



TABELLA DEI PHRASAL VERBS CON **IN & OUT**

I phrasal verbs in inglese sono importantissimi. Li usano tutti, sempre. Anche tu devi impararli, se vuoi che il tuo inglese sia fluente e naturale, se vuoi capire ogni sfumatura di significato e farti capire.

Il modo migliore per impararli è vederli nel contesto. Mentre leggi, ascolti una canzone, guardi un video o parli con qualcuno cerca sempre di fare attenzione ai verbi frasali. Questo ti aiuterà a capirne il significato, a capire come usarli e a ricordarli meglio. E se poi vuoi una mano a ricordare i **phrasal verbs con In e Out**, ti abbiamo preparato questa lista. Scaricala, tienila a portata di mano e consultala ogni volta che hai un dubbio!

Phrasal verbs sia con **ON** che con **OFF**

Verbo	Traduzione	Esempio	Verbo equivalente
Ask in	Invitare a entrare	At the end of the meeting, the boss asked Mary in	Invite to enter
Ask out	Chiedere di uscire per un appuntamento	I asked Laura out but she refused.	Invite on a date
Break in	Irrompere	Someone has broken in, call the police!	Enter by force
	Intromettersi	I'm sorry to break in but you have a call.	Interrupt

Verbo	Traduzione	Esempio	Verbo equivalente
Break out	Evadere	The prisoner broke out of jail	Escape
	Scoppiare (di guerra, conflitto, caos ecc)	The war broke out earlier than everyone expected.	Begin
Check in	Registrarsi, fare il check in (in albergo, in aeroporto ecc.)	Remember to check in online the day before your flight.	Register
Check out	Verificare, dare un'occhiata, informarsi	When you're in NYC, check out that store I told you about.	Verify, investigate, look at
	Lasciare la stanza (hotel ecc)	Guests are requested to check out before 11am.	Leave the room
Come in	Entrare	Come in. It's going to rain.	Enter. Go indoor
	Arrivare	Materials have not come in, we cannot move forward	Arrive
	Entrare in gioco	We need an expert, and that is where Dr. Brown comes in.	Become involved
Come out	Emergere	A figure came out of the darkness.	Emerge

Verbo	Traduzione	Esempio	Verbo equivalente
	Uscire fuori	I am not allowed to come out until I finish my homework.	Go outside
	Venir fuori, essere reso noto	We were shocked when the news came out.	Become known, be made public
	Uscire, venire pubblicato	The book came out in December and is already a bestseller.	Be published, be released.
Come out with	Uscirsene	How could he come out with such an absurd idea?	Say
Drop in	Fare una capatina		Visit
		Drop in anytime, you are always welcome!	
Drop out	Ritirarsi da una competizione	Two athletes had to drop out due to injury.	Withdraw
	Abbandonare la scuola	More and more young people are dropping out of school to find a job.	Reject conventions
Get in	Arrivare a casa	When did you get in last night?	Arrive

Verbo	Traduzione	Esempio	Verbo equivalente
	Salire (su un mezzo di trasporto)	Be sure to clean your shoes before you get in the car.	Enter a vehicle
	Entrare in una scuola, università ecc.	Jane has applied for NYU and is sure to get in.	Be admitted
Get out		The news about Mary got out very quickly	Become known
		Please get that cat out of here	Escape or leave / make leave or escape
Give in	Arrendersi	I give in. The test is too difficult for me.	Surrender
Give out	Sprigionare	The radiator gives out heat	Radiate
	Distribuire	At her party, Jane will give out small gifts to all of her friends.	Distribute
Lock in	Chiudere dentro, rinchiudere	Police have locked up the arrested	Prevent from leaving
Lock out	Chiudere fuori	If you don't come home by midnight, I swear I'll lock you out!	Prevent from entering

Verbo	Traduzione	Esempio	Verbo equivalente
Log in	Effettuare l'accesso a un sito web, posta elettronica ecc.	Log in to your account to view your inbox	Sign in
Log out	Uscire disconnettersi da account, sito web, posta ecc.	If you are using a shared PC, log out of your email after checking it.	Sign out
Move in	Trasferirsi	Jane found a new apartment and she is moving in next week.	Make one's home
Move out	Andare via di casa	As soon as I find a job, I'm moving out	Leave one's home
Pop in	Fare un salto, passare	I just popped in to say hello.	Drop by
Pop out	Fare un salto, andare	I'm popping out to the shops, I'll be back in ten minutes.	Go out briefly
Rush in	Entrare di corsa	She rushed in and no one could stop her.	Enter in a hurry
Rush out	Uscire di corsa	We rushed out to get some food before the stores closed.	Exit in a hurry
Stay in	Restare a casa	I'd rather stay home, I'm exhausted.	Remain at home

Verbo	Traduzione	Esempio	Verbo equivalente
Stay out	Passare la notte fuori casa	I can't stay out without my parents' permission.	Not return home at night
Take in	Restringere	I've lost a lot of weight, I have to have all my clothes taken in.	Make smaller
	Accogliere	The Browns took me in when I had nowhere else to go.	Give shelter; lodge
	Capire a fondo	I'm not sure I took it all in, but I got the point.	Understand
Take out	Portare fuori	Can you take the rubbish out?	Put outside
	Portar fuori (per un appuntamento)	Paul took Jane out to a fancy club.	Go on a date with
Turn in	Consegnare	Laura always turns in her homework before others.	Hand in
	Andare a dormire	I'm tired, I'm going to turn in.	Go to bed
Turn out	Andare a finire	In the end, it all turned out for the best.	End up

Verbo	Traduzione	Esempio	Verbo equivalente
Zoom in	Zoomare	The cameras zoomed in to show the details.	Focus closely
Zoom out	Allontanarsi (di telecamera)	I zoomed out to frame the entire scene.	Move back

Phrasal verbs con In

Verbo	Traduzione	Esempio	Verbo equivalente
Bring in	Portare in cassa, far guadagnare	My new job brings in a lot of money.	Earn money
	Introdurre	The government is about to bring in a smoking ban even outdoors.	Introduce
Color in	Colorare	Kids love to color in the pictures.	Fill with color
Dive in	Gettarsi a capofitto in un'iniziativa/attività	When in doubt, don't think, just dive in!	Undertake
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Verbo	Traduzione	Esempio	Verbo equivalente
Fill in	Completare, riempire	Please fill in the blanks.	Complete where needed
Fit in	Inserirsi, ambientarsi, adattarsi	Bill's lifestyle doesn't fit in with the rest of his family.	Get along with, belong
Jump in	Tuffarsi in qualcosa (acqua o esperienze ecc)	She jumped in the discussion because she found it very interesting	Dive, become involved
Let in	Far entrare	There is still room, let everyone in.	Allow to enter
Plug in	Collegare a una presa	Can I plug in my computer?	Connect

Phrasal verbs con Out

Verbo	Traduzione	Esempio	Verbo equivalente
Cut out	Eliminare	If you want to lose weight, cut out sugar and alcohol.	Eliminate
Die out	Estinguersi	Many species are dying out due to global warming.	Become extinct

Verbo	Traduzione	Esempio	Verbo equivalente
Eat out	Mangiare al ristorante	I'm tired of eating out, I just want to have a TV dinner.	Go out to a restaurant
Figure out	Risolvere	We'll figure it out, just like we always do.	Solve a problem
Find out	Scoprire	Paula freaked out when she found out her husband was cheating on her.	Learn, discover
Hand out	Distribuire	Tom often hands out leaflets on the street corner.	Distribute
Hang out	Passare il tempo	When I don't have to study, I hang out with my friends.	Spend time
Kick out	Cacciare via	Stop drinking or I'll kick you out!	Force to leave
Knock out	Far perdere conoscenza	I can't drink cocktails, they knock me out.	Strike unconscious
Leave out	Non mettere una cosa	If you leave out the baking powder, the cake will not rise.	Not include
	Escludere una persona	We were left out of the party.	Exclude

Verbo	Traduzione	Esempio	Verbo equivalente
Look out!	Attenzione!	When crossing the street, look out!	Be careful!
Make out	Distinguere, capire	I can't make out what's written on the board.	Be able to hear or read
Miss out	Perdere un'occasione	Big discounts, do not miss out!	Lose an opportunity
Pass out	Svenire	It was so hot that I passed out.	Faint
Pick out	Scegliere	We went to pick out the sofa for the new house.	Choose
Point out	Far notare	The teacher pointed out some recurring mistakes.	Draw attention to something
Print out	Stampare	I must print out my report for history class	Print something from a computer
Put out	Spegnere un fuoco	The firefighters put the fire out.	Extinguish
	Spegnere (la luce)	Put out the light and sleep, it's late.	Switch off
	Disturbare	Your arrogant attitude really puts me out.	Annoy

Verbo	Traduzione	Esempio	Verbo equivalente
Run out	Scadere	Let's shop the sales before they run out.	Expire
Run out (of)	Finire	We've run out milk.	Have no more of something.
Sell out	Vendere tutto	New sneakers are already sold out	Sell everything
Shout out	Gridare	Don't shout out the answer, raise your hand instead.	Say loudly, cry
Sort out	Mettere in ordine	I really need to sort out the books in my library.	To arrange
		They are trying to sort out the misunderstanding they had.	Resolve problems or difficulties
Stand out	Farsi notare, spiccare	Jim stands out among his classmates because he is the tallest.	Be noticeable or remarkable
Throw out	Buttare via	Kane threw out all of her old clothes.	Dispose of
Try out	Provare	I tried out a new recipe: do you like it?	Test

Verbo	Traduzione	Esempio	Verbo equivalente
Watch out	Far attenzione	Watch out, the road is icy	Be careful
Work out	Allenarsi	I used to work out four times a week.	Do physical exercise
	Risolvere (un puzzle, cruciverba, un problema ecc.)	I need to work out a problem with my friends	Solve, Find a solution

Be

