

Learn the phrasal verbs
you actually use every day.

René

The Teacher



TURN ON

Meaning: To switch something on.

Significado: Encender algo.

Example: Please turn on the light.



PUT ON

Meaning: To wear clothes or accessories.

Significado: Ponerse ropa o accesorios.

Example: She puts on her jacket before going out.



WAKE UP

Meaning: To stop sleeping.

Significado: Despertarse; dejar de dormir.

Example: I wake up at 7 a.m. every day.



SIT DOWN

Meaning: To take a seat.

Significado: Sentarse.

Example: Please sit down and relax.



STAND UP

Meaning: To rise to one's feet.

Significado: Ponerse de pie.

Example: The teacher asked the students to stand up.



LOOK FOR

Meaning: To try to find something.

Significado: Buscar algo.

Example: He is looking for his keys.



EAT OUT

Meaning: To eat at a restaurant.

Significado: Comer fuera de casa.

Example: We eat out every Friday night.



GO OUT

Meaning: To leave home for a social activity.

Significado: Salir de casa para socializar.

Example: They go out with friends on weekends.



PICK UP

Meaning: To lift something or answer the phone.

Significado: levantar algo del piso, contestar el telefono.

Example: Can you pick up the phone?



GET UP

Meaning: To rise from bed or a chair.

Significado: Levantarse de la cama o silla.

Example: She gets up early every morning.



PUT DOWN

Meaning: To place something on a surface.

Significado: Poner algo sobre una superficie.

Example: Please put down your bags here.



TURN OFF

Meaning: To switch something off.

Significado: Apagar algo.

Example: Don't forget to turn off the TV.



CALL BACK

Meaning: To return a phone call.

Significado: Devolver una llamada.

Example: I will call you back later.



LOOK AFTER

Meaning: To take care of someone.

Significado: Cuidar a alguien.

Example: She looks after her little brother.



GIVE UP

Meaning: To stop trying.

Significado: Rendirse; dejar de intentar.

Example: Don't give up on your dreams.



CATCH UP

Meaning: To reach the same point as others.

Significado: Alcanzar el mismo punto que otros.

Example: I need to catch up on my homework.



DROP BY

Meaning: To visit someone briefly.

Significado: Visitar a alguien brevemente.

Example: They dropped by for coffee yesterday.



FIGURE OUT

Meaning: To understand or solve something.

Significado: Entender o resolver algo.

Example: Can you figure out this puzzle?



HOLD ON

Meaning: To wait.

Significado: Esperar.

Example: Hold on a minute, please.



RUN INTO

Meaning: To meet unexpectedly.

Significado: Encontrarse con alguien inesperadamente.

Example: I ran into my old friend at the store.



TAKE OFF

Meaning: To leave or remove.

Significado: Irse o quitarse algo.

Example: The plane takes off at 8 p.m.



TURN UP

Meaning: To appear or increase volume.
Significado: Aparecer o subir el volumen.
Example: She turned up late to the meeting.



CHECK OUT

Meaning: To examine or leave a hotel.
Significado: Examinar o salir de un hotel.
Example: Check out this new app.



KEEP UP

Meaning: To maintain the same pace.
Significado: Mantener el mismo ritmo.
Example: Can you keep up with the group?



GIVE IN

Meaning: To agree after resisting.

Significado: Ceder tras resistirse.

Example: He finally gave in to their request.



SET UP

Meaning: To arrange or organize.

Significado: Organizar o preparar.

Example: They set up a meeting for tomorrow.



LOOK FORWARD TO

Meaning: To anticipate happily.

Significado: Esperar con entusiasmo.

Example: I look forward to the weekend.



BREAK DOWN

Meaning: To stop functioning or become upset.

Significado: Dejar de funcionar o derrumbarse.

Example: My car broke down on the way home.



BRING UP

Meaning: To mention a topic in conversation.

Significado: Mencionar un tema en la conversación.

Example: She brought up an important issue.



CUT BACK

Meaning: To reduce something.

Significado: Reducir algo.

Example: We need to cut back on expenses.



BRUSH UP ON

Meaning: To improve a skill or refresh knowledge.

Significado: Repasar o refrescar conocimientos.

Example: I need to brush up on my Spanish before the trip.



COME ACROSS

Meaning: To find or meet someone by chance.

Significado: Encontrarse con algo o alguien por casualidad.

Example: I came across a great article yesterday.



GET AWAY WITH

Meaning: To do something wrong without punishment.

Significado: Salirse con la suya.

Example: He got away with breaking the rules.



LOOK DOWN ON

Meaning: To consider someone inferior.

Significado: Menospreciar a alguien.

Example: Don't look down on people who disagree with you.



MAKE UP FOR

Meaning: To compensate for something.

Significado: Compensar algo.

Example: She made up for being late by working extra hours.



PUT OFF

Meaning: To delay or postpone.

Significado: Posponer o aplazar.

Example: We had to put off the meeting until next week.



RUN OUT OF

Meaning: To have no more of something left.

Significado: Quedarse sin algo.

Example: We ran out of milk this morning.



TAKE OVER

Meaning: To assume control of something.

Significado: Asumir el control de algo.

Example: She took over the project after the manager left.



TURN DOWN

Meaning: To reject or refuse something.

Significado: Rechazar algo.

Example: He turned down the job offer.



WORK OUT

Meaning: To solve or exercise.

Significado: Resolver o hacer ejercicio.

Example: They worked out the solution together.



COME UP WITH

Meaning: To think of an idea or plan.

Significado: Idear o proponer algo.

Example: She came up with a brilliant marketing strategy.



GET ALONG WITH

Meaning: To have a good relationship.

Significado: Llevarse bien con alguien.

Example: He gets along well with his coworkers.