



I PHRASAL VERBS CON UP E DOWN



I phrasal verbs ti fanno impazzire? Niente paura, abbiamo qui una lista (anzi tre!) di phrasal verbs con up and down. Li abbiamo divisi in tre gruppi:

- quelli si formano sia con up che con down
 - quelli formati con up
 - quelli formati con down

**Scarica questo pdf e tienilo sempre a portata di mano.
Hai mai pensato di imparare tre phrasal verbs al giorno? Funziona!**

Verbi che formano i frasali con up e con down

Back up / Back down

Verbo	Traduzione	Esempio	Verbo equivalente
Back up	Fare retromarcia	He stopped the car, backed up, and asked the girl if she needed help.	Go in reverse
	Sostenere	I will always back my friends up.	Help, support
	Fare una copia	Back up your files every day.	Make copies of a computer file
Back down	Tirarsi indietro	Paula never backs down when defending her rights.	Retreat

Break up / Break down

Verbo	Traduzione	Esempio	Verbo equivalente
Break up	Disperdere	Police broke up the protesters	Disperse
Break down	Rompersi	These cars never break down.	Go out of order
Back down	Crollare emotivamente, perdere il controllo	When she heard the news, Jane broke down.	Lose control

Bring up / Bring down

Verbo	Traduzione	Esempio	Verbo equivalente
Bring up	Menzionare, toccare un argomento	It is not a good idea to bring up politics with her.	Raise a subject
	Allevare	I was brought up in the countryside	Raise
	Vomitare	She brings up everything she eats.	Vomit
Bring down	Far cadere	The scandal will bring down the government	Be defeated
	Buttare giù di morale	Every try is good, let's not bring ourselves down.	Make sad

Get up / Get down

Verbo	Traduzione	Esempio	Verbo equivalente
Get up	Alzarsi dal letto	Pam gets up at 6 every morning to go jogging.	Arise from bed
Get down	Scendere	Don't climb the tree, you will not be able to get down again.	Descend
	Buttar giù, deprimere qualcuno	The results of the tests got me down	To depress
	Scatenarsi, divertirsi	Let's get down in the disco!	Enjoy themselves
Get down to	Cominciare a fare	It's time to get down to homework!	Start doing

Go up / Go down

Verbo	Traduzione	Esempio	Verbo equivalente
Go up	Salire	The balloon went up	Rise
	Aumentare	Prices are going up	Increase
Go down	Scendere	Go down the stairs and turn right.	Descend

	Diminuire	Prices are going down	Decrease
	Essere sconfitto		Be defeated

Look up / Look down

Verbo	Traduzione	Esempio	Verbo equivalente
Look up	Cercare in un libro o in un'altra fonte simile	When you don't know the meaning of a word, look it up in a dictionary.	Search, discover.
Look up to	Ammirare, avere rispetto	Every student wants to have a teacher they can look up to.	Have respect for
Look down on	Guardare con sufficienza,	She's so snobbish, she always looks down on me.	Despise

Mark up / Mark down

Verbo	Traduzione	Esempio	Verbo equivalente
Mark up	Alzare il prezzo	The store marked up all the raincoats.	Increase the price
Mark down	Abbassare il prezzo	These jeans were marked down by 50%.	Lower the price

Put up / Put down

Verbo	Traduzione	Esempio	Verbo equivalente
Put up	Appendere	A sign must be put up to indicate the house.	Mount on wall
	Tirare su, costruire	We put up our tents as soon as we arrived at the campsite.	Raise
Put down	Parlare male di	It's not polite to put people down like that.	Speak ill of
	Poggiare	Put down the pen and go.	Place on a surface

Set up / Set down

Verbo	Traduzione	Esempio	Verbo equivalente
Set up	Fondare	The factory was set up 150 years ago.	Establish
	Montare, assemblare	I never knew how to set up IKEA furniture	Assemble
	Sistemare, posizionare	Let's set up the chairs in a circle.	Arrange

	Organizzare	We'll set up the meeting for next Monday.	Organize
	Configurare (un software)	Tom helped me set up my new PC.	Configure
Set down	Mettere per iscritto	First, we have to set down the rules.	Record in writing

Stand up / Stand down

Verbo	Traduzione	Esempio	Verbo equivalente
Stand up	Alzarsi, mettersi in piedi	In the past, the students had to stand up when the teacher entered the room.	Rise to your feet
Stand down	Dare le dimissioni	The principal stood down.	Resign

Turn up / turn down

Verbo	Traduzione	Esempio	Verbo equivalente
Turn up	Comparire (di persona; sbucare fuori (di cosa)	He turned up at the party when no one was expecting him.	Arrive; be found
	Aumentare (il volume)	Please turn the radio up. I can hardly hear it.	Increase the volume

Turn down	Rifutare	He turned down the offer without saying why.	Refuse
	Abbassare (il volume)	Please turn down the music.	Lower the volume

Zip up / Zip down

Verbo	Traduzione	Esempio	Verbo equivalente
Zip up	Chiudere	Zip up your trousers	Close with a zip fastener
Zip down	Aprire	I zipped down my jacket because it was hot.	Open with a zip fastener

Verbi frasali inglesi con up

Add up	Addizionare	Today we learned how to add up numbers with two digits.	Add
Beat up	Picchiare a sangue	A group of bullies beat Tom up.	Assault
Blow up	Gonfiare	We have to blow all the balloons up before the party.	Inflate

	Esplodere / Far esplodere	The bombers blew up the building.	Explode or to destroy something with an explosion
	Arrabbiarsi	The teacher blew up when she discovered the students hadn't done their homework.	Get angry
Call up	Chiamare al telefono	Call me up before you leave.	Telephone
Cheer up	Tornare di buonumore / Mettere di buonumore	We tried hard to cheer Laura up, but nothing worked.	Become happier / Make someone become happier
Come up	Venir fuori; uscire	And who came up with this idea?	Be raised, occur
	Avvicinarsi, avanzare	Tom came up and introduced himself.	Approach
Crack up	Ridere / Far ridere a crepapelle	It was so funny that I cracked up.	Laugh a lot
Dress up	Vestirsi bene	May is dressing up for the party.	Put on formal or nice clothing
Drink up	Bere tutto	Lucy drank his milk up and went to bed.	Finish a drink
Eat up	Finire di mangiare; mangiare tutto	You must eat up before you can go play.	Finish meal; eat completely

End up	Ritrovarsi, finire	If we continue like this we will end up with no money.	Arrive; become
Fill up	Riempire completamente	Fill the tank before returning the vehicle.	Fill completely
Give up	Smettere, abbandonare	I gave up smoking five years ago.	Stop, quit, abandon
Grow up	Diventare adulto	Max will never grow up.	Become adult
Hang up	Attaccare	Calm down or I'll hang up the phone.	Terminate a phone call
Hurry up	Sbrigarsi	Hurry up, we are late!	Do faster
Hush up	Tacere / far tacere	The audience finally hushed up.	Be silent / make silent
Keep up	Continuare così, insistere	Excellent work! Keep it up.	Persist; persevere in
	Tenere sveglio	Worry kept me up all night.	Prevent from going to sleep
Keep up with	Restare aggiornato	Young people follow social networks to keep up with the latest news.	Stay informed

	Restare al passo	I have trouble keeping up with my classmates.	Maintain a pace or level
Line up	Stare in fila	We had to line up to get into the cinema	Stand in a line
	Mettere in fila	The teacher lined up all the students	Put in a row
Make up	Inventare	Paul is good at making up stories not to do his homework.	Invent (a story, an excuse)
Mess up	Mettere in disordine	Please do not mess up your room.	Make disorganized or messy
Open up	Confidarsi	Jane opens up only to me.	Talk openly
Pick up	Andare /Venire a prendere	Would you pick me up after work?	Collect in a vehicle
	Raccogliere	I picked up the pen from the ground.	Grasp, lift
Rip up	Strappare, fare a pezzi	Jane ripped up his love letter in front of him.	Tear to pieces
Save up	Mettere soldi da parte	I'm saving up to buy a new car.	Collect money for future use

Screw up	Vomitare	Mary threw up all the cookies she had eaten.	Vomit
Shut up	Tacere	Sit down and shut up!	Stop speaking
Use up	Usare tutto, finire	Did you really use all the toothpaste up again?	Use all of
Wake up	Svegliarsi	We woke up at 5 am to get the plane.	Awake

Phrasal verbs con down

Calm down	Calmarci	Calm down, everything is going to be alright.	Become more relaxed or less angry
Choke down	Ingoiare a fatica	Pam didn't like the food, but she choked it down anyway.	Swallow with difficulty
Close down	Chiudere per sempre (cinema, negozio ecc.)	If the factory closes down, the workers will lose their jobs.	Stop operating
Cut down	Abbatere	This old tree should not have been cut down.	Cut

Cut down on	Ridurre	It is very difficult to cut down on cigarettes.	Reduce
Fall down	Crollare	The old wall fell down.	Collapse
	Fallire	Many students fall down on this test	Fail
Go down	Scendere	The price has gone down a bit since last year.	Decrease
Hand down	Passare	My mother handed down my clothes to my sister.	Pass something on to someone else
Kneel down	Inginocchiarsi	Most people kneel down to pray	Get onto one or both knees
Knock down	Buttare giù, abbattere	The old building will be knocked down	Demolish
	Abbassare (un prezzo)	I decided to knock down the price	Reduce
	Buttare a terra	The boxer knocked down his opponent and won	Cause to fall
Let down	Deludere	You promised Pam you'd take her to the zoo, don't let her down.	Disappoint; not keep a promise

Play down	Minimizzare	The gravity of the situation is impossible to play down	Make something appear less important
Run down	Investire con un veicolo	The cyclist was run down by a car.	Hit someone with a vehicle
	Criticare ingiustamente	She is always running down other people's suggestions.	Criticize unfairly
Settle down	Sistemarsi, sposarsi, trovarsi un lavoro ecc.	People in their thirties begin to settle down.	Have a regular life, a regular job, get married, etc.
Sit down	Sedersi	Sit down and shut up!	Seat yourself
Slow down	Rallentare	You're going to cause an accident. Slow down!	Go more slowly.
Step down	Dare le dimissioni	It's time she stepped down.	Resign (from an office or position).
Track down	Rintracciare	The thief was finally tracked down by the police.	Search until found
Wolf down	Divorare	The boys wolfed down the whole cake in no time.	Eat greedily
Write down	Annotare	I wrote down her number.	Make a note