**Idioms and Phrases**

Every language has its own **idioms** and **expression** and the English language has plenty of phrases that is useful to learn. Idioms are words or phrases that aren’t meant to be taken literally and usually have a cultural meaning behind them. Most of the English idioms you hear are offering advice’s but also contain some underlying principles and values. You have probably heard some of them, especially in TV-shows and movies, and wondered why you can’t understand these idioms even though you fully understand the words. To learn English idioms and expression it can take some time but there are some of them that are more popular than others that will come handy if you know them. When you learn English idioms and phrases you will sound more confident especially when you speak with native English speakers. If you can’t understand idioms you will not be able to understand the context.

**Examples:**

**1. ‘The best of both worlds’** – means you can enjoy two different opportunities at the sametime.  
“By working part-time and looking after her kids two days a week she managed to get the best of both worlds.”

**2. ‘Speak of the devil’ –** this means that the person you’re just talking about actually appears at that moment.  
“Hi Tom, speak of the devil, I was just telling Sara about your new car.”

**3.‘See eye to eye’** – this means agreeing with someone.  
“They finally saw eye to eye on the business deal.”

**4.‘Once in a blue moon’** – an event that happens infrequently.  
“I only go to the cinema once in a blue moon.”

**5.‘When pigs fly’ –** something that will never happen.  
“When pigs fly she’ll tidy up her room.”

**6. ‘To cost an arm and a leg’**– something is very expensive.  
“Fuel these days costs an arm and a leg.”

**7. ‘A piece of cake’**– something is very easy.  
“The English test was a piece of cake.”

**8. ‘Let the cat out of the bag’** – to accidentally reveal a secret.  
“I let the cat out of the bag about their wedding plans.”

**9. ‘To feel under the weather’** – to not feel well.  
“I’m really feeling under the weather today; I have a terrible cold.”

**10. ‘To kill two birds with one stone’** – to solve two problems at once.  
“By taking my dad on holiday, I killed two birds with one stone. I got to go away but also spend time with him.”

**11. ‘To cut corners’** – to do something badly or cheaply.  
“They really cut corners when they built this bathroom; the shower is leaking.”

**12. ‘To add insult to injury’** – to make a situation worse.  
“To add insult to injury the car drove off without stopping after knocking me off my bike.”

**13. ‘You can’t judge a book by its cover’** – to not judge someone or something based solely on appearance.  
“I thought this no-brand bread would be horrible; turns out you can’t judge a book by its cover.”

**14. ‘Break a leg’ –** means ‘good luck’ (often said to actors before they go on stage).  
“Break a leg Sam, I’m sure your performance will be great.”

**15. ‘To hit the nail on the head’ –** to describe exactly what is causing a situation or problem.  
“He hit the nail on the head when he said this company needs more HR support.”

**Examples:**

1. A BLESSING IN DISGUISE

Something that appears bad at first but ends up having good results  
Missing that plane turned out to be **a blessing in disguise** because I got to spend more time with my family.

2. A SANDWICH SHORT OF A PICNIC

A humorous way of saying someone is stupid or is a bit mad  
He brought only shorts and t-shirts when he went to Sweden in the winter – I think he might be **a sandwich short of a picnic**!

3. A STONE’S THROW

Something is very close or near  
Luckily the wedding is just **a stone’s throw** from our hotel so we can walk there.

4. ACTIONS SPEAK LOUDER THAN WORDS

What you do is more important than what you say; someone’s words may not be trustworthy  
Person A: “John keeps saying he wants to take me out for dinner, but then he never does!”  
Person B: “**Actions speak louder than words.**“

5. ADD FUEL TO THE FIRE

When someone does something to make a bad situation worse  
When Sarah started laughing during the argument, it really **added fuel to the fire**!