

# Travel

## Go back

### To return to the place you just left

One third of students said they will go back to work in the summer holidays.

IELTS WRITING

It was such a magical trip. I'd love to go back to Croatia someday.

## Set off

### To begin a journey

Well actually, we set off really late so almost missed our morning departure!

When I'm travelling, I prefer to set off early so I don't have to feel worried.

## Take off

### Usually used for a plane leaving the ground

30% of planes took off within 15 minutes of their scheduled flight times during November. IELTS WRITING

Our flights are not taking off until after dinner so we need to rush around everyone.

## Hold up

### A delay in travel

The daily total of motorway hold ups gradually increased in 2018 by around 20% total.

IELTS WRITING

There were some problems with the track so our train was helped up getting here on time.

## Check in

### To arrive and register at a hotel or airport

Generally when I travel, I try and ask for an early check in if possible.

We checked into the hotel at around 3pm if I remember rightly.

## Check out

### To formally leave and end your stay at a hotel

I really didn't want to check out of the guesthouse - it was so nice!

We were quite lucky and got a bit of a late check out at the end of the trip.

## Get away

### **To leave and begin a holiday**

South East England was the new preferred destination for get-aways during 2020.

IELTS WRITING

When I'm not working and get holiday leave I love to get away to the beach.

### **Look around**

#### **To explore a tourist destination**

Many tourists these days don't even bother to look around cultural areas.

We had a lazy day looking around the local high street.

### **Lay over**

#### **A break in a journey or flight**

We were laid over in the airport for about 8 hours between flights.

I'll lay over in Heathrow before making my next flight to Greece.

### **Get on**

#### **Boarding a plane or boat**

My parents are quite old now so found a bit tricky getting on the boat.

We got on the plane at about 7:20pm but didn't leave for nearly two hours!

## **Work**

### **Knuckle down**

#### **Working very hard**

He usually does nothing all year round and knuckles down right before the exam.

I wasn't going to knuckle down unless someone motivated me more.

### **Call off**

#### **To cancel something previously agreed**

"8 out of 10 building developments were called off during the pandemic."

IELTS WRITING

The police have called off the search for the missing child until dawn tomorrow.

### **Sign in**

#### **To officially arrive at work or begin working**

I tend to sign in at around 8:50am most days.

Please just sign in at the reception gate and wait for someone to pick you up.

## **Take on**

### **To add an extra task to your workload**

These days, many retired people take on part time work to acquire additional funds.

IELTS WRITING

Shelley is taking an economics degree at university.

## **Fill in**

### **To cover for someone when they are absent**

I'm filling in for the receptionist at the moment.

She will fill in for him while he's at the conference.

## **Lay off**

### **Removal from a job (being fired)**

He was about to lay off half his work force of 40 people.

Over 30 staff members were laid off from the firm in the final financial quarter.

IELTS WRITING

## **Take over**

### **The action of one company buying another company**

IBM is taking over the smaller company.

The firm has been taken over by one of its main competitors.

## **Draw up**

### **To make a plan in note/sketch form**

Their team drew up a report of business dealings over the month.

I've drawn up a list of candidates that I'd like to interview.

## **Pay attention**

### **To listen and take care with instructions or work**

Why don't you pay attention to what I say?

You have to pay attention at the lectures or you won't know how to complete your work.

## **Knock off**

### **An informal expression to say you are going home**

I'm knocking off in two hours, then we can go on a date.  
Maybe you should knock off earlier today.

## **Childhood**

### **Bring up**

#### **To be raised by your parents or guardians**

Clara is too young to bring up a child.  
Families must clearly consider the many struggles of bringing up children before they have a family. IELTS WRITING

### **Grow up**

#### **The act of getting older and more mature**

Parents want their kids to grow up like they did.  
Taking responsibility for yourself is part of the process of growing up.

### **Care for**

#### **Looking after a person, often younger than you**

To care for their children, lots of parents turn to very expensive childcare services to help support them. IELTS WRITING  
I think people will begin to care for their parents more in the future.

### **Think back**

#### **To reflect on past experiences or events**

They both sat quietly for a moment, thinking back again.  
It might help you to understand Julia if you think back to when you were her age.

### **Grow out of**

#### **To no longer enjoy something as you are more mature**

Lucas says he wants to join the army when he turns 18, but I hope he'll grow out of the idea.  
They thought I would grow out of my fear of spiders.

### **Look up to**

#### **Used to discuss someone you admire (role model)**

He'd always looked up to his uncle and admired him very much.

He's a role model for other players to look up to.

## **Tell off**

**To shout or scold someone**

The teacher told me off for talking again today.

I'm going to get told off for being late.

## **Fall out**

**To have an argument with a person**

Have you two fallen out?

I'd fallen out with my parents after a huge fight.

## **Take after**

**To have similar qualities - often to family members**

Most children take after their parents in different ways. IELTS WRITING

Who do you take after - your father or your mother?

## **Get along with**

**Having an enjoyable relationship with a person**

Do you get along with your colleagues?

I get along with my siblings more now that we are older.

# **Routines**

## **Get up**

**The act of waking up and leaving your bed**

People aged between 24-35 stated they usually got up between 6am and 7am.

IELTS WRITING

What time do you usually get up in the morning?

## **Get dressed**

**Putting on your clothes**

She made him get up and get dressed.

I could help Becca get dressed and ready for school.

## **Sleep in**

### **Deciding to stay in bed past your normal time**

It's pretty naughty but I often sleep way past 10am!

When you get a chance, there's nothing wrong with sleeping in and getting more rest.

### **Eat in**

#### **Staying at your home to have food**

I think we'll order food online and eat tonight.

Generally, we eat in for work meetings which is usually fun.

### **Eat out**

#### **Going out to eat at a restaurant**

The number of people who ate out increased over the 3 month period. IELTS WRITING

People are spending more on eating out in the restaurants.

### **Arrive at**

#### **To arrive at a place**

We should arrive at my estate before nightfall.

We had seen her the moment she arrived at our room.

### **Go out**

#### **Leaving your home for a planned event**

I wanted the evenings free for going out with friends.

She wasn't allowed to go out and play with the other kids.

### **Clean up**

#### **Tidying up and cleaning**

We really ought to make a start on getting this place cleaned up.

I'm going to clean up here this afternoon.

### **Chill out**

#### **To relax and take it easy**

We spent the whole week chilling out on the beach.

I need to chill out for a few hours before seeing them again.

### **Put together**

#### **The act of making something**

I put the engine together two days ago.

I don't know how to put this jigsaw together. There are too many pieces.

## **Exercise**

### **Warm up**

#### **Stretching before heavy exercise**

The captain of the team told us to warm up.

The runner warms up before her workout to prepare herself for exercise.

### **Cool down**

#### **Gentle stretching after heavy exercise**

Around 15% of athletes who cooled down for over 15 minutes had decreased pain levels. IELTS WRITING

You have lifted a heavy bar at the gym many times, you have to cool down.

### **Build up**

#### **To slowly enact more strenuous exercise**

I'm hoping to build up my workouts to 5 times a week soon.

Take it steady and build up slowly to avoid getting an injury.

### **Tire out**

#### **To become tired**

If people exercise too much, they could also tire out and injure themselves.

IELTS WRITING

Your boys are the only ones I know who could tire out Timmy.

### **Run off**

#### **To try and exercise through an injury**

I pulled a hamstring but am trying to run it off a bit.

I feel a bit dizzy but think I can run it off after a little while.

### **Work out**

#### **Exercising or weight training**

He works out at the gym every day.

You should work out at least twice a week.

### **Pass out**

### **Losing consciousness after strain**

I was hit on the head and passed out.

People at the beach were passing out from the heat.

### **Swell up**

#### **An injury that gets larger to help protect it further**

Her injured face was swelling up quite badly.

Put your elbow into cold water if it swells up.

### **Give up**

#### **Stopping an activity because it is too difficult**

Giving up his job was the last thing we expected him to do.

After the gym's takeover, there was a drop in members giving up attending classes by over 30%. IELTS WRITING

### **Power through**

#### **To not give up even if something is difficult**

I guess I'll just have to power through and finish the work today.

I could power through, if I had to.

## **Home**

### **Take out**

#### **Removing something from your house**

An increase in 40,000 households began taking out recycled rubbish.

IELTS WRITING

I need to take my car out of the garage.

### **Take down**

#### **To remove something hanging from your walls**

The thief took the painting down and put it in his bag.

Please, take the Christmas lights down, it's February.

### **Put up**

#### **To add something and hang to a wall**

I love this painting. I'm going to put it up on the living room wall.



Steven, will you help me put up the new curtains after lunch please?

## **Turn off**

### **To switch off the power to a device**

Reduce heat to simmer, add cream and turn off heat after 1-2 minutes.

She switched off the light in the room.

## **Tidy up**

### **Cleaning something**

Remember to tidy up your room before you leave.

I cleaned the kitchen, can you tidy up the bedroom?

## **Put away**

### **To return items to their boxes**

Could you please put that book away?

I'd much prefer it if you would put away your toys when you're finished with them!

## **Rest up**

### **To take a break from something**

I just need to rest up for a few days then will feel fine again.

Why don't you take a nap to rest up for the party?

## **Clear out**

### **To remove waste or unwanted items**

The whole family was clearing the basement out.

I'm going to clear out the cupboards tomorrow.

## **Build on**

### **To add a building on your land**

The church grounds were sold and a large apartment building was built in the northern area. IELTS WRITING

They've had an extension built on the side of the building.

## **Move out**

### **To leave your home to live somewhere else**

I have to move out of this city - it's driving me nuts.

She told me to move out after our relationship ended.

# Phone

## Speak up

**To speak louder on the phone**

Can you speak up? I can't hear you.

He told her to speak up as he couldn't hear her clearly.

## Get through

**Having a person answer the phone you called**

I can't get through to the office annoyingly.

Did you get through to her? I'm really worried that something happened.

## Pick up

**To answer and pick up a ringing telephone**

Hey, Alex, could you just pick up the phone I'm in the kitchen.

I picked up the phone and was so surprised. I haven't talked to my uncle for years now!

## Cut off

**A disconnection in a ongoing phone call**

My phone connection has been cut off.

My phone has just been cut off for non payment.

## Hang up

**To quickly hang up a phone conversation**

He gave his greeting to my family and hung up.

If you dialled the wrong number just apologize and hang up.

## Put through

**Having your phone call passed to another person**

The switchboard operator refused to put the call through.

Can you put me through to the accounts department, please?

## Hold on

**Asking someone to wait a moment**

Hold on a minute. I forgot about something.

Hold on, I can't run so fast in high heels.

## **Break up**

### **A poor connection in a telephone call**

I can't hear you, you're breaking up.

I think the connection is breaking up, your voice can no longer be heard clearly.

## **Call back**

### **To return a call to someone**

The department only called back around 4 fifths of sales leads over the weekends.

IELTS WRITING

I'll call you back when I've heard something.

## **Hang on**

### **Asking a person to wait a moment**

Hang on! What are you doing?

Hang on a moment, tell me what you just said one more time please.

## **Money**

### **Pay off**

#### **To pay a debt in full**

They are paying off the mortgage on their new home.

I'm paying my car off over 3 years with monthly payments.

### **Fork out**

#### **To pay a large amount of money for something**

If someone forks out a small fortune then they're going to want a return on their investment.

Having to fork out for the insurance excess certainly brought her down to earth with a bump.

### **Rip off**

#### **An extremely overpriced item**

Designer brands can be very expensive meaning many people feel ripped off after their purchase. IELTS WRITING

The cost of flights are sometimes an absolute rip off!

## **Save up**

### **To save money to purchase something**

I'm just helping him out to save up enough money for engineering school.  
You have to save some money if you want to buy a new car.

### **Put aside**

#### **Another way to say saving money**

I put aside a little every month for a deposit on a house.  
Each day she puts some money aside for her retirement.

### **Come into**

#### **To have a large amount of money given to you**

When a person comes into a lot of money, they often buy unnecessary goods.  
IELTS WRITING  
She came into a bit of money when her grandfather died.

### **Splash out**

#### **To buy something very expensive**

They splashed out £3,000 on a holiday.  
The fact we don't splash out a lot of money is good management.

### **Pay back**

#### **Giving back money that was borrowed**

Even though you said it was a gift, I will pay back the money to you.  
If he can't pay back the loan, he can work for us.

### **Put down**

#### **Paying a deposit on an item**

Over 25 thousand people put down a deposit on new build homes over the given time period. IELTS WRITING  
We've put down a deposit on a new car.

### **Take out**

#### **Removing money from a bank account**

He went up to the bank and took out all of his money.  
I took money out from the ATM.

## **Transport**

## **Get in**

### **The act of sitting in a car**

He got in his car and drove off to work.

Get in, we have to drive to the hospital.

## **Get out of**

### **Leaving a mode of transport**

She pulled up and got out of the car.

Get out of my van, I am tired of your complaining during the whole trip.

## **Fill up**

### **To add extra gas or petrol to your car**

I'm just going to fill up the car first then will be at your house in 10 minutes.

How much does it cost to fill up your land rover?

## **Buckle up**

### **Putting on your seatbelt**

You'd better buckle up. I don't want to get a ticket.

If she had buckled up, it would have saved her life.

## **Slow down**

### **Decreasing speed**

Through education, the government could help many people slow down their driving speeds. IELTS WRITING

With proper rest and medicine, we can slow down the deterioration.

## **Drive by**

### **Driving past a location**

Did he ever drive by the house where we used to live?

I drive by the grocery shop on my way to the firm.

## **Knock into**

### **Hitting something else with your mode of transport**

You will be responsible if I knock into other cars here.

Fresh ocean air and a big wave aiming for someone to knock into the sea.

## **Pull over**

### **To slow down and stop next to something**

He was stopped by the police and asked to pull over.  
I pulled over to call her.

## **Go past**

### **Driving past something**

Go past this trees and you'll see a white house on your left  
We'd have to go past the super's apartment, and his door is always open.

## **Get on**

### **Entering a plane to begin a journey**

They arrived at the airport and immediately got on the plane.  
I need you to sign this before you get on the plane.

## **Cooking**

## **Whip up**

### **To cook something very quickly**

The kitchen's closed, but I might whip up something if you're desperate.  
With a chicken recipe like this, you will surely be encouraged to whip up more  
gastronomic feasts in the kitchen.

## **Slice off**

### **To remove a piece of food with knife**

The cook sliced the fat off the meat.  
He sliced off the slightly damaged part of the onion.

## **Pig out**

### **To eat a lot of food**

Half the reason I exercise so much is just so I can pig out on weekends!  
I used to love pigging out but now have a healthier diet.

## **Boil down**

### **To boil a liquid until there is less of it**

Recently, when I was preparing the dinner I noticed that spinach tends to boil down a lot.

This glue was made from boiling down old sheepskins

## **Cut off**

**To remove a piece of some food with a knife**

Don't forget to cut off the top part of the carrot.

I think you should cut off the fat on that pork chop before you fry it.

## **Slice up**

**Cutting food in portions or slices**

Slice up two onions and saute them in olive oil.

He sliced up the meat into small pieces.

## **Fry up**

**Frying food in oil**

Heat the oil in a large pan and fry the onion and garlic for 5 minutes.

If you can fry up a decent burger, you can get work in any restaurant.

## **Chop up**

**To finely slice and chop some food**

Sarah was busy chopping up the meat.

She asked me to chop up the cabbage.

## **Cook up**

**The act of cooking and making food**

I've been known to cook up really good ribs.

Why don't you go to the kitchen and cook up that delicious chicken.

## **Warm up**

**Making some food or ingredients hotter**

Can you warm up the dinner in the microwave?

He warmed up milk for his little baby girl.

# **Environment**

## **Cut down on**

**To stop using a valuable but limited resource**

By cutting down on non-renewables, countries could become more sustainable.

## IELTS WRITING

He's trying to cut down on eating meat for environmental reasons.

### **Rely on**

**To need something very much**

It's good to have a friend that you can always rely on.

People are beginning to rely much more on their family.

### **Spread out**

**To use something less or disperse something**

Governments should spread out their environmental support to less developed countries, too. IELTS WRITING

In stadiums, fans are starting to have seats spread out across the arena.

### **Die out**

**A living thing that becomes extinct**

When a king dies childless, his dynasty dies out.

If everyone had been like she was, the human race would have died out long ago.

### **Run out of**

**A resource that has run out**

Many hospitals are running out of money.

Governments are running out of ideas to save endangered animals.

### **Throw away**

**To no longer want something and put in the bin**

She threw away her old clothes.

I'll throw these notes away. I won't need them anymore.

### **Used up**

**A resource that has finished**

Once gas is all used up, we'll have numerous issues with global energy.

This app is using all the battery power.

### **Scaled back**

**To use something less**



As a result, school officials have had to scale back plans.

"The question is, would we scale back our operation and save some money?"

## **Break down**

### **A substance that is decomposing and separate**

Plastics were the highest materials to unsuccessfully break down into smaller particles.

IELTS WRITING

Food starts breaking down in your mouth.

## **Wipe out**

### **The sudden extinction of a species**

The indigenous population was completely wiped out by the rapid spread of new diseases.

The population of the village was all but wiped out by plague in 1645.

## **Health**

## **Pass away**

### **When a person dies**

People pass away, but memories of them will last forever.

I wish I'd gone to see my grandmother before she passed away.

## **Come down with**

### **to start to feel sick**

About four years ago, my daughter came down with this same disease.

Almost a half of the school had come down with an illness during the year.

IELTS WRITING

## **Shake off**

### **To slowly recover from an illness**

It took me a few weeks but I finally shook off this cold.

I can't shake off illnesses as quickly as I used to be able to.

## **Lay low**

### **To rest because you don't feel well**

I really need to lay low for a while after this illness.

A kidney infection laid her low for a couple of months.

## **Fight off**

### **When a person's immune system fights an illness**

You have to stay in bed and take some medicines to fight off the flu.  
Your body is primed to fight off the infection.

## **Get over**

### **To return to health after being sick**

It took me a year to get over the accident.  
She still hasn't got over the flu and feels quite ill still.

## **Throw up**

### **Vomiting**

I feel terrible – I've been throwing up all night!  
He felt sick, as if he was going to throw up.

## **Come around**

### **To begin to feel slowly better**

When I came round I didn't know what happened.  
She has just started coming round but her face is still a bit pale.

## **Block up**

### **When a person feels congested such as through flu**

I hope you will finally stop feeling blocked up.  
Are you sure you aren't blocked up? You have a high temperature.

## **Let up**

### **When an illness becomes less potent**

The flu is finally letting up.  
I thought that my headache would let up within a week, but I was wrong.

## **Parties**

## **Dress up**

### **To wear your favourite clothes to an event**

I decided to really dress up for the date tonight.  
We dressed up and went to a banquet.

## **Meet up with**

### **Arranging to meet people socially**

She went to meet up with my friend.

My plans were to leave tomorrow and meet up with the crew.

## **Hang out**

### **Meeting your friends to socialise**

Most weekends I like to hang out with my friends at the park.

Do you fancy hanging out at the shopping mall this Friday?

## **Blow up**

### **Adding air or oxygen to balloons**

He blew the mattress up all by himself.

Help me blow up the balloons will you?

## **Turn up**

### **To turn the volume up louder on speakers**

Can you turn the volume up a bit? It's hard to hear.

Don't turn the TV up – I'm trying to read.

## **Eat out**

### **Going out to eat food (such as at a restaurant)**

It is a great place to shop, enjoy the cafe culture and eat out.

She doesn't like to eat out, so she cooks a lot at home.

## **Go out**

### **Leaving your house to go to an event**

I need to help my mother before I can go out.

We haven't gone out dancing for a long time.

## **Blow out**

### **Blowing candles out to celebrate something**

He blew out all the candles.

She helped me blow out the candles on my birthday cake.

## **Send out**

### **To dispatch something such as invitations**

We have to send these documents out to all our customers.  
Our company sent these flyers out last week.

## **Put on**

### **To host an event or party**

The children put on a beautiful Nativity.  
We're putting on a concert to raise money for cancer charities.

## **Shopping**

## **Splash out**

### **To spend a lot of money on something**

The fact we don't splash out a lot of money is good management.  
As people splash out during sales, they often put themselves into financial uncertainty.  
IELTS WRITING

## **Look out for**

### **To try and identify a very good deal**

Look out for Anna while you're there.  
I was looking out for a good deal on rental cars.

## **Pick out**

### **To find an item you really like**

I'm really slow at picking out clothes that I want to buy.  
Usually I shop with my girlfriend and she helps me pick out good clothes.

## **Stand out**

### **An item that is much better than other options**

He's so muscular and tall that he stands out in a crowd.  
Because of her blue hair, she stands out.

## **Pick up**

### **The act of buying something (usually small)**

This is a great market where you can pick up some amazing bargains.  
All right, let's go pick up the biscuits from the local shop.

## **Pop into**

### **Quickly visiting a shop**

He popped into the shop to buy cigarettes.

All I have to do on the way home is pop into the drugstore and buy some medicine.

## **Try on**

### **Wearing clothes before you buy them**

Many shops allow you to try on clothes in order to help you make a choice to buy the clothes or not. IELTS WRITING

She tried on the blue dress before buying it.

## **Take off**

### **Removing an item of clothing**

Kathy took off her clothes and went to the bathroom.

He took off his coat and hung it up on the rail.

## **Shop around**

### **To try and find a good deal at different shops**

Instead, you shop around for a better deal on a car.

His shopping around for a better deal is going to cost him.

## **Pay for**

### **The act of giving money to buy something**

I want to pay for my coffee now, please.

The most popular method of paying for goods was by credit card.

IELTS WRITING

## **Sleep**

### **Wake up**

#### **When you finish sleeping and are awake**

When I woke up the next morning, he was gone.

You'll wake up the whole family if you don't keep quiet.

### **Sleep in**

#### **To stay in bed for longer than usual**

Many people enjoy sleeping in on their days off, which means they can recharge, too.

IELTS WRITING

I decided to sleep in because I was so tired.

## **Drop off**

### **To slowly begin sleeping**

Usually, when I watch the TV, I'll slowly drop off after 30 minutes or so.  
I find it really hard to drop off at night if I have napped earlier in the day.

## **Sleep off**

### **Trying to feel better due to extra sleep**

He had tried to sleep off and on for two hours.  
He threw a blanket over your wife and let her sleep it off.

## **Sleep through**

### **To not wake up through something often noisy**

He slept through the whole storm without waking once!  
I was so bored that I slept through the second half of the film.

## **Sleep on it**

### **Making a decision later after you have slept**

Sleep on it, and we'll deal with this issue tomorrow.  
Do yourself a favor. Sleep on it and make a decision later.

## **Doze off**

### **To steadily begin sleeping**

I think I'll doze off in a moment.  
I was reading a very boring book and just dozed off.

## **Lie down**

### **Lying down (often in a bed) to sleep**

She laid down on the bed and fell asleep immediately.  
I'm going to go and lie down for a while.

## **Stay up**

### **To stay awake until later than normal**

Teenagers are now staying up much later than over previous decades. IELTS WRITING  
They stayed up late because they were watching TV.

## **Lay in**

### **Staying in bed past your usual get up time**

Let's lie this Sunday, we've got no big plans right?  
I decided to lie in because I was so tired.

## **Education**

### **Drop out**

#### **Leaving education earlier than expected**

The percentage of first year students dropping out of college doubled to over 18% in 2012. IELTS WRITING  
I dropped out of university after the first semester.

### **Enroll in**

#### **To begin studying a course at a school**

To make up for lost time, he enrolled in night school as well.  
You can learn how to train Schutzhund by finding a training club in your area and enroll in classes.

### **Hand in**

#### **Submitting an assignment**

It's important you hand in all your documents on time.  
I was a little late with the hand in so lost a few marks.

### **Read up on**

#### **To research and learn something**

You'll enjoy traveling more if you read up on the history of the countries you'll be visiting.  
I don't know much about skydiving - please let me read up on it.

### **Fall behind**

#### **Having less success in studies than your peers**

He was ill for six weeks and fell behind with his schoolwork.  
Due to being unable to manage time, students can at times fall behind their classmates.  
IELTS WRITING

### **Go over**

#### **To re-study information again**

Let's go over the main points of this lecture.

I should go over all my notes one more time.

## **Take up**

**To begin learning something new**

My father wants to take up golf when he retires.

I will take up playing the guitar this year - I promise!

## **Run through**

**A practice attempt at a planned activity**

We've got time for one more run-through before the concert.

Let's just run through the piece one more time.

## **Mix up**

**Becoming confused between learning and topics**

I sorted all the papers and you've mixed them up again.

I cannot mix up subjects which are very important.

## **Take in**

**To understand a new piece of information**

She couldn't take in the plan that was shared at the meeting.

Did you take this text in?