English Bit by Bit

FREE GUIDE

50 Everyday Phrasal Verbs

The phrasal verbs you will hear at home, at work and when you travel.
Learn two a day and say each example out loud.

Daily routine

1	**wake up**	stop sleeping	*I usually wake up at seven.*
2	**get up**	get out of bed	*I woke up at seven but didn't get up until half past.*
3	**turn on**	start a machine or a light	*Can you turn on the light, please?*
4	**turn off**	stop a machine or a light	*Please turn off your phone in the cinema.*
5	**put on**	dress yourself in clothes	*Put on a coat. It's cold outside.*
6	**take off**	remove clothes	*Please take off your shoes at the door.*
7	**tidy up**	make a place clean and neat	*I tidy up the kitchen after dinner.*
8	**eat out**	eat in a restaurant or café	*We usually eat out on Friday evenings.*
9	**go out**	leave home to have fun	*Are you going out tonight?*
10	**stay in**	stay at home	*I'm tired, so I'm staying in tonight.*

Work and study

11	**look up**	find information in a book or online	*Look up new words in a dictionary.*
12	**fill in**	write information on a form	*Please fill in this form.*
13	**hand in**	give work to a teacher or manager	*Hand in your homework by Friday.*
14	**find out**	discover a fact	*I found out that the meeting was cancelled.*
15	**figure out**	understand or solve something	*I can't figure out this maths problem.*
16	**carry on**	continue	*Carry on reading. You're doing well!*
17	**set up**	start a business or organise something	*She set up her own business last year.*
18	**take over**	take control or responsibility	*Can you take over while I'm on holiday?*
19	**catch up**	reach the same level as others	*I missed a lesson, so I need to catch up.*
20	**go over**	check or review something	*Let's go over the plan one more time.*

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People and relationships

21	**get on (with)**	have a friendly relationship	*I get on well with my neighbours.*
22	**look after**	take care of	*Who looks after your dog when you travel?*
23	**grow up**	change from a child to an adult	*I grew up in a small town.*
24	**bring up**	raise a child	*She was brought up by her grandparents.*
25	**take after**	look or act like an older family member	*He really takes after his father.*
26	**fall out (with)**	argue and stop being friendly	*They fell out over money.*
27	**make up**	become friends again after an argument	*They argued, but made up the next day.*
28	**look forward to**	feel happy about something in the future	*I'm looking forward to seeing you.*
29	**count on**	trust someone to help you	*You can always count on me.*
30	**let down**	disappoint someone	*Please don't let the team down.*

Problems and solutions

31	**break down**	stop working (a car or machine)	*Our car broke down on the motorway.*
32	**run out of**	use all of something	*We've run out of milk.*
33	**sort out**	solve or organise	*I'll sort out the problem tomorrow.*
34	**give up**	stop trying, or stop a habit	*Don't give up. You're improving!*
35	**put off**	decide to do something later	*Stop putting off your homework.*
36	**deal with**	take action to solve something	*I'll deal with the emails this afternoon.*
37	**work out**	find the answer to a problem	*We worked out a solution together.*
38	**come up with**	think of an idea or a plan	*She came up with a great idea.*
39	**turn down**	say no to an offer	*He turned down the job offer.*
40	**get over**	feel better after an illness or a problem	*It took me a week to get over the flu.*

Plans and travel

41	**check in**	arrive and register at a hotel or airport	*We checked in at the hotel at three.*
42	**check out**	pay and leave a hotel	*We have to check out by eleven.*
43	**set off**	start a journey	*We set off early to avoid the traffic.*
44	**pick up**	collect someone or something	*I'll pick you up at the station.*
45	**drop off**	take someone somewhere and leave them	*Can you drop me off at work?*

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Grammar tip: where does “it” go?

With many phrasal verbs, a short word like **it, him, her, them** goes **in the middle**:
✓ **Pick it up.** ✗ Pick up it. ✓ **Turn it off.** ✗ Turn off it. ✓ **Look it up.** ✗ Look up it.
Some phrasal verbs never split: **look after it**, **get over it**, **deal with it**.

Practice: fill the gaps

Use phrasal verbs from this guide. Change the form if you need to (for example *give up → gave up*).

1. We've _____ coffee. Can you buy some?
2. I'll _____ you _____ at the airport at six.
3. Please _____ this form and give it to reception.
4. The match was _____ because of the snow.
5. Don't _____! You're nearly there.
6. I _____ my mum. We both love music.
7. She _____ a brilliant idea for the party.
8. I didn't know the word, so I _____ it _____.
9. Our washing machine has _____ again.
10. I'm really _____ the weekend!

Answers

1 run out of · **2** pick … up · **3** fill in · **4** called off · **5** give up · **6** take after · **7** came up with · **8** looked … up · **9** broken down · **10** looking forward to

Your 5-day plan

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Daily routine 1–10	Work and study 11–20	People 21–30	Problems 31–40	Travel 41–50, then the practice page

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