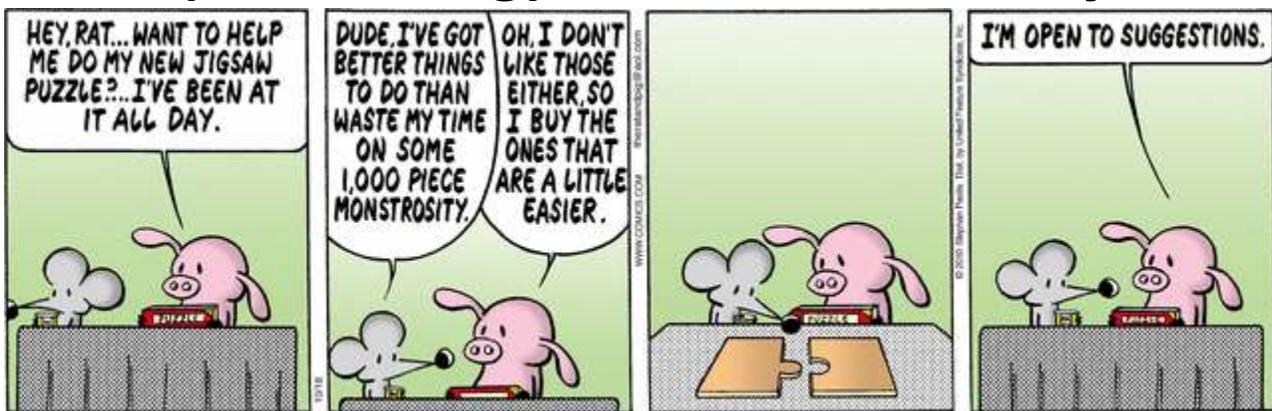


be at (something)/ been at it all day:



Almost always used in the present perfect tense. If you have been at something, it means that you have been working hard on something for a long time... or you've been trying to resolve something or find the solution.

- 1. I've been at this math equation for an hour and I still can't figure it out!***
- 2. Larry King has been at it (hosting his talk show) for decades. I think he'll probably kick the bucket live on Larry King Live.***
- 3. I've been at it for a few hours and I can't seem to get rid of the virus on my computer.***
- 4. Researchers have been at it for years, but still haven't found a cure for AIDS.***

Be on to (someone)/ (She's) on to (me):



If you are on to someone, then you are suspicious of them. You know what they are planning.

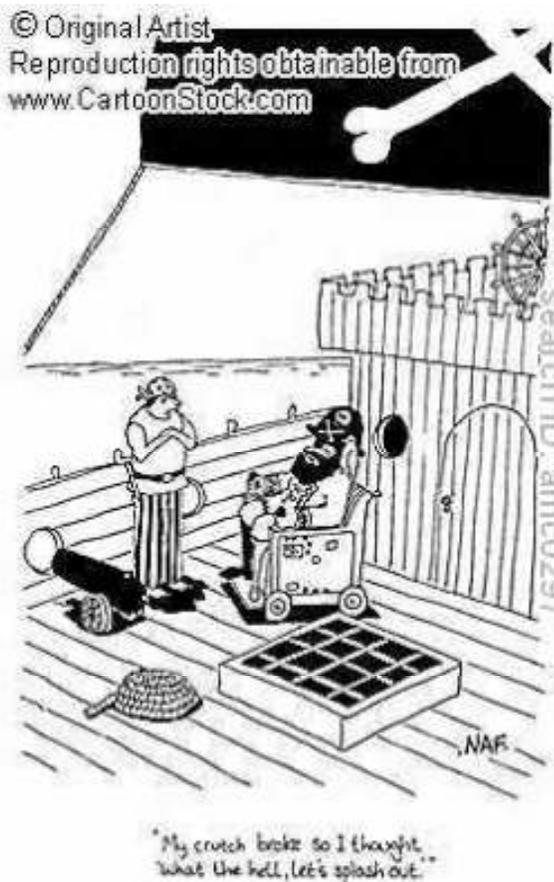
- I'm planning a surprise for Valentine's Day, but I think my girlfriend is on to me.
- The police are on to the serial killer - he's making mistakes and becoming sloppy and predictable.
- I need to stop surfing the internet so much at work. I think the boss is on to me.
- I think the teacher is on to you... you always give the same excuses.

(Something) is over/ (The old year) is over:



If something is over then it's finished/ it's the end.

1. Our vacation is over and now we have to return to our normal routines.
2. Christmas is over and soon we need to take down the Christmas tree.
3. In John Lennon's song, "So this is Christmas", some of the lyrics say, "The war is over...".
4. "The show is not over until the fat lady sings".



Splash out:

If you splash out on something, you decide to spend more money than you usually do, usually on a luxury item. You treat yourself to something expensive or extravagant.

1. Everyone likes to ***splash out*** once in a while and go to a restaurant, buy some new clothes or go on a trip overseas/abroad. It all depends on how much money you have to ***splash out*** with.
2. Even in difficult financial times, people still like to ***splash out***. They just ***splash out*** on more economical alternatives.
3. Do you work out (calculate) your budget before you ***splash out***, or do you just spend money, hoping that you will somehow have enough money to pay for your living expenses after the fact?
4. When people ***splash out*** at a mall, we can say that they are going on a “*shopping spree*”. The “*magic plastic*” (credit card) definitely helps when you want to buy tons of things that you can't pay for right now.

5. What would you prefer... to **splash out** more on your wedding or on your honeymoon?

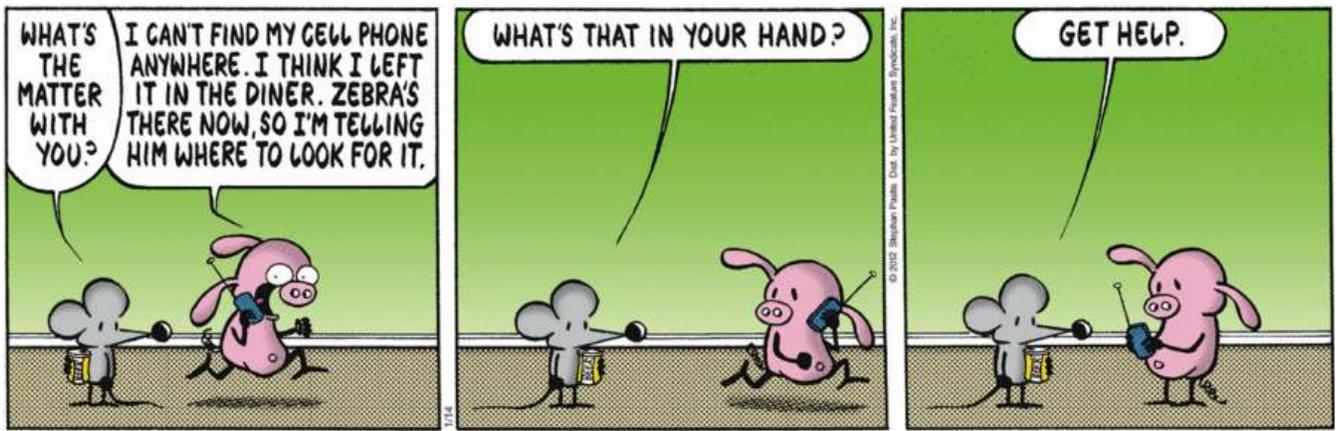
6. Beyonce and Jay-Z have **splashed out** on a \$600,000 solid gold rocking horse for their new baby daughter.

7. Do you **splash out** a little on your birthday or do you have a quiet day at home watching movies?

8. Teodorin Obiang, son of Equatorial Guinea's dictator, is **splashing out** on a luxury super yacht he has commissioned for himself to be built, worth \$380 million - almost three times more than his country spends annually on health and education for its impoverished people.

9. When you unexpectedly earn some “extra” money, do you try to “*save it for a rainy day*” or do you **splash out** on some of the things you’ve been wanting to buy?

Look for:



If you are looking for something, you are searching for it. A synonym for look for is "to seek".

1. Are you totally happy with your current job, or are you **looking for** a new one? If you don't already have the perfect job, what would your dream job be? Is there anything stopping you from getting your dream job?
2. If you're **looking for** a certain street or neighborhood, do you stop to ask for directions?
3. Are you still **looking for** the love of your life, or have you already found him/ her? Do you believe in "soul mates"?
4. Do you need to **look for** some things on the internet because you can't find them in your town/ city? Here in Fortaleza, Brazil, I can't seem to find face cloths. I'm not sure what people use instead, but I will *find out* soon I guess...

5. Bono from U2 sings, "... but I still haven't found what I'm **looking for**." I know it's a very general and vague question... but have you found what you're **looking for** in life?

6. Here is a self-explanatory expression: "*If you **look for** something hard enough you will find it.*" The Bible says, "Seek and you will find".

7. When you discover or find something by accident or unexpectedly, you *stumble upon* it. I had been **looking for** a capo for my guitar for ages (a long time). A few weeks ago I was **looking for** a specific electronics store downtown when I got lost and I *stumbled upon* a bunch of musical instrument stores... and of course found a capo.

Run into:



If you run into someone, it means that you meet them unexpectedly somewhere. You never planned to meet with them, so in most cases it is a coincidence that you happen to be in the same place at the same time.

1. If you're in a profession that deals with a lot of people each day, you are bound to ***run into*** a client, patient, colleague or acquaintance in any number of public places (outside of work).
2. It's great to ***run into*** a friend that you haven't seen for a long time.
3. I often ***run into*** students of mine at different malls, walking along the beach and especially at the supermarket.
4. Have you ever ***run into*** a person you know in another city or in another country? That's a once-in-a-lifetime experience. It's almost unbelievable when it happens to you. You realize what a "small world" it is.

5. Are there people that you really don't want to **run into**?
When you run into someone you don't want to talk to it's kind of awkward (uncomfortable).

6. If you keep **running into** the same person (like it happens in the movies), it could be one of 5 things: (1) It might be "destiny", (2) that person may be stalking you (following you), (3) you may be stalking that person, (4) it could just be a coincidence after all or (5) perhaps you are living in a really small town.

7. If you **run into** an "enemy" (or a person you're not fond of/dislike), do you at least say "hi" or wave at them because it's such a coincidence, or do you try to avoid them or ignore them and keep walking?

Run out:



When something runs out, it is finished.

1. I almost always used to **run out** of time while writing my exams. I always needed just an extra five minutes.
2. Most people start **running out** of money towards the end of the month, just before they receive their next paycheck. If you "*live from hand to mouth*", you have just enough money to live on and nothing extra.
3. When your money **runs out**, you can either "*beg, borrow or steal*". I think most people end up borrowing - either from a friend, or the bank. I really don't like borrowing, so I try to be careful in planning and sticking to a budget so that my money doesn't **run out** in the first place.
4. Do you **run out** of patience quickly or do you have the *patience of a saint*?
5. Nobody likes **running out** of toilet paper. Enough said.

6. When you've been doing something risky, dangerous or difficult for a long time, we can say that your "luck will **run out**" sooner or later. Sometimes a sports team goes on a *winning streak*... but it can't last forever.

7. When we've thought of everything we can, we sometimes **run out** of ideas. Usually when we take a break or sleep on it, we're able to *come up with* some new ideas later.

8. I can't remember the last time I had a pen that **ran out** (when the ink finishes). Then I realized it was because I don't use pens as much as I used to, because everything is becoming more and more digitalized. These days my printer **runs out** of ink or my laptop battery **runs out**.

9. Have you ever **run out** of gas/ petrol while you were driving? *It happens to the best of us.*

10. Our stove **ran out** of gas while we were roasting a turkey for Christmas Eve. It was not good timing.

Put (something) off:



If you put (something) off, you postpone it. You leave something for a later time that you really should do right now.

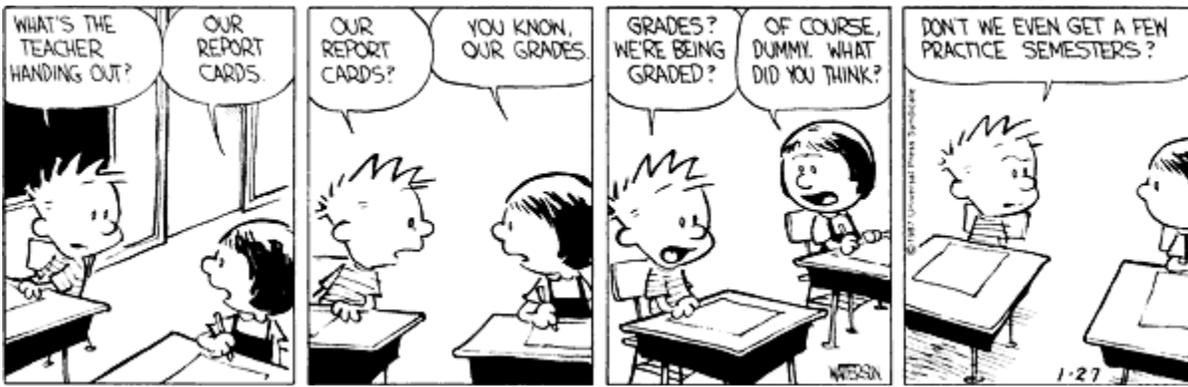
1. There is an expression: “***Don’t put off until tomorrow what you can do today***”. Now there’s a piece of advice that is *easier said than done*. Here’s another version that I really like: “***Never put off until tomorrow what you can completely forget about.***” It is actually a joke, but in a way it makes sense, because sometimes we plan to do so many things which are unimportant, and by following the second piece of advice, we can simplify our lives.

2. When someone ***puts*** things ***off*** habitually, we say that they *procrastinate*. I think the number one reason for *procrastination* is laziness. Are you a chronic *procrastinator*?

3. What are some of the common things that you keep ***putting off***? Do you procrastinate when it comes to replying to emails, studying for an exam, going to the dentist or starting an exercise routine?

4. Do you think some cultures as a whole naturally **put off** things more than other cultures?
5. To avoid **putting off** something, do you need a motivation/incentive, or are you able to do something automatically just because you know you should?
6. Some people **put off** getting married or having children because they feel that they need to focus more on their careers. Have you “sacrificed” anything for your career?
7. Before you **put off** something, you can motivate yourself by telling yourself, “*It’s now or never!*” Sometimes we need to give ourselves a “*pep talk*”.
8. When there is something you want to buy that you can’t afford right now, you can **put off** buying it until you’re in a better financial position or you can buy it on credit.
9. There are tons of reasons why people **put off** reading the Bible or going to church.
10. I hardly ever **put off** watching my favorite TV series... only on the rare occasion when I am super busy.

Hand in vs. Hand out:



If you hand something in, you are giving something to a person of authority. If you hand something out, you are giving something to a group of people.

Hand in = a group of people giving/ submitting something to one person
Hand out = One person giving something to a group of people.

1. It's a "madhouse" trying to **hand out** sweets/ candy to a bunch of kids at any party. They will crowd around and attack you... so it's best to throw the sweets into the air and watch!
2. When you were at school, were you one of the responsible kids who used to help the teacher **hand out** the worksheets? In any class, one person can **hand out** the worksheets or the group itself can just them , which means that each person takes one and passes the rest on. If you ask someone to **hand** something **out** for you, you can also say, "Could you please **pass** these **out** for me?"

3. Have you ever **handed out** pamphlets or flyers in a public place to promote anything?

4. A **handout** is something that you give for free/ donate to someone. If someone is too proud to accept financial or material help, they will say, "Thanks but I don't need any **handouts**".

5. Everyone needs to **hand in** (submit) their income tax declaration before a certain date.

6. When students at high school or university don't **hand in** their assignments or projects on time, usually the teacher/ professor will take off 5% to 10% for each day past the deadline.

7. A couple of weeks ago we **handed in** our papers for our permanent residence visas for Brazil. There was a lot of bureaucracy but in the end we were able to submit them on time.