



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 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**

Come up with

Come up with – think of

I was extremely concerned because I couldn't come up with the solution to the exam question

Have you come up with a plan for the weekend yet?

La mejor forma de traducir come up with ES PENSAR EN ALGO

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)

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.

B1 – Getting to grips with the B1

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.

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

B2 – Getting through the B2

To pass the B2 (FIRST certificate) in the space of a month, you are in the right place. The course is easy to use and very content heavy. 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-first-certificate-b2.html>

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>