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List of 100 Phrasal Verbs with Meanings in English and Japanese
Turn off
English: Stop a device from operating.
Japanese: 消す (kesu) - "to turn off."
Turn on
English: Start a device.
Japanese: つける (tsukeru) - "to turn on."
Pick up
English: Lift something or collect someone.
Japanese: 拾う (hirou) / 迎えに行く (mukae ni iku) - "to pick up."
Give up
English: Stop trying.
Japanese: あきらめる (akirameru) - "to give up."
Look after
English: Take care of.
Japanese: 世話をする (sewa o suru) - "to look after."
Find out
English: Discover information.
Japanese: 知る (shiru) - "to find out."
Run out
English: Use up a supply.
Japanese: なくなる (nakunaru) - "to run out."
Take off
English: Remove something or leave (e.g., plane).
Japanese: 脱ぐ (nugu) / 離陸する (ririku suru) - "to take off."
Put on
English: Wear something.
Japanese: 着る (kiru) - "to put on."
Break down
English: Stop working or collapse emotionally.
Japanese: 故障する (koshou suru) / 泣き崩れる (nakikuzureru) - "to break down."
Look up
English: Search for information.
Japanese: 調べる (shiraberu) - "to look up."
Go on
English: Continue.
Japanese: 続ける (tsuzukeru) - "to go on."
English: Establish or arrange.
Japanese: 準備する (junbi suru) / 設立する (setsuritsu suru) - "to set up."
Come up
English: Arise or be mentioned.
Japanese: 出てくる (detekuru) - "to come up."
Hang out
English: Spend time casually.
Japanese: 遊ぶ (asobu) - "to hang out."
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English: Donate or reveal unintentionally.

Japanese: あげる (ageru) / 漏らす (morasu) - "to give away."

Give away

Check out

English: Examine or leave (e.g., hotel).

Japanese: 確認する (kakunin suru) / チェックアウトする (chekkauto suru) - "to check out."

Wake up

English: Stop sleeping.

Japanese: 起きる (okiru) - "to wake up."

Cut off

English: Interrupt or remove.

Japanese: 切る (kiru) / 中断する (chuudan suru) - "to cut off."

Show up

English: Arrive or appear.

Japanese: 現れる (arawareru) - "to show up."

Take out

English: Remove or order food to go.

Japanese: 取り出す (toridasu) / 持ち帰る (mochikaeru) - "to take out."

Put off

English: Delay or discourage.

Japanese: 延ばす (nobasu) / 嫌がる (iyagaru) - "to put off."

Bring up

English: Mention or raise (e.g., a child).

Japanese: 持ち出す (mochidasu) / 育てる (sodateru) - "to bring up."

Look for

English: Search for something.

Japanese: 探す (sagasu) - "to look for."

Get up

English: Rise from bed.

Japanese: 起きる (okiru) - "to get up."

Call off

English: Cancel.

Japanese: 中止する (chuushi suru) - "to call off."

Work out

English: Solve or exercise.

Japanese: 解決する (kaiketsu suru) / 運動する (undou suru) - "to work out."

Give in

English: Surrender or agree reluctantly.

Japanese: 降参する (kousan suru) / 折れる (oreru) - "to give in."

Hold on

English: Wait or grip tightly.

Japanese: 待つ (matsu) / つかむ (tsukamu) - "to hold on."

Throw away
English: Discard.

Japanese: 捨てる (suteru) - "to throw away."

Run into

English: Meet unexpectedly.

Japanese: 偶然会う (guuzen au) - "to run into."

Look out

English: Be careful.

Japanese: 注意する (chuui suru) - "to look out."

Pass out

English: Faint or distribute.

Japanese: 気を失う (ki o ushinau) / 配る (waru) - "to pass out."

Come back English: Return.

Japanese: 戻る (modoru) - "to come back."

Take over

English: Assume control.

Japanese: 引き継ぐ (hikitsugu) - "to take over."

Break up

English: End a relationship or split apart.

Japanese: 別れる (wakareru) / 分解する (bunkai suru) - "to break up."

Put up

English: Build or tolerate.

Japanese: 建てる (tateru) / 我慢する (gaman suru) - "to put up."

Go out

English: Leave or date someone.

Japanese: 出かける (dekakeru) / 付き合う (tsukiau) - "to go out."

Turn down

English: Reject or lower (e.g., volume).

Japanese: 断る (kotowaru) / 下げる (sageru) - "to turn down."

Fill out

English: Complete a form.

Japanese: 記入する (kinyuu suru) - "to fill out."

Drop off

English: Deliver or fall asleep.

Japanese: 降ろす (orosu) / 眠る (nemuru) - "to drop off."

Hang up

English: End a call or suspend something.

Japanese: 電話を切る (denwa o kiru) / 吊るす (tsurusu) - "to hang up."

Come over English: Visit.

Japanese: 遊びに来る (asobi ni kuru) - "to come over."

Get over

English: Recover from.

Japanese: 立ち直る (tachinaoru) - "to get over."

Point out

English: Indicate or mention.

Japanese: 指摘する (shiteki suru) - "to point out."

Check in

English: Register (e.g., at a hotel).

Japanese: チェックインする (chekkuin suru) - "to check in."

Run over

English: Hit with a vehicle or review quickly.

Japanese: 轢く(hiku) / 見直す (minaosu) - "to run over."

Take up

English: Start a hobby or occupy space.

Japanese: 始める (hajimeru) / 占める (shimeru) - "to take up."

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List of 100 Phrasal Verbs with Meanings in English and Japanese
Look over
English: Review.
Japanese: 見直す (minaosu) - "to look over."
Go over
English: Review or visit.
Japanese: 確認する (kakunin suru) / 訪ねる (tazuneru) - "to go over."
Turn up
English: Appear or increase (e.g., volume).
Japanese: 現れる (arawareru) / 上げる (ageru) - "to turn up."
Bring back
English: Return something or recall.
Japanese: 返す (kaesu) / 思い出す (omoidasu) - "to bring back."
Shut down
English: Close or stop operating.
Japanese: 閉める (shimeru) / 停止する (teishi suru) - "to shut down."
Pick out
English: Choose.
Japanese: 選ぶ (erabu) - "to pick out."
Hold up
English: Delay or rob.
Japanese: 遅らせる (okuraseru) / 強盗する (goutou suru) - "to hold up."
Drop out
English: Quit (e.g., school).
Japanese: 中退する (chuutai suru) - "to drop out."
Come in
English: Enter.
Japanese: 入る (hairu) - "to come in."
Get in
English: Enter or arrive.
Japanese: 入る (hairu) / 着く(tsuku) - "to get in."
Throw out
English: Discard or expel.
Japanese: 捨てる (suteru) / 追い出す (oidasu) - "to throw out."
Grow up
English: Mature.
Japanese: 育つ (sodatsu) - "to grow up."
Make up
English: Invent or reconcile.
Japanese: でっち上げる (detchiageru) / 和解する (wakai suru) - "to make up."
Back up
English: Support or save data.
Japanese: 支持する (shiji suru) / バックアップする (bakkuappu suru) - "to back up."
Stand up
English: Rise to feet.
Japanese: 立つ (tatsu) - "to stand up."
Sit down
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English: Take a seat.
Japanese: 座る (suwaru) - "to sit down."

Go away

English: Leave or disappear.

Japanese: 去る (saru) / 消える (kieru) - "to go away."

Take back

English: Return or retract.

Japanese: 返す (kaesu) / 撤回する (tekkai suru) - "to take back."

Put down

English: Place down or criticize.

Japanese: 置く(oku) / けなす (kenasu) - "to put down."

Catch up

English: Reach the same level.

Japanese: 追いつく (oitsuku) - "to catch up."

Fall down

English: Collapse or drop.

Japanese: 倒れる (taoreru) / 落ちる (ochiru) - "to fall down."

Turn around

English: Reverse direction.

Japanese: 振り返る (furikaeru) - "to turn around."

Break in

English: Enter forcibly or interrupt.

Japanese: 侵入する (shinnyuu suru) / 割り込む (warikomu) - "to break in."

Clean up

English: Tidy or remove mess.

Japanese: 片付ける (katazukeru) - "to clean up."

Dress up

English: Wear fancy clothes.

Japanese: 着飾る (kikazaru) - "to dress up."

Eat out

English: Dine at a restaurant.

Japanese: 外食する (gaishoku suru) - "to eat out."

Figure out

English: Understand or solve.

Japanese: 理解する (rikai suru) / 解決する (kaiketsu suru) - "to figure out."

Hand in

English: Submit (e.g., work).

Japanese: 提出する (teishutsu suru) - "to hand in."

Keep up

English: Maintain pace or continue.

Japanese: 維持する (iji suru) / 続ける (tsuzukeru) - "to keep up."

Let down

English: Disappoint.

Japanese: がっかりさせる (gakkari saseru) - "to let down."

Mix up

English: Confuse or blend.

Japanese: 混同する (kondou suru) / 混ぜる (mazeru) - "to mix up."

Pass away English: Die.

Japanese: 亡くなる (nakunaru) - "to pass away."

Pay off

English: Repay a debt or yield results.

Japanese: 払う (harau) / 報われる (mukuwareru) - "to pay off."

Run away

English: Escape or flee.

Japanese: 逃げる (nigeru) - "to run away."

Show off

English: Display proudly.

Japanese: 自慢する (jiman suru) - "to show off."

Slow down

English: Reduce speed.

Japanese: 遅くする (osoku suru) - "to slow down."

Speak up

English: Talk louder or express opinion.

Japanese: 大声で話す (oogoe de hanasu) / 意見を言う (iken o iu) - "to speak up."

Stand out

English: Be noticeable.

Japanese: 目立つ (medatsu) - "to stand out."

Switch off

English: Turn off (e.g., device).

Japanese: 切る (kiru) - "to switch off."

Try on

English: Test clothing fit.

Japanese: 試着する (shichaku suru) - "to try on."

Wait up

English: Stay awake for someone.

Japanese: 起きている (okite iru) - "to wait up."

Warm up

English: Prepare or heat.

Japanese: 準備する (junbi suru) / 温める (atatameru) - "to warm up."

Write down

English: Record in writing.

Japanese: 書き留める (kakitomeru) - "to write down."

Blow up

English: Explode or inflate.

Japanese: 爆発する (bakuhatsu suru) / 膨らます (fukuramasu) - "to blow up."

Call back

English: Return a call.

Japanese: 折り返す (orikaesu) - "to call back."

Cheer up

English: Become happier.

Japanese: 元気が出る (genki ga deru) - "to cheer up."

Cut down

English: Reduce.

Japanese: 減らす (herasu) - "to cut down."

Fall apart

English: Break into pieces or fail.

Japanese: 崩れる (kuzureru) - "to fall apart."

List of 100 Phrasal Verbs with Meanings in English and Japanese

Get away

English: Escape or take a break.

Japanese: 逃げる (nigeru) / 休む (yasumu) - "to get away."

Lay off

English: Fire or stop doing something.

Japanese: 解雇する (kaiko suru) / やめる (yameru) - "to lay off."

Look forward to

English: Anticipate eagerly.

Japanese: 楽しみにしている (tanoshimi ni shite iru) - "to look forward to."

Wrap up

English: Finish or cover.

Japanese: 終える (oeru) / 包む (tsutsumu) - "to wrap up."