?*

Take off – become successful

*The courses have really taken off since we started email marketing*

La mejor forma de traducir *take off* ES **DESPEGAR** o **HACERSE EXITOSO**

## Take on

Take on – hire/employ

*We took on 4 new accountants last year due to the increase in volume of clients*

Take on – confront

*If someone breaks into your house, you shouldn't ever take them on as it is dangerous*

La mejor forma de traducir *take on* ES **CONTRATAR O ENFRENTARSE CON**

## Take to

Take to – become good at/do frequently

*Recently, I have really taken to running. I compete all the time*

Take a fancy to – like

*They have taken a fancy to baking over the last few years*

Take an exception to - dislike

*I normally take an exception to these types of questions*

La mejor forma de traducir *take to* ES HACERSE BUENO EN o HACER CON  
MUCHA FRECUENCIA

## Take up

Take up – start doing

*I want to take up a new hobby; playing tennis or something like that*

La mejor forma de traducir *take up* ES EMPEZAR A HACER

## Tell off

Tell off – shout at

*The teacher is always telling off the same two boys in the class*

La mejor forma de traducir *tell off* ES *ECHAR LA BRONCA*

## Turn down

Turn down – reject

*I went for the job, but they turned me down because of my lack of experience*

La mejor forma de traducir ES





## **Courses (through [www.appf.es](http://www.appf.es))**

We have courses available for the preparation of Cambridge ESOL exams available. These courses are 100% online; exams focussed and have a high pass rate. They count with live lessons (Google Hangouts) and native bilingual tutors. All of the exam advice is translated into Spanish and each course includes a FULL EBOOK.

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If you want to get the B1 (PET certificate) the easy way, this course is for you. It is mobile ready and easy to navigate. You will count on the support of a tutor to guide you through the course.

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### **C1 - Getting advanced for the C1**

The C1 (CAE exam) is an advanced level exam from Cambridge and can be prepared in a month on our online platform. The course is very intuitive and includes all of the information that you need to pass the exam. You can study it using only your mobile phone or laptop and you count on the support of a tutor.

<https://www.appf.edu.es/cursos-idiomas-b1-b2/curso-preparacion-advanced-c1.html>