

PHRASAL VERBS - LISTA

A

- **Add up** => Make sense (=Tornare, quadrare)
- **Ask after** => inquire about (=Chiedere notizie di)
- **Account for sthg** => give a reason, give an explanation
- **Aim at** => have as a goal/direct (a weapon) towards a target (=puntare contro/ mirare ad uno scopo)
- **Act as** => fare le veci di qualcuno
- **Act on/upon** => Agire in seguito ad un consiglio, ordine, informazione
- **Aim at** => mirare ad uno scopo
- **Add in** => Aggiungere qualcosa
- **Add on** => Aumentare il costo/quantità di qualcosa aggiungendo qualcos'altro
- **Add to** => Accrescere
- **Add up** => Aumentare considerevolmente
- **Agree with** => Essere d'accordo
- **Allow for** => Tenere conto/permettere/garantire
- **Allow of** => Tollerare, consentire qualcosa
- **Amount to** => Ammontare ad una certa quantità di denaro
- **Answer back** => Rispondere con insolenza
- **Answer for** => Take the responsibility for
- **Answer to** => Explain why you did something (=Rispondere a qualcuno del proprio operato)
- **Arrive at** => Giungere ad un accordo/decisione
- **Ask around** => Interpellare più persone per chiedere di qualcosa
- **Ask for** => Chiedere di una persona
- **Ask over/round** => Invitare qualcuno a casa propria

B

- **Back away** => retreat, move backwards (in fear, dislike) => indietreggiare
- **Back down** => give in, yield (in an argument, in a fight) => cedere
- **Back off** => withdraw, retreat, abandon (an intention) => indietreggiare/tirarsi indietro
- **Back out** => withdraw (involvement, from an agreement) => ritirarsi
- **Back up** => support, make a copy of (a file, a document, a program) => dare man forte, essere dalla parte di, sostenere, fare il back-up
- **Bargain for** => take into account, expect to get => fare i conti con/considerare
- **Beg off** => sottrarsi ad un impegno
- **Bear (something) out** => confirm the truth => Confermare, provare, avvalorare
- **Bear with (someone) for a while** => be patient => Portare-avere pazienza
- **Be at** => essere intento a fare qualcosa
- **Be by** => essere presente
- **Be into** => essere appassionato a qualcosa
- **Black out** => faint, lose consciousness => Perdere i sensi
- **Blow up** => explode, go off (bomb) => saltare in aria
- **Boil down to** => be reduced (to the main reason, the essential part) => ridursi a, essere in definitiva
- **Break away** => escape (from captivity) => Evadere, scappare
- **Break away from** => become separate => Separarsi, staccarsi, allontanarsi da
- **Break down** => lose control of emotions, stop working

- **Break something down** => divide into smaller-simpler parts + a wall/door (knock down) => scomporre, buttare giù
- **Burst into tears** => start crying
- **Break off** => stop talking => interrompersi
- **Break free from (something)** => escape, detach from a physical hold => scappare, fuggire, sfuggire a
- **Break in, into** => enter by force in order to steal something => irrompere
- **Break in on** => interrupt unexpectedly => intramettersi, interrompere bruscamente
- **Break out** => start suddenly (a war, a disease), erupt, escape (from jail) => scoppiare, evadere, venire fuori/comparire
- **Break through** => force a way through something + make a sudden advance => forzare qualcosa, sfondare (fig.), demolire, fare il compiccio
- **Break up** => come to an end
- **Break with** => abandon a tradition, discontinue something => rompere con le tradizioni, il passato...
- **Bring (something) about** => cause to happen => portare a , provocare
- **Bring (something) off** => succeed in doing or carrying out something => farcela
- **Bring (something) on** => cause the onset of an illness + cause trouble => provocare, dare origine a, cercarsela
- **Bring (someone) round to** => influence someone to your point of view, Persuade
- **Bring (something) up** => mention
- **Bring (someone) up** => raise, educate => allevare, crescere, educare
- **Bring down** => provoke, crash down, thrown down someone's morale => crollare, buttare giù di morale
- **Bring in** => involve => coinvolgere
- **Bring out** => publish
- **Brush up on** => refresh knowledge of something => rinfrescare, rispolverare, ripassare
- **Bump into somebody** => meet by chance crash onto something => imbattersi/incrociare
- **Burn out** => stop working (bulb, candle)/be used up/become exhausted => consumarsi (bruciando), esaurirsi, farsi venire l'esaurimento
- **Butt in on** => interrupt impolitely

C

- **Call after** => give a child the same name as someone else, call someone who's leaving
- **Call at** => for trains that briefly stop at stations => effettuare una fermata a
- **Call back** => return a phone call => richiamare
- **Call for** => go somewhere to get someone; demand; be required or necessary; forecast; be an appropriate occasion for something => passare a prendere; pretendere, esigere; essere richiesto; prevedere (meteo), essere adatto/appropriato
- **Call in somebody** => ask someone to come in and do a job => chiamare per fare un lavoro
- **Call off** => cancel => annullare, cancellare
- **Call up on** => formally request, invite

- **Call out** => shout, explicit something that has been done => chiamare gridando
- **Call round** => visit => passare a trovare, fare una visita
- **Call on** => fare appello, rivolgersi a
- **Call up** => phone someone; summon someone for military service, to enlist => telefonare, arruolare
- **Calm down** => become more relaxed, less angry, upset
- **Carry on** => continue => continuare, andare avanti
- **Carry out** => complete a plan => portare a termine, compiere, eseguire
- **Carry over** => postpone until later => spostare le ferie nel tempo
- **Carry something off** => complete successfully, perhaps despite a problem => cavarsela, farcela, riuscire
- **Catch on** => become popular => prendere piede/diffondersi
- **Catch up on** => acquire missing information => essere aggiornato sulle ultime
- **Catch up with** => reach the same level as someone else => mettersi in pari, recuperare, raggiungere
- **Clear up** => put back into order
- **Clear out** => leave => smammare
- **Cloud over** => for clouds to start covering the sky => annuvolarsi
- **Check out** => verify, leave some place
- **Come about** => happen, arise, occur => succedere, avvenire
- **Come across** => find by chance => imbattersi in, trovare per caso
- **Come down to** => be a matter of => ridursi a, essere semplicemente questione di
- **Come down with** => become ill with, fall ill => prendersi una malattia
- **Come forward** => introduce yourself, volunteer, go to the police => presentarsi (alla polizia), farsi avanti
- **Come in for** => receive, get criticism or blame
- **Come into** => inherit, acquire (money) => ereditare, entrare in possesso di
- **Come off** => take place successfully => riuscire/staccarsi
- **Come out** => appear => spuntare, saltare fuori, rivelarsi, dichiararsi, essere pubblicato
- **Come out in** => quando si parla di allergie
- **Come up** => occur, usually a problem => emergere, saltare fuori
- **Come up against** => meet a difficulty => scontrarsi con, imbattersi in
- **Come up to** => equal – especially expectations, standards => essere all'altezza di, soddisfare
- **Come up with** => think of (an answer, plan, solution) => inventarsi, farsi venire in mente
- **Come by/over** => passare a /venire a trovare
- **Count on** => rely on (contare su qualcuno)
- **Crop up** => happen unexpectedly, appear suddenly
- **Cry out** => shout, yell
- **Cave in** => fall down, give up
- **Cut across, through** => go across to shorten your route => tagliare per/accorciare la strada
- **Cut back, down on something** => reduce, decrease => tagliare, ridurre, risparmiare
- **Cut down** => strike down, cut at the base; kill, cause to die => abbattere/uccidere
- **Cut down on** => reduce
- **Cut in/off** => interrupt someone's speaking => intervenire interrompendo

- **Cut off** => separate, isolate => tagliare fuori, separare
- **Cut out** => stop doing something => smettere di fare qualcosa, eliminare

D

- **Do away with** => abolish, get rid of, murder=> eliminare, abolire, far fuori
- **Do over** => clean, redecorate, do again => rifare
- **Doze off** => fall slightly asleep => appisolarsi
- **Die out** => for fire to lose its shine and warmth => estinguersi
- **Do (something) up** => redecorate, fasten a garment=> decorare, allacciare
- **Drag on** => last longer than expected, continue tediously => andare per le lunghe, trascinarsi
- **Drag out** => make something longer than necessary; make someone reveal information unwillingly => tirare per le lunghe, cavare di bocca/tirare fuori
- **Dress up** => wear elegant clothes; disguise yourself=> vestirsi elegante, mettersi in tiro, travestirsi
- **Draw up** => come to a stop; organize (a document) => arrivare, fermarsi; redigere
- **Drive at** => insinuate, intend to say => insinuare, andare a parare
- **Drop by/in** => pay a visit, casually visit someone => fare un salto, visitare casualmente
- **Drop off** => fall asleep => abbioccarsi, crollare
- **Drop out** => stop going to classes=> ritirarsi da, abbandonare

E

- **End in** => finish in a certain way, result in => andare a finire
- **End up** => result, finish in a certain way or place => finire per, ritrovarsi a, finire (in un certo posto)

F

- **Face up to** => confront, have courage to deal with (responsibilities) => affrontare, guardare in faccia
- **Fall about** => show amusement, laugh without being able to stop => scoppiare a ridere
- **Fall apart** => disintegrate, fall into pieces, lose control => sgretolarsi, andare a pezzi; crollare, lasciarsi andare, perdersi d'animo
- **Fall off** => lower, decrease
- **Fall back on** => use as a last resort (rely to), resort to => contare su, fare affidamento su, ricadere su, ripiegare su
- **Fall behind** => fail to maintain a certain level, fail to keep up => rimanere indietro
- **Fall for** => be deceived or fooled by someone, fall inlove => farsi fregare, cascarci, innamorarsi di
- **Fall out with** => quarrel with
- **Fall over** => stumble => inciampare
- **Fall through** => fail to come to completion=> saltare, fallire, non andare a buon fine
- **Feel up to** => feel capable of doing => sentirsi in grado di
- **Figure out** => understand, find the answer => capire, comprendere
- **Fill in/out** => complete a form or a blank sheet (=compilare); put on weight (ingrassare)

- **Fill in for** => temporarily take someone's place => prendere il posto di qualcuno, sostituire
- **Find out** => discover, obtain information => scoprire, venire a sapere
- **Find out about** => learn => conoscere, sapere di
- **Fire away** => ask questions in a quick succession=> sparare (fig.)
- **Fit in with** => feel comfortable, be in harmony => adattarsi a, trovarsi a proprio agio con
- **Fix up** => repair, renovate => mettere a posto, rimettere in sesto, sistemare
- **Fold in** => mix one ingredient with another, stir in gently => incorporare, aggiungere
- **Follow up** => act upon a monitor, take further action, take the next step => seguire, fare seguito a; continuare, andare avanti
- **Freak out** => panic, go crazy => dare di matto
- **Frown on** => disapprove => non vedere di buon occhio
- **Fuss over** => pay excessive attention; fret trivially about something ,be overly attentive=>agitarsi-preoccuparsi inutilmente; avere molti attenzioni x

G

- **Get about** => spread, circulate the news => circolare, girare
- **Get (something) across** => make clear, get an idea across=> comunicare, trasmettere
- **Get away with something** => do something (maybe illegal) and not be punished => farla franca
- **Get ahead in something** => be successful, become more prosperous => andare avanti
- **Get along with** => be on good terms, work well with someone => andare d'accordo
- **Get at** => imply, insinuate=> volere arrivare, insinuare
- **Get away** => escape => fuggire, allontanarsi
- **Get across** => express, manifest, communicate
- **Get something across** => be understood (an idea)
- **Get by (on something)** => cope, manage, survive => cavarsela
- **Get (someone) down** => make to feel depressed => buttarsi giù, deprimere
- **Get down to** => being to seriously deal with; apply yourself to, start doing => mettersi sotto con
- **Get into** => enter a place
- **Get in** => have a positive result for an admission
- **Get off** => leave work; leave (a bus, a train, a plane)=> staccare, finire (di lavorare); scendere dai mezzi
- **Get off (with something, scot-free)** => avoid punishment, succeed without being punished => cavarsela, essere assolto
Get off scot-free => cavarsela impunito
- **Get on** => make progress in life (=andare avanti;) board (a bus, a train, a plane)
- **Get on for** => approach a certain age, time, number=> avvicinarsi a, avere circa
- **Get out of** => avoid doing something; receive, learn,gain from something => liberarsi da, scampare; ricavare, tirare fuori da (fig.)
- **Get on with somebody/something** => be friends; (a job) do something without delay => andare d'amore e d'accordo con; continuare a lavorare/fare
- **Get over** => recover from/be surprised
- **Get to** => "arrivare a qualcosa"

- **Get (something) over with** => come to the end of something (usually unpleasant)
- **Get rid of** => eliminate, throw away
- **Get round, around to** => find time to do something
- **Get through** => complete => superare, portare a termine
- **Get together** => meet each other => vedersi, incontrarsi
- **Get up to** => do something usually bad when about children => combinare
- **Give (someone) away** => betray => tradire
- **Give in** => surrender, admit defeat, yield to => arrendersi, rinunciare, cedere
- **Give off** => send off a smell, a gas => emanare
- **Give away** => betray, gift
- **Give out** => be exhausted, used up; fail (bodily organ) => venire meno; non farcela, non reggere
- **Give over** => abandon, devote; stop doing something irritating => abbandonarsi a; smetterla, lasciar perdere
- **Give up** => surrender; believed to be dead or lost=> smettere, rinunciare, arrendersi; dare qualcuno per morto
- **Go after** => pursue (an object, goal) => perseguire
- **Go along with** => agree with, accept=> acconsentire a, trovarsi d'accordo con
- **Go back on** => break a promise => infrangere una promessa, rimangiarsi la parola data
- **Go by** => pass
- **Go down** => decrease, reduce
- **Go down with** => become ill => prendersi/beccarsi una malattia
- **Go for** => try to gain or attain, achieve, accomplish=> puntare a, mirare a, provare ad ottenere
- **Go in for** => make a habit of, have interest in doing; enter a competition => apprezzare, farci l'abitudine; partecipare a
- **Go along with** => acconsentire, andare d'accordo
- **Go off** => become bad, no longer good to eat or drink (food); to ring (alarm clock); to explode (bomb); to stop working; no longer like => andare a male; suonare; esplodere, smettere di funzionare; stufare
- **Go on** => happen (usually negative); continue
- **Go out** => be sent (letter), be extinguished (fire, light) => essere spedito, spegnersi
- **Go over** => review => ricontrollare, riesaminare
- **Go round** => be enough, be shared by all => bastare x tutti
- **Go through** => experience or undergo something; cross a period of time; examine, study carefully => patire, attraversare, subire, esaminare a fondo, passare in rassegna
- **Go through with** => complete a promise or plan, usually unwillingly=>portare a termine
- **Go up** => increase, rise
- **Go down as** => be remembered as
- **Go together, with** => match, look good with,combine well with => abbinarsi, stare bene insieme
- **Go into** => join
- **Go without** => abstain from, not have, be deprive of=> fare a meno di, stare senza
- **Grow on** => become more liked => iniziare a piacere

- **Grow out on** => become too big, old for

H

- **Hand back** => return, give back => restituire
- **Hand down** => pass on (by tradition, by inheritance)=> tramandare, lasciare
- **Hand in** => submit (a report, a piece of homework),give => consegnare, presentare
- **Hand out** => distribute
- **Hand over** => give to sb in authority, relinquish => consegnare, passare
- **Hang back** => be reluctant to do something, not step forward => esitare, titubare, non farsi avanti
- **Hang on** => wait
- **Hang onto** => keep something => tenersi stretto qualcosa
- **Hang out** => spend time in a particular place, with a group of friends
- **Hang up** => end a telephone conversation => riattaccare il telefono
- **Hang about/round** => perdere tempo
- **Have it in for sb** => be deliberately unkind to someone; hold a grudge against sb => avercela con
- **Have it out with someone** => express feeling to settle a problem => chiarire, mettere le cose in chiaro
- **Have someone on** => deceive => ingannare, prendere in giro
- **Have (a)round/in** => avere ospite qualcuno a casa propria
- **Help out** => give assistance to => aiutare, dare una mano
- **Hit back** => retaliate, reply to an attack, respond to a criticism => reagire a, contraccambiare
- **Hit it off** => get on well with => andare d'accordo
- **Hit upon/on** => discover by chance or by inspiration(an idea) => trovare, scoprire, escogitare
- **Hide away** => rifugiarsi
- **Hold on** => maintain position, stay patient; wait for a short time; grasp or grip tightly => resistere, tenere duro; attendere, restare in linea; afferrare, tenersi aggrappato a
- **Hold out** => have, offer (usually regarding hope) => non abbandonare la Speranza, essere ottimista
- **Hold up** => delay; be struck in traffic; use as an example or model of good behavior => imbottigliato; prendere come esempio
- **Hold with** => agree with (an idea) => tollerare
- **Hold against** => attribuire a qualcuno la colpa

I

- **Indulge in** => allow yourself to enjoy something,treat yourself => concedersi, gustarsi
- **Invite (a)round/over** => invitare qualcuno a casa propria
- **Interfere with** => cercare di impedire

J

- **Join in with something, someone** => participate in something, take part in, get

involved in

- **Jot down** => quickly write something down => appuntare

K

- **Keep at/to** => persevere, continue=> insistere a, perseverare
- **Keep around** => have nearby => avere a portata di mano
- **Keep on** => continue doing something
- **Keep up with** => continue => continuare, mantenere, rimanere alla pari
- **Keep after/at** => assillare qualcuno
- **Keep ahead** => mantenere un vantaggio
- **Kick off** => begin, start (sport) => iniziare, dare il via, dare il calcio d'inizio
- **Knock back** => drink quickly or greedily => scolarsi, tracannare
- **Knock something/someone down** => strike something or someone to the ground => investire, mettere-tirare sotto
- **Knock someone out** => cause someone to fall unconscious, strike unconscious => mettere a KO

L

- **Lay off** => fire, dismiss, let go => licenziare, lasciare a casa
- **Lay down** => state a rule, especially the law => stabilire, dettare
- **Lie bout/around** => oziare
- **Line up** => stand in a row => mettersi in fila, allineare
- **Let someone down** => disappoint, break a promise => deludere qualcuno
- **Let in on** => allow to be a part of a secret; share something with someone => condividere un segreto
- **Let on** => inform about/share a secret => confidare
- **Let someone off** => give a lighter- /excuse from a punishment => lasciare andare qualcuno
- **Let someone into** => tell someone something
- **Live it down** => suffer a loss of reputation; overcome the shame/embarrassment => smetterla di sentirsi imbarazzato
- **Live up to** => reach an expected standard, be as good or bad as expected => essere all'altezza
- **Live by** => vivere secondo certe regole/principi
- **Lift up** => raise => alzare, sollevare
- **Lift off** => take off (a plane)=> decollare
- **Lose by** => rimetterci
- **Look ahead** => think of the future => guardare avanti
- **Look away** => turn your head away as not to see=> distogliere lo sguardo, guardare dall'altra parte
- **Look back on** => recall, remember the past => ripensare a, ricordare
- **Look down on someone** => consider as inferior, feel superior => squadrare, guardare dall'alto in basso
- **Look into** => investigate
- **Look after** => take care of
- **Look on** => consider; be a spectator at an event=> considerare, ritenere, vedere; assistere a
- **Look out** => be careful, pay attention
- **Look for** => cercare

- **Look through** => quickly examine=> passare in rassegna, controllare velocemente
- **Look someone up** => visit when in the area, search on social media => contattare, fare un fischio a qualcuno
- **Look forward to + ing** => can't wait until
- **Look up to** => admire

M

- **Make for** => result in => essere ottimo/buono per, contare come
- **Make something into** => convert, change into, transform something
- **Make of** => have an opinion about something => pensare/dire di
- **Make off with** => run away with, take away, steal and hurry away => rubare, portarsi via
- **Make out** => pretend (far credere); manage to see or understand; kiss someone passionately
- **Make someone out** => understand someone's behavior => capire, decifrare
- **Make yourself out** => claim to be => dire di essere, spacciarsi x
- **Make something up** => invent
- **Make up for** => compensate for
- **Make up with** => end a quarrel and become friends again, be reconciled => fare pace
- **Miss something out** => fail to include; lose a chance => mancare, cicare; lasciarsi scappare un'opportunità
- **Make towards** => dirigersi
- **Mix up** => confondere

O

Own up to something => confess, admit => ammettere la propria responsabilità

Occur to => venire in mente

P

- **Pack in** => stop an activity
- **Pass by** => trascorrere
- **Phase in** => introduce
- **Pay someone back** => return money; take revenge => ripagare; farla pagare
- **Pay off** => "saldare un debito"
- **Pay on something** => investire (denaro)
- **Pick on someone** => harass, bully; choose someone to blame, punish or bully
- **Pick out** => choose, select
- **Pick up** => improve; collect someone/sthg, give sb a lift; learn; fetch => Riprendersi, risollevarsi, migliorare, tirarsi su; dare un passaggio, prendere; imparare; ritirare, andare a prendere
- **Pin sb down** => force someone to give a clear statement => mettere alle strette/determinare, fissure
- **Piece together** => mettere assieme
- **Play up** => behave or work badly => fare i capricci, funzionare male
- **Point something out** => draw attention to a fact=> segnalare, fare notare
- **Pull something off** => manage to succeed => riuscirce, farcela
- **Push on** => continue with some effort => insistere, spingere, perseverare

- **Put across** => communicate ideas => trasmettere
- **Put away/back** => return sthg to the place where it is usually kept => riporre, mettere a posto
- **Put down to** => explain the cause of => attribuire a
- **Put forward something** => propose, recommend something => avanzare una proposta, proporre
- **Put in for** => apply for a job => candidarsi per
- **Put oneself out** => take trouble, usually to help sb => scomodarsi, disturbarsi per
- **Put someone off** => discourage, upset => scoraggiare, dissuadere
- **Put something off** => postpone, delay, arrange alater date => rimandare, posticipare
- **Put on** => turn on, switch on => accendere
- **Put on a lot of weight** => ingrassare
- **Put out** => extinguish a fire => spegnere
- **Put yourself out** => go through a lot of trouble, be inconveniences => mettersi a rischio, esporsi
- **Put sb through to sb** => connect two people on the phone => passare qualcuno a qualcun'altro, mettere in linea-comunicazione
- **Put up** => erect, build (building) => costruire
- **Put sb up** => offer accommodation => ospitare
- **Put up with** => tolerate, bear => sopportare

Q

Queue up => fare la fila

R

- **Reason out** => ragionare a fondo
- **Rip someone off** => charge too much => strappare via (soldi), spennare, pelare (fig.)
- **Ring back** => richiamare
- **Result in** => lead to, bring about => dare origine a , produrre
- **Remind of** => far tornare in mente
- **Run someone down** => criticize/denigrare
- **Run down** => lose power, allow to decline=> esaurirsi
- **Run into/across** => meet, encounter by chance => incontrarsi per caso, scontrarsi con
- **Run out of** => have no more of something => finire, esaurire, far fuori
- **Run over/through** => check
- **Run to** => reach an amount; have enough money,afford => arrivare a, raggiungere (fig.), permettersi
- **Run off** => run away
- **Run (a bill) up** => let a bill get longer without paying => accumulare (un conto)
- **Run up against** => encounter (usually a problem) => imbattersi in
- **Run away (with)** => fuggire (con)
- **Run after** => correre dietro a qualcuno

S

- **See after sb** (AmE) => take care of, look after => occuparsi, prendersi cura di
- **See sb off** => say goodbye to someone who's leaving => congedarsi
- **See through** => realize the truth about=> vederci chiaro, non farsi ingannare
- **See to** => take care of => occuparsi di
- **See about** => occuparsi di qualcosa
- **Spread out** => extend => diffondersi, estendersi
- **Send sb/something up** => make fun by imitating
- **Set about** => start working
- **Set aside** => put to one side, save time=> mettere da parte
- **Set in** => establish (especially weather) => stabilizzarsi; prendere piede, diffondersi
- **Set out** => give detail in writing; arrange; start an action => definire; disporre, allestire; iniziare a fare
- **Set off/set on** => start a journey => partire, mettersi in viaggio
- **Set up** => establish, start a business (start up)
- **Set on/upon** => attack => assalire
- **Send for** => mandare a chiamare qualcuno
- **Show off** => brag, want to be admired, want to draw attention, behave boastfully => ostentare, tirarsela, mettersi in mostra
- **Show up** => appear, arrive
- **Show (a)round** => fare visita
- **Shake up** => turbare
- **Shake off** => liberarsi, riuscire a sfuggire
- **Sign in** => register (at a hotel)
- **Sleep in** => sleep until a late hour
- **Sign up for** => enroll in an activity, enlist, register=> iscriversi
- **Sink in** => be understood gradually => essere assorbito/assimilato (fig.)
- **Slip up** => make a mistake => scivolare (fig.)
- **Sort something out** => find a solution; organize, put into place => sistemare, rimettersi in sesto, riordinare
- **Sort someone out** => understand a person
- **Speak up/out about sthg-sb** => talk more loudly; express an opinion => parlare più forte; dire la propria, parlare apertamente
- **Stand by** => keep an agreement; help or support someone => attenersi a, rispettare; stare dalla parte di qualcuno
- **Stand for** => represent; tolerate, accept=> stare x; tollerare, consentire
- **Stand in for** => take the place of => rimpiazzare, sostituire
- **Stand up for** => support, defend, advocate sthg => lottare, combattere x, sostenere
- **Stand up to** => resist, withstand, bear stress=> resistere a, sopportare
- **Stay away from** => assentarsi da lavoro/evitare//stare lontano
- **Stay ahead** => restare in testa
- **Start over** => ricominciare dall'inizio
- **Start out** => cominciare, anche la propria vita professionale
- **Step down** => resign => dimettersi
- **Step up** => increase => incrementare, accelerare
- **Stick up for** => defend (yourself, your rights) => prendere le difese di
- **Switch on//off** => accendere//spegnere (la luce)

- **Sum up** => ricapitolare
- **Straighten up** => raddrizzarsi come comportamento
- **Split up** => dividersi
- **Speed up** => accelerare

T

- **Take after** => resemble (in appearance, in character) => assomigliare
- **Take aback** => surprise/shock => sorprendere
- **Take away** => cause something to disappear => fare passare
- **Take apart** => criticare
- **Take back** => retract, withdraw something that has been said => ritirare, portare via, rimangiarsi quello che si è detto
- **Take in** => deceive; understand, absorb => imbrogliare; capire fino in fondo
- **Take (it) out on** => make someone suffer because of one's own sufferings => sfogarsi, scaricarsi su qualcuno
- **Take off** => imitate; leave the ground (a plane) => imitare; decollare
- **Take on** => acquire a new characteristic; do something extra, do more, work harder; hire or engage staff => assumere, accettare; prendersi in carico, addossarsi; assumere, ingaggiare
- **Take out (insurance)** => sign an insurance agreement=> stipulare, fare un'assicurazione
- **Take out** => portare fuori
- **Take over** => gain control of => prendere il posto di, subentrare, prendere il controllo
- **Take to sb** => develop a liking for someone=> affezionarsi a
- **Take up** => start something, start a job => iniziare un'attività/a frequentare
- **Take up time** => occupy time => prendere un period di tempo
- **Tear apart** => fare a pezzi (fig.)
- **Talk someone into sthg** => persuade into => convincere
- **Talk someone out of** => dissuade from => dissuadere, convincere a non fare qualcosa
- **Tell someone off** => scold => sgridare, rimproverare
- **Talk back** => rispondere con insolenza
- **Think over** => consider something fully => riflettere su
- **Throw away/out** => discard as useless, unwanted=> buttare via
- **Throw up** => vomit, be sick
- **Tie in with** => be in agreement with
- **Touch down** => land on the runway (a plane) => atterrare
- **Toy with** => think about something without serious intent, consider => gingillarsi con
- **Track someone down** => trace the whereabouts, the position of => scovare, rintracciare
- **Try out** => test something
- **Turn away** => refuse entrance to someone => non fare entrare, negare l'accesso a qualcuno, mandare via, respingere
- **Turn sb/sthg down** => reject an offer; lower the volume => rifiutare, respingere; abbassare il volume
- **Turn into** => transform in, become
- **Turn off** => switch off

- **Turn sth/sb down** => refuse (usually another person)
- **Turn out** => happen to be in the end; come to a meeting, form a crowd => finire per, rivelarsi essere, risultare; ammassarsi
- **Turn to sb/sth for help** => seek help from => rivolgersi a, chiedere aiuto
- **Turn against** => rivoltarsi contro
- **Turn up** => be discovered by chance; arrive – often unexpectedly => saltare fuori (fig.); arrivare, comparire, spuntare
- **Tell someone apart** => distinguish

U

Use up => finish a product, consume completely, exhaust => finire, esaurire, consumare

W

- **Wear away** => disappear, be eroded after use or over time
- **Wear someone down** => make someone feel weary, tired
- **Wear off** => lose effect => svanire
- **Wear out** => become unusable, destroy through use, become very tired
- **Wipe out** => distruggere totalmente un abitato/costruzione
- **Work at** => lavorare con impegno a
- **Work out** => do physical exercise => allenarsi
- **Work out at** => calculate
- **Work sb out** => understand someone => capire, decifrare (fig.)
- **Write back** => answer, usually by written text
- **Write down** => prendere nota

Y

Yell out => gridare qualcosa