

A man with dark hair and a beard, wearing a teal polo shirt, is looking directly at the camera. He has his right hand raised above his head with fingers spread, and his left hand is held up in front of him, palm facing forward, with the index and middle fingers extended. The background is a plain, light grey.

Czasowniki złożone, które  
warto poznać zanim  
wyjedziesz do krajów  
anglojęzycznych.

# Phrasal Verbs

# A

**account for** - wyjaśnić coś (podać powody)

„I have no idea how I can account for my strange behaviour”

**answer back** - pyskować, niegrzecznie odpowiadać

„Parents don't like it when children answer them back”

**ask out** - zapraszać kogoś na randkę

„Everyone knows that Peter wants to ask Nikki out.”

# B

**back up** - popierać kogoś

„Will you back me up in the school election?”

**be into** - lubić coś, interesować się czymś

„My elder sister is into cooking Italian dishes”

**break down** - zepsuć się

„My car breaks down every year. I think I'll need to change it”

**break into** - włamać się

„Somebody broke into their house last night and stole valuable paintings”

**break out** - wybuchać (np. o wojnie/ epidemii)

„The II World War broke out in 1939.”

**break up** - zrywać (o związku)

„After five years of being with each other, they decided to break up.”

**bring up** - wychowywać (dzieci)

„They tried to bring their children up in the best possible way”

**brush up on** - podszlifować, odświeżyć (np. znajomość języka)

„Instead of wasting my time, I should brush up on my English more often”

**bump into** - wpaść na kogoś/ napotkać

„You won't believe whom I bumped into yesterday. Our English teacher was at the party I went to.”

## C

**call back** - oddzwaniać

„When you're back home, please call me back as soon as possible.”

**call off** - odwoływać (np. spotkanie)

„The headmaster called off today's classes because of the weather conditions.”

**calm down** - uspokoić się

„Calm down or I will leave right now!”

**carry on** - kontynuować/ nadal coś robić.

„I admire my colleague, he carries on learning new things all the time.”

**catch up with** - nadrabiać (zaległości)

„After so much time of not seeing each other, they have a lot to catch up with.”

**check out** - sprawdzić coś

„Before we start cooperation with this company, we need to check them out.”

**cheer up** - rozchmurzać się (nastrój)

„Hey Pam, cheer up! You shouldn't worry about this stupid thing!”

**close down** - zamykać (np. firmę)

„Because of the economic crisis they closed the factory down.”

**come across** - natknąć się na

„As we were going down the hill, we came across a wolf!”

**come back** - wracać

„I can't wait until they finally come back home.”

**come down with** - zachorować na

„It's typical for me to come down with flu every year.”

**come out** - wychodzić na jaw/ być wydany (o książce, filmie itp.)

„The latest record of Coldplay comes out next week.”

**come up with** - wpasć na (np. pomysł)

„It was a bit difficult to come up with this idea.”

**count on** - liczyć na kogoś

„George is someone you can count on. He's so helpful.”

**cut down on** - ograniczać

„If you want to keep fit, you must cut down on sweets.”

**cut off** - odciąć

„After the storm almost the whole town had their electricity cut off.”

## D

**deal with** - zajmować się czymś / radzić sobie z

„Now we're under pressure at work, but we need to deal with that”

**depend on** - polegać na/ zależeć od czegoś

„It depends on how much money we can earn.”

**die out** - wymierać

„Dinosaurs probably died out because of sudden climate changes.”

**do up** - odnawiać (np. budynek) /zapinać (np. kurtkę)

„I suppose we will do the house up when the weather's better.”

**do without** - obejść się bez czegoś

„My children can do without watching TV. I'm so happy about that.”

**draw back** - wycofać się

*„Even though they promised to help us, they drew back anyway.”*

**drive at** - zmierzać do czegoś/ próbować powiedzieć

*„I have no idea what you are driving at.”*

**drop in** - wpadać z wizytą

*„If you are in NY some day, don't forget to drop in.”*

**drop off** - podrzucić kogoś gdzieś po drodze/ zasnąć (uciąć komara)

*„I can drop you off on my way home.”*

## E

**eat out** - jeść na mieście

*„If I don't cook at home, I usually eat out with my friends.”*

**end up** - znaleźć się gdzieś (nieoczekiwanie)

*„We were looking for good restaurants and finally ended up in McDonald's.”*

**eye up** - przyglądać się komuś

*„Peter is shy and he will always eye girls up instead of talking to them.”*

## F

**face up to** - stawić czoła czemuś

*„It's time we faced up to this sad matter. We cannot run anymore.”*

**fall apart** - rozlatywać się w kawałki

*„My neighbour's child dropped my vase and it fell apart.”*

**fall behind** - zostawać z tyłu

*„I was lazy and now I've fallen behind all my classmates.”*

**fall for** - zakochiwać się w kimś

„Martin falls for every girl he sees. He's not responsible.”

**fall off** - spadać z

„While I was riding a horse, suddenly I fell off it and broke my arm.”

**fall out with** - pokłócić się

„We shouldn't fall out with each other about such silly things.”

**fill in** - wypełnić (np. druk)

„First fill in here and sign at the bottom of the page, please.”

**figure out** - wymyślić, rozwiązać coś

„I spent a lot of time on this task but then I figured it out.”

**find out** - dowiadywać się

„Can you tell me how you found out about their secret wedding?”

**fit in** - wpasować się

„Even though he was new in the office, he quickly fitted in.”

## G

**get away with** - wywinąć się, uchodzić płazem

„I'm sure this time he will not get away with it and get punished.”

**get back to** - wracać z powrotem do jakiejś czynności

„There's no time for gossiping! Let's get back to work.”

**get on** - wsiadać

„I got on the bus and went to the city centre.”

**get on with** - mieć dobre relacje z kimś

„I really get on well with my neighbours.”

**get off** - wysiadać

„I didn't know at which bus stop I had to get off so I was late.”

**get over** - pokonać, przezwyciężyć

„Amy had lots of problems, but with our help she got them over.”

**get up** - wstawać z łóżka

„What time do you usually get up?”

**give out** - rozdawać (np. ulotki)

„The girls in the street were giving out colourful leaflets.”

**give up** - rzucić coś, poddawać się

„The doctor told me to give up smoking. Now I know I must do it for myself.”

**go by** - mijać

„I can't believe that time goes by so fast.”

**go off** - wybuchać (o bombie) / gasnąć (o światłach) / psuć się (o jedzeniu)

„The lights went off so we had to use candles.”

**go on** - dziać się, kontynuować

„At first I didn't know what was going on outside.”

**go through** - przeglądać

„I'll go through these reports quickly to see if there are no mistakes.”

**grow up** - dorastać

„We grew up in a small town in Kansas.”

## H

**hang on** - czekać

„Hang on a minute. I'll show you what I've found.”

**hang out** - spędzać czas

„I sometimes hang out with my relatives.”

**head for** - zmierzać do

„Excuse me Sir, where are you heading for?”

**hear from** - otrzymać od kogoś wiadomość

„I haven't heard from Kate for a long time.”

**hold on** - zaczekać

„Please hold on, I'll see if Mr Brow is in his office.”

**hurry up** - pośpieszyć się

„Hurry up if you don't want to miss your school bus.”

## K

**keep away** - trzymać się z dala

„Keep away from any addictive substances.”

**keep on** - robić coś nieprzerwanie

„If you keep on telling such silly jokes, I'll leave.”

**keep up with** - dotrzymywać kroku, nadążać za czymś/kimś

„If you don't want to be left behind, keep up with the rest of us.”

## L

**laugh at** - śmiać się z

„Stop laughing at me! It's not funny.”

**let down** - zawodzić kogoś

„How can I trust them if they let me down all the time.”

**let off** - odpuścić/ darować komuś

„This is not your first mistake. Why should I let you off?”

**live up to** - sprostać czemuś / spełnić oczekiwania

„It was always difficult for me to live up to my teachers' expectations.”



**look after** - opiekować się

„Will you look after my dog while I'm on holiday?”

**look around** - rozglądać się

„Can I help you? Thanks, I'm just looking around.”

**look down on** - patrzeć na kogoś z góry / pogardzać

„I don't like people who look down on others just because they're poor.”

**look for** - szukać

„What are you looking for in this box?”

**look forward to** - wyczekiwać / nie móc się czegoś doczekać

„I look forward to opening Christmas gifts.”

**look out** - uważać

„Look out, the car is going to hit the tree.”

**look up** - sprawdzać (np. w słowniku)

„When I find a word I don't understand, I just look it up in a dictionary.”

**look up to** - podziwiać kogoś

„Teenagers look up to their idols.”

## M

**make out** - zrozumieć / rozgryźć coś

„Janet has always been a secretive person. I can't make her out.”

**make up** - pogodzić się z kimś / malować się

„After a bad argument, they finally made up.”

**make up for** - wynagrodzić komuś coś

„Sorry for everything I did to you. You can be sure that I'll make up for all this.”

**move in/out** - wprowadzić się / wyprowadzić się

„Before we move in, we'll need to paint the walls.”

**move on to** - przejść do czegoś

„Can you move on to the next point?”

## N

**note down** - zapisać

„Oh and don't forget to note down the following things on the list!”

## O

**operate on** - operować kogoś

„The doctors operated on Ellen last Tuesday. Now she's fine.”

**opt for** - wybierać

„So have you opted for the right doctor?”

## P

**pass away** - umrzeć

„Her uncle passed away at the age of 50.”

**pass out** - zemdleć

„The air in the room was so stuffy that one of the guests suddenly passed out.”

**pay off** - spłacić (np. dług)

„I got some extra money from parents so I can pay off my student loan.”

**pick on** - czepiać się kogoś / dokuczać

„One of my school mates used to pick on me but I didn't care about that.”

**pick up** - podłapać (język)/ podnieść / odebrać (np. z lotniska)

„As I was staying at my friends' in London, I tried to pick up some English slang.”

**put off** - odłożyć coś na później

„I don't think we'll do it on time. Why don't we put it off?”

**put on** - zakładać na siebie (ubranie)

„Don't forget to put on a cap, it's cold outside.”

## R

**refer to** - odnosić się do czegoś/ zaglądać do

„Before I make a decision, please let me refer to some formal regulations.”

**rely on** - polegać na kimś

„You can't deny you couldn't rely on me in difficult situations!”

**ring up** - dzwonić / telefonować

„As soon as you hear this message, please ring me up.”

**run away** - uciekać

„The moment they saw the fire, they ran away from the building.”

**run out** - wyczerpać się / skończyć się

„I'm afraid we've run out of sugar. Will you borrow some from Mrs Berry?”

**run over** - przejechać / potrącić

„Some woman was run over by a drunk driver, but thank God she is fine.”

## S

**save up** - oszczędzać

„Every month I try to save up some money for my summer holiday.”

**see off** - odprowadzać kogoś / żegnać się / wyruszyć w podróż

„A lot of my friends came to the station to see me off.”

**set up** - założyć (np. firmę)

„I needed a lot of money and luck to set up this business.”

**show up** - pojawiać się

„Peter didn't expect Rachel to show up at the party.”

**show off** - chwalić się / popisywać się czymś

„Just because he's rich, it doesn't mean he must show off so much.”

**sort out** - rozwiązać (np. problem)

„I will need more time to sort out what mistakes were done.”

**switch on/off** - włączyć / wyłączyć

„Could you switch the lights on, please?”

## T

**take after** - przypominać kogoś/ być podobnym

„Look, he takes after his father so much!”

**take back** - cofać coś, co się powiedziało / odszczekać

„You'd better take back what you said about her or you'll regret it.”

**take in** - oszukać, nabrać kogoś

„I can't believe he took me in again. How can I trust him?”

**take off** - zdejmować (np. ubranie) / startować (o samolocie)

„The plane is about to take off in a couple of minutes.”

**take up** - zacząć coś robić (np. nowe hobby) / podjąć się czegoś

„Did you know that Martin took up yoga classes?”

**talk into** - namawiać kogoś / przekonać

„They want to talk us into going to the party late at night but it's a stupid idea”

**tell off** - skarcić / besztać

„Her mother told her off when she heard that she was dating an older man.”

**think over** - przemyśleć coś

„First we must think this issue over. Then we'll make the final decision.”

**throw away** - wyrzucać coś

„I don't need those clothes, I'll throw them away or give to someone.”

**try on** - przymierzać (o ubraniu)

„Why don't you try on this lovely green shirt?”

**turn on/off** - włączać / wyłączać

„Could you turn off the radio while I'm talking on the phone, please?”

**turn down** - ściszać / odrzucać (np. zaproszenie, ofertę pracy)

„I'm not going to work with my brother-in-law. I turned down his job offer.”

## W

**wake up** - obudzić się

„She usually wakes up at 7 a.m. on weekdays.”

**warm up** - rozgrzewać się

„By the time you jump into cold water, warm up a bit.”

**watch out** - uważać

„Watch out! I'm carrying a hot pot so please open the door for me.”

**write down** - zapisać

„Write down on the shopping list everything I'll tell you.”

**work out** - znaleźć rozwiązanie/ wydedukować / ćwiczyć (np. na siłowni)

„This task isn't easy at all. How will we work it out on our own?”

**wrap up** - pakować / zakończyć

„Let's wrap up this project for today. I'm too tired to continue.”