

Most common phrasal verbs

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
1	back up	donar suport / fer una còpia de seguretat	You should always back up your computer files.
2	be carried away	deixar-se portar (per l'emoció)	I got completely carried away by the music.
3	be taken in	ser enganyat	Don't be taken in by his lies.
4	blow up	explotar / inflar	The terrorists tried to blow up the bridge.
5	break down	espatllar-se / posar-se a plorar	My car broke down on the way to work.
6	break in	entrar a robar / interrompre	Thieves broke in while we were on holiday.
7	break off	trencar / aturar de sobte	They broke off their engagement.
8	break out	esclatar (guerra, foc, malaltia)	A fire broke out in the forest.
9	break through	obrir-se pas / fer un descobriment	The sun broke through the clouds.
10	break up	trencar una relació / acabar (curs/festa)	They broke up after five years together.
11	bring out	treure al mercat / fer ressaltar	The band has just brought out a new album.
12	bring up	criar / treure un tema	She was brought up by her grandmother.
13	build up	acumular / enfortir	Traffic is building up on the motorway.
14	burst in	irrompre / entrar de cop	He burst in without knocking on the door.
15	burst out	esclatar (a riure, plorar)	Everyone burst out laughing.
16	call in	fer venir / trucar per participar	We had to call in a plumber.
17	call off	cancel·lar	The match was called off because of the rain.
18	call on	visitar algú (formal) / demanar fer alguna cosa	I'll call on you tomorrow evening.
19	care for	cuidar de / agradar (sobresortir en negatives/preguntes)	He cares for his elderly mother.

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20	carry on	continuar	Carry on with your work, please.
21	catch on	posar-se de moda / entendre	I don't think this new fashion will catch on.
22	catch up with	posar-se al nivell de / atrapar	Go ahead, I'll catch up with you later.
23	check on	comprovar com està algú/alguna cosa	I'll just go and check on the baby.
24	check out	deixar l'hotel / investigar	We have to check out of the hotel by 11 am.
25	clear away	recollir (la taula, objectes)	Could you clear away these plates, please?
26	clear up	aclarir-se (el temps) / endreçar	I hope the weather clears up for our picnic.
27	come across	trobar per casualitat	I came across some old photos in the attic.
28	come along	acompanyar / progressar	Do you want to come along to the cinema?
29	come down	baixar (preus, temperatura)	House prices have come down recently.
30	come down with	emmalaltir de	I think I'm coming down with a cold.
31	come off	desenganxar-se / tenir èxit (un pla)	The handle of the door came off in my hand.
32	come on	vapa! / donar-se pressa / començar (un programa)	Come on, or we'll be late!
33	come out	sortir a la llum / ser publicat	When does her new book come out?
34	come round	recobrar el coneixement / venir de visita	He came round a few minutes after fainting.
35	come to	recobrar el coneixement / sumar (un total)	The bill comes to \$50.
36	come up	sorgir (un problema) / apropar-se	Something important has come up at work.
37	come up against	enfrontar-se a (dificultats)	We came up against unexpected problems.
38	come up with	acudir-se (una idea, solució)	She came up with a brilliant idea.
39	count on	comptar amb / confiar	You can always count on me for help.

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
40	cross out	ratllar / tatxar	Just cross out the wrong answer.
41	cut across	fer drecera	We cut across the field to save time.
42	cut down	talar (arbres) / reduir	They are cutting down too many forests.
43	cut out	retallar / parar de funcionar (motor)	She cut out a picture from the magazine.
44	deal with	tractar amb / fer-se càrrec de	I have a lot of problems to deal with right now.
45	do away with	eliminar / suprimir	They should do away with these old rules.
46	do up	cordar / renovar / decorar	Do up your coat, it's freezing outside.
47	do without	passar sense / prescindir de	I can't do without my morning coffee.
48	draw up	redactar (document) / aturar-se (vehicle)	The lawyers drew up a new contract.
49	face up to	afrontar / fer front a	You have to face up to your responsibilities.
50	fall for	enamorar-se / ser enganyat per	He fell for her the moment they met.
51	fall out	barallar-se / caure (cabells, dents)	They fell out over a silly argument.
52	fall through	fracassar (un pla)	Our holiday plans fell through at the last minute.
53	fit in (with)	encaixar (amb)	He doesn't really fit in with the other kids.
54	get across	fer-se entendre / comunicar	He is not very good at getting his ideas across.
55	get at	insinuar / arribar a (un lloc difícil)	What are you trying to get at?
56	get away (from)	escapar / allunyar-se de	I need to get away from the city for a few days.
57	get away with	sortir-se amb la seva (sense càstig)	You won't get away with cheating on the test.
58	get down	deprimir / baixar	This dark weather is getting me down.
59	get down to	posar-se de debò a (fer una tasca)	It's time to get down to work.
60	get in	entrar (cotxe, espai) / arribar (tren, vol)	What time does your train get in?

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61	get into	involucrar-se en / aficionar-se a	How did you get into journalism?
62	get on with	avenir-se amb algú / continuar amb una tasca	She gets on well with her colleagues.
63	get out	sortir / escapar-se (un secret)	Get out of my room!
64	get out of	deslliurar-se de fer alguna cosa / sortir de	I tried to get out of doing the washing up.
65	get over	superar (malaltia, problema)	It took him a long time to get over the flu.
66	get round to	trobar el moment per fer alguna cosa	I haven't got round to reading that book yet.
67	get through	acabar amb èxit / contactar per telèfon	I tried calling but I couldn't get through.
68	get together	reunir-se / trobar-se	Let's get together for a drink this weekend.
69	get up	llevar-se	I get up at 7 o'clock every morning.
70	give away	regalar / revelar un secret	Don't give away the ending of the film!
71	give in	rendir-se / cedir	The government finally gave in to the demands.
72	give up	deixar (un hàbit) / rendir-se	He gave up smoking five years ago.
73	go ahead	procedir / tirar endavant	Go ahead and start without me.
74	go by	passar (el temps) / guiar-se per	As time goes by, you will feel better.
75	go down with	emmalaltir de	Half the class has gone down with the flu.
76	go for	atacar / triar / intentar aconseguir	I'll go for the chocolate cake, please.
77	go off	explotar / sonar (alarma) / fer-se malbé (menjar)	The milk has gone off, don't drink it.
78	go on	continuar / passar (succeir)	Please go on, I'm listening.
79	go over	revisar	Let's go over the plan one more time.
80	go through	patir / examinar detalladament	She is going through a very difficult time right now.
81	hand over	entregar / traspassar	The robbers told the cashier to hand

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
			over the money.
82	head for	dirigir-se cap a	We are heading for a disaster if we don't change.
83	hold back	contenir (emocions) / retenir	She tried to hold back her tears.
84	hold on	esperar / aguantar fort	Hold on a minute, I'll check for you.
85	keep away	mantenir-se allunyat	Keep away from the edge of the cliff!
86	keep back	amagar informació / mantenir a distància	I feel like he is keeping something back from us.
87	keep down	mantenir baix / retenir a l'estómac	Try to keep the noise down, please.
88	keep off	evitar parlar de / no trepitjar	Keep off the grass!
89	keep up with	mantenir el ritme / seguir al dia	It's hard to keep up with the latest fashion.
90	knock down	atropellar / enderrocar (un edifici)	The old hospital was knocked down last year.
91	knock out	deixar inconscient / eliminar (esports)	The boxer was knocked out in the second round.
92	knock over	bolcar / tirar a terra	I accidentally knocked over my glass of water.
93	leave out	ometre / excloure	Don't leave out any details of the story.
94	let down	decebre	I promised to help, and I won't let you down.
95	let off	deixar marxar sense càstig / fer explotar	The judge let him off with a warning.
96	let out	deixar sortir / fer un crit	He let out a cry of pain.
97	live for	viure per a (una passió)	He absolutely lives for football.
98	live on	sobreviure amb (diners/menjar)	They have to live on a very small pension.
99	live up to	estar a l'altura de (les expectatives)	The concert completely lived up to my expectations.
100	live with	convivre amb / acceptar (una situació difícil)	I have a bad back, but I just have to live with it.
101	lock in	tancar dins (amb clau)	He locked himself in the bathroom.

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102	lock out	quedar-se al carrer (sense clau)	I locked myself out of my apartment.
103	look at	mirar	Look at this beautiful painting.
104	look back	mirar enrere / recordar el passat	When I look back on my childhood, I feel happy.
105	look forward to	esperar amb il·lusió / tenir ganes de	I'm looking forward to the weekend.
106	look into	investigar	The police are looking into the matter.
107	look on	ser espectador (sense intervenir)	A crowd gathered to look on as the firemen worked.
108	look out	anar amb compte	Look out! A car is coming.
109	look through	fullejar / revisar ràpidament	I'm just looking through some magazines.
110	look up to	admirar	I have always looked up to my older sister.
111	make for	dirigir-se cap a	As soon as it rained, we made for the shelter.
112	make into	transformar en	They made the old factory into a block of flats.
113	make out	desxifrar / entendre / pretendre	I couldn't make out what he was saying.
114	make up	inventar-se / fer les paus / maquillar	He made up an excuse for being late.
115	make up for	compensar	I'll buy you dinner to make up for being late.
116	miss out on	perdre's una oportunitat	Don't miss out on this fantastic offer.
117	mix up	confondre	I always mix up their names.
118	mix with	relacionar-se amb	She mixes with a lot of interesting people.
119	pass around	passar de mà en mà / distribuir	Could you pass around these copies, please?
120	pass away	morir (eufemisme)	Her grandmother passed away last night.
121	pass out	desmaiar-se	It was so hot that she passed out.

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122	pay off	saldar un deute / valer la pena	All her hard work finally paid off.
123	pick on	ficar-se amb algú (assetjar)	Why are you always picking on me?
124	pick up	recollir / aprendre sense esforç	Can you pick me up from the station?
125	point out	assenyalar / fer notar	I would like to point out that we are over budget.
126	pull down	enderrocar	They are going to pull down the old library.
127	pull in	arribar (un tren) / aparcar al costat	The train pulled in right on time.
128	pull out	sortir (un tren) / retirar-se	The train pulled out of the station.
129	pull over	aturar el cotxe al voral	The police told the driver to pull over.
130	pull up	aturar-se (un vehicle)	A black car pulled up outside the house.
131	put aside	estalviar / deixar de banda	I try to put aside some money every month.
132	put down	menysprear / apuntar (escriure) / sacrificar (animal)	Don't put yourself down, you did a great job.
133	put off	posposar / treure les ganes	They had to put off the meeting until next week.
134	put on	posar-se roba / guanyar pes / organitzar	Put on your coat, it's cold.
135	put out	apagar (foc, llum) / causar molèsties	It took firefighters three hours to put out the fire.
136	put through	passar la trucada (connectar)	Could you put me through to the manager?
137	put up	allotjar algú / penjar (un quadre/pòster)	Can you put me up for the night?
138	put up with	suportar / tolerar	I can't put up with his bad temper anymore.
139	rub into	fregar (per fer penetrar una crema)	Rub the lotion gently into your skin.
140	rub on	aplicar fregant	Rub this ointment on your chest.
141	rub out	esborrar (amb goma)	Use an eraser to rub out your mistake.
142	run away	fugir	He ran away from home when he

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			was fifteen.
143	run down	atropellar / criticar / quedar-se sense bateria	My phone battery is running down.
144	run into	trobar-se per casualitat amb algú / xocar	I ran into my old teacher at the supermarket.
145	run on	funcionar amb (combustible) / no parar de parlar	This car runs on electricity.
146	run out (of)	quedar-se sense	We have run out of sugar.
147	run over	atropellar / sobrepassar el temps	The dog was nearly run over by a bus.
148	see off	acomiar algú (a l'aeroport/estació)	We went to the airport to see him off.
149	see through	adonar-se de la mentida (veure les intencions)	I could see through his excuses immediately.
150	see to	encarregar-se de / ocupar-se de	I'll see to it that the email is sent today.
151	send off	expulsar (d'un partit) / enviar per correu	The referee sent the player off for a bad foul.
152	set back	endarrerir	The bad weather set the building project back by weeks.
153	set off	sortir de viatge / fer esclatar / activar	We set off early to avoid the traffic.
154	set out	sortir de viatge / proposar-se fer alguna cosa	He set out to become a doctor.
155	set up	establir / muntar un negoci	She set up her own company five years ago.
156	show off	presumir / fer-se veure	He is always showing off his new car.
157	stand back	fer-se enrere	Please stand back from the edge of the platform.
158	stand by	estar preparat / donar suport a algú	I will always stand by you, no matter what.
159	stand for	significar (sigles) / defensar / tolerar	What does UN stand for?
160	stand out	destacar	Her bright red hair made her stand out in the crowd.
161	stand up	posar-se dret / deixar plantat	He stood me up on our first date.

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162	stand up for	defensar (drets, algú)	You must learn to stand up for yourself.
163	stand up to	fer front a algú (enfrontar-se valentament)	It takes courage to stand up to a bully.
164	stay away from	mantenir-se allunyat de	Stay away from the fire, it's dangerous.
165	stay on	quedar-se més temps de l'esperat	She decided to stay on at school for another year.
166	stay out	quedar-se fora de casa (fins tard)	Don't stay out too late tonight.
167	stay over	quedar-se a dormir (a casa d'algú)	It's late, why don't you stay over tonight?
168	stay up	quedar-se despert fins tard	We stayed up all night watching films.
169	stick out	sobresortir / treure (la llengua)	He stuck his tongue out at the teacher.
170	stick to	cenyar-se a (un pla) / continuar fent	We should stick to our original plan.
171	stick together	mantenir-se units	We need to stick together during these tough times.
172	stick with	continuar amb (alguna cosa difícil)	Learning Spanish is hard, but you must stick with it.
173	stop over	fer escala	We are stopping over in Dubai on our way to Asia.
174	take after	assemblar-se a (un familiar)	She takes after her father.
175	take away	emportar-se (menjar) / retirar	Two burgers to take away, please.
176	take down	apuntar / desmuntar	Did you take down his phone number?
177	take in	enganyar / assimilar (informació) / acollir	I was completely taken in by his story.
178	take off	enlairar-se / treure's roba / tenir èxit de cop	The plane will take off in twenty minutes.
179	take on	contractar / acceptar (feina, responsabilitat)	The company is taking on new staff for the summer.
180	take out	treure / convidar algú a sortir	Don't forget to take out the rubbish.
181	take over	assumir el control	A larger company is going to take

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			over ours.
182	take to	agafar afecte / agafar el costum	I took to my new English teacher immediately.
183	take up	començar (una afició) / ocupar espai o temps	I have decided to take up yoga.
184	talk into	convèncer de fer alguna cosa	He talked me into buying a new phone.
185	talk over	parlar detalladament / discutir	We need to talk over our plans for the holiday.
186	think over	pensar-s'ho bé	Take your time and think it over before deciding.
187	think through	considerar les conseqüències d'una acció	You need to think this through carefully.
188	throw away	llençar (a les escombraries)	Don't throw away those old clothes.
189	throw out	expulsar / llençar	He was thrown out of the club for fighting.
190	throw up	vomitar	He ate too much and threw up.
191	try out	provar	I'd like to try out this new bicycle before buying it.
192	turn back	fer marxa enrere	The weather was so bad we had to turn back.
193	turn down	rebutjar (una oferta) / abaixar el volum	She turned down the job offer.
194	turn out	resultar ser / acudir (a un esdeveniment)	The weather turned out to be beautiful.
195	turn to	recórrer a (buscar ajuda)	I have nobody else to turn to for help.
196	turn over	girar / canviar de canal	Turn the page over and read the next chapter.
197	turn up	aparèixer de cop / apujar el volum	She turned up at the party uninvited.
198	watch out	anar amb compte	Watch out! There is ice on the road.
199	wear off	passar l'efecte (d'un medicament o sentiment)	The effects of the painkiller will wear off soon.
200	wear out	desgastar (roba) / esgotar a algú	These shoes are completely worn out.

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
201	work at	esforçar-se per millorar	You need to work at your pronunciation.
202	work on	treballar en (un projecte, idea)	She is currently working on a new novel.
203	work out	fer exercici / solucionar / calcular	I work out at the gym three times a week.
204	write up	passar a net / redactar completament	I need to write up my notes from the meeting.