



50 Important Phrasal Verbs You Need To Know

1. Come across: To find or encounter unexpectedly.

- I came across an interesting article while browsing the internet.
- During my hike, I came across a beautiful waterfall in the forest.

2. Occur to: To come to mind or be realised.

- It suddenly occurred to me that I left my keys at home.
- The solution to the problem occurred to him while taking a shower.

3. Pop in : To visit briefly or informally.

- Feel free to pop in for a cup of coffee whenever you're in the neighbourhood.
- I'll pop in at the office to drop off the paperwork.

4. Swing by: To visit a place briefly or on the way to another destination.

- Can you swing by the grocery store and pick up some milk on your way home?
- We'll swing by the bank before heading to the airport.

5. Pick up: To collect.

- I'll pick up the kids from school at 3 p.m.
- Could you pick up some groceries on your way back?





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6. Drop off: To deliver or leave someone or something at a location.

- Can you drop off the package at the post office on your way home?
- I'll drop you off at the airport on my way to work.

7. Sneak out: To leave a place quietly and secretly.

- We sneaked out through the back door.
- We decided to sneak out of the meeting early to avoid traffic.

8. Cheer up : To become happier or make someone happier.

- Watching a comedy always cheers me up after a tough day.
- I tried to cheer her up with a surprise visit and some flowers.

9. Crack up: To burst into laughter .

- The comedian's jokes made the entire audience crack up.
- There's something about that guy's face that just cracks me up.

10. Give up: To stop owning, using or trying something.

- Don't give up on your dreams, even when faced with challenges.
- He decided to give up smoking for the sake of his health.

11. Stick to: To remain loyal to a plan or decision.

- It's important to stick to your exercise routine for optimal results.
- Despite the temptations, she managed to stick to her diet plan.





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12. Carry on: To continue or proceed with an activity.

- Let's carry on with the meeting and discuss the next agenda item.
- Sorry to interrupt, please carry on.

13. Trip over: Accidentally stumble or fall over something.

- I tripped over the uneven pavement and scraped my knee.
- That cable is dangerous. Someone might trip over it.

14. Give away: To donate or provide something for free.

- We decided to give away old clothes to charity.
- The bookstore was giving away free bookmarks with every purchase.

15. Stock up on: To buy a large quantity of something for future use.

- Before the storm hits, let's stock up on essentials like water and food.
- Don't forget to stock up on groceries this weekend; we're expecting guests for dinner.

16. Sort out: To organise or deal successfully with a problem.

- If you can wait a moment, I'll sort it all out for you.
- She spent the weekend sorting out her closet.

17. Figure out: To understand or solve a problem.

- It took me a while to figure out how to use the new software.
- I can't figure out why he did it.





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18. Back up: To support or provide assistance.

- The writer doesn't back up his opinions with examples.
- Will you back me up if I say that I never saw him?

19. Fill in: To complete a form or provide missing information.

- Please fill in your name and contact details on the registration form.
- I'll fill in the missing information before submitting the report.

20. Scribble down : To quickly write or draw something.

- She scribbled down her phone number and pushed it into his hand.
- I hurriedly scribbled down lyrics from the radio.

21. Write down: To write something on a piece of paper.

- During the lecture, it's helpful to write down important points.
- I always write down my goals to stay focused.

22. Pencil in: To schedule with flexibility, acknowledging the possibility of changing the time or date.

- Let's pencil in a meeting for next Monday and confirm the details later.
- He told us that the tour was pencilled in for the following March.

23. Cross out: To draw a line through something to indicate it should be ignored or deleted.

- If you make a mistake, just cross it out and write the correction.
- The editor crossed out unnecessary paragraphs from the manuscript.





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24. Reach out: To make contact or seek help.

- If you have any questions, feel free to reach out to the support team.
- She set up her charity to reach out to the thousands of homeless on the streets.

25. Send out: To distribute or dispatch something.

- The company will send out the product orders by the end of the week.
- Let's send out invitations for the event well in advance.

26. Pass on: To transmit or convey something to someone else.

- I'll pass on your message to him when he returns.
- Could you pass it on to Lily when you've finished reading it?

27. Flick through: To quickly browse the pages of a book or magazine.

- I decided to flick through the manual to find the relevant section.
- While waiting, I flicked through a magazine to pass the time.

28. Read out: To read aloud for others to hear.

- The teacher asked the students to take turns and read out loud.
- During the ceremony, she was chosen to read out the award names.

29. Top up: To refill or add more to reach the top.

- Would you like me to top up your drink?
- Let's top up the coffee pot; it's almost empty.





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30. Heat up: To make something warmer.

- Can you heat up the leftovers in the microwave for lunch?
- The oven takes a while to heat up.

31. Go off: If food or drink goes off, it becomes bad and not fit to eat or drink.

- Don't eat that! It's mouldy. It's gone off.
- Milk went off so quickly in hot weather.

32. Tidy up: To organise or clean a space.

- I'm tired of asking you to tidy up your room.
- Tidy up these papers before you leave, please.

33. Freak out: To become extremely anxious or scared.

- I tend to freak out when I see spiders; it's a phobia.
- Don't freak out, but we need to discuss something important.

34. Chill out: To relax or unwind.

- After a long day at work, I like to chill out with a good book.
- Let's chill out by the pool this weekend.

35. Nod off: To begin sleeping, especially not intentionally.

- Quite a few people nodded off during the speech.
- After our busy day, we both nodded off in front of the TV.





Quick Smart English

36. Jump in: To interrupt when someone else is speaking.

- Do you mind if I jump in here?
- Jump in if you have any questions.

37. Hang out: To spend time socialising with others.

- We used to hang out at the park every weekend.
- Let's hang out at the cafe after work.

38. Miss out: To fail to experience or be part of something.

- Don't miss out on the opportunity to travel while you're young.
- I regret missing out on the concert; it must have been amazing.

39. Stay over: To spend the night at a place.

- After the party, some friends decided to stay over at my place.
- We can stay over at the hotel and continue our journey in the morning.

40. Pick out: To choose or select something from a group.

- Can you help me pick out a gift for my sister's birthday?
- It took me a while to pick out the right shade of paint for the living room.

41. Put away: To store something in its designated place.

- Don't forget to put away your toys before bedtime.
- After cooking, make sure to put away all the ingredients in the pantry.





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42. Hand in: To submit or give something to someone in authority.

- Students are required to hand in their assignments by Friday.
- Please hand in your completed forms at the reception desk.

43. Hand out: To distribute or give something to a group of people.

- The teacher will hand out the test papers in a few minutes.
- Volunteers handed out flyers to raise awareness about the event.

44. Stand for: If you will not stand for something, you will not accept a situation or a particular type of behaviour.

- He can't speak to me like that - I'm not going to stand for it.
- We won't stand for any kind of discrimination in our workplace.

45. Work out: To exercise.

- I try to work out at the gym three times a week.
- I work out regularly to keep fit.

46. Sign up for: To register or enrol in a program or activity.

- She decided to sign up for the photography workshop next month.
- Students can sign up for extracurricular clubs at the beginning of the school year.

47. Turn on: To activate or start a device or mechanism.

- Please turn on the lights; it's getting dark in here.
- Don't forget to turn on the dishwasher before leaving.





Quick Smart English

48. Turn off: To deactivate or switch off a device or mechanism.

- It's essential to turn off electronic devices to save energy.
- I always turn off my phone during meetings to avoid distractions.

49. Turn up: To increase the sound, heat, etc. of a piece of equipment.

- Could you turn the TV up?
- Turn the heat up high.

50. Turn down: To reduce the noise, heat, etc. of a piece of equipment.

- Please turn the volume down.
- He kept turning the central heating down.

