

1. **First and foremost:** primarily, most importantly (prima di tutto)
2. **As and when:** anytime (come e quando)
3. **Bits and pieces:** small things or jobs of different types
4. **Odds and ends:** small things
5. **By and large:** in general
6. **Law and order:** public order, social discipline (ordine pubblico)
7. **Peace and quiet:** a state of calm (pace e tranquillità)
8. **No ifs and buts:** no objections, no excuses (senza se e senza ma)
9. **In this day and age:** nowadays, these days (al giorno d'oggi, oggiogiorno)
10. **Rough and ready:** basic, simple but good enough
11. **Heart and soul:** all one's efforts (con tutto se stesso, anima e corpo)
12. **Story of my life!** accade sempre a me!
13. **Larger than life:** exaggerated, big personality (fuori dall'ordinario)
14. **A fact of life:** something that cannot be changed and must be accepted
15. **All walks of life:** every kind of social background
16. **Having the time of one's life:** having a great time
17. **Life saver:** something one couldn't have managed without
18. **Get by:** manage to survive / live (tirare avanti)
19. **Get ahead:** to succeed, be more successful
20. **Get through:** complete (portare a termine)
21. **Get on with (with the job):** to continue doing something (particularly referred to work)
22. **Get on with sb:** have a good relationship with sb
23. **Get down to:** start doing sth seriously or with a lot of effort
24. **Get at:** intend to say, imply
25. **Second nature:** instinctive, natural, something you can do easily or without much thought because you have done it many times before
26. **To be on the safe side:** to be safe, to be cautious, to avoid risk
27. **To be fraught with (danger, problems):** full of unpleasant things such as problems or dangers
28. **Safety net:** a system or plan for helping people, companies, etc. that are having problems (especially financial problems)
29. **Take precautions:** assume protective measures (prendere precauzioni, tutelarsi)
30. **By the book:** strictly according to the rules
31. **Cut corners:** to do something in the cheapest, quickest, or easiest way
32. **Get your foot in the door:** to succeed in the first step of a process, get a first job
33. **Foot the bill:** to pay for something
34. **Shoot yourself in the foot:** to do something without intending to which spoils a situation for yourself, to damage your own interests
35. **Put your foot in it:** to say something by accident that embarrasses or upsets someone, to say the wrong thing (fare una gaffe)
36. **Follow in sb's footsteps:** to do the same thing as someone else did previously (seguire le orme di qlcn)
37. **Put your foot down:** to be firm about something, to use your authority to stop something happening (prendere una posizione decisa)
38. **Deadly serious:** extremely serious
39. **Desperately unlucky:** very unlucky
40. **Hopelessly wrong:** extremely wrong
41. **Mildly amused:** leggermente divertito
42. **Painfully slow:** terribly, extremely slow
43. **Patently obvious:** clearly obvious (palesamente ovvio)
44. **Perfectly reasonable:** very reasonable
45. **Simply unacceptable:** semplicemente inaccettabile
46. **Vaguely familiar:** recalled in a vague way (vagamente familiare)
47. **Wildly optimistic:** extremely optimistic
48. **Bang your head against a brick wall:** to try repeatedly to do something with no success
49. **Off the wall:** surprising and unusual
50. **Drive sb up the wall:** To irritate sb (innervosire)
51. **Hole in the wall:** the ATM or cash point
52. **Go to the wall:** to go bankrupt
53. **The writing is on the wall:** said to mean that there are clear signs that something will fail or no longer exist
54. **Fly on the wall:** an unnoticed observer of a particular situation
55. **Hit a wall:** to reach a point at which no more progress can be made, to be blocked
56. **Come about:** to happen, or start to happen
57. **Come up with sth:** to suggest or think of an idea or plan
58. **Come down to:** be in the end a matter of, be essentially
59. **Come across:** to find or meet by chance. something or someone (imbattersi)
60. **Come off:** to happen as planned, or to succeed
61. **Come up against:** have to deal with a problem or difficulty
62. **A drop of water:** un goccio d'acqua
63. **A stroke of luck:** un colpo di fortuna
64. **A shred of evidence:** uno straccio di prova
65. **A glimmer of hope:** un barlume di speranza
66. **A flash of inspiration:** un lampo di genio, un'illuminazione
67. **A hint of disappointment:** un pizzico di delusione

68. **Give sth some thought:** to think carefully about something
69. **Give your best:** to do the very best you can
70. **Give the go ahead:** to give the green light (dare il via libera)
71. **Give sb a break:** to stop criticizing or behaving in an unpleasant way to someone
72. **Give sth a go:** to try to do something, to attempt something
73. **Give it time:** be patient
74. **Fair share:** an amount divided equally, equitable amount (giusta parte)
75. **Fine line:** small difference, little distinction (linea sottile, confine sottile)
76. **Ill will:** bad feelings between people because of things that happened in the past, resentment (ostilità)
77. **Nitty-gritty:** the basic facts of a situation, practical details
78. **No-go:** not allowed or not acceptable
79. **Real deal:** a person or thing considered to be a genuine or supremely good example of their kind, un vero affare
80. **Tell-tale:** revealing something
81. **Wishy-washy:** having no colour, firm ideas, principles, or noticeable qualities of any type (vago, indeciso, ma anche acquoso)
82. **Cast your mind back:** to try to remember
83. **Cast the net wide:** To consider a variety of options
84. **Cast an/your eye over sth:** have a quick look at sth
85. **Cast doubt on sth:** to make something seem uncertain (sollevare dubbi su qlcs)
86. **Cast your vote:** to vote
87. **Cast a shadow:** crea a gloomy mood (gettare un'ombra)
88. **Set aside:** to reserve/save for a particular purpose
89. **Go in for:** to enjoy a particular thing or activity
90. **Take up:** to start doing something new
91. **Keep up with:** to stay level or equal with sb or sth
92. **Join in with:** to participate (in)
93. **Put off:** to delay or move an activity to a later time, or to stop or prevent someone from doing something:
94. **To be on the mend:** to be getting better after an illness or injury, to be recovering
95. **To pass out:** to faint, to lose consciousness
96. **Under the weather:** not healthy, ill
97. **To be off-colour:** to not be feeling as well as usual, feeling unwell (sentirsi così così)
98. **To be run down:** to be exhausted
99. **To be shaken up:** to be shocked and upset by an unpleasant experience
100. **To be in a bad way:** to be ill, unhappy, or in a bad state; suffering
101. **Lose face:** to be humiliated or disrespected in public
102. **Put a brave face on it:** to pretend you feel confident and happy when you do not, endure sth (farsi coraggio)
103. **At face value:** for what something appears to be, for its apparent worth
104. **To keep a straight face:** to look serious (rimanere serio)
105. **To face the music:** to face the consequences of your actions
106. **On the face of something:** superficially, when first considered (a prima vista)
107. **Miss the boat:** to lose an opportunity that could lead to success
108. **Blow your chance:** To lose a good opportunity
109. **Get a break:** to obtain a favorable opportunity
110. **Nothing goes your way:** have a period of bad luck, nothing goes the way you want
111. **Hit the jackpot:** To be very lucky; to achieve amazing success
112. **Bear the brunt:** to receive the worst part of an attack, criticism, bad situation etc (maggiormente colpito)
113. **Bear no resemblance to:** be totally unlike (non assomigliare per niente a)
114. **Bear a grudge:** be resentful (serbare rancore)
115. **Bear witness:** to testify (testimoniare)
116. **Bear fruit:** to produce successful results (dare i suoi frutti)
117. **Bear in mind:** to consider, to take into account (tener conto, considerare)
118. **Customer-focused:** customer-oriented, that pays great attention to the needs and opinions of customers
119. **Buy into sth:** to completely believe in a set of ideas
120. **Best practice:** a working method that is officially accepted as being the best to use in a particular business or industry
121. **At the end of the day:** ultimately, finally (in fin dei conti, alla fin fine)
122. **Ballpark figure:** rough estimate, approximate number
123. **Game plan:** strategy
124. **Be in the loop:** to be kept informed (essere informato)
125. **It's not rocket science:** used to say that you do not think that something is very difficult to do or to understand
126. **Be on the same page:** to be in agreement
127. **Reality check:** to consider the facts about a situation
128. **Think outside the box:** to think unconventionally
129. **Win-win situation:** an advantageous situation for everyone who is involved
130. **Break the news:** inform, announce or give bad news
131. **Break the ice:** to make a start by overcoming initial difficulties (rompere il ghiaccio)

132. **Break the mould:** to do sth in an unconventional way (uscire dagli schemi)
133. **Break the bank:** to use up all one's money
134. **Break the back of sth:** to get most or the worst part of a particular task done
135. **Break even:** make neither a profit nor a loss
136. **Change your tune:** to change your opinion completely, especially because you know it will bring you an advantage
137. **strike a chord with somebody:** to say or do something that makes people feel sympathy or enthusiasm
138. **Play it by ear:** to improvise, to take things as they come
139. **Know the score:** to know all the important facts in a situation, especially the unpleasant ones
140. **Blow your own trumpet/horn:** when someone boasts about their own talents, abilities and achievements
141. **Make a song and dance about sth:** to make something seem more important than it really is
142. **Hit and miss:** unpredictable, unreliable
143. **Take a hit:** to suffer a financial loss (ricevere un brutto colpo), to be badly affected by a difficult situation or problem:
144. **A real hit:** a big success
145. **Hit a nerve:** to mention a sensitive point (toccare un tasto dolente)
146. **Hit the road:** to leave
147. **Hit the right note:** to be appropriate
148. **Beaver away at sth:** to work hard for a long time
149. **Swan around:** to move about aimlessly, irresponsibly and in a carefree manner
150. **Wolf down:** to eat something very rapidly and in very large pieces
151. **Duck out of (doing sth):** to avoid doing something, to avoid obligation
152. **Hound sb:** to harass, persecute, or pursue relentlessly.
153. **Hound sb out:** to force someone out of a place, job, position, etc.
154. **Parrot:** to repeat mechanically, like a parrot
155. **Feel free:** If someone tells you to feel free to do something, they mean that you can do it if you want to
156. **There's no such thing as a free lunch:** said to emphasize that you cannot get something for nothing (nessuno dà niente per niente)
157. **Free-for-all:** fight, argument open to everyone
158. **Free rein:** the freedom to do, say or feel what you want
159. **Scot-free:** without receiving the punishment deserved (get of scot-free = farla franca)
160. **On edge:** nervous and not relaxed
161. **All over the place:** disorganized and confused
162. **Feel a bit down:** to feel sad
163. **Upbeat:** optimistic
164. **Get hot under the collar:** to get angry about something
165. **Thrilled to bits:** extremely pleased, very happy
166. **Be/feel done in:** to feel too tired to do any more
167. **Move to tears:** to bring someone to the point of crying
168. **Move the goalposts:** to change the rules in a situation usually in order to make it more difficult for someone to achieve something
169. **Move up in the world:** to become more successful than one was before.
170. **Move up a gear:** to begin to do something in a more energetic, vigorous, or effective manner than previously
171. **Not move a muscle:** to stay completely still
172. **Be crystal clear:** to be absolutely clear or clean
173. **Bone dry:** extremely or completely dry
174. **Fast asleep:** in a deep, sound sleep
175. **Freezing cold:** extremely cold
176. **Lightning quick:** incredibly fast
177. **Pitch black:** very black; as black as pitch
178. **Rock-hard:** extremely hard
179. **Scared stiff:** extremely frightened
180. **Sopping wet:** completely wet, totally soaked
181. **Stone cold:** Unfeeling, insensible
182. **Wide open:** fully open
183. **Worried sick:** very worried or anxious about sth or sb
184. **The elephant in the room:** an obvious problem or difficult situation that people do not want to talk about
185. **Breathing space:** an opportunity to stop, relax, or think about things
186. **Watch this space:** Pay attention to what I have just mentioned, because I expect something to happen soon; stay tuned
187. **Room for improvement:** If there is room for improvement, something can be made better