

LiNKiT significa enlazarlo y la verdad tiene que ser la manera más fácil de aprender porque es la manera más natural y eficaz.

abide by	To respect or obey a decision, a law or a rule.	If you want to keep your job here, you must abide by our rules.
account for	To explain, give a reason.	I hope you can account for the time you were out!
add up	<ol style="list-style-type: none"> To make sense, seem reasonable. To equal, the total amount. 	<ol style="list-style-type: none"> The facts in the case just don't add up. Your purchases add up to €205.32.
advise against	To recommend not doing something.	They advise against walking alone in this neighbourhood.
agree with	To have the same opinion as someone else.	I agree with you. I think you should go as well.
allow for	To take into consideration.	We need to allow for unexpected charges along the way.
appeal to	<ol style="list-style-type: none"> To plead or make a request. To be attractive or interesting. 	<ol style="list-style-type: none"> He appealed to the court to change its decision. A vacation of sunbathing doesn't appeal to me.
apply for	To make a formal request for something normally in writing, (job, permit, loan etc).	He applied for a scholarship for next semester.
ask around	To ask many people the same question.	I asked around , but nobody had seen my wallet.
ask out	To invite on a date.	Brian asked Judy out to dinner and a movie.
back up	<ol style="list-style-type: none"> To support. To save on a computer. To reverse. 	<ol style="list-style-type: none"> My wife backed me up over my decision to quit my job. I backed up all my work on the PC. You'll have to back up your car so that I can get out.
blow up	<ol style="list-style-type: none"> To add air / inflate. To explode. To increase in size. 	<ol style="list-style-type: none"> We have to blow 50 balloons up for the party. The car blew up after it crashed. I've eaten too much and now I feel blown up.
break down	<ol style="list-style-type: none"> To stop functioning (vehicle, machine). To get upset. 	<ol style="list-style-type: none"> Our car broke down in the snowstorm. The woman broke down when the police told her that her son had died.
break in	<ol style="list-style-type: none"> To interrupt. To wear / use something a few times so that it doesn't feel so hard. To enter forcibly. 	<ol style="list-style-type: none"> The TV station broke in to report the news of the president's death. I need to break these shoes in before we run next week. The firemen had to break in the room to rescue the children.
break out	<ol style="list-style-type: none"> To escape. 	<ol style="list-style-type: none"> The prisoners broke out of jail when the guards weren't looking.

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break out	2. To develop a skin condition.	2. I broke out in a rash after our camping trip.
break up	1. To end a relationship. 2. To start laughing (informal).	1. My boyfriend and I broke up before I moved to America. 2. The kids just broke up as soon as the clown started.
bring down	To make unhappy.	This music is bringing me down .
bring up	1. To raise a child. 2. To start talking about a subject. 3. To vomit.	1. My grandparents brought me up after my parents died. 2. My mother walks out of the room when my father brings up sports. 3. He drank so much that he brought his dinner up
bump into	1. To meet someone or something unexpectedly. 2. To have a small accident, crash.	1. I bumped into Graham in the pub. 2. I was waiting at the lights when a car bumped into me.
call around	To phone many different places/people.	We called around , but we weren't in.
call back	To return a phone call.	Could please call back in ten minutes?
call off	To cancel.	The game was called off because of bad weather.
call on	1. To ask for an answer or opinion (AmE). 2. To visit somebody.	1. The professor called on me for question. 2. We called on you last night, but you weren't home.
call up	1. To phone. 2. To enlist.	1. Give me your phone number and I will call you up when we are in town. 2. The men were called up to join in the army.
calm down	To relax after being angry.	You need to calm down before you drive the car.
care for	1. to like (formal). 2. to look after (physically).	1. I care for his grandmother. 2. I care for my children.
carry on	To continue.	The soldiers carried on marching until the end.
carry out	1. To do something as specified (a plan, an order, a threat). 2. To perform or conduct (test, experiment).	1. His orders were carried out to the letter. 2. That company does not carry out tests on animals.
catch out	1. To catch in a ball game and the person has to stop playing. 2. To discover the truth.	1. He was caught out in baseball/ cricket. 2. He was caught out about his school attendance when the teacher spoke to his parents.

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catch up	<ol style="list-style-type: none"> To reach the same physical point. To find out what has been happening. 	<ol style="list-style-type: none"> You'll have to run faster than that if you want to catch up! I was catching up with about people have been saying or doing.
check in	<ol style="list-style-type: none"> To arrive and register at a hotel or airport. 	<ol style="list-style-type: none"> We will get the hotel keys when we check in.
check out	<ol style="list-style-type: none"> To pay your bill and leave (a hotel). To investigate. To physically look at. To look at carefully, investigate. 	<ol style="list-style-type: none"> Donna checked out of the hotel this morning. I don't know if this price is correct. I'll check it out online. The girls at the disco were checking out the boys. The company checks out all its new employees.
cheer up	<ol style="list-style-type: none"> To make happier. To make brighter and more presentable. 	<ol style="list-style-type: none"> I brought you some flowers to cheer you up. A fresh coat of paint cheered up the room.
chip in	<ol style="list-style-type: none"> To help. To say something. 	<ol style="list-style-type: none"> If everyone chips in, we can get the kitchen painted by noon. Billy chipped in and said something really stupid.
clam up	<ol style="list-style-type: none"> To refuse to speak. To not be able to speak. 	<ol style="list-style-type: none"> When the police started asking questions, the suspect clammed up. I just clammed up when I saw how many people were there.
clamp down	To act strictly to prevent something.	The police have decided to clamp down on illegal parking.
clean up	To tidy, organise, clean.	Please clean up your bedroom before you go outside.
come across	<ol style="list-style-type: none"> To find by chance. To appear, seem, make an impression. 	<ol style="list-style-type: none"> I was cleaning up and came across some old photos. The politician came across as a complete fool on TV.
come apart	<ol style="list-style-type: none"> Separate. To cry, worry, be stressed, be sad. 	<ol style="list-style-type: none"> The top and bottom come apart if you pull hard. Donna came apart when she lost her job.
come down	To become sick.	My nephew came down with chicken pox this weekend.
come forward	To present oneself.	Has the owner of the winning lotto ticket come forward ?
come from	To originate from.	The art of origami comes from Asia.
count on	To rely or depend on (for help).	You can count on me to keep your secret.
cross out	To draw a line through.	Please cross out your old address and write your new one.

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cut back	<ol style="list-style-type: none"> To consume less. To physically reduce the size of something. 	<ol style="list-style-type: none"> My doctor wants me to cut back on cigarettes. The roses need cutting back before winter.
cut down	<ol style="list-style-type: none"> To make something fall. To reduce in number, size, amount or consumption. 	<ol style="list-style-type: none"> We had to cut the old tree down after the storm. I need to cut down on the amount of coffee I drink.
cut in	<ol style="list-style-type: none"> To interrupt an action. To pull in too closely in front of another vehicle. To start operating (of an engine or electrical device). 	<ol style="list-style-type: none"> Your father cut in while I was dancing with your uncle. The bus driver got angry when that car cut in. The air con cuts in when the temperature gets to 22°C.
cut off	<ol style="list-style-type: none"> To take out of a will. To remove with something sharp. To stop providing. 	<ol style="list-style-type: none"> My grandparents cut my father off when he remarried. The doctors cut off his leg because it was severely injured. The phone company cut off our phone because we didn't pay the bill.
cut out	<ol style="list-style-type: none"> To remove using scissors. To stop doing something. 	<ol style="list-style-type: none"> She cut out a coupon from the newspaper. You need to cut out all red meat from your diet.
deal with	To handle, take care of something'.	Catherine is not good at dealing with stress.
die down	To calm down, become less strong.	After the storm died down , we went outside to see what damage it had caused.
do away with	To discard, to throw away .	It's time to do away with all these old clothes.
do over	<ol style="list-style-type: none"> To beat up, ransack. (BrE)' To repeat an action. (AmE). 	<ol style="list-style-type: none"> A gang of thieves did over his shop. My teacher wants me to do my essay over again.
do up	<ol style="list-style-type: none"> To fasten, close something. To repair, improve and make like new. 	<ol style="list-style-type: none"> Do your coat up before you go outside. It's snowing! He did up his car before he sold it.
do without	To manage without.	No bonus this month, so she'll have to do without extra treats.
drag on	To last longer than expected.	The suspect's trial dragged on longer than we had expected!
draw up	To write (contract, agreement, document).	They drew up a contract and had me sign it.
dress up	<ol style="list-style-type: none"> To wear nice clothing. To wear an outfit, disguise, fancy dress. 	<ol style="list-style-type: none"> It's a fancy restaurant so we need to dress up. I dressed up as a Devil at Halloween.

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Drive away	To leave a place in a car.	He got into the car and drove away .
drop back	To move back in a position/group'.	Andrea dropped back to third place when she fell off her bike.
drop in	To visit, usually on the way somewhere.	Why don't you drop in to see us on your way home?
drop in/ by/ over	To visit without an appointment.	I might drop in/by/over for tea sometime this week.
drop off	<ol style="list-style-type: none"> To take someone or something. To fall asleep. A reduction in sales or something. 	<ol style="list-style-type: none"> I'll drop you / the papers off later. I often drop off in front of the TV. Sales dropped off in February.
drop out	To stop doing / going, to quit etc.	I dropped out of English because it was too difficult.
ease off / up	To reduce, become less severe or slow down (pain, traffic, work).	Traffic usually eases off / up at about 7pm
end in	To finish in a certain way, result in.	Her marriage ended in divorce.
end up	To finally reach a state, place or action.	If you don't improve your work habits, you'll end up being fired.
fall apart	To break into pieces.	My new dress fell apart in the washing machine.
fall down	To fall to the ground.	The picture that you hung up last night fell down this morning.
fall out	<ol style="list-style-type: none"> To separate from an interior. To become loose and become unattached (hair, teeth). 	<ol style="list-style-type: none"> The money must have fallen out of my pocket. His hair started to fall out when he was only 35.
fall through	To fail.	His plans to trek through South America fell through when he got sick.
figure out	To try to understand, to find the answer.	He's trying to figure out how to earn enough money to go on the trip to Spain.
fill in	To write information in blanks, as on a form.	Can you fill in this form please?
fill out	To write information in blanks, as on a form.	The form must be filled out in capital letters.
fill up	<ol style="list-style-type: none"> To fill to the top. To feel that you're going to cry. 	<ol style="list-style-type: none"> I always fill the water jug up when it is empty. She always fills up at weddings.
find out	To discover or obtain information.	I'm going to find out who's responsible for the power cut.
focus on	To concentrate on something.	Tom had difficulty focusing on work the day before his wedding.
get across/ over	<ol style="list-style-type: none"> To communicate, make understandable. To move from one side to another. 	<ol style="list-style-type: none"> I tried to get my point across/over to the judge. How can we get across the river?

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get along / on	To be on good terms, work well with.	It's important to get along with your team supervisor.
get angry	To increase a negative emotion.	He got angry when his girlfriend left him.
get around	<ol style="list-style-type: none"> To have mobility. To have many intimate friends/partners. 	<ol style="list-style-type: none"> My grandfather can get around fine. Be careful with him because he gets around!
get at	To imply	What are you getting at ? Do you think I'm to blame?
get away	<ol style="list-style-type: none"> To have a break. To escape. To not be found guilty of something. 	<ol style="list-style-type: none"> I think we should get away for the weekend. The bank robbers got away in a helicopter. She got away with the shoplifting charges.
get back	<ol style="list-style-type: none"> To return. To retaliate, take revenge. To become interested in something again. To have something that was yours before. 	<ol style="list-style-type: none"> We got back from our vacation last week. My sister got back at me for borrowong her shoes. I finally got back into my novel and finished it. Liz finally got her notes back.
get better	<ol style="list-style-type: none"> To improve something. To improve health. 	<ol style="list-style-type: none"> Your control of English is getting better. I hope you get better soon.
get by	To manage, to cope or to survive.	Students without jobs have a hard time getting by .
get cold	To reduce temperature.	It gets cold at night here.
get dark	To reduce in light.	I want you home before it gets dark!
get dressed	To put on clothes.	I woke up, got up had a shower and got dressed .
get drunk	To consume too much alcohol.	She drank too much wine at lunch and got drunk .
get here	To move to, to travel to, to arrive to.	How did you get here?
get home	To move to, travel to the place where you live.	Last night I got home late, and my Mum was waiting for me.
get hungry	To need to eat food.	Have a big breakfast and you won't get hungry until lunchtime.
get hurt	To injure, cause pain (<i>physical & emotional</i>).	If you're not careful, you'll get hurt!
get in	To enter a place.	When did you get in last night?
get into (+noun)	To enter something.	How did you get into your car without the keys?
get late	<ol style="list-style-type: none"> To pass a set time. To become dark. 	<ol style="list-style-type: none"> Hurry up, or we'll get there late! I want you home before it gets too late.
get lost	To not know where you are.	I didn't have map and I got lost .
get married	To formalise a relationship legally.	We got married on the 7 th of September 2013.

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get off	<ol style="list-style-type: none"> To dismount (bus, train, plane). To remove. To escape from an accusation / or have charge dismissed. 	<ol style="list-style-type: none"> You should get off the train in Kings Heath. I can't get the ink stain off my shirt. He got off from lightly after being arrested because the charges were dropped.
get on	<ol style="list-style-type: none"> To board a bus, plane, ship. To have a good relationship. To continue to do, make progress. To mount or ride something. 	<ol style="list-style-type: none"> I'm trying to get on the flight to Brussels. He doesn't get on well with his classmates. After they split up, she had a hard time getting on with her life. I got on my bike, motorbike, horse and rode off.
get out	<ol style="list-style-type: none"> To leave, exit. To avoid doing something. 	<ol style="list-style-type: none"> He had a hard time getting out because of the snow? Pepi's trying to get out of working the night shift.
get over	<ol style="list-style-type: none"> To recover from an illness. To recover from a relationship. To overcome a problem. 	<ol style="list-style-type: none"> Has she gotten over the flu? It was hard to get over their break up! The company will have to close if it can't get over the new regulations.
get ready	To prepare for something.	She got ready and it only took 2 hours from start to finish.
get rid of	To eliminate, <i>throw away</i> .	Please get rid of that old t-shirt. It's so ragged.
get round to	To finally find time to do a chore.	I don't know when I am going to get round to writing the thank you cards.
get there	To have moved to, to have travelled to, a location.	How did you get there , by car?
get tired	<ol style="list-style-type: none"> To lose energy from a lack of sleep. To become bored. 	<ol style="list-style-type: none"> If you don't sleep enough, you get tired! I got tired of listening to the same thing over and over again
get to	To go, move to a location.	How do you get to the park from here
get together	To be meet with each other or other people.	Let's get together for your birthday on Saturday.
get up	<ol style="list-style-type: none"> To rise, and leave your bed. To rise to your feet, <i>Stand up</i>. 	<ol style="list-style-type: none"> Will you please get up? You've got a class in 20 minutes. Jimmy get up of the floor.
get wet	To become saturated by water.	I got really wet at when it rained
get worse	To not improve.	The weather is getting worse by the minute.

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give away	<ol style="list-style-type: none"> To reveal hidden information. To take the bride to the altar. To ruin a secret. To give something to somebody for free. 	<ol style="list-style-type: none"> His wife gave him away to the police. My father gave me away at my wedding. My little sister gave the surprise party away by accident. The library was giving away its old books.
give back	To return a borrowed item.	I have to give these skates back to Franz.
give in	<ol style="list-style-type: none"> To cease opposition, yield. To submit, <i>hand in</i>, 	<ol style="list-style-type: none"> We will never give in to the terrorists' demands. I'll give in my paper tomorrow.
give in	<ol style="list-style-type: none"> To surrender. 	<ol style="list-style-type: none"> My boyfriend finally gave in and took me to the ballet.
give out	To <i>hand out</i> to many people.	They were giving out free perfume samples.
give up	<ol style="list-style-type: none"> To stop doing something. To stop trying. 	<ol style="list-style-type: none"> Morris gave up drinking 10 years ago. My homework was too difficult, so I gave up.
go after	<ol style="list-style-type: none"> To follow something or somebody. To try to achieve something. 	<ol style="list-style-type: none"> My brother tried to go after the thief in his car. I went after my dream and now I am famous.
go against	To oppose, compete against.	We are going against the best soccer team in the city tonight.
go ahead	To start, proceed, continue.	Please go ahead and eat before the food gets cold.
go back	To return to a place.	I have to go back home and get my lunch.
go out	<ol style="list-style-type: none"> To leave home to go to an event. To be in a relationship. 	<ol style="list-style-type: none"> We're going out for dinner tonight. <p>Jesse has been going out with Luke since last October.</p>
go over	<ol style="list-style-type: none"> To visit somebody. To review / check work. 	<ol style="list-style-type: none"> I think I'll go over and see Jose for an hour or two. Please go over your answers before you submit your test.
go through	<ol style="list-style-type: none"> To experience. To review / check work. 	<ol style="list-style-type: none"> Andy went through a lot of pain when he broke his leg. We need to go through our work before we <i>hand it in</i>.
go without	To suffer, lack or be deprived of.	When I was young, I had to go without dinner.
got old	To add age to something or someone.	Over time he got old and lost his sight.
grow apart	To stop being close over time.	My best friend and I grew apart after she changed schools.
grow back	To naturally re-appear, to increase in size.	The roses grew back this spring after winter.
grow into	To increase size so that it fits.	This bike is too big for him now, but he will grow into it.
grow out of	To increase size until something is too small.	Jose's grown out of his old jeans.
grow up	To become more mature.	When Jack grows up he wants to be a fireman.

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hand down	To give something used to somebody else.	I handed my toys down to my cousin.
hand in	To submit, <i>give in</i> a report, homework etc.	Please hand in your papers before Friday.
hand out	To distribute.	Susan volunteered and handed out the exams.
hand over	To give.	The police asked the man to hand over his weapons.
hang in	To stay positive.	Hang in there. I'm sure you'll find a job very soon.
hang on	wait a short time.	Hang on while I grab my coat and shoes!
hang out	To spend time, in a place or with friends.	Where do the kids hang out after school?
hang up	To end a phone conversation.	If you hang up now, I'll never speak to you again.
hold back	1. To hide an emotion. 2. To wait before taking action.	1. Jamie held back his tears. 2. I held back to make that the coast was clear.
hold on	1. To wait. 2. To grip tightly.	1. Please hold on and I'll connect your call. 2. She was so scared that she held on for her life.
hold up	1. To rob, normally armed with a weapon. 2. To wait. 3. To be delayed.	1. A man in a black mask held up the bank. 2. Hold up , I'll be there in a second. 3. I was held up by the traffic.
hurry up	To move with speed.	Hurry up and finish your lunch or we'll miss the train.
iron out	To resolve by discussion, eliminate differences.	They met at the conference to iron out their differences.
join in	To participate.	Yes David, you can join in the discussion any time you like.
join up	1. To engage in, become a member of. 2. To meet and unite with.	1. There was a war on, so some people joined up . 2. Let's separate now and join up later at the restaurant.
keep in	To maintain something inside.	Make sure you keep the cats in, there are fireworks!
keep on	To continue doing something.	If you keep on making that noise I will get annoyed.
keep out	To be stopped from entering.	Keep the wet dog out of the living room.
keep up	To continue at the same rate.	If you keep those results up , you will <i>get into</i> a great college.
keep up with	To stay at the same level as someone or something.	I read the paper every day to keep up with the news.
keep X from Z	To not tell or hide something from somebody.	We kept our relationship from our parents for two years.
kick off	To begin, start.	The rugby match kicked off at 3 o'clock.

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leave out	To omit, not mention.	Please check your form again and make sure nothing is left out .
let down	fail to support or help, disappoint.	I need you to be on time. Don't let me down this time.
let in	To allow to enter.	Can you let the cat in before you go to school?
log in (or on)	To sign in (to a website, database etc).	I can't log in to Facebook because I've forgotten my password.
look after	To be responsible for, <i>take care of</i> .	Andy can you look after your sister until I get back?
look at	To observe and study.	We need to look at the figures again.
look down on	To consider as inferior.	She always looks down on anyone who is poor.
look for	To try to find.	Harry went to the shop to look for a new computer.
look forward to	To be excited, to anticipate with pleasure.	I'm looking forward to my birthday.
look in to	To investigate.	We are going to look into what's been happening.
look out	To be careful, vigilant, and take notice.	Look out! That car's going to hit you!
look out for	To be especially vigilant for something.	Look out for snakes on the trail.
look over	To check, examine, inspect.	Can you look over my essay for spelling mistakes?
look up	To search / find information, book or database.	We can look her phone number up on the Internet.
look up to	To admire and respect.	I always looked up to my father. He was a great man.
make fun of	To laugh at/ make jokes about.	It's not nice to make fun of people in wheelchairs.
make up	<ol style="list-style-type: none"> To apply cosmetics. To invent, lie about something. To forgive and become friends again. 	<ol style="list-style-type: none"> My sister did my make up for my graduation party. Josie made up a story about why we were late. We were angry last night, but we made up at breakfast.
mix up	<ol style="list-style-type: none"> To make a mistake. To confuse a thing or person with another. 	<ol style="list-style-type: none"> I mixed up the envelopes and invited the wrong person. She had so many cats that she kept mixing up their names.
move in	To install into new home or office.	Our new neighbours are moving in this afternoon.
move out	To leave a home or office.	When are you moving out ?
nod off	To fall asleep.	You were so tired that you nodded off on the couch.
own up	To admit or confess something.	Come on. Own up . We know you did it!
pass away	To die.	Your grandfather passed away peacefully.
pass out	<ol style="list-style-type: none"> To faint. To distribute something. To attend a specific function, 	<ol style="list-style-type: none"> He didn't drink enough water, so he passed out. We passed out the publicity. There was a big passing out parade for the soldiers.

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pass up	To decline (<i>usually something good</i>).	I passed up the job because I am afraid of change.
pay back	To reimburse, money or an action.	I'll pay you back as soon as I get paid.
pay for	To be punished for doing something bad.	That bully will pay for being mean to my brother.
pick out	To choose.	I picked out three sweaters for you to try on.
pick up	To collect somebody or something.	I'll pick you up at around 7:00
point out	1. To indicate/direct attention to something. 2. To indicate with your finger.	1. As I already pointed out , there was a mistake. 2. I'll point my boyfriend out when he runs by.
put down	1. To insult, make somebody feel small/stupid. 2. To end a life. 3. To put what you are holding on a surface.	1. The students put the substitute teacher down 2. The dog was put down after suffering a lot. 3. You can put the shopping down on the table.
put off	To postpone, to arrange / to do at later date.	Don't put off until tomorrow, what you can do today.
put off	To postpone.	We are putting off our trip until January.
put on	To <i>turn on, switch on</i> .	It's very dark in here. Please put on the light on.
put on	To wear clothing or something on your body.	Don't forget to put on your earrings for the party.
put out	1. To extinguish. 2. To place something outside.	1. The neighbours put the fire out before the firemen arrived. 2. When you <i>go out</i> can put out the rubbish.
put together	To assemble.	I have to put the crib together .
put up	1. To accommodate, give somebody a bed. 2. To tolerate.	1. I can put you up until the weekend. 2. I have to put up with him all day!
rely on	To count on, to depend on, to trust.	You can rely on me, I'm always here for you.
rule out	To eliminate possibility.	He had a sound alibi, so he was ruled out as suspect.
run away	1. To escape from a place or suddenly leave. 2. To leave unexpectedly, escape.	1. He ran away from home and joined the circus. 2. The child ran away from home.
run into	To meet by accident or unexpectedly. <i>bump into</i>	I'm so glad I ran into you. I need to ask you something.
run out	To have none left.	We ran out of shampoo, so I had to wash my hair with soap.
run over	1. To physically drive over a person or thing. 2. To rehearse, practise, look at something again.	1. I accidentally ran over your bicycle in the driveway. 2. The ran over the scripts, just to be sure.
run through	To rehearse, practise, look at something again.	Let's run through these lines one more time.

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send back	To return (usually by mail).	My letter got sent back to me because I used the wrong stamp.
set off	To start a journey.	Let's set off early to miss the rush hour traffic.
set up	1. To trick, to trap.	1. The police set up a trap for the car thief.
set up	2. To arrange, organize.	2. Our boss set a meeting up with the president.
	3. To start a business.	3. They set up their own company while they were at school.
shop around	To compare prices.	Let's shop around and see if we can find something cheaper.
show off	To brag or wants to be admired.	He's such a show off , he has to tell everybody about his things.
show up	To appear/arrive.	I don't think she'll show up tonight, her daughter is sick.
shut up	1. To be silent, stop talking.	1. Shut up , you're spoiling the movie!
	2. To close or finish.	2. The owner shut up shop for the last time.
sit down	To take a seat.	I think you should sit down I've got some bad news!
sleep over	To stay somewhere for the night.	You should sleep over tonight if the weather is too bad to leave.
sort out	To organize, resolve a problem.	We need to sort the bills out before the end of the month.
stand up	1. To rise from a sitting position.	1. The whole stadium stood up for the national anthem.
	2. To defend rights.	2. You should stand up for yourself.
stick to	To continue doing something.	You will lose weight if you stick to the diet.
stick up for	To defend rights.	My big brother always stuck up for me.
switch off	To stop the energy flow, turn off .	The light's too bright. Could you switch it off ?
switch on	To start the energy flow, turn on .	We heard the news as soon as we switched on the radio.
take after	To resemble, in appearance or character.	Angie really takes after her grandmother.
take apart	To purposely dismantle into pieces.	He took the car brakes apart and found the problem.
take away	1. To buy ready prepared food and drinks for consumption elsewhere (take out).	1. The Chinese take away was really cheap.
	2. To subtract.	2. Take away 25 from 100 and it leaves 75.
take back	1. To return an item.	1. I must take our new TV back because it doesn't work.
	2. To revoke something that has been said.	2. I'm sorry, I take it back , you're not that stupid!
take care	To look after .	Please take care of my cat while I'm away.
take off	1. To leave the ground.	1. The plane will take off as soon as the fog lifts.
	2. To remove an item of clothing.	2. Take off your coat in the house, it's not cold.

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take off	<ol style="list-style-type: none"> To remove something (usually clothing). To leave the ground. 	<ol style="list-style-type: none"> Take off your shoes and socks and come for a paddle! The plane took off at 09:35 hours.
take on	<ol style="list-style-type: none"> To hire or engage staff. To agree to do something. 	<ol style="list-style-type: none"> I hear they're taking on extra staff for this event. Thanks for taking on the extra work.
take out	<ol style="list-style-type: none"> To remove, extract. To buy ready prepared food and drinks for consumption elsewhere (take away). To pay for somebody to go somewhere with you. To remove from a place or thing. 	<ol style="list-style-type: none"> Please take out your mobile phones. The Chinese take-out was really good and cheap. My grandparents took us out for dinner and a movie. Can you take the rubbish out please?
tear up	<ol style="list-style-type: none"> To rip into pieces. To move with speed. 	<ol style="list-style-type: none"> I tore up my ex-boyfriend's letters. The bike tore up the road with such speed.
tell off	To reprimand/criticize severely.	The coach told me off for not trying hard enough.
think about	To plan.	I need to think about what I'm going to do.
think back	To remember (<i>often + to, sometimes + on</i>).	When I think back to my youth, I wish I had studied harder.
think over	To consider.	Take your time and think it over before you decide.
throw away	To dispose of.	We threw our old furniture away when we won the lottery.
try on	To put something on to see if it suits or fits.	Go ahead, try it on and see if it fits?
try out	To test.	I am going to try this new brand of detergent out .
turn down	To refuse.	I asked her out, but she turned me down flat.
turn down	<ol style="list-style-type: none"> To decrease the volume or strength. To refuse something. 	<ol style="list-style-type: none"> Please turn the TV down while we have guests. I was offered the job, but I turned it down
turn off	To stop the energy flow, switch off .	Your mother wants you to turn the TV off and eat.
turn on	To start the energy, switch on .	It's too dark in here, let's turn some lights on .
turn up	<ol style="list-style-type: none"> To increase the volume or strength. To appear. 	<ol style="list-style-type: none"> Can you turn the music up it's my favourite song. Our cat turned up after we put posters up.
use up	To finish the supply.	3. The kids used up the toothpaste and didn't tell me!
wake up	To stop sleeping.	We have to wake up early for work on Monday.
warm up	<ol style="list-style-type: none"> To increase the temperature. 	<ol style="list-style-type: none"> You can warm your feet up in front of the fire.

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	2. To stretch muscles before sport or exercise.	2. The runners warmed up before the race.
watch out	To be careful.	Watch out! There's a dog in the road.
wear off	To fade away.	Most of my make-up wore off before I got to the party.
wear out	1. To become unusable. 2. To become very tired.	1. Julie wore out her shoes running the marathons. 2. Julie was worn out after all that running.
wipe off	To clean with a cloth (board, table etc).	I'll wash up if you wipe off the table.
work out	1. To do physical exercise. 2. To find a solution or calculate something. 3. To be positive / successful 4. To make a calculation.	1. You should work out twice a week at the gym. 2. Can you work this out ? I'm no good at maths. 3. Our plan worked out fine. 4. We have to work out the total cost before we buy it.