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.

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
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.

LIVEWORKSHEETS

#	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?

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
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

LIVEWORKSHEETS

#	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**	conviure 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.

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
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.

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
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

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
			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**	acomiadar algú (a l'aeroport/estació)	We went to the airport to see him off.
149	**see through**	adornar-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.

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
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**	cenyir-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

LIVEWORKSHEETS

#	Phrasal Verb	Significat (Català)	Exemple (Anglès)
			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.

LIVEWORKSHEETS

#	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.

LIVEWORKSHEETS