

Wall Street English
PHRASAL VERBS

Foreword

Phrasal verbs are key to a mastery of the English language. Like idioms, their meanings are not always predictable, and they can prove difficult for learners of English as a foreign language. Wall Street English Phrasal Verbs contains 500 useful phrasal verbs. It is the perfect complement for students of English or professionals to improve their knowledge of English.

Clear layout, simple and straightforward definitions are especially written for English learners. Phrasal verbs in context: two examples of use per phrasal verb (1000 examples), providing students with frequently used expressions.

Guide to the Lexicon

The lexicon, which makes up the main body of this dictionary, consists of 500 entries. It is arranged alphabetically by the verb of each phrasal verb.

Each entry starts with a phrasal verb, followed by its definition and two example sentences of current usage.

- *phrasal verb*
abide by
- *definition*
to obey a rule or law
- *example sentences*
 - People who refuse to **abide by** the law will be punished.
 - He is reliable and will **abide by** his promise.

abide by

to obey a rule or law

- People who refuse to abide by the law will be punished.
- He is reliable and will abide by his promise.

account for

to give a reason or explanation for (st)

- He couldn't account for the missing money and the police were therefore called in.
- When asked by his mother, Tommy couldn't account for the missing cakes.

add up

1. *to calculate the total of several figures* 2. *to make sense; to be credible*

- If you add up all the money you spend on chocolate every month you'll be surprised.
- This budget doesn't add up and needs to be redone.

aim for

1. *to work towards (a goal)* 2. *to go towards*

- We all aim for happiness but sometimes it's easier said than done.
- Our company is aiming for an increase in turnover this year of 50%.

allow for

to consider additional, unforeseen factors

- You need to allow for traffic jams when traveling in rush hour.
- When planning one must allow for delays due to unforeseen circumstances.

apply for

to offer one's services for (a job, a vacancy...)

- I want to apply for a credit card.
- Don't apply for that job if you are not qualified.

ask after

to enquire about (sb's health, or a piece of news)

- The student anxiously asked after her exam results but the teacher told her to wait.
- My best friend asked after my mother who had just had an operation.

ask for

to request

- When I asked for a pay raise my boss said that the company had introduced a pay freeze.
- My sister asked me for a loan but I refused as she didn't pay me back last time.

ask out

to invite (sb) to go out

- I asked my teacher out to lunch as I was so happy with my exam results.
- I was worried when my best friend asked my girlfriend out to dinner.

bank on

to trust (sb), or to expect that (st will happen)

- He is very trustworthy- you can bank on him keeping his word.
- Don't bank on passing your exam if you don't study hard.

barge in

to suddenly intrude or interrupt

- My friend barged in on me when I was doing my homework and I told him to go away.
- It's rude to barge in on people- knock on the door first.

**barge in**

be against

to oppose (st or sb)

- I am against tobacco companies as they sell harmful products.
- My brother is against me getting married - he says I am too young.

be away

to have left one's residence temporarily

- My mother is away at the moment and will be back next Thursday.
- My cat missed me when I was away- she is so sweet.

be back

to have returned from somewhere

- My teacher is back at school today after three month's absence.
- Give me a call when you're back and we'll do lunch.

be behind

to be late (with st)

- I am behind at the moment at work and can't spend time chatting.
- The post office is behind with the mail right now.

be fed up (with)

to be tired (of); to be bored (with)

- My boss is fed up with me because I am always behind.
- I am fed up with my boyfriend and am thinking of splitting up.

be for

to favor or agree with (st or sb)

- I am for banning smoking in public areas as this will reduce passive smoking.
- Most people in China are for policies to increase energy efficiency.

be keen on

to like; to have an interest in

- I am keen on English as it's essential nowadays in order to get a good job.
- My sister is keen on the piano but plays very badly.

be on

1. to be connected (of a light, an electrical device...) *2. to run according to schedule* *3. to be on duty*

- The flight is on time today - that's a surprise as it's usually late.
- On Monday I am on but on Tuesday I'm off.

be out of

to have exhausted one's supply of

- We are out of milk and need to buy some more.
- The gas station is out of gas as there is a gas shortage.

be over

to have finished (of a performance, event...)

- My lesson is over at nine pm and I can meet you at the bar after that.
- My girlfriend and I are over after three years together.

be up against

to face a formidable problem

- We are up against some severe weather today and this will cause some delays.
- Beijing is up against Shanghai football team next week.

be up to

1. to be doing [(often) st naughty] 2. to be fit for and equal to 3. to be one's responsibility

- What are you up to today? I am free and wonder if we could meet.
- It's up to you what you do with your life but if you choose badly you will regret it later on.

beat down

to obtain a lower price by bargaining

- He wanted \$700 for the painting but I beat him down to \$500.
- When you go to a supermarket you can't usually beat down the price of items.

become of

to have happened to (sb or st)

- What became of David Beckham after he left Manchester United?
- What becomes of the massive piles of rubbish after they are collected?

bend down

to stoop

- I hurt my back when I bent down this morning and need to go to hospital.
- When people get old they sometimes find it difficult to bend down.

black out

to temporarily lose consciousness

- I blacked out after I was hit by the car and was rushed to hospital
- If you black out, it's wise to go to see a doctor and get yourself examined.

blast off

to leave the ground and rise into the air

- The rocket blasted off at six am from the space station in Florida.
- The missile exploded as it was blasting off but thankfully no one was injured.

blow out

to extinguish by blowing

- It's a good idea to blow candles out when you leave a room.
- The gas heater stopped working because someone blew out the ignition flame.

blurt out

to say suddenly

- Don't tell my mother any secrets unless you don't mind her blurting them out to everyone.
- I blurted out my bad exam results to my father as soon as I saw him.

bounce back

to become well and happy again (after an illness or other setback)

- The stock market is weak now but it will bounce back.
- I am sick now but will hopefully bounce back soon and be back at work next week.

bow out

to leave or retire from an important position

- Some politicians never want to bow out but are often eventually forced to step down.
- My boss bowed out yesterday after 40 years at the company.

branch out

to diversify; to start a new line of business

- Many companies get into trouble when they branch out into areas outside their expertise.
- My father's business is branching out into selling cars not just repairing them.

break away

1. to break ties 2. to detach or separate from

- Scotland will never break away from the UK as it is economically dependent on it.
- Croatia was part of Yugoslavia until it broke away.

break in(to)

1. to interrupt 2. to burglarize; to force one's way in(to) 3. to tame

- It's very difficult to break in wild stallions but it can be done with patience.
- My home was broken into last year six times- I'm so fed up.

break out

1. to escape (from captivity) 2. to start or arise (of war, a disease...)

- War broke out in Europe in 1939.
- A violent criminal broke out of my local prison yesterday and everyone is on the lookout.

**break out**

bring about

to cause to happen

- What brought about your change of mind? I thought you were totally set on going to America to study.
- Smoking doesn't bring about any health benefits.

bring back

1. to return 2. to prompt recollections

- Please bring back my books as I need them for my forthcoming exam.
- Seeing my best friend after twenty years absence brought back many fond memories.

bring down

1. to carry downstairs 2. to reduce in price 3. to humble; to precipitate one's downfall

- Many banks have been brought down by poor management.
- I will buy your car if you bring the price down by at least 30%.

bring off

to accomplish successfully

- You did well to bring off such a great dinner party and I look forward to the next one!
- It takes a lot of patience, determination and hard work to bring off success in business.

bring on

to cause (as a side-effect)

- Excess work can bring on stress and office workers need to relax.
- Smoking can bring on cancer and other diseases.

bring out

1. to emphasize (a quality) 2. to publish, to launch (a product)

- Auto manufacturers regularly bring out new car models.
- Wearing pink brings out the color of my face.

bring up

1. to mention or touch on (an issue) 2. to raise or rear (a child) 3. to vomit

- I am eternally grateful to my parents for bringing me up so well.
- Don't bring up the stock market when you meet him or he will bore you for hours.

brush aside

to ignore; to take no notice of

- I told my cousin not to buy that coat but she brushed my advice aside.
- People who drink too much are brushing aside the health advice of doctors.

build on

*to further develop or grow (an idea, a project...)
from an established base*

- A good education is the ideal foundation upon which to build a successful career.
- We have made a lot of investment in brand awareness and we will build on this to increase our revenue and profits in future years.

bump into

to meet by chance

- I bumped into my old teacher this morning in the supermarket.
- I dislike bumping into ex-girlfriends- I never know what to say.

bump off

to murder; to kill

- He was bumped off for his money but the police caught the culprit.
- A very evil doctor in England bumped off many of his patients.

bump up

to increase or raise (prices, sales...)

- Many restaurants bump prices up at Chinese New Year.
- Excess demand is bumping up the price of gas.

burn down

to destroy by fire

- The new factory was burned down by terrorists.
- You shouldn't smoke in bed if you don't want to burn your home down.

burn out

1. to burn until nothing is left 2. to tax one's nerves and health

- He left his job because he felt burnt out and needed a break.
- The candle burnt out after five hours.

burst out

to show emotions suddenly and forcefully

- Children are always bursting out with their ideas. They need to learn to hold their tongues!
- I burst out in the meeting at my boss and regretted it immediately.

butt in

to interrupt (a conversation)

- It's very rude to butt in on people when they are having a private conversation.
- Children should not butt in when their teacher is talking as this is very rude.

butter up

to flatter

- My friend always butters me up before asking me for a loan.
- It's no use trying to butter him up- he won't change his mind.

buzz off

to (tell sb to) go away

- After I asked my father for a new bicycle he told me to buzz off.
- If you butt in on a private conversation you may very well be told to buzz off.

call away

to call (sb) to another place

- The doctor was called away to an emergency twenty miles away.
- I was called away from the meeting to deal with a customer.

call back

1. to call sb, asking them to return
 2. to return sb's telephone call; to telephone sb who has telephoned you earlier
- I called my sister back from meeting her old boyfriend.
 - Please call me back when you have time as I have an urgent matter to discuss with you.

call for

1. to urge or demand (action) 2. to fetch (sb)

- The government called for people to do more physical exercise.
- I called my local restaurant for a pizza and they delivered it with ten minutes.

call in

1. to visit (informally) 2. to make a stopover 3. to hire (the services of sb)

- If you have a problem with rats, you need to call in the experts.
- We called in on our grandparents on Sunday afternoon to have a chat with them.

care for

1. to look after 2. to want; to feel like

- My sister cares for her kids very well. They are the light of her life!
- I don't care for ice cream in the winter as it chills me.

carry on

1. to perform (an activity) or manage (a business)
2. to continue (doing st) 3. to misbehave

- Even if you don't feel like it, you must persevere and carry on.
- WSE has carried on the business of English training for more than 35 years.

carry out

1. to conduct; to perform 2. to put in practice; to implement

- The scientists have carried out a lot of research on how to cure cancer.
- We need to carry out our plan to increase revenue and reduce costs.

carry through

to achieve or sustain (often in the face of difficulty)

- Sometimes when one is sick or unhappy, it's only the love of our friends that carries us through.
- Yesterday was really tough and I needed a drink at the end of the day to carry me through.

catch on

1. to become popular (of a trend, music...) 2. to understand

- Wearing flares was a fashion that caught on in the 1960's but it's no longer popular.
- Sometimes it's difficult to catch on to what your teacher really means.

catch up (with)

to manage to reach (sb)

- I caught up with Tom in the car park and he gave me a lift home.
- Andy runs so fast that no one in his class can catch up with him.

cater for

to provide a service for

- The business caters for high end customers who value service and quality.
- H&M caters for younger people in the clothing industry.

chase up

to inquire about or demand delivery of (work, payments)

- My bank manager called me to chase up the lack of money in my account.
- We need to chase up the late delivery of the new printer.

check in

to register one's arrival (at a hotel, the airport)

- One should check in at the airport at least two hours before take-off.
- I checked into the Sheraton hotel for two weeks and they upgraded me for free into a larger room.

check out

1. to register one's departure (at a hotel) 2. to verify 3. to have a look at

- Check out the latest song from Robbie Williams- it's great.
- I checked out of the hotel at 3pm and proceeded to the airport.

check up

to verify; to make sure

- Check up on Bill please and see if he is working or playing.
- We need to check up on our customers more before we give them credit.

cheer on

to encourage by cheering

- We cheered on our school football team but they still lost.
- Most Chinese cheer Yao Ming on when he plays basketball

cheer up

to become or make happy

- Cheer up! You are healthy and have lots of friends- don't sulk all the time.
- A cup of coffee cheers me up in the morning- I find it indispensable.

chew over

to meditate on; to think over

- I had to chew the problem over for a few days before coming up with a solution.
- Julia had to chew over her decision to resign before telling her boss.

chop up

to chop into small pieces

- I chopped up the carrots before boiling them for twenty minutes.
- One lettuce can be chopped up into thousands of pieces.

clean out

1. to clean thoroughly 2. to divest (sb) of their money

- The stock market crash has really cleaned me out.
- The wardrobe needs to be cleaned out before the guests arrive for Christmas.

clean up

to clean and tidy

- My housekeepers a godsend. She cleans up every morning and evening.
- My mother asked me to clean myself up before having dinner as I was dirty from playing football.

clear out

to remove (st) by discarding it

- The rubbish needs to be cleared out of the car as the trunk is filthy.
- I cleared my desk out after being fired before leaving the office for good.

clear up

1. to tidy 2. to clarify (a misunderstanding...); to solve (a mystery) 3. to become fine (of the weather)

- Children should learn to clear up after themselves.
- The weather has cleared up after two weeks of rain and fog.

climb down

to admit one's error (in an argument)

- The company had to climb down from its decision to start a six-day working week.
- The government climbed down from its decision to ban imports of American beef.

clock in

to register one's arrival at work

- At our company, all staff have to clock in when we arrive at work.
- If we are late clocking in three times in a month we will be fined.

clock out

to register one's departure from work

- I forgot to clock out yesterday and as a result was fined 50 yuan.
- Staff must only clock themselves in and out. Those who clock others in will be given a warning

close down

to close permanently

- Many factories have closed down recently due to bad economic conditions.
- My company closed down its London office to save cash.

close up

1. to close completely or permanently 2. to move closer (of people)

- Stalin's tomb has been closed up after being on display to the public for 50 years.
- If you look at ants close up you can see how intricate their bodies are.

cloud up

to become increasingly more cloudy

- The sky has clouded up and it looks as if it might rain very soon.
- The economic environment is clouding up and growth may be low next year.

clutch at

to grasp desperately for something

- Desperate people will clutch at anything but in the end the inevitable happens
- Don't clutch at straws! Face up to the situation and find a solution.

come about

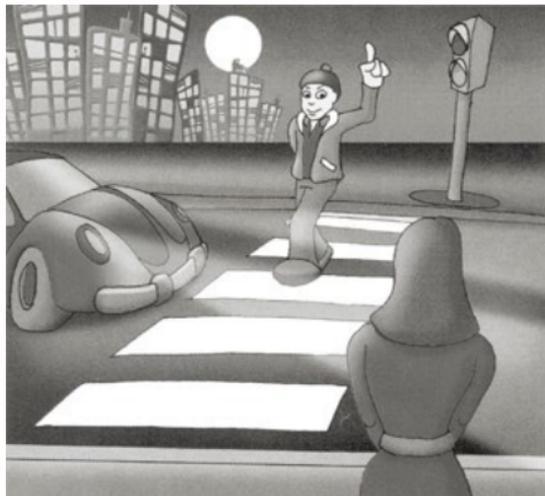
to happen

- I am not sure exactly how IBM came about to be such a big company.
- It's a miracle how my wife and I came about to me married.

come across

1. to find or meet by chance 2. to make a particular impression

- I came across my mother in the supermarket by accident.
- He comes across as being a nasty man and I would avoid him if I were you.

**come across**

come back

1. to return 2. to become fashionable again

- I will come back at five pm so please wait for me before starting the meeting.
- Your coat is so old that it has gone out and come back into fashion.

come down on

to punish or scold

- My boss comes down hard on laziness and expects all staff to work conscientiously.
- Parents should come down on their children's naughtiness, otherwise they will never learn how to behave.

come down with

to contract or develop (a disease)

- I am coming down with a cold and am feeling pretty dreadful right now.
- He is off work today because he has come down with the flu.

come in

1. to enter (a room...) 2. to become fashionable

- Please knock on the door before you come in, it's rude to barge in.
- Wearing ties came into fashion in the 1940's and has been popular ever since.

come on

1. *to make progress* 2. *to start (of a storm, a movie)* 3. *to encourage or hurry sb*

- My English is coming on really well- it's due to the fact that I practice everyday.
- The movie is coming on TV in five minutes- please hurry up washing the dishes and come and sit down.

come out

1. *to appear* 2. *to become known* 3. *to yield as a result* 4. *to be published*

- I am looking forward to seeing the new Bond movie that comes out soon.
- My skin is coming out in red and white spots- I need to buy some cream.

come out with

to produce or explain (an idea or suggestion...)

- Ford has come out with some great looking cars recently.
- His mother asked him to come out with her which is why he missed his maths class.

come round

1. *to visit* 2. *to regain consciousness*

- Please come round and see us as soon as you have time available.
- He came round after the operation but couldn't speak for two days.

come through

1. to survive (illness or other adversities) 2. to be ready for collection (of a bank transfer...)

- He has come through a lot after being laid off and separating from his wife.
- The money has yet to come through to my account.

come to

1. to amount to; to total 2. to regain consciousness

- Your total bill comes to a thousand dollars, would you like to pay in cash or with a credit card?
- The boxer took a while to come to after being knocked out.

come up against

be faced with (an obstacle)

- Life forces us to come up against many problems- it's par for the course.
- Friends will help us when we come up against bereavement.

come up to

to meet expected standards

- Your work comes up to company standards but doesn't exceed them.
- He was fired because his behavior didn't come up to standard.

come up with

to make a suggestion; to produce an idea

- Children often come up with many crazy plans.
- My boss gave me a bonus for coming up with a great way to reduce costs.

consist in

to be the most essential task or part of (st)

- The beauty of the plan consists in its simplicity and ease of implementation.
- The weakness of the idea consists in its high cost and impracticality.

consist of

to be made up of

- The human race consists of billions of people scattered all over the globe.
- The soup consists of water and vegetables, but doesn't contain any meat.

cool down

to become cool or calm

- After an argument people should cool down before deciding what to do.
- The weather is cooling down after a period of intense heat.

count in

to include (in a group...)

- Please count me in for our trip to the zoo- I love seeing all the animals.
- Don't count me in for going to the bar tonight as I'm too tired.

count on

to rely on; to trust

- One must be able to count on one's friends.
- I count on my wife for everything, she is indispensable.

count out

to exclude (from a group...)

- Count me out please on this shopping trip- I'm so busy right now.
- If you count me out, I won't forgive you.

cover up

to conceal; to withhold information

- Children often try to cover up their mistakes but sometimes do this very badly.
- The accountant was sent to prison for covering up sales and stealing the money.

cross out

to delete by writing a cross over (st)

- Cross out the wrong answer, please and write in the correct one.
- You'd better cross out the last sentence in this paragraph as it doesn't make sense.

crowd in(to)

to cram; to fill an area (with lots of people)

- One hundred people crowded into the bar with barely room to move.
- My car can hold five people if you crowd in tightly.

cry out

to shout

- I cried out when I burnt my finger, but after I put cold water on it, it felt better.
- My boss cried out at me because of my stupid mistake.

cut down

1. to fell; to level by cutting (a tree...) 2. to shorten (a text...)

- The forest was cut down in order to build the new road.
- You should cut down on your smoking for health reasons.



cut down

cut in

to interrupt or intrude

- Children should not cut in on adult conversations as it's rude.
- I had to cut in on my boss's conversation because he had an urgent phone call.

cut off

1. to sever by cutting 2. to disconnect or stop (communications, flow)

- I cut the sleeves off my jumper because they were frayed.
- News from Iraq has been cut off due to the severe fighting.

cut up

to cut into small pieces

- Chop sticks are almost useless when one wants to cut food up.
- Children often find it difficult using knives and forks to cut up food.

dash off

1. to leave hurriedly 2. to write or sketch quickly and roughly

- I had to dash off from the meeting because of an emergency at home.
- My teacher wasn't happy with the essay I had dashed off and gave me a bad mark.

deal out

to distribute cards or other papers

- In casinos, croupiers deal out the cards very professionally.
- I dealt out copies of the last meeting to all the staff involved.

deal with

to handle, to address (an issue...)

- Life gives us a lot of difficult challenges that we must deal with.
- I am dealing with my naughty son now- it's a real headache.

die away

1. to grow fainter (of a noise) 2. to gradually disappear

- The noise of the engines died away as the airplane flew off.
- Most clothing fashions die away but some have staying power

die off

to gradually die or become extinct

- Pandas are in danger of dying off unless we do something drastic to save them.
- The company is dying off. It's been losing money for five years now.

die out

to become extinct

- Many animals have already died out.
- The practice of bowing has died out in China except on very special occasions.

dine out

to have dinner away from home

- Many people love to dine out with their spouse to celebrate important dates in their lives like birthdays and anniversaries.
- In a recession less people dine out due to its high cost.

dispose of

to throw away or sell

- Many people dispose of litter by throwing it on the pavement.
- Please dispose of batteries by recycling them.

do away with

to remove; to stop using

- I am trying to do away with cigarettes but it's difficult.
- Many people have done away with faxes in favour of using email.

do without

to cease resorting to; to deprive oneself of

- I can't do without a cup of coffee in the morning- it's indispensable.
- No one can do without love- not even those with the hardest of hearts.

drag on

to continue tediously

- The meeting dragged on for two hours but it seemed like two years.
- I hate films that drag on too long.

draw aside

to move to one side

- My boss drew me aside after the meeting for a private chat.
- One needs to draw aside luxuries from necessities in order to save money.

draw back

to retreat; to withdraw

- I drew back from asking for a pay rise because of the bad economic situation.
- The army drew back from Iraq after sustaining heavy losses.

draw near

to approach

- Christmas is drawing near and all the family are getting very excited.
- Children often get excited when their birthdays draw near.

dream up

to devise; to think up (often, an impractical idea)

- Politicians are always dreaming up new policies.
- I have dreamt up a new idea where everyone will use water in their cars instead of gas.

dress up

to dress elegantly or for a special occasion

- People often used to dress up on Sundays but rarely do this now.
- When I meet my girlfriend I always dress up in order to look my best for her.

drink up

to drink all

- I drank up all my coffee and then left quickly as I was late for a meeting.
- She didn't like the wine and didn't drink it all up.

drive away

1. to expel; to repulse 2. to depart in a motor vehicle

- The dogs were driven away from the baby by her mother.
- I cried when my grandparents drove away- it will be months before we meet again.

drive out

to expel

- Wars are often started when people are driven out of their homes.
- The boy was driven out of his school for cheating.

drop out (of)

to leave or withdraw [(from) typically: a study course]

- Susan dropped out of her maths degree because she found it too difficult.
- The boy's mother was angry because he dropped out of school.

dwell on

to talk a lot about (st that is better forgotten)

- Don't dwell on past romantic failures or you will get depressed.
- Sometimes we dwell on our mistakes too much.

ease off

1. to become less troublesome or painful 2. to stop pressuring

- The pain in my leg has eased off.
- Please ease your foot off the accelerator as you are going to fast.

ease up

to stop working so hard

- Christmas gives people a chance to ease up and relax as well as getting together as a family.
- If you don't ease up, you'll have a heart attack.

eat in

to eat at home

- During bad economic times, people eat in more.
- All the family members try to eat in together at least once a week.

eat out

to eat away from home, usually in a restaurant

- My mother asked me to eat out today because she is too busy to cook.
- I like eating out in MacDonald's but my mother forbids me.

eat up

to eat all

- My mother made me eat up all my vegetables before I left the table.
- I ate up and left the restaurant.

egg on

to encourage; to persuade

- Don't egg your brother on, he is already excited enough.
- My parents egged me on to attend university with the promise of a new car.

embark on

to start (a new activity or venture)

- Everyday we embark on a new stage of life.
- The company has embarked on a new marketing campaign.

end up (as)

to end, usually in an unexpected way or form; to change form

- I never thought Obama would end up as president.
- I ended up first in my class thanks to hard work and determination.

engage in

to be involved in; to take part in

- I am engaged in a meeting now and am unavailable until 3pm.
- Our company is engaged in many industries.

enter into

1. to start (a discussion...) 2. to commit oneself to (an agreement...)

- Getting married is the most important agreement most people enter into.
- The company has entered into a new pay agreement with its workers.

expand on

to provide more information about; to develop (a story, plan...)

- The president expanded on his idea for a new healthcare system.
- In the meeting, our boss expanded on his new idea for the company.

explain away

to account for (st) and play down its importance

- When I saw her crying she tried to explain it away but I knew she was angry and sad.
- The boy tried to explain away his bad exam results but his mother wouldn't listen.

face up to

1. to confront and withstand 2. to admit to (facts, blame...)

- We must face up to our weaknesses in order to improve ourselves.
- The criminal faced up to his crime and confessed everything to the police.

fall back

to retreat (of an army)

- The American army is falling back from Iraq.
- The rioters advanced and then fell back when the police arrived.

fall behind

to move slower than (sb); to be passed by (sb)

- I am falling behind in my work and need to catch up.
- Germany has fallen behind China in the size of its economy

fall down

to fall (to the ground)

- The boxer fell down after being knocked out.
- I fell down because there was a rock on the road which I hadn't seen.

fall for

1. *to be deceived by (a trick, a joke...)* 2. *to be charmed by (sb)*

- I always fall for practical jokes- I'm so stupid.
- Don't fall for him, he's not a nice man and he'll break your heart.

fall through

to fail; to be unsuccessful

- The plan to launch the new product fell through.
- My idea of becoming a teacher fell through and I became a cook instead.

feel down

to be depressed or low

- When I feel down I go to the gym in order to relieve my frustration.
- Drinking too much alcohol will make you feel down the next day.

feel up to

to feel well enough or ready to (do something)

- The girl didn't feel up to going to park because she was ill.
- If you prepare then you will feel up to taking the test.

figure out

1. to calculate 2. to understand; to make sense of

- I can't figure out how these numbers add up.
- Having friends can help one figure out the meaning of life.

fill in

1. to completely fill (a hole) 2. to complete (a form) 3. to give (sb) all the latest information (about, on st)

- The holes in the road need to be filled in as the road is dangerous now.
- Please fill me in urgently as I need to know the situation.

fill out

1. to grow large or fat (of a person) 2. to complete (a form)

- Opening a bank account will entail filling out forms.
- Bob really filled out after he gave up smoking.

fill up

to fill completely (a fuel tank, a glass...)

- The car needs to be filled up because there is very little petrol left.
- Please fill my glass up as I like your wine and I'm very thirsty.

find out

1. to discover or learn (facts, the truth...) 2. to catch [(sb) at fault]

- Ben's boss found out that Ben had been stealing from the company.
- I found out that I was the top student in my class.

finish off

1. to finish completely 2. to kill; to make sure (sb) is dead

- My job is finishing me off and I need to have a break.
- I have finished off my essay and will give it to the teacher tomorrow.

finish up

1. to end (of an event...) 2. to end one's career

- The course finishes up at five pm.
- He finished up as president of the company and then retired at 65.

fit into

1. to fit; to go into available space 2. to have time for (st)

- It's important to fit exercise into our lives.
- The box won't fit into the cupboard as the cupboard is already full.

fit out

to equip

- The car has been fitted out with the latest hi-fi.
- My kitchen has been fitted out with a new stove but they didn't do a very good job of it.

fix up

1. to repair 2. to arrange

- My car is always being fixed up- I spend so much on maintenance.
- My wife fixes her hair up really nicely.

flag down

to signal (sb, a vehicle...) to stop

- The police flagged the motorist down for speeding.
- I flagged my boss down as he was leaving the car park in his car to give him some documents.

flesh out

to give substance to (a plan, a framework)

- The plan looks great but needs to be fleshed out.
- Politicians often dream up fancy plans and leave it to their subordinates to flesh everything out.

flood into

to enter in large quantities

- Customers are flooding into the store in order to take advantage of the discounts.
- Water is flooding into my home and I need to call the plumber.

fly into

to suddenly get angry, to go into a rage or temper

- My wife flew into a rage when she found out that I spent a thousand dollars on a suit.
- If someone flies into a rage, then it's best to avoid them.

fly away

to leave by flying (of a bird, airplane...)

- The bird flew away and I never saw it again.
- I cried when my best friend flew away from London.

fold up

1. to fold (several times) 2. to collapse; to go out of business

- Paper can be easily folded up, but not cardboard.
- The company folded up after 80 years in business.

follow up

1. to monitor progress 2. to extend a completed process by a sequel

- The doctor followed up the patient by calling in on him at home.
- Dinner is followed up by coffee and then it's time to say good bye.

freeze up

to become solid with ice

- The river has frozen up due to the cold weather.
- The relationship between the couple has frozen up.

gamble away

to lose one's money through gambling

- Some people gamble away their life savings—they are so profligate.
- His wife left him after he gambled away the family car.

gang up

to join together (usually for unlawful purposes)

- a group of older boys ganged up on the new student and stole his watch.
- My sister and mother often gang up on me.

gather up

to pick up (things, often while tidying up)

- I gathered up my things and left the library to have dinner.
- The maid gathered up my clothes from the living room.

get about

1. to move or travel a lot 2. to circulate or spread widely (of news, rumors...) 3. to move or travel (in a particular town, area, building...)

- Bad news gets about more quickly than good news.
- I like to get about- I have been to many foreign countries.

get across

1. to manage to cross (a busy street...) 2. to convey; to make understood (information, an idea...)

- There was so much traffic that it took me ten minutes to get across the street.
- The teacher took time to get the important ideas across in the lesson.

get along (with)

1. to make progress; to prosper 2. to be on friendly terms (with); to live in harmony (with) 3. to manage; to cope

- The students got on with their work whilst the teacher had a coffee.
- I don't get along with my sister very well because she is always nagging me.

get at

1. *to imply; to be referring to* 2. *reveal, to discover (the truth...)* 3. *to reach (st)* 4. *to criticize*

- Sometimes it's difficult to understand what people are really getting at.
- My teacher is always getting at me, it's so unfair.

get away

1. *to escape* 2. *to (manage to) leave* 3. *to go on vacation*

- It's important to get away sometimes and have a holiday.
- I couldn't get away from the meeting for four hours.

get away with

1. *to escape punishment for* 2. *to escape (with stolen goods...)*

- Some criminals get away with their crimes but most get caught eventually.
- The little boy got away from the supermarket with 3 bars of stolen chocolate.

get by

1. *to (manage to) pass or overtake* 2. *to manage, to cope (in life...)*

- I only just managed to get by that car without hitting it.
- Friends are important in life if you want to get by.

get down

1. to descend; to dismount 2. to depress; to discourage 3. to (manage to) write down

- Please get down from standing on that chair.
- My wife is very angry and this is getting me down.

get down to

to concentrate on; to attend to (work, business...)

- After a long vacation it's sometimes difficult to get back down to work.
- The children need to get down to their work and stop playing.

get into

1. to become involved in 2. to (manage to) wear

- If you get into drugs then it will be difficult to have a normal life.
- I am so fat - I can't get into my trousers anymore.

get on with

to make progress with; to proceed with

- My son is getting on with his homework now very studiously.
- I am getting on with my life after my divorce.

get out (of)

1. *to (manage to) leave* 2. *to leave or alight from (a vehicle)* 3. *to escape*

- I got out of the meeting after four hours.
- The police asked the motorist to get out of the car.

get rid of

1. *to discard (st)* 2. *to fire; to dismiss (sb)*

- If someone wants to be healthy they should get rid of their bad habits such as smoking.
- My company got rid of five hundred workers.

get round to

to find time to do (st)

- It's important to get round to spending time with your family.
- I never seem to get round to meeting my son's teacher.

get through

1. *to finish (a task...)* 2. *to pass (an exam)* 3. *to reach; to make contact (by telephone...)*

- I have just got through a five hour exam.
- Please get through to our supplier and cancel the order.

get together

1. to meet (for an outing, party...) 2. to make (st) work; to make a success of (st)

- Our company has an annual party where all the staff get together.
- It took a long time for our son to get himself together but now he is a successful doctor.

get up

1. to stand (up); to rise to one's feet 2. to rise from bed 3. to climb

- I worked so hard in the gym that I am very tired and can hardly get up.
- I get up at six am every morning and go jogging.

give away

1. to give as a present 2. to reveal (a secret...) 3. to betray (sb)

- My wife gave away my favorite cup and I am very upset at her.
- Employees must not give away trade secrets to competitors.

give back

to return (st to sb)

- I went to the shop to give them back the trousers I bought as they were too big.
- Please give me back my book when you have finished reading it.

give in

1. *to submit; to present (to the relevant authority)*
2. *to surrender*

- Japan eventually gave in and surrendered to the Americans at the end of the Second World War.
- I need to give my homework in to my teacher on Monday.

give out

1. *to distribute; to present (leaflets, awards...)*
2. *to emit (signals...)*
3. *to break down or become exhausted (a machine, one's patience...)*
4. *to announce*

- My boss gave out bonuses to all the staff.
- The hot water heater finally gave out after many years.

give up

1. *to stop (an activity, a bad habit...)*
2. *to surrender*
3. *to resign from*

- People should give up smoking in order to improve their health.
- The company finally gave up and filed for bankruptcy.

go after

to chase (a job, a thief...)

- I went after the job but was unsuccessful.
- Jerry often goes after pretty girls.

go ahead

1. *to proceed; to start doing* 2. *to lead the way (on a trek...)*

- My boss gave me the go ahead to start my new project.
- China is leading the way and going ahead of many other countries in space exploration.

go along with

1. *to accompany* 2. *to agree with*

- I often go along with my friends to bars if I have nothing else to do.
- I always go along with my boss even when I don't agree with him.

go away

1. *to leave (a place)* 2. *to leave (sb) alone*

- Please go away and stop bothering us as we have important things to discuss.
- After the meeting all of the staff went away leaving only me and the CEO.

go back

to return

- I want to go back to my hometown for Christmas this year.
- Please go back and get my coat for me, will you?

go bad

to rot

- The milk in the fridge is going bad and needs throwing out.
- The fruit is black- it has gone bad and is inedible.

go by

1. to pass (sb or st in motion; time...) 2. to use as a yardstick or reference

- All of China goes by Beijing time.
- I went by my old school today in a taxi on the way to visit a customer.

go down

1. to descend 2. to decrease (price, numbers...) 3. to sink (of a ship...) 4. to set (of the sun, moon)

- The price of flowers goes down after Valentine's Day has passed.
- The sun goes down later in the summer than in the winter.



go down

go down with

to become ill with; to develop (a disease)

- Bill is off sick today- he has gone down with the flu.
- If you go down with a serious illness, then you should see a doctor.

go for

1. to accept, to pursue (an offer, an opportunity)

2. to (try to) assault

- The dog went for me but I ran away and thankfully was unhurt.
- I went for a job interview today but did badly as I hadn't prepared enough.

go into

1. *to enter* 2. *to fit*

- People should knock before they go into others' rooms.
- Three suitcases can go into the boot of my car.

go in for

1. *to cultivate; to specialize in (an interest or activity)* 2. *to enter (an exam, a competition...)*

- My mother goes in for red clothes and they really suit her.
- I want to go in for the prize of best short story in my school literature competition.

go out

1. *to leave; to exit (from a room, building...)* 2. *to attend a social gathering or seek entertainment* 3. *to stop burning or illuminating (a fire, a light...)* 4. *to stop being fashionable*

- I went out of the office by the back entrance to avoid being seen leaving early.
- I like to go out to bars when I have the time.

go over

1. *to cross (to the other side)* 2. *to revise; to examine*

- My best friend left the company and went over to the competition.
- It's important to go over your lessons before an important exam.

go through with

to complete; to endure (st) until the very end

- If you start something then you should try to go through with it.
- My son never goes through with any of his crazy schemes.

go under

1. to sink (of a ship) 2. to collapse; to be ruined (of a company)

- Many companies in America have gone under due to the economy's problems.
- The titanic went under because of an iceberg.

go up

1. to ascend 2. to increase; to rise (prices, numbers...) 3. to be built

- After the recent collapse, the stock market is going up again.
- The price of vegetables is going up due to bad weather.

go with

to match; to suit

- She can't find a hat to go with her dress.
- White socks don't go with formal clothes and people who don't know this need to take lessons in fashion.

go without

to manage without; to dispense with

- I have been going without coffee in the morning recently.
- I can't go without my evening glass of wine- it really relaxes me.

grow up

to become an adult

- Children grow up very quickly and parents need to cherish the time they have with their kids.
- Some adults never grow up- they are forever childish.

hand down

to pass on (knowledge, learning, a craft...) to successive generations

- My father has handed down the family business to me.
- I have handed down my love of dogs to my son.

hand over

to transfer control of

- My boss has handed over control of an important customer to me.
- I have handed over my apartment to my son who will look after it for me.

hand round

to distribute or show to (everyone present)

- Please hand round the minutes of the last meeting.
- I handed round the chocolates that my girlfriend had given me.

hang around

to loiter

- After the meeting some of my colleagues hung around chatting.
- Please don't hang around the entrance to the office smoking.

hang on

to wait (when telephoning or visiting sb)

- Please hang on a moment while I look at my schedule.
- Hang on! I'll be back in a minute- don't hang up.

hang up

1. to hang on the wall (a picture...) 2. to replace the receiver after a telephone call

- I hung up the new painting on the wall and it looks very smart.
- After the call ended I hung up the phone angrily.

have to do with

to be related to

- This file has nothing to do with me so please take it away.
- It's often rude to ask questions about things that have nothing to do with you.

head back

to return (of sb)

- After work I headed back home to have dinner with my wife.
- When I heard that my boss wanted to see me I headed back to the office.

head for

to go in the direction of

- We are heading for the best year of sales ever.
- We will head for the cinema after work as it's half price today.

hear from

to receive correspondence or a phone-call from

- I haven't heard from my best friend for ages.
- It took two weeks to hear the results of my tests from the hospital.

hear of

to receive news or information about

- If you hear of any relevant information, please let me know.
- I haven't heard of any company doing the same thing as we do.

hear out

to listen attentively to

- It's polite to hear people's ideas out even if you don't agree with them.
- My boss heard me out and then told me she would consider my plan.

help out

to help

- My parents often help us out and look after the kids.
- My brother asked me to help him out and I reluctantly agreed.

hit on

to find (a solution, an idea...)

- It took us a long time to hit on the perfect strategy to increase revenue.
- Microsoft hit on a real money maker when it published windows.

hold against

to bear a grudge against; to be resentful towards

- People often hold bad feelings against those who are rude to them.
- I hold a small grudge against my son because he ruined my favorite sweater.

hold back

1. to conceal; restrain (information, tears, feelings...) 2. to hesitate

- The witness held back important evidence from the police.
- I held back from buying a new TV because I thought prices would fall.

hold off

to (manage to) keep at a distance

- I managed to hold off the robbers whilst my wife got help.
- I held the dog off my baby because it was licking her like crazy.

hold on

to wait

- Please hold on a moment while I check the availability of that product.
- I was holding on waiting for my call to be answered for thirty minutes when I called the bank.

hope for

to expect; to look forward to

- I hope for good fortune in my life as well as luck in love.
- We are hoping for good weather tomorrow.

hunt down

to pursue and catch (a criminal...)

- It took the police two weeks to hunt down the robber.
- The police often use dogs to hunt criminals down as dogs have a great sense of smell.

hunt out

to search for (st, until it is found)

- I was searching for that file for ages before I hunted it out on my colleague's desk.
- The police use dogs to hunt out drugs.

hunt for

to search for

- People do many things in their hunt for love.
- I have been hunting for a new car today but with very little luck- all the cars I saw were too expensive.

hurry up

to hurry

- Please hurry up or you will miss the bus to school.
- My wife often gets annoyed when I tell her to hurry up in the bathroom.

Idle away

to waste (time); to spend (time) on idle pursuits

- Don't idle away your life or you will regret it.
- I idled away the day by the pool by reading a book in the glorious sunshine.

invite in

to invite (sb) to come into (one's home, a room)

- I invited my friend in when I saw him outside.
- My boss invited me in to her office for a chat about my forthcoming promotion.

invite out

to ask (sb) to go out (for a meal, entertainment...)

- I invited my colleagues out for dinner to celebrate my promotion.
- My clients often invite me out and I always accept even if I don't really want to.

join in

to share; to start taking part in (an activity)

- Some children are shy to join in and play sports.
- I asked all my children to join in with me and my wife and start being more environmentally friendly.

join up

1. to connect (wires...) 2. to enlist (in the army)

- I have joined up at my local gym and pay \$50 a month for the privilege.
- If you join up the wrong wires, the TV will explode.

jot down

to (briefly) write down; to make a (brief) note of

- I asked my secretary to jot down the minutes of the meeting.
- Please jot down your ideas for a new advertising campaign.

jump at

to seize (an opportunity...)

- I jumped at the suggestion to start a reading club at my school.
- My son jumped at the chance to study in the U.K.

jump up

to (suddenly or quickly) stand up

- My dog jumped up when it saw me approaching.
- The girls jumped up and down, cheering for the good performance of the team.

keep away (from)

1. to avoid; to remain at a distance (from) 2. to cause (sb or st) to remain at a distance

- I try to keep away from people who have colds for fear of being infected.
- Large dogs should be kept away from very small babies.

keep in

to detain; to confine (at school; in the classroom)

- My teacher kept me in for 30 minutes after school as a punishment for not doing my homework on time.
- Criminals are kept in prisons in order to protect society.

keep on

1. to continue (doing st) 2. to continue to employ (workers...)

- Please keep on working hard- you're doing a great job.
- The company got rid of thirty staff and kept one hundred on.

keep out

to prevent (sb) from entering

- Guard dogs can keep out intruders and other unwanted guests.
- Locks are one simple way to keep strangers out of your home

keep up

1. *to maintain (standards, a level of activity...)* 2. *to go at the same speed*

- My boss told me to keep up the good work.
- It's difficult to keep up with a professional long distance runner.

keep up with

to be up-to-date with (news, information)

- I read the newspaper to keep up with news about the world.
- My secretary keeps me up to date with changes in my schedule.

key in

to enter data (into a computer) by typing

- Keying in data to a computer is very tedious.
- Many companies get workers in India to key in routine corporate information.

kick off

1. *to start (soccer, ball games)* 2. *to start*

- The game kicks off at seven pm, so get a move on and sit down.
- The meeting will kick off in five minutes.

kick out

to expel; to drive out

- Customers who get very drunk in bars will be kicked out.
- The school has kicked out two students for cheating in their exams.

last out

to endure; to survive

- The patient is too weak to last out another operation.
- The food will be enough for the poor family to last out this winter.

laugh off

to dismiss with laughter

- Jack laughed off suggestions that he was lazy although at heart he realized that he was.
- I always laugh it off when someone makes fun of me but secretly I get very upset.

launch out on

to embark on; to start (a new project...)

- The large company decided to launch out on a new project to save money.
- The mountaineer launched out on his attempt to climb Everest.

lay down

to prescribe or enforce (a law, rules...)

- The headmaster laid down the rules to the naughty schoolchildren by giving them all a good stern talking to.
- The government is responsible for laying down the country's rules.

lay in

to hoard; to store for future use

- Many animals survive the long winter by laying in a lot of food during the summer.
- I believe that it's important to lay in enough material to be sure that we will be able to finish the project easily.

lay out

1. to display by opening out 2. to plan or design (a building, a book...) 3. to invest or contribute funds (to a project...)

- The street-vendor laid out his wares on the pavement but was soon told to move on by the police.
- The government laid out millions of pounds to host the Olympics.

lead off

to begin (by initiating action)

- The first group of soldiers led off the thousands of troops marching along the road.
- Usually passengers seated in the rear of the plane lead off when it is time to board.

lead (up) to

to cause; to produce (as a result); to prepare the way for

- Bob's careless attitude led to his dismissal at work.
- Years of preparation led up to Beijing's very successful Olympic Games.

leak out

to be gradually revealed (of news, a secret...)

- The poisonous material leaked out of the containers buried deep underground.
- The senior government official hoped that his secret would not leak out!

leave behind

to forget (st somewhere); to go away without

- Oh no! I've left my son behind at home! I'll have to call the nanny.
- Lucy decided to leave England behind and emigrate to Australia.

leave off

to stop (doing st)

- Terry decided to leave off working on the project until tomorrow.
- Can you leave off bugging me?! I'm trying to work!

let down

1. to lower 2. to disappoint; to fail (sb)

- I let my wife down badly by having an affair with another woman.
- The salesman let down the hanging jacket so the customer could have a look at it.

let in

to allow to enter

- The door lets in a lot of draughty cold air during the winter.
- Would you please open the window to let in some fresh air?

let off

*1. to excuse (sb), to allow (sb) to go unpunished
2. to allow to explode; to detonate or light (fireworks...)*

- The farmer let off the young boys that he caught stealing apples with a strong warning.
- In England many people celebrate 'Bonfire night' on Nov 5th by letting off fireworks.

let on

1. to allow to board 2. to intimate (to reveal a secret)

- If I tell you a secret about Jane, will you promise you won't let on?
- The conductor gave a signal for the driver to let the passengers onto the train.

let out

1. to release; to allow to go out or leave 2. to reveal; to divulge 3. to lengthen (a garment...)

- After 20 years in prison the man was finally let out.
- My shirt is too tight; can you alter it and let it out for me please?

lie down

1. to lie in a horizontal position 2. to rest in bed

- Many people in Spain and Latin America often lie down in the afternoon for a siesta.
- If you are sick it is best to have a lie down in order to recover.

light up

1. to illuminate brightly 2. to light a cigarette

- The wonderful Christmas tree lit up the room with a colorful glow.
- Henry lit up his cigarette and inhaled slowly, allowing curls of smoke to wind lazily from his mouth.

line up

1. *to form a line; to stand in line* 2. *to have ready*

- The busy salesman had already lined up ten meetings for the next week.
- People hoping to buy train tickets at Spring Festival had to line up for hours.

live on

to have as food or income

- My friend seems to live on junk food! It's not very nutritious.
- At university many young people live on an allowance from their parents.

live through

to survive despite difficulty

- Many older people in Europe lived through World War Two.
- In Sichuan province everyone lived through the terrible earthquake of 2008.

live up to

to reach the expected standard

- The football team's expensive new player lived up to expectations, scoring two goals in his first game!
- Theresa was confident that she would live up to her new boss's expectations.

lock up

1. to secure (a door, house...) by locking 2. to put (sb) in prison

- Don't forget to lock up your bike when you go to school.
- The police locked up the robber for a long time in an effort to protect society.

log on

to make a connection to (a computer network; the Internet)

- To check your email you need to log on to the internet first.
- You can learn more about companies by logging on to their websites.

log out

to disconnect or exit (from a website; a computer system)

- Before he went home Brian didn't forget to log out from the company network.
- I need you to log out from the internet and restart the computer please.

look about

to look in different places or directions

- To find the right book you usually need to look about in the library for a few minutes.
- The foreign tourist looked about for a bathroom more and more desperately.

look after

1. *to take care of (sb)* 2. *to safekeep or guard (st)*

- Most conscientious parents work hard to look after their children.
- Could you look after my dog for me while I'm away on holiday please?

look ahead

to plan for the future

- The boss looked ahead for a good performance after a disappointing last quarter.
- I'm looking ahead with eagerness at the prospect of getting a promotion next year.

look back

to look behind one or over one's shoulder

- Jason boarded the train without looking back, his work was done and it was time to move on.
- When reversing a car remember to look back before starting the manoeuvre!

look back on

to recall; to call up memories of

- We often look back on our childhood with happy memories and nostalgia.
- Don't look back on your mistakes, think about the future and try to improve yourself.

look down

to lower one's gaze

- If you are standing high up, don't look down if you suffer from vertigo!
- From the top floor of the skyscraper it was possible to look down on all of New York.

look down on

to scorn; to deprecate

- Many people look down on those who are less fortunate, like the homeless.
- Parents ought to teach their children not to be snobbish and look down on others.

look for

to seek; to try to find

- Hello, I'm looking for a book shop, can you assist me please?
- The single girl was looking for an eligible boyfriend.

look forward to

to eagerly await some future event

- People always look forward with expectation to a forthcoming holiday.
- David looked forward to his date with the beautiful girl whom he had initially been introduced to through an acquaintance.

look into

1. to look inside (through a window) 2. to investigate; to examine more closely

- The fortune-teller looked into her crystal ball and told me my fortune.
- The policeman promised that he'd look into my car's disappearance as soon as possible.

look on... as

to consider or regard (sb) as

- The student looked on her professor as a leading expert in his field.
- John looked on in shock and horror as the thief stole a lady's bag.

look out

1. to look outside (through a window) 2. to be careful; to proceed with caution

- The children looked out of the window as the foreign man walked past.
- The fireman shouted 'Look out!' as the house began to collapse.

look over

to inspect; to scrutinize

- Edward told his boss that he would look over the report before tomorrow morning.
- The new laws require manufacturers to look over their products several times before they go on sale.

look up to

to respect; to revere (as superior)

- Young boys always look up to their older brothers although sometimes this is rather misguided.
- Good bosses will make their staff look up to them naturally

mail in

to send by mail

- Robert mailed in his application to enter the competition to win the new car.
- You need to mail in your CV before you can get a job interview.

make into

to convert; to transform (into)

- The child made his toy blocks into a big castle and his mother marvelled.
- John made some red card into a Valentine's card for his girlfriend.

make off

to escape; to run away

- The robbers made off with several bags of money from the bank.
- The prisoner made off from prison through a hole in the fence.

meet with

to have (st) adverse happen to (sb)

- The Government met with a lot of resistance when it proposed an unpopular idea.
- We hope that we won't meet with any angry customers when we are at work.

miss out

to overlook; to omit

- Helen's boss was angry because she'd missed out an important part of her report.
- Short boys are always missed out when the coach picks the school basketball team.

mistake... for

to mix up (one person for another)

- I mistook my friend Sarah for her identical twin sister Emily at a recent party.
- At night it is easy to mistake one person for another if one is not vigilant.

mix up

to confuse; to mistake (one thing for another)

- Mark mixed up his papers because he was in a rush and chaos ensued.
- I often mix up the many different subway lines in London and as a result I often end up in the wrong destination.

move into

to occupy a home and place one's possessions in it

- William and Emma couldn't hide their eagerness to move into their new house.
- Sometimes we need to wait for the current tenants to leave before we can move into a new apartment.

move on

1. to move to another place 2. to change to a different subject

- The traveler knew that it was time to move on when the clock struck twelve.
- Adam knew that it was wise to move on from talking about the difficult subject.

move out

to leave a home and take one's possessions away

- In a housing contract you must usually give your landlord a month's notice before you move out.
- Could you possibly help me move out next week please?

narrow down

to reduce (to just a few people, suspects...)

- The Police narrowed down the list of suspects to just two people.
- At university we narrow down what we wish to study to a just few subjects.

note down

to (briefly) write down

- Usually someone needs to note down the minutes from every meeting.
- The doctor noted down his patient's problems during the consultation.

open up

*to make accessible (to development, visitor...) 2.
to talk freely*

- It has been more than thirty years since the start of Deng Xiaoping's policy of reform and opening up.
- After several long moments of silence Hannah finally opened up about her problems to Rob.

pack up

1. to pack; to prepare luggage (for moving or going on vacation) 2. to stop work 3. to break down; to stop functioning (of a machine...)

- Most people pack up and leave work at about 6pm.
- Much to his consternation, Alf's car packed up while he was driving across the desert.

part with

to get rid of (st), by selling, giving or throwing it away

- It was hard for Jane to part with her mother's ring but she had to pawn it.
- Most children part with their toys when they reach teenage years.

pass along

to distribute (st, by passing it from one person to the next)

- 'I'd like you to pass along this message to the Director,' said my manager.
- At the beginning of the meeting the secretary gave me thirty copies of the agenda and asked me to pass them along to everyone.

pass away

to die

- Whilst young people may feel invincible, there comes a time when we shall all pass away.
- Darren took some time off work after his father passed away.

pass back

to return (st) by passing

- The footballer passed the ball back to his defence.
- Trevor passed Bill the packet of cigarettes back after taking one.

pass over

to not consider (for promotion...)

- Dave was disappointed that once again his boss passed him over for promotion.
- If you don't work hard perhaps your boss will pass you over for a raise.

pay back

1. to repay; to return a loan 2. to take revenge on (sb)

- Much to my dismay, after five years I am still paying back my car loan to the bank.
- Could you pay back that money you owe me please as it's very overdue?

pay off

1. to pay (st) in full; to settle (a debt) 2. to be successful; to be worthwhile; to yield good results (of an investment, a venture...)

- You should pay off your credit card every month to avoid paying interest.
- Learning English certainly pays off in China because you can get a much better job.

pay out

1. to disburse; to pay money 2. to slacken; to let out (a length of rope...)

- Many companies pay out the costs of travel to their salespeople.
- The sailor paid out the rope carefully until he felt the anchor hit the seabed.

pension off

to dismiss (a worker) with a pension

- Companies often pension off their older staff.
- Ruth was worried that her boss would pension her off in favor of a younger worker.

phase out

to remove gradually, in stages

- Now that blue-ray is available many people believe that DVD's will be phased out.
- The manager decided it was time to phase out the older equipment in his factory.

pick out

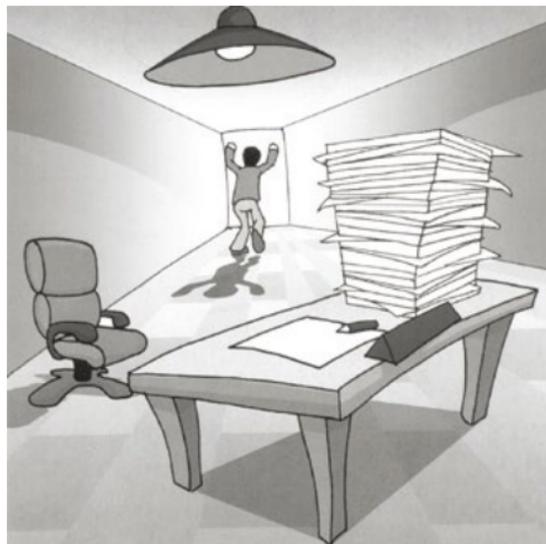
1. to choose; to select 2. to discern; to distinguish

- Rachel picked out a couple of lovely dresses for her holiday.
- The old lady had difficulty picking out the man who robbed her.

pile up

1. to stack (one thing on top of another) 2. to build up; to accumulate (work, bills, orders...)

- Pile up the boxes over there please in rows of five.
- Efficient workers don't let their work pile up on their desk.

**pile up**

plug in

to connect (one electrical device to another, using a plug)

- Remember to plug in the mouse to your PC.
- Soon they will make a battery-charger that plugs into every mobile phone.

point out

to remark; to draw attention to

- At school the cleverest pupils can always point out the correct answer first.
- The policeman pointed out the correct route for the confused tourists.

pour in

to enter in large numbers (of people)

- As soon as the gates opened hundreds of people poured into the stadium to watch the match.
- During the down pour, rain came pouring in through the hole in the tent.

pour out

to leave in large numbers (of people)

- People came pouring out of the burning building.
- The secretary poured out cups of tea for everyone attending the meeting.

press on

to continue with determination

- The explorer felt determined to press on even though the going was very tough.
- Geoff knew that to finish his work he'd need to press on until late at night.

print out

to print (a document) on a desktop printer connected to a computer

- By reading emails on the screen we can avoid printing out unnecessary documents.
- Most office workers print out lots of work related documents each day.

pull away

to start moving (of a vehicle) or driving (of a driver)

- The racing car pulled away slowly at first and then gathered speed very quickly.
- Drivers should check their mirrors before they pull away.

pull in

1. to enter (a station) or stop (at the roadside) 2. to attract; to draw (crowds, an audience)

- Helen noticed that her fuel was running low, so she pulled into the nearest petrol station.
- The hot new band pulled in a huge crowd to their concert.

pull out

1. to remove or extract 2. to leave; to abandon (of troops, of a project...)

- After giving him an anesthetic, the dentist pulled out his patient's rotten tooth.
- The army pulled its troops out of the country after peace was certain.

pull up

1. to move (st) closer (a chair...) 2. to stop (a vehicle)

- David politely pulled up a chair for his date as they sat down for dinner.
- Fred pulled up his car quickly when he heard a strange noise coming from beneath the bonnet.

push in

to get into line before others; to jump the queue

- In the West it is considered bad manners to push into a queue.
- If everyone avoids pushing in and waits patiently queues don't last as long.

put across

to convey (a message...); to make (a message) understood

- If people don't speak the same language they must use body language to put across their meaning.
- Greg had to shout to put across his meaning above the din in the busy pub.

put aside

1. to place (st) to one side; to set (st) down 2. to leave (a task, a duty...) for a later date 3. to save (money...)

- Most people put aside some of their salary into a pension fund every month.
- Ellen decided to put aside her current task until she had more time later that day.

put back

1. to replace; to return (a book...) 2. to retard (a clock...)

- After she saw the price, Monica quickly put back the expensive dress onto its rack.
- Air travelers traveling west must put back their clocks and watches to the correct time.

put down

1. to lower and place on a level surface 2. to crush; to quash (a revolt...) 3. to write down 4. to criticize; to belittle 5. to make a deposit or advance payment

- The King put down the peasant's revolt without mercy.
- Mark put down the glass vase carefully in order to prevent any damage.

put forward

1. to propose; to suggest (an idea...) 2. to advance (a clock...)

- I got a bonus from my company after I put forward a good idea to my boss.
- Don't forget to put forward your clock when you go on holiday far away.

put in

1. *to submit; to enter (a request, a claim...)* 2. *to invest or spend (time...)* 3. *to call; to make a stopover (of a ship...)*

- If you have medical insurance you can put in a claim for the costs of treatment when you're ill.
- People who put in plenty of time to improving their English improve fastest.

put off

1. *to postpone* 2. *to discourage; to deter* 3. *to switch off (a light...)* 4. *to distract*

- It's an old adage but very true- don't put off till tomorrow what you can do today.
- The dog's incessant barking put the cat off from entering the garden.

put on

1. *to place (clothes...) on one's body* 2. *to produce; to stage; to perform (a show...)* 3. *to switch on (a light...)* 4. *to gain (weight)*

- When getting up in the morning we put on clothes after washing.
- It's considered rather impolite to tell people that they have put on weight.

put through

to connect (a caller, to the recipient of a telephone call)

- Secretaries can put you through to anyone at their company.
- If you don't know someone's number, directory enquiries can put you through.

put up with

to endure (st); to bear; to tolerate (sb)

- The manager put up with Bob's lateness because he was a very skilled employee.
- Most parents will not put up with their children's disobedience.

quiet down

to become less noisy

- Would you please quiet down, I'm trying to work!
- In the library you should quiet down otherwise you will annoy others.

reach out

to stretch one's arm out (to grasp st)

- The basketball player had to reach out to grab the stray ball.
- John reached out too far to pick an apple from the tree and in doing so fell off the ladder.

read out

to read aloud

- At school assembly the headmaster usually reads out a notice to the students.
- Most doting parents enjoy reading out a bedtime story to their children.

reckon on

to depend on; to count on

- The boxer didn't reckon on his opponent's sudden attack.
- You can always reckon on your family to help you at a difficult time.

ride off

to leave (on a bicycle, on horseback...)

- The cowboys rode off to another adventure on their horses.
- After work finished, Ann rode off homewards on her bicycle.

ride out

to survive; to endure (a storm...)

- The farmers rode out the drought by storing some of last year's food.
- Sailors ride out storms by lashing down all equipments on their boat and hoping for the best.

ring off

to hang up; to put down the telephone

- At the end of the call Lucy rang off and continued working.
- Nick had to ring off from the call with his girlfriend because it was getting late.

rise up

to rebel; to revolt

- The masses rose up against the corrupt government.
- The students rose up in protest against their mean teacher.

roll in

to appear or to enter in large numbers

- The careless student rolled in for his lesson fifteen minutes late.
- The black clouds rolling in from the sea showed that a storm was coming.

roll out

to launch; to present (a new product...)

- Mobile phone companies roll out many new phones every year to create interest.
- Companies spend much time testing new products before they are rolled out general consumers.

root out

to find and destroy

- The secret agent was told to root out the spy in his government.
- With any luck, the doctors will root out the cause of your illness.

rope into

to be persuaded or pressured (to do st)

- George's friends roped him into reluctantly agreeing to go sailing.
- We can usually rope our friends into helping us move house.

rough out

to outline; to make a rough draft of

- My manager roughed out his wishes for what he wanted us to do that day.
- The architect was able to rough out a design for his client's new building.

round up

to herd (livestock) together; to gather (people) together

- Shepherds in the UK use specially trained dogs to round up their sheep even today!
- Please could you round up the people who are joining the meeting as it is starting soon.

run after

to chase; to pursue

- The policeman ran after the shoplifter after seeing him stealing CDs from a store.
- My Dog often runs after cats when it sees them despite anything I tell it.

run away

1. to flee; to escape 2. to run out of control

- If you see a tiger in the wild, you'd better run away!
- Many youngsters run away from home to get attention from their parents.

run out of

to be left with no supplies of (st)

- A lot of scientists fear that the Earth will run out of oil this century.
- When taking a long journey by car it's advised that you carry extra fuel in case you run out.

rush in

to enter (a room...) quickly

- Hearing the baby's cries, her parents rushed into the room to see what the matter was.
- As soon as the doors to the metro train opened a swarm of people rushed inside.

rush out

to leave (a room, an interior...) quickly

- If you try to take honey from a beehive without sending them to sleep with smoke, they will rush out to sting you!
- When there is a fire we are always advised to walk rather than rushing out in case we fall over.

sail away

to leave (by sailing; by sea) (of a ship or person)

- No one had dry eyes when they watched the sailors sail away to war.
- After picking up its cargo the giant container ship sailed away from China to America.

save up

to save or accumulate money (for use at a later date)

- 'I'm saving up to buy a new car,' Geoff told Andy. 'Wow, that'll take ages!' Andy said.
- There are special high-interest accounts for people who plan to save up.

scare off

to frighten (sb) to keep them away

- Farmers often use old clothes to make a scarecrow for their field to protect crops by scaring off birds.
- A lot of people keep a dog to scare off potential burglars.

seal off

to block (an entrance or area) to prevent anyone entering or leaving

- Upon hearing of an imminent terrorist attack, Jack called in the FBI to seal off an entire city block.
- Security guards seal off buildings to all except those who should be there.

see about

1. to attend to (st) 2. to consider (a prospect, an idea, a suggestion...)

- My boss told me that she would see about implementing my new ideas before next month.
- You should remember to see about opening a window for dogs in cars on hot days.

see off

to accompany (sb about to depart)

- Julie's father went to the airport to see her off as she emigrated to America.
- A gentleman will always see off his girlfriend back to her home before going home himself.

seek out

to seek and find

- Special unmanned planes seek out and report on the location of terrorists with no risk to human life.
- Dan spent half an hour seeking out the right ingredients that he needed to cook a special dinner for his fiancée's parents.

sell off

to remainder; to sell (one's entire stock) cheaply

- Big companies sometimes sell off underperforming parts of the business to cut costs.
- In January it's normal for most high-street shops to sell off the old stock to start the New Year.

sell out

1. to have sold all (of one's stock); to have exhausted (suppliers) 2. to sell a share in a business

- I tried to buy a phone card from the convenience store, but unfortunately they'd sold out.
- The old director sold out his share in the business to give him a nice nest-egg for his retirement.

send back

to return (st) to its place of origin

- If your VISA expires, the country you're in will send you back to your home country.
- 'My sister asked you not to forget to send back your reply to her message,' I said to my friend.

send out

1. to distribute or send (by mail...) 2. to emit; to transmit; to convey (a signal, an impression...)

- At Christmas time many companies send out Christmas cards to their customers.
- 'Do you see that girl over there?' I said to John. 'She's sending out some serious signals that she likes you!'

set about

to start (doing st)

- In the autumn many animals, such as squirrels, set about storing food for the winter.
- After he got paid Henry had enough cash to set about repairing his home's roof.

set aside

to keep for later use

- Wendy set aside the supermarket coupons to save money the next time she went shopping.
- Wise travelers set aside some water for their bag, because you never know what might happen when you're hiking.

set back

1. to check or stop the progress of 2. to cost (sb a large amount of money)

- The boss set back the latest research when she realized there were some problems.
- 'Wow, how much was your Porsche Freddy?' asked Sarah. 'It set me back a pretty penny I can tell you!' Freddy replied.

set forth

to expound

- The professor set forth his thesis' meaning to his students.
- A cleric will set forth the word of God to all of his followers.

set in

to start, and seem likely to continue; to become established

- We need to treat wood to resist water before rot can set in after it rains.
- Doctors advise us to eat well and exercise regularly before bad-habits set in.

settle down

to quiet and calm down, particularly in a new environment

- Kathy wanted nothing more than to settle down with a nice guy.
- It takes a year or so to settle down in a new country when you move abroad.

settle in

to become accustomed to and comfortable with (a new environment or routine)

- 'I hope you'll do all you can to help our new colleagues settle in,' said my boss in his address to the company following our takeover.
- A cat needs to be locked into the house for a week or two following a move in order to settle in comfortably.

shave off

to remove all hair by shaving

- In the summer it's better to shave off your hair as it can get hot and uncomfortable.
- Men usually shave off their beard in an effort to look clean and tidy.

shell out

to pay for st

- After her laptop broke, Sheila had to shell out a lot of money for a new one.
- In some shops selling fragile things such as ornaments, you should be careful not to break anything as the owner will make you shell out for the damaged goods!

**shell out**

shoot down

to cause (a person, an airplane) to fall down by shooting

- Hunters like to shoot down ducks, pheasants and pigeons with a shotgun.
- Britain achieved air superiority in the War by shooting down more enemy planes than they lost.

shoot out

to emerge very quickly

- The greyhounds shot out of their traps like rockets as soon as they opened.
- Kids shoot out of school when the final bell goes.

shop around

to go to different stores in order to get the best buy, or the best value for money.

- Clever shoppers will always shop around before deciding to buy something.
- The internet truly is a shopper's friend as it allows us to shop around for anything these days.

show off

1. to show; to display 2. to boast; to display so as to elicit admiration

- Adam always showed off his language skills by speaking Chinese in front of his friends.
- The jewelers had a beautiful display in the window to show off their collection of diamonds.

shut down

to switch off, close and prevent from working (a machine, a factory...)

- Remember to shut down your PC and tidy your desk before you leave work.
- In the summer, electricity shortages across China cause many factories to shut down for temporarily.

shut up

1. to put (st) away in a safe place 2. to close all of the doors and windows 3. to stop talking

- After realizing that she had given away a secret Emily shut up quickly.
- The TV weather forecast informed everyone that a storm was coming, so we shut up all of the windows and doors of the house as fast as possible.

sign up (for)

to register (for) or take part (in) (a study course, an activity...)

- As soon as he was 18 Jason signed up for the Army.
- The government encourages everyone to sign up for blood donation in order to keep enough stocks to help the sick.

simmer down

to calm down (after being angry)

- The teacher shouted for the boys to simmer down after they started arguing during the football match.
- To simmer down when angry it's helpful to take a few deep breaths and count to 10.

single out

1. to choose (sb) from among other people (often: to pick on them) 2. to choose (st) from among other things; to identify (as the cause of st)

- The Maths teacher singled out ten of his best students to take part in the local Maths competition.
- Our IT manager singled out the cause of the problem as being a virus in our network.

sit around

to sit lazily, without doing anything productive

- In very hot countries people often sit around during the day, but then work hard in the evening when it's cooler.
- 'What are you doing sitting around when there's work to be done,' my father exclaimed angrily.

sit back

to relax; to sit and do nothing

- Long flights can be boring. It's best just to sit back, relax and get some sleep if you can.
- We hope that students at WSE can sit back, enjoy their studies and take a break from their busy lives.



sit back

sit down

to become seated; to lower oneself into a seat

- There is always a rush to sit down in the metro before someone else gets the seat!
- It is polite to allow ladies to sit down first at dinner before sitting down yourself.

sit on

to be a member of (a board, a committee...)

- He is very rich. He sits on the board of three companies, you know.
- Many older members of the community sit on neighbourhood committees who meet to decide on changes which help everyone have a more comfortable environment.

sit up

1. to sit upright, with one's back straight 2. to not go to bed 3. to be alert; to take careful notice

- Little Bobby's mother sat up all night waiting for him after he went missing.
- When he heard the scary noise, Alan sat up in bed and was unable to get back to sleep for quite a while.

size up

to judge the value of (sb or st)

- The two boxers circled each other slowly in the ring, sizing up each of their opponents strengths and weaknesses.
- A teacher must quickly size up the students in their class in order to help with any problems that may occur.

slow down

1. to lose speed; to move gradually more slowly 2. to cause to lose speed

- The puncture we picked up driving over the sharp stones soon slowed down the car.
- Trains always slow down when passing through residential areas for safety reasons.

snap up

to buy (stock, goods...) quickly

- During the January sales many people from Guangdong province head to Hong Kong to snap up bargains.
- As soon as famous artworks come on the market, buyers snap them up for enormous sums of money.

sneak out

to leave quietly or unnoticed; to leave without being seen

- Knowing that his team was losing, Jerry sneaked out of the stadium before the final whistle to beat the rush of traffic.
- To burglars, sneaking out with the goods is as important as getting in to steal them in the first place!

soak up

1. to absorb 2. to relish; to thoroughly absorb or assimilate (a topic, the sun...)

- Sponges are great for washing with as they soak up soap and water easily.
- Many children really enjoy schoolwork. They just sit back and soak up all of the information.

soften up

*1. to weaken enemy resistance by bombardment
2. to render (sb or st) more compliant through attrition.*

- The brigadier ordered an artillery barrage to soften up the enemy ranks before the assault.
- Jack softened up the suspected terrorist with his fists before resorting to drugs in order to find out the location of the nuclear device.

sort out

1. to sort; to classify 2. to solve (a problem...)

- People enjoy sorting out puzzles because it's very relaxing.
- If there are problems at work, managers are usually required to sort them out with their superior experience.

Speak out

to speak freely; to voice one's opinion

- Many Chinese students are a little shy, but we encourage them to speak out and enjoy conversations in English.
- The politician was criticized for speaking out against his own party.

Speak up

to speak louder

- Sometimes we need to speak up when talking to senior citizens as they are a little deaf.
- Teachers often have a sore throat because they need to speak up all day long.

Speed off

to leave or move away very rapidly

- At the start of the race, the cars all sped off to round the first corner.
- Hearing the hunter's movement the deer sped off across the forest clearing causing him to miss his shot.

Speed up

to accelerate; to increase the speed of

- The driver pressed the accelerator harder and felt the car lurch as it began to speed up.
- Hey! You need to speed up or we will miss the train!

spell out

1. *to spell a word by saying each letter clearly and separately* 2. *to state (st) clearly and in detail*

- When you are going through immigration in the airport, the customs officer may ask you to spell out your name if you can't speak English.
- If you can't make someone understand your meaning, you might need to spell it out to them using body language as well!

spin out

to make (a talk, a visit...) last longer

- The lecturer spun out his talk by asking for the delegates' opinions towards the end.
- Children will often try to spin out time in the evening before being sent to bed by being naughty.

spur on

to encourage; to cheer on

- The football fans sang louder and louder in order to spur on their team.
- The teacher hoped that his encouraging remarks would spur on his class to work harder and get a great result in the forthcoming examinations.

spy out

to discover (st) by spying

- The secret agent spied out his target by looking through the keyhole of his hotel door.
- The kids spied out their mother's last box of cookies by searching through the pantry when she wasn't looking.

stand around

to stand lazily and aimlessly

- If you miss the metro, there's nothing one can do other than to stand around and wait for the next one.
- There are often many people standing around outside a concert trying to hear something.

stand in for

to substitute for (sb)

- After he was sent off for holding the ball outside of his area, the defender nervously stood in goal for his goalkeeper.
- Many schools have a regular supply teacher who stands in for any of their unavailable full-time teachers.

stand out

to be prominent; to be conspicuous

- Parents hope that their kids will work hard and stand out at school.
- Michael Phelps really stood out in the Beijing 2008 Olympics by winning 8 gold medals.

stand to

to be liable to; to be likely to

- It stands to reason that if you practice speaking English a lot with foreign teachers, your English will improve!
- If the England football team keeps winning, they stand to win the World Cup again soon!

stand up to

1. to withstand (pressure, wear-and tear...) 2. to face bravely; to resist (an attack...)

- The allies stood up to heavy pressure from their enemies during the War, but they never surrendered!
- A good pair of jeans will stand up to years of use before wearing out.



stand up to

start off

1. *to start; to begin* 2. *to leave; to start (a journey)*

- If you are camping, you should start off setting up camp before it gets dark as it's safer that way.
- The starter's gun fired a loud report, starting off the race.

stay away

to not attend; to be absent; to remain at a distance

- The child who caught flu was told to stay away from school to protect the other students.
- I prefer to stay away from funerals, because they're very melancholy.

stay in

to stay at home

- Most people decide to stay in if the weather is bad.
- When I'm tired I prefer to stay in rather than going out until late.

stay out

to remain outdoors; to not return home

- If you go to a nightclub you might stay out until 5 or 6 in the morning!
- Parents always tell their children not to stay out too late if they go to a party.

stay up

1. *to continue upright; to stop falling* 2. *to stay awake; to not go to bed*

- It's amazing that so many ancient buildings have stayed up for thousands of years in Egypt!
- Sometimes young children are allowed to stay up by their parents on special occasions.

step in

1. *to enter (by walking)* 2. *to intervene (to solve a problem... to break up an argument...)*

- As the rain began to pour, Linda stepped in to the doorway of the nearest shop to stay dry.
- In a boxing match, the referee will often step in and end the fight if one of the boxers gets too hurt.

step out

1. *to leave; to go out* 2. *to lengthen one's stride; to walk quickly*

- If you need to leave a meeting in a hurry, it's polite to ask your boss if you can step out for a moment.
- Soldiers always step out in time together when they're marching.

step up

to increase (the pace of...); to speed up (a process...)

- The hikers stepped up their pace so they could reach the campsite by nightfall.
- The factory stepped up production to meet their customer's exacting deadline.

stick out

1. to project; to be conspicuous 2. to endure (st) to the very end

- The new students at the school stuck out because they didn't know where anything was.
- Bob stuck out his tedious and stressful job because the salary was attractive.

stick to

to adhere to; to be consistent with; to follow strictly

- Christians believe that if you stick to the rules of the Bible you will live a good life.
- Most dangerous jobs, such as being a fireman, have strict safety rules that everyone must stick to.

stick up for

to support; to stand up for

- It's normal for older brothers and sisters to stick up for their younger siblings at school.
- Many gamblers find it exciting to stick up for the underdog when placing bets.

stir up

to rouse; to incite (trouble...)

- The outlaws stirred up all sorts of trouble, when they entered the town and started shooting.
- It's best not to spread around gossip, or we might stir up trouble.

sum up

to summarize in a few words

- At the end of a presentation, it's important to sum up the points that we have been talking about.
- The minutes of a meeting sum up what was said and by whom.

swallow up

to engulf; to overwhelm

- Sand threatens to swallow up large parts of Africa, unless people take more care when creating new farmland and cutting down trees.
- Sharks will track their prey by smelling their blood, swim nearby and swallow them up in their massive jaws when the time is right.

sweep up

to collect (dirt, dead leaves...) by sweeping into a pan

- Before mopping the floor of your apartment, it's best to sweep up any dust first.
- In the autumn many trees lose their leaves. Keen gardeners have their hands full at this time, because they need to sweep up the leaves regularly to keep the garden tidy.

swell up

to swell; to become larger (of an injury...)

- If you hit your thumb with a hammer, don't be surprised if it swells up and becomes sore!
- The hot air filling a hot-air balloon will eventually make the balloon swell up and take off.

switch off

1. *to turn off* 2. *to stop paying attention*

- These days it's important to think about the environment, so we are reminded to switch off electrical devices when we're not using them.
- It's common for many kids to switch off and lose interest in lessons as the summer holidays approach.

switch on

to turn on

- Some stereo systems are so complex today, that it's hard to work out how to even switch them on!
- Drivers are reminded to switch on their headlamps when passing through a tunnel.

take after

to resemble; to look like (one's relatives...)

- Don't you think James' son takes after him? They have the same eyes!
- In looks, sons often take after their fathers and daughters their mothers.

take away

to remove; to take to another place

- Removal companies carefully take away all of our things to our new apartment.
- At children's birthday parties, the parents usually prepare a cake and give each of their child's friends a piece to take away.

take back

1. *to return or take (st) to its place of origin* 2. *to retract; to withdraw (a statement, a comment...)*

- Realizing that he had hurt her feelings, Jason soon apologized. 'I take back everything I said to you,' he said.
- When you rent a DVD, remember to take it back to the shop on time or you will get a fine.

take care

to proceed with caution; to beware

- When it rains, it's important to take care of where you are walking in case you slip and fall.
- If you go into the forest, please take care. I hear there are bears in there!

take care of

1. *to safekeep, protect and attend (sb or st)* 2. *to deal with (a problem...)*

- Many younger people in China will take care of their parents as they get older.
- The Police are responsible for taking care of any problems that occur in the city.

take in

1. *to carry or lead inside* 2. *to accommodate and care for (sb)* 3. *to grasp; to understand (knowledge, facts, idea...)* 4. *to cheat; to deceive* 5. *to include; to comprise* 6. *to detain (for questioning)*

- After her lecture had finished, Lucy wasn't sure that she'd taken in all of the information.
- In Britain, the government funds many shelters that offer to take in the homeless and give them food and a bed.

take off

1. to remove (a garment) 2. to leave the ground and rise into the air (of an airplane...) 3. to deduct 4. to progress rapidly; to start off very well (of business, sales...) 5. to mimic; to parody

- John cursed the heavy rain as he took off his wet trousers and shoes.
- Many farsighted entrepreneurs set up internet businesses before they became popular, but now their businesses have taken off as a lot of people like to shop online.

take on

1. to accept or undertake (responsibilities...) 2. to recruit or engage (staff...) 3. to assume (proportions, features...) 4. to challenge (to a fight, to a contest...)

- The arena's very crowded, because tonight a new challenger is taking on the champion wrestler for a shot at winning his belt.
- If we get a promotion at work, it usually means that we will take on extra responsibilities.

take out

1. to carry or lead outside 2. to remove; to extract (teeth) 3. to obtain (a permit, a legal document...) 4. to invite or escort (sb) to a party, a restaurant... 5. to borrow (a book, from a library)

- Freddy had been waiting for a chance to be alone with Effy for ages. Finally he asked her if he take her out that weekend.
- To her dismay, Alice realized that everyone had already taken out every copy of the book that she needed for her assignment from the library.

take over

to assume control of

- Big companies will sometimes try to take over their smaller competitors in order to get a greater market share.
- During their long road trip across America, the friends agreed to take over the driving from each other should they get tired.

take to

to develop a liking for (sb or st)

- I know it's unusual, but our new kitten has really taken to our dog!
- It takes a while for the students to take to any new faces at the start of the school year.

take up

1. to carry to a higher level (upstairs...) 2. to pursue; to address (an issue, a matter...) 3. to occupy (space, time, energy...) 4. to start (a hobby, a profession...) 5. to accept (an offer...)

- It has been five years since I took up going to the gym, and I've never felt better!
- Since it was late the manager called a close to the meeting, but promised to take the matters under discussion up again the following day.

talk away

to talk at length

- African Grey parrots are so intelligent that they will just talk away for hours.
- The old lecturer was well-known for talking away for hours.

talk down

to silence (sb) by taking (louder than them)

- 'Don't talk down to me!' Alan shouted angrily to his son.
- The manager talked down to his bickering employees to make them listen.

talk into

1. *to persuade (sb) by talking* 2. *to obtain (sb's) agreement or acquiescence by verbal persuasion*

- Beware of door-to-door salesmen! They'll try anything to talk you into spending money.
- Husbands often struggle to talk their wives into letting them go out with their friends.

talk out of

to dissuade (sb) from a course of action by verbal persuasion

- The Presidential candidate toured across the USA to talk voters out of voting for his opponent.
- Salespeople have many special techniques to talk you out of buying from their competitors.

tear off

to detach or remove by tearing (a scrap of paper...)

- Gary angrily tore off a scrap of paper from his notebook and scribbled down the telephone number.
- Don't forget to wait for the driver to tear off the receipt and give it to you if you're taking a taxi.

tell off

to scold; to reprimand

- My mother used to tell me off a lot when I was a child, but I was very naughty!
- Our manager didn't believe our cock and bull story about the traffic and told us off for being late.

tell on

1. *to wear down; to have an onerous effect on* 2. *to inform against or about (sb)*

- The long hours and stress of her new job was really beginning to tell on Helen's face.
- Children who tell on their classmates are usually disliked by others.

tense up

to become tense; to get nervous

- As game time approached, the basketball players tensed up in anticipation of the contest.
- Be careful not to allow yourself to tense up before exams. Stay calm and you will perform a lot better.

think out

to consider (an issue, a problem...) thoroughly

- Icarus' plan to fly like a bird wasn't very well thought out and ended in disaster when the sun's heat melted his fragile wings.
- Managers are paid a high salary because they're capable of thinking out solutions to difficult problems.

throw away

1. *to discard; to get rid of (garbage...)* 2. *to spoil or squander (a good opportunity...)*

- In the UK, you'll be fined if you throw away rubbish on the street.
- The snooker player cursed his luck when he threw away the chance to win the game by missing the final ball.

throw down

to throw (st) to a lower level

- At the end of another hectic day, Frank threw himself down onto his bed.
- Dan, who was working on Rod's car, called to Rod from underneath to throw him down a smaller wrench.

throw up

1. to raise (one's arms...) suddenly 2. to vomit

- The crowd threw up their arms in unison when the star striker scored.
- If you eat undercooked food at a barbecue you might throw up!

tide over

to meet temporary needs in times of (financial) hardship

- My mum lent me some cash to tide me over until pay day.
- You can take a loan out in order to tide yourself over, but try to pay it back quickly or you will have to pay a lot extra in interest.

tidy up

to tidy completely; to arrange everything neatly

- Large companies usually have a clean desk policy where you should tidy up your desk each evening before going home.
- Children are taught to tidy up after themselves at a very young age in the West.

tie in (with)

to be related (to); to be connected (with)

- The clever teacher tied in the lesson's topic with the grammar point by telling a story from his life.
- You need to tie your points in together clearly when you write an essay.

tie up

1. to bind (with string or rope) 2. to keep (sb) busy

- The engineer apologized for his lateness, explaining that he'd been tied up in traffic.
- You can sleep next to the beach if you tie up a hammock between two palm trees.

tighten up

to make stricter (laws, security...)

- The government tightened up restrictions on imported goods to stimulate the domestic market's growth.
- After the recent robbery, the department store tightened up security around the clock.

tip over

to overturn

- Tom yelled for help as his boat tipped over in choppy seas.
- Julia drove her car so fast around the corner that her passengers were worried that it was going to tip over!

touch down

to land (of an airplane)

- The passengers breathed a collective sigh of relief as the plane finally touched down.
- The Boeing 747, or jumbo jet, is so big that it needs a very long runway in order to touch down safely.

touch on

to mention (in passing)

- I'm not sure what the answer is to the question, as the teacher only touched on the topic during the class.
- DJ's touch on many topics during their radio show, but never talk about any of them for a long time.

try on

1. to try new clothes for size and appearance 2. to try to deceive

- If you need to try on clothes you can go to the changing room.
- Beggars will often try everything on to get some change from you.

try out

to test; to try (st new); to experience for the first time

- It's best to try out a new car with a test-drive before you buy one.
- In the morning, Alex held his throbbing head in his hands and regretted having tried out whisky the night before.

tune in (to)

to connect (to a radio station)

- More than eight million listeners tune in to the most popular BBC radio show in the morning.
- These days the delivery man will usually tune in a new TV for you.

turn a(round)

1. to turn to face (sb) 2. to improve the fortunes (of a business...)

- Due to Francesca's good management, the company's fortunes slowly turned around and finances finally went into the black.
- I tapped my friend on the shoulder and he turned around to face me.

turn aside

to suddenly move in a different direction

- Seeing the large queue, Simon turned aside and headed for another entrance.
- Fish usually swim in large schools which seem like a silver cloud, turning aside at the slightest sign of a predator.

turn down

1. to reject (an offer, an application...) 2. to lower (the volume of sound...)

- Terry was disappointed to see that he'd been turned down for the new position.
- Excuse me, that music is very loud. Could you turn it down please?

turn into

to become (st different)

- Many years of heavy pressure and intense heat turns carbon into diamonds.
- People should be careful to drink in moderation, as too much alcohol can turn you into a monster!

turn off

1. to disconnect the power supply to [(st) by pressing or flipping a switch...] 2. to dampen one's enthusiasm or zeal 3. to change direction; to deviate or depart from a main route

- Sharon found Thomas' snoring in bed a real turn off.
- By turning off your electrical appliances at the mains you can save money on your electricity bill.

turn on

1. to connect the power supply to [(st) by pressing or flipping a switch...] 2. to attack suddenly (of a person, a dog...) 3. to start behaving in a particular way 4. to excite or stimulate

- An old saying states, 'Let sleeping dogs lie.' This is because a startled dog is likely to turn on you.
- His life is so boring that nothing turns him on.

turn to

to resort to (sb or st) for help

- If you have no one else to turn to, you can always speak to a holy person about your problems.
- After losing all of his money on the stock market, Darren turned to a financial advisor for help.

use up

to consume; to exhaust (a supply of...)

- Humans need to come up with alternative sources of energy before we use up the remaining fossil fuels.
- New laptops use up their battery power a lot more slowly than older models because they are much more efficient.

wait up

to stay out of bed and wait (for sb...)

- The children felt so excited about their Christmas presents that they waited up on Christmas Eve to see Father Christmas deliver them.
- Don't wait up; I'll get home very late tonight.

wake up

1. to stop sleeping; to become awake 2. to awaken (sb); to rouse (sb) from sleep

- The loud crash outside woke up half the street.
- Quick, wake up! I think I can hear a burglar downstairs!

walk around

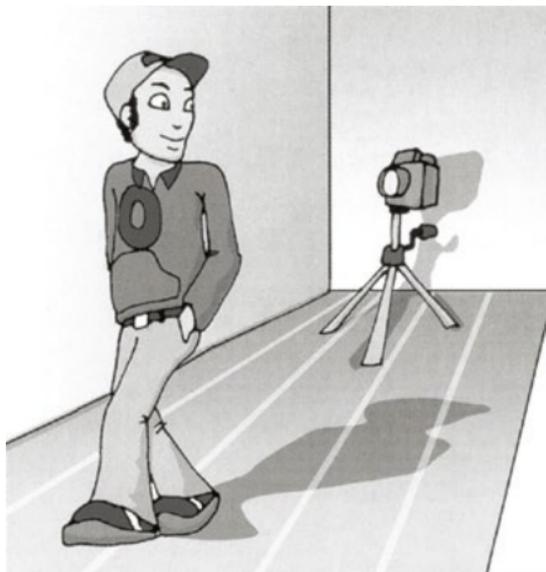
to stroll; to walk slowly and aimlessly

- Dan walked slowly around in circles while he was thinking of the solution.
- Many people love to have a relaxing walk around the park on a sunny day.

walk away

to leave on foot

- Don't walk away from me while I'm speaking to you!
- Gina grew bored of the street performer and walked away.

**walk away**

walk on

to continue walking

- Sometimes it's sensible to walk on if we see trouble, rather than get involved.
- We'll get to the town in another hour or two if we keep walking on at this pace.

walk out

1. to leave (a room...) 2. to leave as a sign of protest 3. to quit (a job...) 4. to terminate (a relationship...)

- Finding the lecture quite tedious several students walked out quietly.
- Ray was finding it more and more difficult to work with his colleagues. Finally he decided to walk out on his job.

warm up

1. to become warm; to make warm 2. to do preliminary exercises before playing sport

- Before doing exercise in the gym, you should warm up your muscles because this will help you avoid injuries.
- A quick and easy meal is one that you can warm up in the microwave.

wash out

to remove by washing (a stain, dirt...)

- John missed the football match because he hadn't washed the mud out of his kit from last week's game.
- Blood is very difficult to wash out of clothes.

wash up

to wash the dishes

- Many people prefer to leave the washing up until later, but I like to do it straight away.
- Children hate being told to wash up the dishes as part of their chores.

watch out

to be careful; to be cautious

- You should watch out for dangerous wildlife in Australia.
- Remember to watch out for anything suspicious when using public transport.

wear down

to tire (sb); to weaken (sb)

- Frank's constant bickering really wore his wife down.
- Eventually the brake discs on cars wear down and need to be replaced.

wear off

to decrease in intensity, to gradually die down (of an effect...)

- After an operation the anesthetic will wear off later giving us time to recover.
- The effects of the earthquake in Sichuan are finally wearing off and now people's lives are beginning to return to normal.

wear out

1. *to deteriorate (after long usage, wear and tear...)* 2. *to exhaust (sb)*

- Gym instructors recommend that you replace your trainers every year as they will be worn out even if they look ok.
- After the long run the soldiers were all worn out.

weigh down

to be a burden on (sb)

- The guilt Sarah felt from being mean to her son weighed down on her heavily.
- Disabled people are seen as equals in the West and need never worry about weighing others down.

weigh up

to consider, to assess, to ponder (options, a decision...)

- There is usually more than one solution to each problem, but we just need to weigh them up and decide which the best is.
- I took ages to weigh up which laptop to buy.

wind down

to relax (after stressful activity...)

- Having a sauna is a great way to wind down after a long day at work.
- In England most men enjoy a beer at the pub with friends as a way to wind down.

wipe out

to destroy; to eradicate

- The insecticide that farmers use wipes out both beneficial and harmful creatures.
- Deforestation is quickly wiping out the world's rainforests.

wipe up

to clean all of (a stain, dirt...) with a cloth

- Don't cry over spilt milk, just wipe it up quickly!
- To get out a stain easily we should wipe it up with detergent as soon as possible.

work for

to act or work in one's favor

- People are very proud to work for famous companies.
- 'The new plan works for me,' I told my boss happily.

work on

1. to devote time and effort to achieve (st) 2. to devote time and effort to persuading (sb)

- Sam was glad to see that the time he'd spent working on the project had paid off.
- Cherry persistently worked on David and was finally rewarded with a date.

work out

1. *to be successful (of a plan, an arrangement...)*
2. *to solve (a problem...) (by careful thought and study)* 3. *to amount to; to come to (a result, an amount...)* 4. *to do exercise (to keep fit)*

- It's healthy to work out around three times per week.
- Keith was proud to have worked out all of the maths problems in his test correctly.

write out

to write (st) in full

- Adam spent many hours writing out his dissertation at University.
- The boss asked his assistant to write out in full her findings from the conference.

write up

to enlarge on notes; to develop notes into a passage of writing

- Employees usually take turns to write up the minutes from every meeting.
- Writers first plan a new book in note form and then write it up into the finished article.