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Infinito	Verbo	Traduzione	Spiegazione	Esempio
ADD	add up to something	equivalere a	equal	Your purchases add up to \$205.32.
ASK	ask someone out	chiedere di uscire	invite on a date	Brian asked Judy out to dinner and a movie.
ASK	ask around	chiedere in giro	ask many people the same question	I asked around but nobody has seen my wallet.
BACK	back something up	fare retromarcia con veicoli	reverse	You'll have to back up your car so that I can get out.
BACK	back someone up	sostenere qualcuno	support	My wife backed me up over my decision to quit my job.

BLOW	blow up	esplodere	explode	The racing car blew up after it crashed into the fence.
BLOW	blow something up	riempire qualcosa con l'aria	add air	We have to blow 50 balloons up for the party.
BREAK	break down	guastarsi	stop functioning (vehicle, machine)	Our car broke down at the side of the highway in the snowstorm.
BREAK	break down	scoppiare a piangere	get upset	The woman broke down when the police told her that her son had died.
BREAK	break something down	scomporre	divide into smaller parts	Our teacher broke the final project down into three separate parts.
BREAK	break in	irrompere	force entry to a building	Somebody broke in last night and stole our stereo.
BREAK	break into something	entrare con la forza	enter forcibly	The firemen had to break into the room to rescue the children.

BREAK	break something in	ammorbidire con l'utilizzo le scarpe	wear something a few times so that it doesn't look/feel new	I need to break these shoes in before we run next week.
BREAK	break in	interrompere	interrupt	The TV station broke in to report the news of the president's death.
BREAK	break up	lasciarsi	end a relationship	My boyfriend and I broke up before I moved to America.
BREAK	break up	scoppiare a ridere	start laughing (informal)	The kids just broke up as soon as the clown started talking.
BREAK	break out	evadere di prigioniero	escape	The prisoners broke out of jail when the guards weren't looking.
BREAK	break out in something	essere colpito da eruzione cutanea	develop a skin condition	I broke out in a rash after our camping trip.
BRING	bring someone down	buttare giù di morale	make unhappy	This sad music is bringing me down.

BRING	bring someone up	crescere qualcuno	raise a child	My grandparents brought me up after my parents died.
BRING	bring something up	parlare di un argomento	start talking about a subject	My mother walks out of the room when my father brings up sports.
BRING	bring something up	vomitare	vomit	He drank so much that he brought his dinner up in the toilet.
CALL	call around	chiamare in giro	phone many different places/people	We called around but we weren't able to find the car part we needed.
CALL	call someone back	richiamare	return a phone call	I called the company back but the offices were closed for the weekend.
CALL	call something off	annullare	cancel	Jason called the wedding off because he wasn't in love with his fiancé.

CALL	call on someone	chiedere a	ask for an answer or opinion	The professor called on me for question 1.
CALL	call on someone	andare a trovare qualcuno	visit someone	We called on you last night but you weren't home.
CALL	call someone up	dare un colpo di telefono a qualcuno	phone	Give me your phone number and I will call you up when we are in town.
CALM	calm down	calmarsi	relax after being angry	You are still mad. You need to calm down before you drive the car.
CARE	not care for someone/something	non piacere	not like (formal)	I don't care for his behaviour.
CATCH	catch up	raggiungere	get to the same point as someone else	You'll have to run faster than that if you want to catch up with Marty.
CHECK	check in	fare il check in, registrarsi, prendere possesso della camera	arrive and register at a hotel or airport	We will get the hotel keys when we check in.

CHECH	check out	lasciare la stanza dell'albergo	leave a hotel	You have to check out of the hotel before 11:00 AM.
CHECH	check someone/something out	verificare	look at carefully, investigate	The company checks out all new employees.
CHECH	check out someone/something	dare un'occhiata a, guardare	look at (informal)	Check out the crazy hair on that guy!
CHEER	cheer up	tirarsi su di morale	become happier	She cheered up when she heard the good news.
CHEER	cheer someone up	tirare qualcuno su di morale	make happier	I brought you some flowers to cheer you up.
CHIP	chip in	intervenire, contribuire	help	If everyone chips in we can get the kitchen painted by noon.
CLEAN	clean something up	fare pulizia, sistemare, riordinare	tidy, clean	Please clean up your bedroom before you go outside.

COME	come across something	imbattersi in qualcosa	find unexpectedly	I came across these old photos when I was tidying the closet.
COME	come apart	andare in pezzi	separate	The top and bottom come apart if you pull hard enough.
COME	come down with something	prendere una malattia	become sick	My nephew came down with chicken pox this weekend.
COME	come forward	farsi avanti	volunteer for a task or to give evidence	The woman came forward with her husband's finger prints.
COME	come from somewhere	provenire da	originate in	The art of origami comes from Asia.
COUNT	count on someone/something	contare su qualcuno o qualcosa	rely on	I am counting on you to make dinner while I am out.
CROSS	cross something out	cancellare	draw a line through	Please cross out your old address and write your new one.

CUT	cut back on something	ridurre	consume less	My doctor wants me to cut back on sweets and fatty foods.
CUT	cut something down	abbattere	make something fall to the ground	We had to cut the old tree in our yard down after the storm.
CUT	cut in	intromettersi, interrompere	interrupt	Your father cut in while I was dancing with your uncle.
CUT	cut in	tagliare la strada	pull in too closely in front of another vehicle	The bus driver got angry when that car cut in.
CUT	cut in	entrare in azione	start operating (of an engine or electrical device)	The air conditioner cuts in when the temperature gets to 22Â°C.
CUT	cut something off	amputare	remove with something sharp	The doctors cut off his leg because it was severely injured.

CUT	cut something off	staccare	stop providing	The phone company cut off our phone because we didn't pay the bill.
CUT	cut someone off	tagliare i ponti	take out of a will	My grandparents cut my father off when he remarried.
CUT	cut something out	ritagliare, tagliare	remove part of something (usually with scissors and paper)	I cut this ad out of the newspaper.
DO	do someone/something over	rapinare	beat up, ransack (Br.E., informal)	He's lucky to be alive. His shop was done over by a street gang.
DO	do something over	rifare	do again (N.Amer.)	My teacher wants me to do my essay over because she doesn't like my topic.
DO	do away with something	eliminare, buttare via	discard	It's time to do away with all of these old tax records.
DO	do something up	chiudere, allacciare un indumento	fasten, close	Do your coat up before you go outside. It's snowing!

DRESS	dress up	vestirsi elegante	wear nice clothing	It's a fancy restaurant so we have to dress up.
DROP	drop back	rimanere indietro	move back in a position/group	Andrea dropped back to third place when she fell off her bike.
DROP	drop in/by/over	fare un salto, passare a trovare	come without an appointment	I might drop in/by/over for tea some time this week.
DROP	drop someone/something off	lasciare qualcuno o qualcosa in un posto	take someone/something somewhere and leave them/it there	I have to drop my sister off at work before I come over.
DROP	drop out	lasciare, abbandonare, ritirarsi	quit a class, school etc	I dropped out of Science because it was too difficult.
EAT	eat out	mangiare fuori	eat at a restaurant	I don't feel like cooking tonight. Let's eat out.
END	end up	finire per	eventually reach/do/decide	We ended up renting a movie instead of going to the theatre.

FALL	fall apart	andare a pezzi, sgretolarsi	break into pieces	My new dress fell apart in the washing machine.
FALL	fall down	cadere	fall to the ground	The picture that you hung up last night fell down this morning.
FALL	fall out	cadere da	separate from an interior	The money must have fallen out of my pocket.
FALL	fall out	cadere, perdere capelli o denti	(of hair, teeth) become loose and unattached	His hair started to fall out when he was only 35.
FIGURE	figure something out	comprendere, capire	understand, find the answer	I need to figure out how to fit the piano and the bookshelf in this room.
FILL	fill something in	compilare	to write information in blanks (Br.E.)	Please fill in the form with your name, address, and phone number.
FILL	fill something out	compilare	to write information in blanks (N.Amer.)	The form must be filled out in capital letters.

FILL	fill something up	riempire	fill to the top	I always fill the water jug up when it is empty.
FIND	find out	scoprire	discover	We don't know where he lives. How can we find out?
FIND	find something out	scoprire	discover	We tried to keep the time of the party a secret, but Samantha found it out.
GET	get something across/over	comunicare, esprimere	communicate, make understandable	I tried to get my point across/over to the judge but she wouldn't listen.
GET	get along/on	andare d'accordo	like each other	I was surprised how well my new girlfriend and my sister got along/on.
GET	get around	muoversi	have mobility	My grandfather can get around fine in his new wheelchair.
GET	get away	partire, andare in vacanza	go on a vacation	We worked so hard this year that we had to get away for a week.

GET	get away with something	farla franca, passarla liscia, cavarsela	do without being noticed or punished	Jason always gets away with cheating in his maths tests.
GET	get back	ritornare	return	We got back from our vacation last week.
GET	get something back	riavere qualcosa indietro	receive something you had before	Liz finally got her Science notes back from my roommate.
GET	get back at someone	vendicarsi di qualcuno	retaliate, take revenge	My sister got back at me for stealing her shoes. She stole my favourite hat.
GET	get back into something	ritornare a, riprendere	become interested in something again	I finally got back into my novel and finished it.
GET	get on something	salire su un mezzo di trasporto	step onto a vehicle	We're going to freeze out here if you don't let us get on the bus.
GET	get over something	guarire da, riprendersi da	recover from an illness, loss, difficulty	I just got over the flu and now my sister has it.

GET	get over something	superare	overcome a problem	The company will have to close if it can't get over the new regulations.
GET	get round to something	trovare il tempo per qualcosa	finally find time to do (N.Amer.: get around to something)	I don't know when I am going to get round to writing the thank you cards.
GET	get together	vedersi, incontrarsi	meet (usually for social reasons)	Let's get together for a BBQ this weekend.
GET	get up	alzarsi dal letto, svegliarsi	get out of bed	I got up early today to study for my exam.
GET	get up	alzarsi	stand	You should get up and give the elderly man your seat.
GIVE	give someone away	rivelare	reveal hidden information about someone	His wife gave him away to the police.
GIVE	give someone away	accompagnare la sposa	take the bride to the altar	My father gave me away at my wedding.

GIVE	give something away	tradire	ruin a secret	My little sister gave the surprise party away by accident.
GIVE	give something away	regalare, dare via	give something to someone for free	The library was giving away old books on Friday.
GIVE	give something back	restituire qualcosa a qualcuno	return a borrowed item	I have to give these skates back to Franz before his hockey game.
GIVE	give in	arrendersi, cedere	reluctantly stop fighting or arguing	My boyfriend didn't want to go to the ballet, but he finally gave in.
GIVE	give something out	distribuire	give to many people (usually at no cost)	They were giving out free perfume samples at the department store.
GIVE	give something up	smettere di	quit a habit	I am giving up smoking as of January 1st.
GIVE	give up	arrendersi	stop trying	My maths homework was too difficult so I gave up.

GO	go after someone	correre dietro a qualcuno	follow someone	My brother tried to go after the thief in his car.
GO	go after something	perseguire	try to achieve something	I went after my dream and now I am a published writer.
GO	go against someone	andare contro	compete, oppose	We are going against the best soccer team in the city tonight.
GO	go ahead	procedere	start, proceed	Please go ahead and eat before the food gets cold.
GO	go back	ritornare	return to a place	I have to go back home and get my lunch.
GO	go out	uscire	leave home to go on a social event	We're going out for dinner tonight.
GO	go out with someone	uscire con qualcuno	date	Jesse has been going out with Luke since they met last winter.

GO	go over something	riesaminare	review	Please go over your answers before you submit your test.
GO	go over	andare a trovare	visit someone nearby	I haven't seen Tina for a long time. I think I'll go over for an hour or two.
GO	go without something	fare a meno	suffer lack or deprivation	When I was young, we went without winter boots.
GROW	grow apart	allontanarsi	stop being friends over time	My best friend and I grew apart after she changed schools.
GROW	grow back	ricrescere	regrow	My roses grew back this summer.
GROW	grow up	crescere, diventare grandi	become an adult	When Jack grows up he wants to be a fireman.
GROW	grow out of something	non entrare più in qualcosa	get too big for	Elizabeth needs a new pair of shoes because she has grown out of her old ones.

GROW	grow into something	crescere fino a qualcosa	grow big enough to fit	This bike is too big for him now, but he should grow into it by next year.
HAND	hand something down	lasciare, tramandare	give something used to someone else	I handed my old comic books down to my little cousin.
HAND	hand something in	presentare, consegnare	submit	I have to hand in my essay by Friday.
HAND	hand something out	distribuire, dispensare	to distribute to a group of people	We will hand out the invitations at the door.
HAND	hand something over	consegnare	give (usually unwillingly)	The police asked the man to hand over his wallet and his weapons.
HANG	hang in	tenere duro, resistere, coraggio, forza	stay positive (N.Amer., informal)	Hang in there. I'm sure you'll find a job very soon.
HANG	hang on	attendere, aspettare	wait a short time (informal)	Hang on while I grab my coat and shoes!

HANG	hang out	passare il tempo	spend time relaxing (informal)	Instead of going to the party we are just going to hang out at my place.
HANG	hang up	riagganciare, riattacare il telefono	end a phone call	He didn't say goodbye before he hung up.
HOLD	hold someone/something back	trattenere	prevent from doing/going	I had to hold my dog back because there was a cat in the park.
HOLD	hold something back	trattenere, nascondere i sentimenti	hide an emotion	Jamie held back his tears at his grandfather's funeral.
HOLD	hold on	attendere, restare in linea	wait a short time	Please hold on while I transfer you to the Sales Department.
HOLD	hold onto someone/something	mantenere, tenere stretto	hold firmly using your hands or arms	Hold onto your hat because it's very windy outside.
HOLD	hold someone/something up	rapinare	rob	A man in a black mask held the bank up this morning.

KEEP	keep on doing something	continuare a	continue doing	Keep on stirring until the liquid comes to a boil.
KEEP	keep something from someone	mantenere nascosto	not tell	We kept our relationship from our parents for two years.
KEEP	keep someone/something out	tenere fuori, non fare entrare	stop from entering	Try to keep the wet dog out of the living room.
KEEP	keep something up	mantenere	continue at the same rate	If you keep those results up you will get into a great college.
LET	let someone down	deludere	fail to support or help, disappoint	I need you to be on time. Don't let me down this time.
LET	let someone in	far entrare	allow to enter	Can you let the cat in before you go to school?
LOOK	look after someone/something	prendersi cura di	take care of	I have to look after my sick grandmother.

LOOK	look down on someone	guardare qualcuno dall'alto in basso	think less of, consider inferior	Ever since we stole that chocolate bar your dad has looked down on me.
LOOK	look for someone/something	cercare	try to find	I'm looking for a red dress for the wedding.
LOOK	look forward to something	non vedere l'ora	be excited about the future	I'm looking forward to the Christmas break.
LOOK	look into something	verificare, investigare	investigate	We are going to look into the price of snowboards today.
LOOK	look out	attenzione, stai attento	be careful, vigilant, and take notice	Look out! That car's going to hit you!
LOOK	look out for someone/something	fare attenzione a	be especially vigilant for	Don't forget to look out for snakes on the hiking trail.
LOOK	look something over	controllare, verificare, esaminare	check, examine	Can you look over my essay for spelling mistakes?

LOOK	look something up	cercare	search and find information in a reference book or database	We can look her phone number up on the Internet.
LOOK	look up to someone	guardare qualcuno con ammirazione	have a lot of respect for	My little sister has always looked up to me.
MAKE	make something up	inventare	invent, lie about something	Josie made up a story about about why we were late.
MAKE	make up	fare pace	forgive each other	We were angry last night, but we made up at breakfast.
MAKE	make someone up	truccare qualcuno	apply cosmetics to	My sisters made me up for my graduation party.
MIX	mix something up	scambiare, confondere	confuse two or more things	I mixed up the twins' names again!
PASS	pass away	venire a mancare, morire	die	His uncle passed away last night after a long illness.

PASS	pass out	svenire	faint	It was so hot in the church that an elderly lady passed out.
PASS	pass something out	distribuire	give the same thing to many people	The professor passed the textbooks out before class.
PASS	pass something up	rinunciare a	decline (usually something good)	I passed up the job because I am afraid of change.
PAY	pay someone back	restituire, ripagare	return owed money	Thanks for buying my ticket. I'll pay you back on Friday.
PAY	pay for something	pagarla per, pagare le conseguenze	be punished for doing something bad	That bully will pay for being mean to my little brother.
PICK	pick something out	scegliere	choose	I picked out three sweaters for you to try on.
POINT	point someone/something out	indicare	indicate with your finger	I'll point my boyfriend out when he runs by.

PUT	put something down	mettere	put what you are holding on a surface or floor	You can put the groceries down on the kitchen counter.
PUT	put someone down	screditare, criticare qualcuno	insult, make someone feel stupid	The students put the substitute teacher down because his pants were too short.
PUT	put something off	rimandare	postpone	We are putting off our trip until January because of the hurricane.
PUT	put something out	spegnere, estinguere	extinguish	The neighbours put the fire out before the firemen arrived.
PUT	put something together	mettere insieme	assemble	I have to put the crib together before the baby arrives.
PUT	put up with someone/something	soportare, tollerare	tolerate	I don't think I can put up with three small children in the car.

PUT	put something on	indossare, mettere	put clothing/accessories on your body	Don't forget to put on your new earrings for the party.
RUN	run into someone/something	incontrare qualcuno, scontrarsi	meet unexpectedly	I ran into an old school-friend at the mall.
RUN	run over someone/something	investire	drive a vehicle over a person or thing	I accidentally ran over your bicycle in the driveway.
RUN	run over/through something	riprovare, ripassare	rehearse, review	Let's run over/through these lines one more time before the show.
RUN	run away	fuggire, scappare	leave unexpectedly, escape	The child ran away from home and has been missing for three days.
RUN	run out	finire, essere senza	have none left	We ran out of shampoo so I had to wash my hair with soap.
SENT	send something back	rispedire indietro	return (usually by mail)	My letter got sent back to me because I used the wrong stamp.

SET	set something up	organizzare	arrange, organize	Our boss set a meeting up with the president of the company.
SET	set someone up	incastrare	trick, trap	The police set up the car thief by using a hidden camera.
SHOP	shop around	guardare in giro, da vari negozianti	compare prices	I want to shop around a little before I decide on these boots.
SHOW	show off	vantarsi, darsi delle arie	act extra special for people watching (usually boastfully)	He always shows off on his skateboard
SLEEP	sleep over	dormire a casa di qualcuno	stay somewhere for the night (informal)	You should sleep over tonight if the weather is too bad to drive home.
SORT	sort something out	organizzare	organize, resolve a problem	We need to sort the bills out before the first of the month.

STICK	stick to something	attenersi a qualcosa, seguire rigorosamente	continue doing something, limit yourself to one particular thing	You will lose weight if you stick to the diet.
SWITCH	switch something off	spegnere	stop the energy flow, turn off	The light's too bright. Could you switch it off.
SWITCH	switch something on	accendere	start the energy flow, turn on	We heard the news as soon as we switched on the car radio.
TAKE	take after someone	prendere da, somigliare a	resemble a family member	I take after my mother. We are both impatient.
TAKE	take something apart	smontare	purposely break into pieces	He took the car brakes apart and found the problem.
TAKE	take something back	riportare indietro	return an item	I have to take our new TV back because it doesn't work.
TAKE	take off	decollare	start to fly	My plane takes off in five minutes.

TAKE	take something off	togliersi, levarsi	remove something (usually clothing)	Take off your socks and shoes and come in the lake!
TAKE	take something out	portare fuori	remove from a place or thing	Can you take the garbage out to the street for me?
TAKE	take someone out	portare qualcuno fuori, uscire con	pay for someone to go somewhere with you	My grandparents took us out for dinner and a movie.
TEAR	tear something up	strappare, fare a pezzi	rip into pieces	I tore up my ex-boyfriend's letters and gave them back to him.
THINK	think back	ripensare, ricordare	remember (often + to, sometimes + on)	When I think back on my youth, I wish I had studied harder.
THINK	think something over	pensare a, riflettere su	consider	I'll have to think this job offer over before I make my final decision.
THROW	throw something away	buttare via	dispose of	We threw our old furniture away when we won the lottery.

TRY	try something on	provare	sample clothing	I'm going to try these jeans on, but I don't think they will fit.
TRY	try something out	provare	test	I am going to try this new brand of detergent out.
TURN	turn something down	abbassare	decrease the volume or strength (heat, light etc)	Please turn the TV down while the guests are here.
TURN	turn something down	rifiutare, respingere	refuse	I turned the job down because I don't want to move.
TURN	turn something off	spegnere	stop the energy flow, switch off	Your mother wants you to turn the TV off and come for dinner.
TURN	turn something on	accendere	start the energy, switch on	It's too dark in here. Let's turn some lights on.
TURN	turn something up	alzare, aumentare	increase the volume or strength (heat, light etc)	Can you turn the music up? This is my favourite song.

TURN	turn up	saltare fuori, comparire	appear suddenly	Our cat turned up after we put posters up all over the neighbourhood.
USE	use something up	finire, esaurire, consumare	finish the supply	The kids used all of the toothpaste up so we need to buy some more.
WAKE	wake up	svegliarsi	stop sleeping	We have to wake up early for work on Monday.
WARM	warm someone/something up	scaldare, riscaldare	increase the temperature	You can warm your feet up in front of the fireplace.
WARM	warm up	fare riscaldamento, riscaldarsi	prepare body for exercise	I always warm up by doing sit-ups before I go for a run.
WEAR	wear off	svanire, scomparire	fade away	Most of my make-up wore off before I got to the party.
WORK	work out	esercitarsi, allenarsi	exercise	I work out at the gym three times a week.
WORK	work out	riuscire	be successful	Our plan worked out fine.

WORK

work something out

calcolare

make a calculation

We have to work out the total cost before we buy the house.
