



IELA

INTERNATIONAL ENGLISH LANGUAGE ACADEMY

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Let's Talk

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Book Description

This book is a comprehensive guide to Common American Collocations, Phrasal Verbs, and Idioms for everyday English. It helps learners understand, memorize, and use practical expressions in speaking and writing. Each lesson includes clear meanings, examples, and usage tips, making it easy to improve vocabulary, fluency, and communication skills. From daily activities to business, studies, and social interactions, this book covers all essential expressions for learners at any level.

Lesson 1,2

Common American Collocations

1) Make a mistake

Meaning: do something wrong

Pashto: تېروتنه کول / غلطې کول

Examples:

1. I made a mistake on the test.
👉 ما په ازموینه کې تېروتنه وکړه
 2. Don't make the same mistake again.
👉 بیا هماغه تېروتنه مه کوه
 3. He made a mistake while typing the report.
👉 هغه د راپور د تایپ کولو پر مهال تېروتنه وکړه
-

2) Do homework

Meaning: complete schoolwork at home

Pashto: کورنۍ کار کول / د کور کار بشپړول

Examples:

1. She always does her homework before dinner.
هغې تل د ډوډۍ مخکې کورنۍ کار کوي 🖱
 2. I did my homework after school.
ما د ښوونځي وروسته کورنۍ کار وکړ 🖱
 3. They do their homework together in the library.
هغوی خپل کورنۍ کار په کتابتون کې يوځای کوي 🖱
-

3) Take a break

Meaning: stop working for a short time

Pashto: لنډ وقفې اخيستل / د کار موقتې درېدنه

Examples:

1. Let's take a break and get some coffee.
راځئ چې لنډه وقفه وکړو او قهوه واخلو 🖱
 2. I take a break every two hours at work.
زه په کار کې هر دوه ساعته وقفه اخلم 🖱
 3. She took a break from studying.
هغې د زده کړو څخه وقفه واخيسته 🖱
-

4) Catch a cold

Meaning: become sick with a cold

Pashto: زکام اخستل / ساړه کېدل

Examples:

1. I caught a cold last week.
زه تېره اوونۍ زکام شوم 🖱
 2. He caught a cold because he didn't wear a jacket.
هغه زکام شو ځکه چې جاکټ يې ونه اغوست 🖱
 3. Don't go out in the rain, or you might catch a cold.
په باران کې مه ځئ، که نه ممکن زکام شئ 🖱
-

5) Keep in touch

Meaning: stay in contact with someone

Pashto: اړيکه ساتل

Examples:

1. We still keep in touch after university.
‣ مور د پوهنتون وروسته هم اړیکه ساتو
 2. I keep in touch with my old classmates.
‣ زه له خپلو پخوانیو ټولګیوالو سره اړیکه ساتم
 3. Don't forget to keep in touch while traveling.
‣ سفر پر مهال د اړیکې ساتلو هېر مه کوئ
-

6) Break the law

Meaning: do something illegal

Pashto: قانون ماتول / غیر قانوني کار کول

Examples:

1. He was arrested for breaking the law.
‣ هغه د قانون ماتولو له امله ونیول شو
 2. Don't break the law by driving recklessly.
‣ د بې پروا چلولو له امله قانون مه ماتوه
 3. Breaking the law can have serious consequences.
‣ د قانون ماتول جدي پایلې لرلی شي
-

7) Save money

Meaning: keep money for future use

Pashto: پیسې سپمول / راتلونکې لپاره خوندي کول

Examples:

1. I'm saving money to buy a new phone.
‣ زه د نوي ټیلیفون د اخیستو لپاره پیسې سپمول
 2. She saves money every month.
‣ هغې هره میاشت پیسې سپموي
 3. Saving money helps in emergencies.
‣ د پیسو سپمول د بیړنیو حالتونو کې مرسته کوي
-

8) Tell the truth

14) Give advice

Meaning: offer suggestions

Pashto: مشوره ورکول

Examples:

1. Can you give me some advice about studying abroad?
آيا کولی شئ د بهر تحصیل په اړه راته مشوره راکړئ؟
 2. He gives good advice to his students.
هغه خپلو زده کوونکو ته ښه مشوره ورکوي
 3. Giving advice helps people make decisions.
مشوره ورکول خلکو سره د پریکړې کولو کې مرسته کوي
-

15) Catch someone's attention

Meaning: get someone to notice

Pashto: د چا پام ځانته راگرځول

Examples:

1. The advertisement caught my attention.
اعلان زما پام ځانته راگرځاوه
 2. Her dress caught everyone's attention.
د هغې لباس د ټولو پام ځانته راگرځاوه
 3. Catching attention is important in marketing.
په بازارموندنه کې د پام ځانته راگرځول مهم دي
-

16) Have a conversation

Meaning: talk with someone

Pashto: خبرې کول / مکالمه کول

Examples:

1. We had a nice conversation over lunch.
موږ د غرمې ډوډۍ پر مهال یوه ښکلې خبرې وکړې
2. I had a conversation with my teacher about exams.
ما له خپل ښوونکي سره د ازموینو په اړه خبرې وکړې

3. Having a conversation improves understanding.

👉 خبرې کول پوهه ښه کوي

17) Break a promise

Meaning: fail to keep a promise

Pashto: وعده ماتول

Examples:

1. He broke his promise and didn't show up.
👉 هغه خپله وعده ماته کړه او حاضر نه شو
 2. Don't break your promises to friends.
👉 خپلو ملگرو ته خپله وعده مه ماتوه
 3. Breaking promises can hurt relationships.
👉 د وعدو ماتول اړیکې زیانمنوي
-

18) Save time

Meaning: use time efficiently

Pashto: وخت خوندي کول / وخت په ګټه استعمالول

Examples:

1. Using a computer saves time.
👉 د کمپیوټر استعمال وخت خوندي کوي
 2. Planning ahead saves time.
👉 مخکې له مخکې پلان جوړول وخت خوندي کوي
 3. Save time by avoiding unnecessary tasks.
👉 د غیر ضروري دندو مخنیوي سره وخت خوندي کړئ
-

19) Tell a story

Meaning: narrate an event

Pashto: کیسه کول / داستاڼ ویستل

Examples:

1. Grandpa loves telling stories about his childhood.
👉 نیکه د خپل ماشومتوب کیسې کول خوښوي

2. She told a story about her trip.

👉 هغې د خپل سفر کیسه وکړه

3. Telling stories entertains children.

👉 کیسې ویل ماشومان ساتي

20) Lose control

Meaning: fail to manage something

Pashto: کنترول له لاسه ورکول / اداره نشول

Examples:

1. She lost control of the car.

👉 هغې د موټر کنترول له لاسه ورکړ

2. Don't lose control in stressful situations.

👉 په فشار لرونکو حالتونو کې کنترول له لاسه مه ورکوه

3. Losing control can lead to accidents.

👉 کنترول له لاسه ورکول حادثو ته لار هواروي

Lesson 3

1. A blessing in disguise 🎁

Meaning:

Something that looks bad at first, but later becomes good.

Pashto:

په پټه نعمت / بد بڼکاري خو بڼه نتیجه لري

Easy explanation:

- First you feel sad 😞
- Later you realize it was good 😊

Examples:

1. Losing that job was a blessing in disguise.
د هغه کار له لاسه ورکول په پټه نعمت وو 🙌
 2. Missing the bus was a blessing in disguise; I met my friend.
بس له لاسه ورکول پټه برکت و 🙌
-

2. A piece of cake 🍰

Meaning:

Very easy.

Pashto:

ډېر اسانه

Easy explanation:

- No difficulty
- Anyone can do it

Examples:

1. The exam was a piece of cake.
امتحان ډېر اسانه و 🙌

2. This homework is a piece of cake.

دا کورنی کار ډېر اسانه دی 👉

3. A penny for your thoughts

Meaning:

Asking someone what they are thinking.

Pashto:

په څه فکر کوې؟

Easy explanation:

- Someone is quiet
- You want to know their thoughts

Examples:

1. You look quiet— a penny for your thoughts?
ته غلی یې، په څه فکر کوې؟ 👉
 2. A penny for your thoughts, bro.
وروره، په څه سوچ کوې؟ 👉
-

4. Add fuel to the fire

Meaning:

Make a bad situation worse.

Pashto:

اور ته تېل ور اچول

Easy explanation:

- Problem already exists
- You make it more serious

Examples:

1. His words added fuel to the fire.
د هغه خبرې ستونزه نوره هم زیاته کړه 🖱️
 2. Don't argue; you'll add fuel to the fire.
جگړه مه کوه، ستونزه به نوره هم خرابه شي 🖱️
-

5. Beat around the bush 🌳

Meaning:

Avoid saying something directly.

Pashto:

مستقیم خبره نه کول

Easy explanation:

- You don't say the truth clearly
- You talk indirectly

Examples:

1. Stop beating around the bush.
نیغ په نیغه خبره وکړه 🖱️
 2. Don't beat around the bush—tell me the truth.
چکر مه وهه، رښتیا ووايه 🖱️
-

6. Break the ice 🧊

Meaning:

Start a conversation and make people comfortable.

Pashto:

فاصلې ختمول / خبرې شروع کول

Easy explanation:

- People feel shy
- Someone starts talking

Examples:

1. He told a joke to break the ice.
  👉 هغه ټوکه وکړه چې خبرې شروع شي
 2. Let's play a game to break the ice.
  👉 راځئ لوبه وکړو چې فضا بڼه شي
-

7. Call it a day

Meaning:

Stop working for today.

Pashto:

د نن لپاره کار ختمول

Easy explanation:

- You are tired
- Work is enough

Examples:

1. Let's call it a day.
  👉 راځئ د نن لپاره بس کړو
 2. We've done enough—call it a day.
  👉 کافي ده، نن بس دی
-

8. Cut corners

Meaning:

Do something badly to save time or money.

Pashto:

کار نیمګړی کول

Easy explanation:

- You don't do proper work
- Just to save money/time

Examples:

1. Don't cut corners on your studies.
👉 په زده کړو کې سستی مه کوه
 2. They cut corners while building the house.
👉 هغوی کور په خراب ډول جوړ کړ
-

9. Hit the nail on the head

Meaning:

Say the exact right thing.

Pashto:

سمه خبره کول / پر هدف لګېدل

Easy explanation:

- You understand the real problem
- You explain it correctly

Examples:

1. You hit the nail on the head.
👉 تا بالکل سمه خبره وکړه
 2. She hit the nail on the head about the issue.
👉 هغې د ستونزې اصل وښود
-

10. Let the cat out of the bag

Examples:

1. The new policy brought about many changes.
نوې پالیسی ډېر بدلونونه رامنځته کړل
 2. Education can bring about success.
زده کړه کولی شي بريا رامنځته کړي
-

2. Call off 🖱️

Meaning:

Call off = cancel something

Pashto:

لغوه کول / فسخ کول

Easy explanation:

- stop a plan
- decide not to do something

Examples:

1. They called off the meeting.
هغوی غونډه لغوه کړه
 2. The match was called off because of rain.
د باران له امله لوبه لغوه شوه
-

3. Carry on 🖱️

Meaning:

Carry on = continue doing something

Pashto:

ادامه ورکول / دوام کول

Easy explanation:

- don't stop
- keep doing the same thing

Examples:

1. She carried on studying late at night.
  👉 هغې تر ناوخته پورې زده کړه ته دوام ورکړ
 2. Carry on with your work.
  👉 خپل کار ته دوام ورکړه
-

4. Come across

Meaning:

Come across = find or meet by chance

Pashto:

په ناڅاپي ډول مخامخ کېدل / پيدا کول

Easy explanation:

- meet someone suddenly
- find something without searching

Examples:

1. I came across an old photo.
  👉 زه په ناڅاپي ډول له يوې زړې انځور سره مخ شوم
 2. She came across her friend in the market.
  👉 هغه په بازار کې له خپل ملگري سره ناڅاپه مخ شوه
-

5. Cut back on

Meaning:

Cut back on = reduce something

Pashto:

کم کول / راکمول

Easy explanation:

- use less
- spend less

Examples:

1. We should cut back on sugar.
  👉 مور باید بوره کمه کړو
 2. He cut back on expenses.
  👉 هغه لگښتونه کم کړل
-

6. Figure out 👉

Meaning:

Figure out = understand or solve

Pashto:

پوهېدل / حل کول

Easy explanation:

- think and understand
- find the answer

Examples:

1. I can't figure out this problem.
  👉 زه دا ستونزه نه شم حل کولی
 2. She figured out the answer quickly.
  👉 هغې ژر ځواب پیدا کړ
-

7. Look into 👉

Meaning:

Look into = investigate or check carefully

Pashto:

څېړنه کول / پلټنه کول

Easy explanation:

- check deeply
- try to find the truth

Examples:

1. Police will look into the case.
پولیس به قضیه وڅېړي 🖱️
 2. I'll look into your complaint.
زه به ستا شکایت وڅېرم 🖱️
-

8. Run into 🖱️

Meaning:

Run into = meet unexpectedly

Pashto:

په ناڅاپې ډول لیدل

Easy explanation:

- meet someone suddenly
- without planning

Examples:

1. I ran into my teacher yesterday.
پرون مې له خپل استاد سره ناڅاپه ولیدل 🖱️
2. She ran into her cousin at the mall.
هغه په مارکیټ کې له خپل تره زوی سره مخ شوه 🖱️

9. Take over 🖱️

Meaning:

Take over = assume control or responsibility

Pashto:

مسؤولیت اخیستل / کنټرول اخیستل

Easy explanation:

- start managing something
- replace someone

Examples:

1. She will take over the company.

🖱️ هغه به شرکت اداره کړي

2. He took over the project.

🖱️ هغه پروژه پر غاړه واخیسته

10. Turn down 🖱️

Meaning:

Turn down = refuse politely

Pashto:

رد کول

Easy explanation:

- say “no”
- not accept an offer

Examples:

1. He turned down the job offer.
👉 هغه دندې وړاندیز رد کړ
 2. She turned down the invitation.
👉 هغې بلنه رد کړه
-

🔑 Easy tip to remember:

- Carry on = continue
- Call off = cancel
- Turn down = say no
- Figure out = understand

Lesson 5,6

● Lesson 5 — Common American Collocations

1) Do exercise

Meaning: physical activity for health

Pashto: ورزش کول / فزیکي فعالیت د روغتیا لپاره

Examples:

1. I do exercise every morning.
👉 زه هر سهار ورزش کوم
 2. She does exercise at the gym three times a week.
👉 هغې په هفته کې درې ځله په جیم کې ورزش کوي
 3. Doing exercise keeps you healthy.
👉 ورزش کول انسان روغ ساتي
-

2) Take notes

Meaning: write down information

Pashto: یادداشت کول / معلومات ولیکل

Examples:

1. Students should take notes during the lecture.
👉 زده کوونکې باید د لکچر پر مهال یادداشتونه وکړي
 2. I took notes to remember the instructions.
👉 ما د لارښوونو د یادولو لپاره یادداشتونه وکړل
 3. Taking notes helps you study better.
👉 یادداشت کول د زده کړې په ښه کولو کې مرسته کوي
-

3) Make a decision

Meaning: choose something

Pashto: پریکړه کول / انتخاب کول

Examples:

1. I can't make a decision right now.
👉 زه اوس نه شم کولی پریکړه وکړم
 2. She made a decision to study abroad.
👉 هغې پریکړه وکړه چې بهر زده کړه وکړي
 3. Making a good decision requires thinking.
👉 ښه پریکړه کولو لپاره فکر کول اړین دي
-

4) Give permission

Meaning: allow someone to do something

Pashto: اجازه ورکول

Examples:

1. The teacher gave us permission to leave early.
👉 ښوونکې مور ته اجازه راکړه چې مخکې لار شو
2. My parents gave me permission to go to the party.
👉 زما والدینو ما ته اجازه راکړه چې جشن ته لار شم
3. Always ask before taking permission.
👉 تل مخکې له مخکې اجازه وغواړه

5) Catch a bus

Meaning: get on a bus

Pashto: بس نیول / په بس کې سپریدل

Examples:

1. Hurry up or we'll miss the bus!
چټک شه که نه بس به مو له لاسه ورکړي
 2. I caught the bus at 8 a.m.
ما د سهار په ۸ بجو بس ونیوه
 3. Catching the bus saves time.
بس نیول وخت سپموي
-

6) Have fun

Meaning: enjoy yourself

Pashto: خوند اخیستل / خوشحالېدل

Examples:

1. We had fun at the party last night.
مور تېره شپه په جشن کې خوند واخیست
 2. Children have fun when playing outside.
ماشومان بهر لوبې کولو کې خوند اخلي
 3. Have fun, but don't forget your homework.
خوند واخله، خو خپل کورنی کار مه هېروه
-

7) Break a record

Meaning: achieve the best result

Pashto: ریکارډ ماتول / تر ټولو غوره نتیجه ترلاسه کول

Examples:

1. The athlete broke the world record.
ورزشکار د نړۍ ریکارډ مات کړ
2. She broke her own record in swimming.
هغې د لامبو په برخه کې خپل ریکارډ مات کړ

3. Breaking a record requires hard work.

د ریکارډ ماتول سخت کار غواړي 👉

8) Save energy

Meaning: use less power

Pashto: انرژي سپمول / لږه انرژي کارول

Examples:

1. Turn off the lights to save energy.
د انرژي د سپمولو لپاره څراغونه بند کړه 👉
 2. Using solar panels saves energy.
د سولر پینلونو کارول انرژي سپموي 👉
 3. Save energy by unplugging unused devices.
غیر کارېدونکي وسایل خلاصول انرژي سپموي 👉
-

9) Tell a joke

Meaning: say something funny

Pashto: ټوکه ویل / څه خندونکی ویل

Examples:

1. He told a joke that made everyone laugh.
هغه یوه ټوکه وکړه چې ټول یې وځندول 👉
 2. I like to tell jokes to make friends laugh.
زه خوښ یم چې ملگرو ته ټوکې وکړم ترڅو وځندوي 👉
 3. Telling a joke can lighten the mood.
ټوکه ویل فضا خوروي 👉
-

10) Lose interest

Meaning: stop caring about something

Pashto: علاقه له لاسه ورکول / علاقه له منځه تلل

Examples:

1. She lost interest in the project.
هغې په پروژه کې علاقه له لاسه ورکړه 👉

2. I lost interest in watching TV.
  👉 ما په تلوېزيون كټو كې علاقه له لاسه وركړه
 3. Losing interest can make you unmotivated.
  👉 علاقه له لاسه وركول انسان بې هڅه كوي
-

● Lesson 6 — Common American Collocations

1) Do the dishes

Meaning: wash plates and cups

Pashto: لوبښي مينځل / د لوبښو او پيالې مينځل

Examples:

1. I always do the dishes after dinner.
  👉 زه تل د ډوډۍ وروسته لوبښي مينځم
 2. He does the dishes every evening.
  👉 هغه هره ماښام لوبښي مينځي
 3. Doing the dishes keeps the kitchen clean.
  👉 د لوبښو مينځل پخلنځی پاک ساتي
-

2) Take part in

Meaning: join an activity

Pashto: برخه اخيستل / په فعاليت كې گډون كول

Examples:

1. Many students took part in the competition.
  👉 ډيری زده كوونكو په سيالی كې برخه واخيسته
 2. I want to take part in the school play.
  👉 زه غواړم په ښوونځي ډرامه كې برخه واخلم
 3. Taking part in activities improves skills.
  👉 په فعاليتونو كې برخه اخيستل مهارتونه ښه كوي
-

3) Make an effort

Meaning: try hard

Pashto: هڅه کول / جدې کونښې کول

Examples:

1. You need to make an effort to pass the exam.
تاسو اړتيا لرئ هڅه وکړئ چې ازموینه پاس کړئ
 2. She made an effort to learn English.
هغې هڅه وکړه چې انگلیسي زده کړي
 3. Making an effort shows determination.
هڅه کول هوډ ښيي
-

4) Give a presentation

Meaning: speak formally in front of people

Pashto: پرېزنتېشن کول / په خلکو وړاندې رسمي خبرې کول

Examples:

1. She gave a presentation about climate change.
هغې د اقلیم د بدلون په اړه پرېزنتېشن وکړ
 2. I have to give a presentation tomorrow.
زه باید سبا پرېزنتېشن وکړم
 3. Giving presentations improves public speaking skills.
پرېزنتېشن ورکول د عامه وینا مهارت ښه کوي
-

5) Catch fire

Meaning: start burning

Pashto: اور اخیستل / سوځېدل

Examples:

1. The old house caught fire.
زړه کور اور واخیست
2. Be careful; the candle might catch fire.
محتاط اوسئ، شمعہ ممکن اور واخلي
3. Dry grass catches fire easily.
وچ واښه په اسانۍ سره اور اخیستلای شي

3. Save space by organizing your room.

د خپل خونه د سمون له لارې ځای سپم کړئ

9) Tell the difference

Meaning: notice what is not the same

Pashto: توپیر لیدل / فرق معلومول

Examples:

1. Can you tell the difference between these two colors?

ایا د دې دوو رنگونو توپیر لیدلی شې؟

2. I can't tell the difference between the twins.

زه د جوړو ماشومانو توپیر نه شم لیدلی

3. Practice helps to tell the difference.

تمرین د توپیر معلومولو کې مرسته کوي

10) Lose your temper

Meaning: get angry

Pashto: غصه کول / صبر له لاسه ورکول

Examples:

1. He lost his temper during the meeting.

هغه په غونډه کې غصه شو

2. Don't lose your temper over small things.

په کوچنیو شیانو غصه مه کېره

3. Losing your temper can cause problems.

د غصې ښودل ستونزې رامنځته کولی شي

Lesson 7,8

● Lesson 7 — Common American Idioms

1) Miss the boat

Meaning: miss an opportunity

Pashto: موقع له لاسه ورکول

Examples:

1. I missed the boat by not applying for the job in time.
ما د وخت پر مهال دندې لپاره غوښتنه نه کولو له امله موقع له لاسه ورکړه 🖱
 2. He missed the boat by not investing in the company.
هغه د شرکت په پانگونه کولو کې موقع له لاسه ورکړه 🖱
 3. Don't miss the boat; act now!
موقع مه له لاسه ورکوه؛ همدا اوس اقدام وکړه 🖱
-

2) On cloud nine

Meaning: extremely happy

Pashto: ډیر خوشحال / په خوشحالی کې

Examples:

Examples:

1. Speak of the devil — here's John!
👉 کله چې د چا خبرې کوو هغه رابنکاره شي — جان راغی!
 2. We were just talking about her, and speak of the devil, she called!
👉 مور یوازې د هغې په اړه خبرې کولې، او لکه څنګه چې ویل کیږي، هغې زنگ ووهه
 3. Speak of the devil, he showed up right now.
👉 کله چې د چا خبرې کوو، هغه اوس راغی
-

6) Take with a grain of salt

Meaning: not completely believe something

Pashto: په بشپړ ډول باور مه کوه / لږ شک سره ومنه

Examples:

1. Take his story with a grain of salt; he tends to exaggerate.
👉 د هغه کیسه لږ شک سره ومنه؛ هغه زیاتوي
 2. I take news from social media with a grain of salt.
👉 زه د ټولنیزو رسنیو خبرونه لږ شک سره منم
 3. You should take rumors with a grain of salt.
👉 تاسو باید شایعات لږ شک سره ومنئ
-

7) The ball is in your court

Meaning: it's your turn to decide

Pashto: اوس پریکړه ستا ده

Examples:

1. I've done my part; now the ball is in your court.
👉 ما خپله برخه ترسره کړه؛ اوس پریکړه ستا ده
 2. The ball is in your court; decide what to do next.
👉 پریکړه ستا ده؛ پریکړه وکړه چې څه وکړئ
 3. Don't wait; the ball is in your court now.
👉 انتظار مه کوه؛ اوس پریکړه ستا ده
-

8) Throw in the towel

Meaning: give up

Pashto: تسلیمېدل / لاس اخستل

Examples:

1. After struggling for hours, he finally threw in the towel.
د ساعتونو مبارزې وروسته، هغه بالاخره تسلیم شو
 2. Don't throw in the towel; keep trying.
تسلیم مه شه؛ هڅه جاري وساته
 3. She threw in the towel after repeated failures.
هغې د څو ناکامیو وروسته تسلیم شو
-

9) Under the weather

Meaning: feeling sick

Pashto: ناروغ احساس کول

Examples:

1. I'm feeling a bit under the weather today.
زه نن لږ ناروغ احساس کوم
 2. He stayed home because he was under the weather.
هغه کور کې پاتې شو ځکه چې ناروغ و
 3. Being under the weather, she couldn't go to work.
د ناروغۍ له امله هغې کار ته نه شو تللی
-

10) You can say that again

Meaning: I completely agree

Pashto: زه بشپړ موافق یم

Examples:

1. "This movie is amazing!" — "You can say that again!"
"دا فلم حیرانونکی دی!" — "زه ورسره بشپړ موافق یم"
 2. "The food here is delicious." — "You can say that again!"
"دلته خواړه خوندور دي." — "زه ورسره موافق یم"
 3. He said the service was excellent, and I can say that again.
هغه وویل خدمت عالی و، او زه ورسره موافق یم
-

● Lesson 8 — Common American Phrasal Verbs

1) Back up

Meaning: make a copy or support

Pashto: بیک اپ کول / ملاتړ کول

Examples:

1. Always back up your files on a USB drive.
کپ بیک اپ کړه USB تل خپل فایلونه په 🖱
 2. I back up my phone data regularly.
زه خپل د موبایل پاتا منظم بیک اپ کوم 🖱
 3. He backed me up during the argument.
هغه زما ملاتړ وکړ په جرگه کې 🖱
-

2) Break down

Meaning: stop working (machine) or fail emotionally

Pashto: خرابېدل / عاطفوي شکست

Examples:

1. My car broke down on the way to work.
زما موټر د کار پر لاره خراب شو 🖱
 2. She broke down after hearing the news.
هغې د خبر اورېدو وروسته عاطفې شکست وخوړ 🖱
 3. Machines sometimes break down without warning.
ماشینونه کله ناکله بې له خبردارې خرابېږي 🖱
-

3) Bring up

Meaning: mention a topic

Pashto: یادول / د یوې موضوع یادول

Examples:

1. He brought up an important point during the discussion.

👉 هغه د خبرو اترو پر مهال مهم ټکی یاد کړ

2. Don't bring up old arguments.

👉 زاړه دلايل مه يادوه

3. She brought up her concerns politely.

👉 هغې خپلې اندېښنې په ادب يادې کړې

4) Call up

Meaning: phone someone

Pashto: تليفون کول

Examples:

1. I'll call up my friend later tonight.

👉 زه به د شپې وروسته خپل ملگري ته زنگ ووهه

2. Call up the office to confirm the appointment.

👉 دفتر ته زنگ ووهه د ملاقات تاييد لپاره

3. She called up her parents to tell them the news.

👉 هغې خپل والدينو ته زنگ ووهه چې خبر ورکړي

5) Check out

Meaning: examine or investigate

Pashto: کتنه کول / پلټنه کول

Examples:

1. Check out this new restaurant; the food is amazing.

👉 دې نوي رستوران ته وگوره؛ خواړه حيرانوونکي دي

2. I want to check out the library for books.

👉 زه غواړم د کتابونو لپاره کتابتون وگورم

3. Check out his website for more information.

👉 د نورو معلوماتو لپاره د هغه ويب پاڼه وگوره

6) Drop off

Meaning: take someone or something somewhere

Pashto: يو ځای رسول / سپارل

Meaning: stop resisting

Pashto: تسلیمېدل / مقاومت پرېښودل

Examples:

1. He finally gave in and agreed to join us.
👉 هغه بالاخره تسلیم شو او زموږ سره یوځای شو
 2. Don't give in to pressure.
👉 د فشار لاندې مه تسلیمېږه
 3. She gave in after a long argument.
👉 هغې د اوږدې جرگې وروسته تسلیم شوه
-

10) Go over

Meaning: review or examine

Pashto: بیا کتنه کول / ارزونه کول

Examples:

1. Let's go over the plan before the meeting.
👉 راځئ چې د غونډې مخکې پلان بیا وگورو
2. I went over my notes before the exam.
👉 ما د ازموینې مخکې خپل یادداشتونه بیا وگورل
3. Go over the instructions carefully.
👉 لارښوونې په احتیاط وگوره

Lesson 9,10

Lesson — Do Your Best (Common American Collocations)

1) Do your best

Meaning: try as hard as possible

Pashto: خپله غوره هڅه کول

Examples:

1. Just do your best on the exam.
👉 یوازې په ازموینه کې خپله غوره هڅه وکړه
 2. He always does his best in every task.
👉 هغه په هر کار کې تل خپله غوره هڅه کوي
 3. Do your best and don't worry about the results.
👉 خپله غوره هڅه وکړه او د نتایجو په اړه اندېښنه مه کوه
-

2) Take care of

Meaning: look after

Pashto: پاملرنه کول / ساتنه کول

Examples:

1. She takes care of her little brother.
👉 هغې خپل کوچنی ورور ساتي
 2. Can you take care of the dog while I'm away?
👉 کولی شې سپی ساتې کله چې زه دلته نه يم؟
 3. Parents take care of their children's needs.
👉 والدین د خپلو ماشومانو اړتیاو پاملرنه کوي
-

3) Make progress

Meaning: improve

Pashto: پرمختګ کول

Examples:

1. He is making progress in English.
👉 هغه په انګلیسي کې پرمختګ کوي
2. You are making good progress in your project.
👉 ته په خپل پروژې کې ښه پرمختګ کوي
3. Students make progress when they study regularly.
👉 زده کوونکي پرمختګ کوي کله چې منظم زده کړه وکړي

4) Give an example

Meaning: provide a sample

Pashto: یوه بیلگه ورکول

Examples:

1. Can you give an example of this rule?
کولی شې د دې قاعدې یوه بیلگه ورکړې؟
 2. She gave an example to explain the concept.
هغې د مفهوم د توضیح لپاره یوه بیلگه ورکړه
 3. Teachers often give examples to make lessons clear.
ښوونکي تل بیلگې ورکوي چې درسونه روښانه کړي
-

5) Catch someone's eye

Meaning: attract attention

Pashto: پام ځان ته رااړول

Examples:

1. The red dress caught my eye.
سره جامه زما پام ځان ته راواړاوه
 2. That painting really catches the eye.
هغه نقاشي واقعاً پام ځان ته را اړوي
 3. The advertisement caught her eye in the magazine.
اعلان په مجله کې د هغې پام ځان ته راواړاوه
-

6) Have breakfast

Meaning: eat the morning meal

Pashto: د سهار ډوډی خورل

Examples:

1. I always have breakfast at 7 a.m.
زه تل په ۷ بجو سهار ډوډی خورم
2. Don't skip breakfast; it's important.
د سهار ډوډی مه پریرده؛ دا مهمه ده

3. We had breakfast together at the hotel.

مور په هوټل کې سره د سهار ډوډۍ وخوره 🙌

7) Break someone's heart

Meaning: make someone sad

Pashto: زړه ماتول / خپه کول

Examples:

1. She broke his heart when she left.

هغې د وتلو پر مهال د هغه زړه مات کړه 🙌

2. Don't break her heart with lies.

د درواغو سره د هغې زړه مه ماتوه 🙌

3. Losing the competition broke his heart.

سیالی بایلل د هغه زړه مات کړه 🙌

8) Save a seat

Meaning: keep a place for someone

Pashto: څوک لپاره څوکی خالي ساتل

Examples:

1. Please save me a seat in the front row.

مهرباني وکړه په لومړي قطار کې زما لپاره څوکی خالي کړه 🙌

2. I saved a seat for my friend at the cinema.

ما د خپل ملگري لپاره په سینما کې څوکی خالي کړه 🙌

3. Don't worry, I'll save a seat for you.

اندېښنه مه کوه، زه به د تا لپاره څوکی خالي کړم 🙌

9) Tell the time

Meaning: read a clock

Pashto: وخت ویل / ساعت لوستل

Examples:

1. Can you tell the time, please?

کولی شې وخت ووايې، مهرباني وکړئ؟ 🙌

2. I can tell the time easily on this watch.

👉 زه په دې ساعت باندې وخت په آسانی سره وینم

3. Children learn to tell the time in school.

👉 ماشومان ښوونځي کې د وخت وبل زده کوي

10) Lose your job

Meaning: be fired or unemployed

Pashto: خپل کار له لاسه ورکول

Examples:

1. Many people lost their jobs during the crisis.

👉 د بحران پر مهال ډیر خلک خپل کار له لاسه ورکړ

2. He lost his job because of company downsizing.

👉 هغه د شرکت د کمښت له امله خپل کار له لاسه ورکړ

3. Don't worry; you can find another job if you lose this one.

👉 اندېښنه مه کوه؛ که دا کار له لاسه ورکړې، نو بل کار پیدا کولی شې

11) Do housework

Meaning: clean, cook, etc. at home

Pashto: کورني کارونه کول

Examples:

1. He does the housework every weekend.

👉 هغه هر هره اونۍ کورني کارونه کوي

2. I usually do housework before dinner.

👉 زه معمولاً د ډوډۍ مخکې کورني کارونه کوم

3. Doing housework keeps the home organized.

👉 د کور کارونه کول کور منظم ساتي

12) Take a look

Meaning: look at something quickly

Pashto: ژر نظر کول / کتنه کول

Examples:

1. Take a look at this picture.
دې عكس ته يو نظر وکړه 🖱️
 2. Take a look at the report before the meeting.
د غونډې مخکې راپور ته يو نظر وکړه 🖱️
 3. Can I take a look at your notes?
کولی شم ستا يادداشتونه وگورم؟ 🖱️
-

13) Make a plan

Meaning: prepare for something

Pashto: پلان جوړول

Examples:

1. We made a plan for our holiday.
موږ د خپل رخصتۍ لپاره پلان جوړ کړ 🖱️
 2. It's important to make a plan before starting.
مخکې له پيل کولو پلان جوړول مهم دي 🖱️
 3. She made a plan to improve her English skills.
هغې د خپلې انگليسي مهارتونو د ښه کولو لپاره پلان جوړ کړ 🖱️
-

14) Give a hand

Meaning: help someone

Pashto: مرسته کول

Examples:

1. Can you give me a hand with these bags?
کولی شې له ما سره د دې بکسونو په پورته کولو کې مرسته وکړې؟ 🖱️
 2. He gave a hand to the elderly woman crossing the street.
هغه د کوڅې د تيريدو په وخت کې زاړه ښځې سره مرسته وکړه 🖱️
 3. Everyone gave a hand to clean the park.
هرچا د پارک پاکولو کې مرسته وکړه 🖱️
-

15) Catch someone red-handed

Meaning: find someone doing something wrong

Pashto: په عمل کې ونیول / د جرم پر مهال نیول

Examples:

1. The police caught him red-handed.
پولیسو هغه په عمل کې ونیوه
 2. She caught her brother red-handed stealing cookies.
هغې خپل ورور د بسکتو په غلا کې ونیوه
 3. Thieves were caught red-handed by the security guard.
غله د امنیتي ساتونکي لخوا په عمل کې ونیول شول
-

16) Have a meeting

Meaning: meet to discuss something

Pashto: غونډه لرل / د خبرو لپاره لیدل

Examples:

1. We had a meeting with our manager.
موږ د خپل مدیر سره غونډه وکړه
 2. The team will have a meeting tomorrow.
تیم به سبا غونډه ولري
 3. Let's have a meeting to plan the project.
راځئ د پروژې د پلان جوړولو لپاره غونډه وکړو
-

17) Break the ice

Meaning: start a friendly conversation

Pashto: د خبرو پیل کول / فضا نرمول

Examples:

1. He told a funny story to break the ice.
هغه د خبرو پیل لپاره یوه خندونکې کیسه وکړه
 2. Playing games helps break the ice in a new class.
لوبې د نوي ټولګې فضا نرمولو کې مرسته کوي
 3. She broke the ice by introducing herself.
هغې ځان معرفي کولو سره فضا نرم کړه
-

18) Save someone's life

Lesson 11

1. Bite the bullet 🖱️ (very simple)

Meaning:

Bite the bullet = face a difficult or painful situation bravely

Pashto:

Bite the bullet = زږورتيا كول / په زږورتيا ستونزه منل

Easy explanation:

- do something hard
- even if it hurts or scares you

Examples:

1. I bit the bullet and told her the truth.
👉 ما زړورتيا وکړه او هغې ته مې رښتيا وويل
 2. He bit the bullet and paid the fine.
👉 هغه زړورتيا وکړه او جریمه يې ورکړه
 3. She bit the bullet and apologized.
👉 هغې زړورتيا وکړه او بښنه يې وغوښته
-

2. Break a leg 🙌

Meaning:

Break a leg = good luck (used before a performance)

Pashto:

Break a leg = نېکمرغه اوسې / بری درته غواړم

Easy explanation:

- say good luck
- especially before acting or performing

Examples:

1. Break a leg in your exam!
👉 په امتحان کې بری درته غواړم
 2. Break a leg on stage tonight.
👉 نن شپه پر سټیج بری درته غواړم
 3. Everyone said, "Break a leg!"
👉 ټولو وويل: بری درته غواړو
-

3. Cost an arm and a leg 🙌

Meaning:

Cost an arm and a leg = very expensive

Pashto:

Cost an arm and a leg = ډېر قيمته

Easy explanation:

- costs too much money
- very costly

Examples:

1. This phone costs an arm and a leg.
👉 دا موبایل ډېر قيمته دی
 2. The house cost him an arm and a leg.
👉 کور ورته ډېر قيمته تمام شو
 3. Studying abroad costs an arm and a leg.
👉 بهر زده کړه ډېره قيمته ده
-

4. Cut to the chase 👉

Meaning:

Cut to the chase = get to the main point quickly

Pashto:

Cut to the chase = اصلي خبرې ته تلل

Easy explanation:

- don't waste time
- talk directly

Examples:

1. Let's cut to the chase.
👉 راځئ اصلي خبرې ته لار شو
 2. Cut to the chase and tell me.
👉 اصلي خبره وکړه او راته ووايه
 3. He cut to the chase in the meeting.
👉 هغه په غونډه کې اصلي خبرې وکړې
-

5. Under the weather 🙌

Meaning:

Under the weather = feeling ill or unwell

Pashto:

Under the weather = ناروغ احساس کول

Easy explanation:

- not feeling good
- a little sick

Examples:

1. I can't come today; I'm under the weather.
🙌 زه نن نه شم راتلی؛ ځان ناروغ احساسوم
 2. She's under the weather today.
🙌 هغه نن ناروغه ښکاري
 3. He stayed home because he was under the weather.
🙌 هغه کور کې پاتې شو ځکه ناروغ و
-

6. Go the extra mile 🙌

Meaning:

Go the extra mile = do more than expected

Pashto:

Go the extra mile = اضافه هڅه کول

Easy explanation:

- work harder
- help more than normal

Examples:

In hot water = په ستونزه کې / مشکل کې

Easy explanation:

- someone is angry at you
- you did something wrong

Examples:

1. He is in hot water with his boss.
هغه د خپل منشر سره په ستونزه کې دی
 2. She got in hot water for being late.
هغه د ناوخته راتلو له امله په ستونزه کې شوه
 3. Don't skip work or you'll be in hot water.
کار مه پرېږده، که نه ستونزه به جوړ شي
-

9. Let sleeping dogs lie 🐾

Meaning:

Let sleeping dogs lie = don't talk about old problems

Pashto:

Let sleeping dogs lie = زاړه اختلافات مه راپورته کوه

Easy explanation:

- don't reopen old fights
- avoid past issues

Examples:

1. Don't mention the past; let sleeping dogs lie.
تېر مه یادوه؛ زاړې ستونزې مه راپورته کوه
 2. It's better to let sleeping dogs lie.
ښه ده چې زاړې خبرې پرېږدو
 3. He decided to let sleeping dogs lie.
هغه پرېکړه وکړه چې زاړې خبرې پرېږدي
-

10. Up in the air 🖱️

Meaning:

Up in the air = uncertain / not decided yet

Pashto:

Up in the air = ناڅرگند / لا نه دی معلوم

Easy explanation:

- not clear
- no final decision

Examples:

1. Our plans are up in the air.
🖱️ زموږ پلانونه لا نه دي معلوم
2. The exam date is still up in the air.
🖱️ د امتحان نېټه لا ناڅرگنده ده
3. His future is up in the air.
🖱️ د هغه راتلونکي ناڅرگند دي

Easy sentence to remember:

- 🖱️ When life is hard, bite the bullet, go the extra mile, and don't give up.
🖱️ کله چې ژوند سخت شي، زړورتيا وکړه، اضافه هڅه وکړه، او مه تسليمېږه

Lesson 12

Common American Phrasal Verbs

1) Hand in

Meaning: submit (usually homework, assignments, forms)

Pashto: وسپارل / تحويل ورکول

Examples:

1. Don't forget to hand in your assignment tomorrow.
👉 سبا خپله دنده مه هپروه وسپارئ
 2. Please hand in your test papers before leaving.
👉 مهرباني وکړئ د ازموينې پاڼې د وتلو مخکې وسپارئ
 3. She handed in her resignation yesterday.
👉 هغې خپله استعفا پرون وسپارله
-

2) Hang on

Meaning: wait a short time

Pashto: لږ انتظار کول

Examples:

1. Hang on! I'll be ready in a minute.
👉 لږ انتظار وکړه! زه په يوه دقيقه کې چمتو يم
 2. Hang on while I check the schedule.
👉 لږ انتظار وکړه تر څو زه مهالوېش وگورم
 3. Hang on, don't leave yet!
👉 !لږ انتظار وکړه، لا لار مه شه
-

3) Keep on

Meaning: continue doing something

Pashto: دوام ورکول / جاري ساتل

Examples:

1. Keep on practicing your English every day.
👉 هره ورځ خپل انگليسي تمرين جاري وساته
2. She keeps on calling me even after I told her no.
👉 هغې زما سره تماس جاري ساتلی دی که څه هم ما ورته وويل نه

3. Keep on working hard to achieve your goals.

د خپلو اهدافو د ترلاسه کولو لپاره سخت کار جاري وساته 🖐

4) Look after

Meaning: take care of someone or something

Pashto: پالنه کول / ساتنه کول

Examples:

1. She looks after her grandmother every weekend.

هغې هره اوونۍ خپلې انا پالنه کوي 🖐

2. Can you look after my dog while I'm away?

زه لهرې يم، کولی شې زما سپی پالنه وکړې؟ 🖐

3. Parents look after their children's needs.

والدين د خپلو ماشومانو اړتياوې پوره کوي 🖐

5) Look forward to

Meaning: anticipate positively / await with pleasure

Pashto: په خوشحالی سره انتظار کول

Examples:

1. I look forward to meeting you next week.

زه په خوشحالی سره ستاسو سره د راتلونکې اونۍ لیدو انتظار کوم 🖐

2. She looks forward to her birthday every year.

هغې هر کال خپل د زیږون ورځ په خوشحالی سره انتظار کوي 🖐

3. We are looking forward to the holidays.

موږ د رخصتیاو په خوشحالی سره انتظار کوو 🖐

6) Make up

Meaning: invent a story OR reconcile

Pashto: افسانه جوړول / ۲- د بحث حل کول / ۱-

Examples:

1. He made up an excuse for being late.

هغه د ځنډ لپاره بهانه جوړه کړه 🖐

2. They made up after the argument.
‣ هغوی د بحث وروسته سوله وکړه
 3. Don't make up stories; tell the truth.
‣ افسانې مه جوړه؛ رښتیا ووايه
-

7) Pass out

Meaning: faint OR distribute

Pashto: ١- ویشل / ٢- بهوشه کېدل

Examples:

1. He passed out from exhaustion.
‣ هغه د ستړیا له امله بهوشه شو
 2. The teacher passed out the papers.
‣ ښوونکې پاڼې وويشلې
 3. She passed out during the ceremony.
‣ هغې د مراسمو پر مهال بهوشه شوه
-

8) Put off

Meaning: delay / postpone

Pashto: ځنډول / وروسته کول

Examples:

1. I put off my meeting until next Monday.
‣ ما خپله غونډه تر راتلونکې دوشنبې ځنډوله
 2. Don't put off your homework until the last minute.
‣ خپله دنده د وروستي وخت لپاره مه ځنډوه
 3. The event was put off due to rain.
‣ پيښه د باران له امله وځنډول شوه
-

9) Run out of

Meaning: finish a supply / have no more left

Pashto: پای ته رسېدل / ختمېدل

Examples:

1. We've run out of sugar.
  👉 مور بوره ختمه كړه
 2. They ran out of tickets quickly.
  👉 ټكټونه يې ژر پای ته ورسېدل
 3. I've run out of ideas for the project.
  👉 د پروژې لپاره مې نظريات ختم شول
-

10) Set up

Meaning: arrange or organize

Pashto: تنظیمول / ترتیب ورکول

Examples:

1. They set up a new office in town.
  👉 هغوی په ښار کې نوی دفتر ترتیب کړ
2. I'll set up the meeting for next week.
  👉 زه به غونډه د راتلونکې اونۍ لپاره تنظیم کړم
3. She set up the equipment before the class started.
  👉 هغې ټول تجهیزات د ټولګې له پیل وړاندې تنظیم کړل

Lesson 13,14

◆ Common American Collocations

1) Do research

Meaning: study a topic in detail

Pashto: څېړنه کول / د یوې موضوع مطالعه کول

Examples:

- She is doing research on climate change.
  👉 هغې د اقلیم بدلون په اړه څېړنه کوي

- I need to do research before writing my report.
زه اړتيا لرم مخکې له دې چې خپل راپور وليکم څېړنه وکړم
 - Scientists do research to find new cures.
ساينسپوهان د نوو درملو موندلو لپاره څېړنه کوي
-

2) Take advantage of

Meaning: use an opportunity

Pashto: گټه اخيستل / فرصت کارول

Examples:

- He took advantage of the sale to buy cheap clothes.
هغه د خرڅلاو فرصت ونيو او ارزانه کالي يې واخيستل
 - Take advantage of the nice weather to go outside.
د ښې هوا څخه گټه واخلي تر څو بهر لار شئ
 - Students should take advantage of library resources.
زده کوونکي بايد د کتابتون سرچينو څخه گټه واخلي
-

3) Make money

Meaning: earn money

Pashto: پيسې گټل

Examples:

- She makes money by selling handmade jewelry.
هغې د لاس جوړ شوي گاهو په خرڅلاو پيسې گټي
 - Many people make money online these days.
اوس مهال ډيري خلک آنلاین پيسې گټي
 - He made money by investing wisely.
هغه د هوبنيار پانگونې له لارې پيسې گټلې
-

4) Give a speech

Meaning: talk formally in public

Pashto: وينا کول / رسمي خبرې کول

Examples:

- The president gave a speech yesterday.
‣ ولسمشر پرون وینا وکړه
 - She will give a speech at the graduation ceremony.
‣ هغې به د فراغت په مراسمو کې وینا وکړي
 - He gave a speech about environmental protection.
‣ هغه د چاپیریال د ساتنې په اړه وینا وکړه
-

5) Catch up with

Meaning: reach the same level or progress as someone/something

Pashto: ځان برابرول / د چا سره په سطحه رسیدل

Examples:

- I need to catch up with my studies.
‣ زه اړتیا لرم چې د خپلو زده کړو سره ځان برابر کړم
 - He ran fast to catch up with his friends.
‣ هغه ژر منډه کړه تر څو له خپلو ملگرو سره ځان برابر کړي
 - She caught up with the latest news.
‣ هغې د تازه خبرونو سره ځان برابر کړ
-

6) Have an idea

Meaning: think of something / get a thought

Pashto: یوه نظریه درلودل

Examples:

- I have an idea for the project.
‣ زما د پروژې لپاره یوه نظریه شته
 - She had an idea to improve the plan.
‣ هغې د پلان د ښه کولو لپاره یوه نظریه درلوده
 - Do you have any ideas for the event?
‣ آیا د پېښې لپاره کومې نظریې لرئ؟
-

7) Break a leg

Meaning: wish someone good luck (informal)

Pashto: په خوشحالی سره د کامیابۍ هیله کول

Examples:

- Break a leg in your performance!
👉 په خپل اجرا کې بریا غواړم
 - Everyone said “break a leg” before the play started.
👉! هرچا د نندارتون له پیل مخکې ورته وویل: بریا غواړم
 - He told me to break a leg before my interview.
👉 هغه ماته وویل چې د مرکې مخکې بریا غواړم
-

8) Save a document

Meaning: store a file on a computer

Pashto: سند ذخیره کول / فایل ساتل

Examples:

- Don't forget to save your document.
👉 خپل سند مه هیروئ ذخیره کړئ
 - I saved the document before closing the program.
👉 ما سند د پروگرام د بندولو مخکې ذخیره کړ
 - Always save your work regularly.
👉 تل خپل کار په منظم ډول ذخیره کړئ
-

9) Tell the truth

Meaning: be honest

Pashto: رښتیا ویل / صادق اوسېدل

Examples:

- Always tell the truth.
👉 تل رښتیا ووايه
 - She told the truth about what happened.
👉 هغې د پېښې په اړه رښتیا وويل
 - It's better to tell the truth than lie.
👉 د دروغ ويلو پر ځای رښتیا ويل غوره دي
-

10) Lose hope

Meaning: stop believing something will happen

Pashto: هیله له لاسه ورکول / امید ماتیدل

Examples:

- Don't lose hope — you can still win.
‣ هیله مه بایله — ته لا هم گټلی شې
 - He lost hope after many failures.
‣ هغه د ډیرو ناکامیو وروسته هیله له لاسه ورکړه
 - Never lose hope, even in hard times.
‣ هیڅکله هیله مه بایله، حتی په سختو وختونو کې
-

11) Do shopping

Meaning: buy things

Pashto: سودا اخیستل / توکي اخیستل

Examples:

- I did the shopping yesterday.
‣ ما پرون سودا اخیستله
 - We need to do shopping for the party.
‣ مور د محفل لپاره سودا اخیستلو ته اړتیا لرو
 - She enjoys doing shopping on weekends.
‣ هغې د اونۍ په پای کې سودا اخیستل خوښ دي
-

12) Take action

Meaning: do something to solve a problem

Pashto: اقدام کول / د ستونزې د حل لپاره عمل کول

Examples:

- We need to take action against pollution.
‣ مور باید د ککړتیا پر ضد اقدام وکړو
 - The government took action to improve roads.
‣ حکومت د سړکونو د ښه کولو لپاره اقدام وکړ
 - Take action before it's too late.
‣ مخکې له دې چې ناوخته شي اقدام وکړئ
-

13) Make a mistake

Meaning: do something wrong

Pashto: تېروتنه کول / خطا کول

Examples:

- She made a mistake on the report.
‣ هغې په راپور کې تېروتنه وکړه
 - Everyone makes mistakes sometimes.
‣ هر څوک کله ناکله تېروتنه کوي
 - Don't be afraid to make mistakes while learning.
‣ د زده کړې پر مهال د تېروتنو نه وېره مه کوه
-

14) Give attention

Meaning: focus on someone/something

Pashto: پام کول / تمرکز کول

Examples:

- Teachers must give attention to weak students.
‣ ښوونکي باید پر ضعیفو زده کوونکو پام وکړي
 - Please give attention to the instructions.
‣ مهرباني وکړئ په لارښوونو پام وکړئ
 - She gave attention to every detail.
‣ هغې پر هر جزئیاتو پام وکړ
-

15) Catch a train

Meaning: get on a train

Pashto: اورگاډي نیول / د اورگاډي سپرېدل

Examples:

- I caught the train to London.
‣ ما د لندن لپاره اورگاډی ونیو
- Hurry up or we'll miss the train.
‣ ژر شئ که نه نو اورگاډی له لاسه ورکوو
- He caught the train just in time.
‣ هغه پر وخت اورگاډی ونیو

16) Have lunch

Meaning: eat the midday meal

Pashto: د غرمی خواړه خوړل

Examples:

- Let's have lunch together.
راځئ چې يوځای غرمی وکړو
 - We had lunch at a new restaurant.
موږ په نوي رستورانټ کې غرمی وکړه
 - I usually have lunch at 1 p.m.
زه معمولا د غرمی خواړه په ۱ بجو خورم
-

17) Break the silence

Meaning: start talking after a pause

Pashto: چوپتیا ماتول / د وقفې وروسته خبرې کول

Examples:

- He broke the silence with a joke.
هغه د ټوکې په واسطه چوپتیا مات کړه
 - I broke the silence to ask a question.
ما د سوال کولو لپاره چوپتیا مات کړه
 - She broke the silence in the meeting.
هغې په غونډه کې چوپتیا مات کړه
-

18) Save data

Meaning: keep information (digital)

Pashto: معلومات ذخیره کول / ډیجیټلي معلومات ساتل

Examples:

- I need to save my phone data.
زه اړتیا لرم خپل د ټیلیفون معلومات ذخیره کړم
- Always save data on a USB.
کې ذخیره کړئ USB تل معلومات په یو

- Don't forget to save your work.

👉 خپل کار مه هیروئ ذخیره کړئ

19) Tell a secret

Meaning: share hidden information

Pashto: راز ویل / پته خبره شریکول

Examples:

- Don't tell anyone this secret.
👉 دې راز ته له چا سره مه شریکوئ
 - She told me a secret about her friend.
👉 هغې ما ته د خپل ملگري په اړه راز وویل
 - He promised not to tell the secret.
👉 هغه وعده وکړه چې راز به ونه وایی
-

20) Lose contact

Meaning: stop communicating

Pashto: اړیکه له لاسه ورکول

Examples:

- We lost contact after school.
👉 موږ د ښوونځي وروسته اړیکه له لاسه ورکړه
- I lost contact with my childhood friend.
👉 ما د خپل ماشومتوب ملگري سره اړیکه له لاسه ورکړه
- Don't lose contact with your teammates.
👉 له خپلو همکارانو سره اړیکه مه بايله

Lesson 15



1) Barking up the wrong tree

◆ Deep Explanation (Easy English)

This idiom comes from **hunting dogs**.

Sometimes dogs think the animal is in a tree, but the animal is **not there**.

So the dog is **looking in the wrong place**.

In life, it means:

- You **blame the wrong person**
- You **think wrongly**
- You are **searching in the wrong direction**

◆ Pashto (Simple)

غلط کس ته شک کول

یا

غلط ځای کې حل لټول

◆ Feeling Example

If someone steals money and you accuse an **innocent person**, you are barking up the wrong tree.

◆ Many Examples

- You think I broke your laptop? You're barking up the wrong tree.
- If you think exams are easy, you're barking up the wrong tree.
- Police arrested him, but later found they were barking up the wrong tree.
- Don't blame your friend—you're barking up the wrong tree.



2) Burn the midnight oil

◆ Deep Explanation

In old times, people used **oil lamps** at night.
If you worked late, you used oil until **midnight**.

Now it means:

- Study late
- Work late
- No sleep because of work or study

◆ Pashto

تر نیمې شپې پورې کار یا سبق وبل

◆ Feeling Example

Before exams, students burn the midnight oil.

◆ Many Examples

- I burned the midnight oil for my final exam.
- She burned the midnight oil to finish her project.
- He is burning the midnight oil every night.
- If you want success, sometimes you must burn the midnight oil.



3) Cry over spilt milk

◆ Deep Explanation

If milk is already **spilled**, crying won't bring it back.
So worrying about the **past mistake** is useless.

◆ Pashto

په تېر شوي شي ژړل بې فايده دي

◆ Feeling Example

Failing one exam and staying sad forever = crying over spilt milk.

◆ Many Examples

- The phone is broken—don't cry over spilt milk.
 - You missed the bus; no use crying over spilt milk.
 - We lost the match; crying over spilt milk won't help.
 - Learn and move on—don't cry over spilt milk.
-

4) Every cloud has a silver lining

◆ Deep Explanation

A **cloud** looks dark, but behind it is light (silver lining).
It means:

- Bad times bring good lessons
- Something positive always exists

◆ Pashto

هر بد حالت کې يو ښه اړخ وي

◆ Feeling Example

Losing a job but finding a better one.

◆ Many Examples

- I failed once, but every cloud has a silver lining.
 - Losing money taught me a lesson—every cloud has a silver lining.
 - Life is hard, but remember: every cloud has a silver lining.
 - Even sickness can make you stronger—every cloud has a silver lining.
-

5) Hit the books

◆ Deep Explanation

It does NOT mean hitting books physically ❌
It means:

- Serious study

- Full focus on learning

◆ Pashto

په سختۍ سره سبق ويل

◆ Feeling Example

Before exams, students hit the books.

◆ Many Examples

- I need to hit the books tonight.
 - She hit the books and passed.
 - Stop playing games and hit the books.
 - If you want good grades, hit the books.
-



6) In the nick of time

◆ Deep Explanation

You arrive **just before disaster**.

One second late = failure.

◆ Pashto

بالکل په وروستۍ شېبه کې

◆ Feeling Example

Exam paper collected, and you finish last answer.

◆ Many Examples

- I reached the bus stop in the nick of time.
 - He saved the child in the nick of time.
 - She submitted the assignment in the nick of time.
 - The doctor arrived in the nick of time.
-

7) Keep your chin up

◆ Deep Explanation

When sad, people look down.
“Chin up” = head up = stay strong.

◆ Pashto

حوصله مه بايله، ځان قوي وساته

◆ Feeling Example

Failing exam but still trying again.

◆ Many Examples

- You lost today—keep your chin up.
 - Keep your chin up; things will improve.
 - She told me to keep my chin up.
 - Even in problems, keep your chin up.
-

8) Once in a blue moon

◆ Deep Explanation

A blue moon is **very rare**.
So this means something happens **almost never**.

◆ Pashto

ډېر کم وخت کې

◆ Feeling Example

Visiting village after many years.

◆ Many Examples

- I see him once in a blue moon.
 - She eats fast food once in a blue moon.
 - He comes here once in a blue moon.
 - I travel abroad once in a blue moon.
-

9) Out of the blue

♦ Deep Explanation

Something happens **suddenly**, no warning.

♦ Pashto

ناڅاپه

♦ Feeling Example

Old friend calls after years.

♦ Many Examples

- She called me out of the blue.
 - Out of the blue, he quit his job.
 - The rain started out of the blue.
 - He showed up out of the blue.
-

10) Pull someone's leg

♦ Deep Explanation

Means joking, not serious.

No real leg pulling 😊

♦ Pashto

ټوکه کول / مزاق کول

◆ Feeling Example

Telling fake story for fun.

◆ Many Examples

- I'm not serious—I'm pulling your leg.
 - He pulled my leg about marriage.
 - Don't worry, she's pulling your leg.
 - Stop pulling my leg!
-

Lesson 16

1) A dime a dozen

◆ Deep Explanation (Easy English)

A **dime** is a very small coin.

If something costs a dime and you can find it everywhere, it means it is **not special**.

This idiom means:

- Very common
- Easy to find
- Not valuable or special

◆ Pashto

ډېر عام
هر ځای موندل کېږي
خاص نه وي

◆ Feeling Example

Cheap souvenirs in markets — everywhere, same things.

◆ Many Examples

- Cheap toys are a dime a dozen.
 - Fake watches are a dime a dozen online.
 - Such excuses are a dime a dozen.
 - Bad advice is a dime a dozen on the internet.
-

2) Bite off more than you can chew

◆ Deep Explanation

Imagine taking a **big bite of food** that you cannot chew.
It's too much for your mouth.

In life it means:

- Taking too much responsibility
- Doing more than your ability
- Overloading yourself

◆ Pashto

له وس نه زيات کار اخيستل

◆ Feeling Example

Doing two jobs + studies at the same time.

◆ Many Examples

- He bit off more than he could chew by taking two jobs.
 - Don't bite off more than you can chew.
 - She bit off more than she could chew with five subjects.
 - I realized I bit off more than I could chew.
-

3) Blow off steam

◆ Deep Explanation

Steam builds pressure.
If you don't release it, it explodes.

So this idiom means:

- Reduce stress
- Relax
- Release anger or pressure

◆ Pashto

ذهني فشار کمول
غصه ایستل

◆ Feeling Example

Running, gym, walking, talking to friends.

◆ Many Examples

- He goes to the gym to blow off steam.
- I listen to music to blow off steam.
- She shouted to blow off steam.
- Playing football helps me blow off steam.

4) By the skin of your teeth

◆ Deep Explanation

Teeth don't really have skin 😊

So this means:

- Just barely
- Almost failed
- Very close success

◆ Pashto

په ډېره سخته
د ناکامۍ نه په نږدې حالت کې

◆ Feeling Example

Passing exam with 50% exactly.

◆ Many Examples

- I passed the test by the skin of my teeth.
 - He caught the train by the skin of his teeth.
 - She finished on time by the skin of her teeth.
 - We won the match by the skin of our teeth.
-

5) Get a taste of your own medicine

◆ Deep Explanation

If someone treats others badly,
and later the **same bad thing happens to them**, this idiom is used.

◆ Pashto

د خپل بد عمل نتیجه لیدل

◆ Feeling Example

Someone ignores people → later people ignore him.

◆ Many Examples

- He cheated others and got a taste of his own medicine.
 - The bully got a taste of his own medicine.
 - She was rude, then she got the same treatment.
 - Karma gave him a taste of his own medicine.
-

6) Give someone the cold shoulder

◆ Deep Explanation

Cold shoulder = no warmth = no attention.

This means:

- Ignore someone
- Act unfriendly
- Avoid talking

◆ Pashto

چا ته پاملرنه نه کول
چا ته مخ نه اړول

◆ Feeling Example

After an argument, no talking.

◆ Many Examples

- She gave me the cold shoulder.
 - He gave his friend the cold shoulder.
 - Why are you giving me the cold shoulder?
 - After the fight, they gave each other the cold shoulder.
-

7) Go back to the drawing board

◆ Deep Explanation

When engineers fail, they redraw the plan.

This idiom means:

- Start again
- Make a new plan
- Fix mistakes

◆ Pashto

له سره پیل کول

◆ Feeling Example

Project fails → new plan.

◆ Many Examples

- The plan failed, so we went back to the drawing board.
 - If this doesn't work, go back to the drawing board.
 - The business failed; they went back to the drawing board.
 - Let's go back to the drawing board and try again.
-

8) In the same boat

◆ Deep Explanation

People in one boat share the same situation.

This means:

- Same problem
- Same condition
- Not alone

◆ Pashto

ټول په يو حالت کې يو

◆ Feeling Example

All students stressed before exams.

◆ Many Examples

- Don't worry, we're in the same boat.
 - We all failed; we're in the same boat.
 - They're poor, but we're in the same boat.
 - Everyone is struggling—we're in the same boat.
-

9) Jump on the bandwagon

◆ Deep Explanation

A **bandwagon** is a parade wagon.
People jump on it because it's popular.

This means:

- Follow a trend
- Do what others are doing
- Copy popularity

◆ Pashto

د خلكو پيروي كول
فېشن پسې تلل

◆ Feeling Example

Everyone joining online courses.

◆ Many Examples

- Everyone jumped on the bandwagon of TikTok.
- He jumped on the bandwagon of crypto.
- Don't jump on the bandwagon blindly.
- Many students jumped on the bandwagon.

10) Let off steam

◆ Deep Explanation

Same meaning as **blow off steam**.

It means:

- Release anger
- Calm yourself
- Reduce pressure

◆ Pashto

غصه كمول
ذهن ارامول

◆ Feeling Example

Walking after anger.

◆ Many Examples

- He went for a walk to let off steam.
 - I talk to friends to let off steam.
 - She cried to let off steam.
 - Music helps me let off steam.
-

Lesson 17

PART 1: PHRASAL VERBS (DETAILED)

TAKE AFTER

◆ Meaning (English):

To **look like** or **behave like** someone in your family (face, habits, personality).

◆ Pashto:

Take after : یعنې:

د خپلې کورنۍ د چا په شان ښکاره کېدل 🙌
یا د هغه په شان عادتونه لرل 🙌

◆ When do we use it?

- ✓ When talking about **family resemblance**
 - ✓ Looks, behavior, voice, habits
-

◆ Examples:

- She **takes after** her mother in looks.
(هغه د خپلې مور په شان ښکاري)
 - He **takes after** his father because he is very calm.
(هغه د خپل پلار په شان آرام دی)
 - I **take after** my uncle; we both love technology.
(زه د خپل تره په شان یم)
 - The child **takes after** his grandfather.
(ماشوم د خپل نیکه په شان دی)
-

✗ Common mistake:

- ✗ *She takes from her mother*
 - ✓ **She takes after her mother**
-

2 TAKE UP

◆ Meaning:

To **start** something new (hobby, job, study, habit)

◆ Pashto:

Take up : یعنې: نوی کار، شوق یا زده کړه شروع کول 🙌

◆ When do we use it?

- ✓ New hobbies
 - ✓ New activities
 - ✓ New studies
-

◆ Examples:

- I **took up** English learning last year.
(ما تیر کال انگلیسي شروع کړه)

- He **took up** football to stay healthy.
(هغه فوتبال شروع کړ)
 - She **took up** painting as a hobby.
(هغې نقاشي شروع کړه)
 - After illness, he **took up** walking.
(له ناروغۍ وروسته هغه پلي تگ شروع کړ)
-

3 TURN UP

- ◆ **Meaning 1: Appear / Arrive**
- ◆ **Meaning 2: Increase sound**
- ◆ **Pashto:**

راڅرگندېدل 🙌
غږ زیاتول 🙌

- ◆ **Examples (Arrive):**

- He **turned up** late.
(هغه ناوخته راغی)
 - She didn't **turn up** for class.
(هغې ټولگي ته رانغله)
-

- ◆ **Examples (Volume):**

- Please **turn up** the music.
(غږ لوړ کړه)
 - **Turn up** the TV, I can't hear.
(تلویزیون لوړ کړه)
-

4 TURN OUT

- ◆ **Meaning:**

The **final result** of something

◆ **Pashto:**

👉 په پای کې داسې کېدل

◆ **Examples:**

- The exam **turned out** easy.
(امتحان اسانه شو)
 - The weather **turned out** bad.
(هوا خرابه شوه)
 - He **turned out** to be honest.
(هغه په پای کې صادق ثابت شو)
-

5 BREAK INTO

◆ **Meaning 1: Enter illegally**

◆ **Meaning 2: Start suddenly**

◆ **Pashto:**

👉 په زور ننوتل
👉 ناڅاپه شروع کول

◆ **Examples:**

- Thieves **broke into** the house.
(غلو کور ته ننوته)
- Someone **broke into** my car.
(چا زما موټر مات کړ)
- She **broke into** tears.
(هغې ناڅاپه ژړا شروع کړه)
- He **broke into** laughter.
(هغه ناڅاپه وخنډل)

6 BREAK UP

◆ Meaning:

End relationship OR people separate

◆ Pashto:

جلا کېدل 🙌
خلک خپرېدل 🙌

◆ Examples:

- They **broke up** last year.
(هغوی جلا شول)
- The class **broke up** early.
(ټولگی ژر ختم شو)

7 BRING BACK

◆ Meaning:

Return something OR remind memories

◆ Pashto:

بېرته راوړل 🙌
يادونه کول 🙌

◆ Examples:

- Please **bring back** my pen.
(زما قلم بېرته راوړه)
- This song **brings back** memories.
(دا سندره خاطرې راژوندي کوي)

8 CALL FOR

◆ Meaning:

Need or demand something

◆ Pashto:

اړتيا لرل

◆ Examples:

- This job **calls for** experience.
(دا دنده تجربه غواړي)
 - The situation **calls for** action.
(دا حالت اقدام غواړي)
-

9 COME UP WITH

◆ Meaning:

Think of an idea

◆ Pashto:

نظر يا حل پيدا كول

◆ Examples:

- She **came up with** a plan.
(هغې يو پلان پيدا کړ)
 - We must **come up with** a solution.
(موږ بايد حل پيدا کړو)
-

10 CUT OUT

◆ **Meaning:**

Stop or remove

◆ **Pashto:**

Please do me a favor.

He did a favor for me.

SAVE FACE

Meaning: Protect reputation

Pashto: خپل عزت ساتل

Examples:

He lied to save face.

She apologized to save face.

LOSE CONFIDENCE

Meaning: Stop believing in yourself

Pashto: پر ځان باور له لاسه ورکول

Examples:

He lost confidence after failing.

Don't lose confidence.

بندول ليرې کول

◆ **Examples:**

- **Cut out** smoking.
(سگرت بند کړه)
 - **Cut out** distractions.
(خنډونه ختم کړه)
-

Lesson 18

1 Do a favor 🙏

Meaning:

Do a favor = help someone

Pashto:

Do a favor = مرسته کول / احسان کول

Easy explanation:

Helping someone politely.

Examples:

1. Could you do me a favor?
🙏 کولی شې راسره مرسته وکړې؟
 2. He did me a big favor.
🙏 هغه راسره لوی احسان وکړ
-

2 Take a seat 🙏

Meaning:

Take a seat = sit down

Pashto:

Take a seat = کنبينه / کينئ

Examples:

1. Please take a seat.
🙏 مهرباني وکړئ کنبينئ
 2. She took a seat near the window.
🙏 هغې د کړکۍ ترڅنگ کنبيناسته
-

3 Make an appointment 🙏

Meaning:

Make an appointment = arrange to meet (doctor, office, etc.)

Pashto:

Make an appointment = وخت اخیستل / ملاقات ټاکل

Examples:

1. I made an appointment with the doctor.
👉 ما له ډاکټر سره وخت واخيست
 2. You should make an appointment first.
👉 ته بايد لومړی ملاقات وټاکې
-

4 Give support 🙌

Meaning:

Give support = help emotionally or physically

Pashto:

Give support = ملاتړ کول / مرسته کول

Easy explanation:

Helping someone in hard times.

Examples:

1. Her family gave her support.
👉 د هغې کورنۍ يې ملاتړ وکړ
 2. Friends should support each other.
👉 ملگري بايد يو بل سره مرسته وکړي
-

5 Catch the flu 🙌

Meaning:

Catch the flu = get sick

Pashto:

Catch the flu = زکام نیول / ناروغه کېدل

Examples:

1. I caught the flu last week.
👉 ما تېره اونۍ زکام ونيو
 2. Many people caught the flu in winter.
👉 ډېر خلک په ژمي کې ناروغه شول
-

6 Have an accident 🙌

Meaning:

Have an accident = experience a crash or mistake

Pashto:

Have an accident = حادثه کېدل

Examples:

1. He had an accident on his bike.
🙌 هغه د بایسکل حادثه وکړه
 2. She had an accident at work.
🙌 هغې په کار کې حادثه وکړه
-

7 Break the rules 🙌

Meaning:

Break the rules = not follow rules

Pashto:

Break the rules = قانون ماتول / اصول ماتول

Examples:

1. You can't break the rules.
🙌 ته نشې کولی قانون مات کړې
 2. He broke the school rules.
🙌 هغه د ښوونځي اصول مات کړل
-

8 Save face 🙌

Meaning:

Save face = protect your reputation / avoid shame

Pashto:

Save face = خپل عزت ساتل

Easy explanation:

Doing something so people don't think bad of you.

Examples:

1. He lied to save face.
هغه د خپل عزت د ساتلو لپاره دروغ وویل
 2. She stayed quiet to save face.
هغې د عزت ساتلو لپاره چوپه پاتې شوه
-

9 Tell a lie 📌

Meaning:

Tell a lie = say something not true

Pashto:

Tell a lie = دروغ ویل

Examples:

1. Don't tell a lie.
دروغ مه وایه
 2. He told a lie to his parents.
هغه خپلو مور و پلار ته دروغ وویل
-

10 Lose confidence 📌

Meaning:

Lose confidence = stop believing in yourself

Pashto:

Lose confidence = پر ځان باور له لاسه ورکول

Examples:

1. He lost confidence after failing the exam.
هغه د امتحان له ناکامۍ وروسته پر ځان باور له لاسه ورکړ
 2. Don't lose confidence.
پر ځان باور مه بایله
-

Lesson 19,20

1. Do your duty 🖱️

Meaning:

Do your duty = fulfill your responsibility

Pashto:

Do your duty = خپله دنده ترسره کول / خپل مسؤلیت ادا کول

Easy explanation:

- do what you are responsible for
- do your job properly

Examples:

1. Soldiers must do their duty.
🖱️ سرتېري بايد خپله دنده ترسره کړي
 2. Everyone should do their duty honestly.
🖱️ هر څوک بايد خپل مسؤلیت په ایماندارۍ ترسره کړي
-

2. Take it easy 🖱️

Meaning:

Take it easy = relax; don't worry

Pashto:

Take it easy = آرام اوسه / اندېښنه مه کوه

Easy explanation:

- calm down
- don't stress

Examples:

1. Take it easy, everything will be fine.
🖱️ آرام اوسه، هر څه به سم شي

2. Take it easy and rest today.
نن آرام وکړه او استراحت وکړه 👉
-

3. Make an impression 🙌

Meaning:

Make an impression = create a good or strong effect on someone

Pashto:

Make an impression = بڼه تاثیر کول

Easy explanation:

- make people remember you
- show good behavior or skills

Examples:

1. She made a good impression on the boss.
هغې په رئیس بڼه تاثیر وکړه 🙌
 2. Your confidence will make an impression.
ستا اعتماد به بڼه تاثیر وکړي 🙌
-

4. Give information 🙌

Meaning:

Give information = provide details

Pashto:

Give information = معلومات ورکول

Easy explanation:

- tell facts
- explain something

Examples:

1. The guide gave information about the museum.
لارښود د موزیم په اړه معلومات ورکړل 🙌

2. Please give me correct information.
مهرباني وکړئ سم معلومات راکړئ 🖱️
-

5. Catch someone's attention 🖱️

Meaning:

Catch attention = get noticed

Pashto:

Catch attention = پام ځان ته رااړول

Easy explanation:

- make someone look at you
- make someone interested

Examples:

1. The painting caught my attention.
انځور زما پام ځان ته راواړاوه 🖱️
 2. His words caught everyone's attention.
د هغه خبرو د ټولو پام واپړاوه 🖱️
-

6. Have patience 🖱️

Meaning:

Have patience = wait calmly

Pashto:

Have patience = صبر کول

Easy explanation:

- don't get angry quickly
- wait peacefully

Examples:

1. Have patience with children.
له ماشومانو سره صبر وکړه 🖱️

2. Success needs patience.

بړيا صبر غواړي 🙌

7. Break the habit 🙌

Meaning:

Break the habit = stop doing something regularly

Pashto:

Break the habit = عادت پرېښودل

Easy explanation:

- stop a bad habit
- change behavior

Examples:

1. He broke the habit of smoking.
هغه د سگرت څکولو عادت پرېښود 🙌
 2. Break the habit of waking up late.
د ناوخته پاڅېدو عادت پرېښوده 🙌
-

8. Save a copy 🙌

Meaning:

Save a copy = keep a duplicate

Pashto:

Save a copy = يو نقل ساتل

Easy explanation:

- keep extra backup
- protect your data

Examples:

1. Always save a copy of important files.
تل د مهمو فایلونو نقل وساته 🙌

2. Save a copy before deleting.

د حذف کولو نه مخکې نقل وساته 🖱️

9. Tell the future 🖱️

Meaning:

Tell the future = predict what will happen

Pashto:

Tell the future = د راتلونکي اټکل کول

Easy explanation:

- say what will happen later
- nobody knows exactly

Examples:

1. Nobody can tell the future.
هیڅوک راتلونکی نه شي ویلی 🖱️
 2. Can you tell the future?
ته راتلونکی ویلای شي؟ 🖱️
-

10. Lose your mind 🖱️

Meaning:

Lose your mind = become crazy or very upset

Pashto:

Lose your mind = لیونی کېدل / ډېر وارخطا کېدل

Easy explanation:

- extreme stress
- emotional shock

Examples:

1. He almost lost his mind after the accident.
هغه نږدې و چې له حادثې وروسته لیونی شي 🖱️

2. Don't lose your mind over small problems.

د وړو ستونزو لپاره مه وارخطا کېږه 🙌

IDIOMS 🙌 (Very important)

11. Make a long story short 🙌

Meaning:

Tell something briefly

Pashto:

Make a long story short = خبره لنډه دا چې

Examples:

1. Make a long story short, we missed the train.

خبره لنډه دا چې، اورگاډی مو له لاسه ورکړه 🙌

12. No pain, no gain 🙌

Meaning:

Hard work is necessary for success

Pashto:

No pain, no gain = بې زحمته بریا نشته

Examples:

1. I study every day—no pain, no gain.

هره ورځ درس وایم، بې زحمته بریا نشته 🙌

13. On the ball 🙌

Meaning:

Alert; quick to understand

Pashto:

On the ball = هوښيار / څيرک

Examples:

1. She is on the ball at work.
هغه په کار کې ډېره څيرکه ده
-

14. Pull yourself together 🖱

Meaning:

Calm down and control yourself

Pashto:

Pull yourself together = ځان کنټرول کړه

Examples:

1. Pull yourself together and continue.
ځان کنټرول کړه او ادامه ورکړه
-

15. See eye to eye 🖱

Meaning:

Agree with someone

Pashto:

See eye to eye = موافق اوسېدل

Examples:

1. I don't see eye to eye with him.
زه ورسره موافق نه يم
-

16. Sit tight 🖱

Meaning:

Wait patiently

Pashto:

Sit tight = انتظار وباسه

Examples:

1. Sit tight, I'm coming.
انتظار وباسه، زه راځم
-

17. Sleep on it

Meaning:

Think before deciding

Pashto:

Sleep on it = پرې فکر کول

Examples:

1. Sleep on it and decide tomorrow.
پرې فکر وکړه او سبا پریکړه وکړه
-

18. Speak your mind

Meaning:

Say what you really think

Pashto:

Speak your mind = خپله خبره په ازادۍ ویل

Examples:

1. Don't be afraid to speak your mind.
مه وپریږه، خپله خبره ووايه
-

19. Steal someone's thunder

Meaning:

Take credit for someone else's idea

Pashto:

Steal someone's thunder = د بل حق غصب کول

Examples:

1. He stole my thunder at the meeting.
هغه زما نظر خپل کړ
-

20. Take it with a pinch of salt 🙌

Meaning:

Don't fully believe

Pashto:

Take it with a pinch of salt = په شک ورته کتل

Examples:

1. Take his advice with a pinch of salt.
د هغه خبرې په بشپړ ډول مه منئ
-

Lesson21,22

1. Do without

Meaning: manage without something

Pashto: بې له څه کار چلول

Examples:

1. I can do without sugar in my tea.
زه کولی شم چای بې له بورې وڅښم
2. We can do without a car here.
موږ دلته بې له موټره هم کار چلولی شو

3. I did without sleep last night.

تېره شپه مې بې له خوبه تېره کړه 🇵🇰

2. Drop by

Meaning: visit briefly

Pashto: لنډه لیدنه کول

Examples:

1. I'll drop by your house later.

زه به وروسته ستا کور ته ورشم 🇵🇰

2. She dropped by my office.

هغې زما دفتر ته لنډه لیدنه وکړه 🇵🇰

3. Drop by anytime you're free.

هر وخت چې خلاص وې، راشه 🇵🇰

3. Fall behind

Meaning: fail to keep up

Pashto: شاته پاتې کېدل

Examples:

1. He fell behind in his studies.

هغه په زده کړو کې شاته پاتې شو 🇵🇰

2. I fell behind because I was sick.

د ناروغۍ له امله شاته پاتې شوم 🇵🇰

3. Don't fall behind at work.

په کار کې شاته مه پاتې کېږه 🇵🇰

4. Get back

Meaning: return

Pashto: بېرته راتلل

Examples:

10. Put up with

Meaning: tolerate

Pashto: زغمل / تحمل کول

Examples:

1. I can't put up with noise.
👉 زه شور نشم زغملی
 2. She put up with pain.
👉 هغې درد وزغمه
 3. He won't put up with lies.
👉 هغه دروغ نه زغمي
-

Collocations

11. Do well

Meaning: succeed

Pashto: بريالی کېدل

Examples:

1. She did well in exams.
👉 هغې په امتحان کې ښه وکړل
 2. He wants to do well in life.
👉 هغه غواړي په ژوند کې بريالی شي
 3. You'll do well here.
👉 ته به دلته ښه وکړې
-

12. Take risks

Meaning: accept danger

Pashto: خطر منل

Examples:

Meaning: use a chance

Pashto: فرصت نیول

Examples:

1. Catch the opportunity now.
👉 همدا اوس فرصت ونیسه
 2. He caught a good opportunity.
👉 هغه ښه فرصت ونیوه
 3. Don't miss the opportunity.
👉 فرصت له لاسه مه ورکوه
-

16. Have experience

Meaning: know from practice

Pashto: تجربه لرل

Examples:

1. I have teaching experience.
👉 زه د تدریس تجربه لرم
 2. She has job experience.
👉 هغه د کار تجربه لري
 3. Experience matters a lot.
👉 تجربه ډېره مهمه ده
-

17. Break the bank

Meaning: very expensive

Pashto: ډېر گران

Examples:

1. This phone breaks the bank.
👉 دا موبایل ډېر گران دی
 2. Travel can break the bank.
👉 سفر ډېر لگښت غواړي
 3. Don't buy things that break the bank.
👉 ډېر گران شیان مه اخلئ
-

18. Save energy

Meaning: use less power

Pashto: انرژي سپمول

Examples:

1. Turn off lights to save energy.
د انرژي سپما لپاره څراغونه بند کړه
 2. Solar panels save energy.
لمريز سيستم انرژي سپموي
 3. Walking saves energy.
پلي تگ انرژي سپموي
-

19. Tell a lie

Meaning: say something false

Pashto: دروغ ويل

Examples:

1. Don't tell a lie.
دروغ مه وايه
 2. He told a lie to escape.
هغه د خلاصون لپاره دروغ وويل
 3. Children sometimes tell lies.
ماشومان كله ناکله دروغ وايي
-

20. Lose balance

Meaning: fall / become unstable

Pashto: تعادل له لاسه ورکول

Examples:

1. He lost balance and fell.
هغه ولوید
2. I lost balance on the stairs.
ما په زینو کې تعادل له لاسه ورکړ

3. The bike lost balance.

بایسکل بې تعادله شو 🖱

Lesson23

1. Do badly

Meaning: fail or perform poorly

Pashto: خراب ترسره کول / بد نتیجه اخیستل

Examples:

1. I did badly in the test.
ما په امتحان کې بد نتیجه واخیسته 🖱
2. He did badly in the interview.
هغه په مرکه کې خراب وکړ 🖱
3. She did badly last semester.
هغې تېره سمسټر کې بد ترسره کړل 🖱

2. Take responsibility

Meaning: accept duty

Pashto: مسؤلیت اخیستل

Examples:

1. Parents take responsibility for their children.
والدین د خپلو ماشومانو مسؤلیت اخلي 🖱

2. He took responsibility for his work.

👉 هغه د خپل کار مسؤلیت واخیست

3. You must take responsibility.

👉 ته باید مسؤلیت واخلي

3. Make noise

Meaning: create sound

Pashto: شور کول / غږ جوړول

Examples:

1. The children are making noise outside.

👉 ماشومان بهر شور کوي

2. Don't make noise in class.

👉 په ټولگي کې شور مه کوه

3. The machine makes noise.

👉 ماشین غږ کوي

4. Give a try

Meaning: attempt something

Pashto: هڅه کول / يو ځل ازمايل

Examples:

1. Why not give it a try?

👉 ولې يې يو ځل و نه ازمويو؟

2. I gave the exam a try.

👉 ما امتحان يو ځل وازمايه

3. Give it a try and see.

👉 هڅه وکړه او وگوره

5. Catch a glimpse

Meaning: see something for a very short time

Pashto: لنډه شېبه ليدل

Examples:

1. I caught a glimpse of him.
  👉 ما هغه د لنډ وخت لپاره وليد
 2. She caught a glimpse of the accident.
  👉 هغې پېښه په لنډه شېبه کې وليده
 3. He caught a glimpse through the window.
  👉 هغه له کړکۍ څخه لنډ نظر واچاوه
-

6. Have trouble

Meaning: face difficulty

Pashto: له ستونزې سره مخ کېدل

Examples:

1. He had trouble finding a job.
  👉 هغه د کار په پیدا کولو کې ستونزه لرله
 2. I'm having trouble understanding this.
  👉 زه د دې په پوهېدو کې ستونزه لرم
 3. She had trouble sleeping.
  👉 هغې د خوب ستونزه لرله
-

7. Break the chain

Meaning: stop a series of events

Pashto: لړۍ ماتول

Examples:

1. We must break the chain of bad habits.
  👉 موږ باید د بدو عادتونو لړۍ ماته کړو
 2. Education can break the chain of poverty.
  👉 زده کړه د غربت لړۍ ماتولی شي
 3. He broke the chain of mistakes.
  👉 هغه د تېروتنو لړۍ ماته کړه
-

8. Save yourself

2. The answer was under his nose.

👉 ځواب د هغه مخې ته و

3. My phone was under my nose.

👉 موبایل مې د سترگو مخې ته و

4. Up the ante

Meaning: increase the stakes or demands

Pashto: غوښتنې زیاتول / شرط لوړول

Examples:

1. The company upped the ante by offering more benefits.

👉 شرکت امتیازات زیات کړل

2. He upped the ante in the negotiations.

👉 هغه په خبرو کې غوښتنې زیاتې کړې

3. They upped the ante to win the deal.

👉 هغوی د معاملې گټلو لپاره شرط لوړ کړ

5. Wear your heart on your sleeve

Meaning: show emotions openly

Pashto: احساسات ښکاره کول / زړه په ښکاره ښودل

Examples:

1. He wears his heart on his sleeve.

👉 هغه خپل احساسات ښکاره کوي

2. She wears her heart on her sleeve when she's sad.

👉 هغه چې خپه وي، خپل احساسات ښکاره کوي

3. I wear my heart on my sleeve.

👉 زه خپل احساسات پټ نه ساتم

6. Bend over backwards

Meaning: try very hard to help

Pashto: ډېر کوشنې کول / له وسه وتلې مرسته کول

Examples:

1. She bent over backwards to help me with the project.
‣ هغه زما د پروژې لپاره ډېر کوبښښ وکړ
 2. He bent over backwards for his guests.
‣ هغه د مېلمنو لپاره ډېر زحمت واخيست
 3. They bent over backwards to satisfy customers.
‣ هغوی د مشتریانو د خوشحالولو لپاره ډېر کوبښښ وکړ
-

7. Burn your bridges

Meaning: destroy relationships or future opportunities

Pashto: اړیکې خرابول / لارې بندول

Examples:

1. Don't burn your bridges with your former employer.
‣ له خپل پخواني کار ورکوونکي سره اړیکې مه خرابوه
 2. He burned his bridges by insulting his boss.
‣ هغه خپل مشر ته سپکاوی وکړ او اړیکې یې خرابې کړې
 3. She burned her bridges with her team.
‣ هغه له خپلې ډلې سره اړیکې خرابې کړې
-

8. By the book

Meaning: strictly according to rules

Pashto: د اصولو سره سم / په بشپړ قانوني ډول

Examples:

1. The inspector does everything by the book.
‣ پلټونکی هر څه د اصولو سره سم کوي
 2. Do it by the book.
‣ دا کار د قانون مطابق وکړه
 3. Police must work by the book.
‣ پولیس باید د اصولو سره سم کار وکړي
-

9. Hit the roof

Meaning: become very angry

Pashto: ډېر قهرېدل / سخت غوسه کېدل

Examples:

1. She hit the roof when she saw the broken vase.
هغې چې ماته گلدان وليده سخت غوسه شوه
 2. My father hit the roof.
زما پلار سخت قهر شو
 3. He will hit the roof if he finds out.
که هغه خبر شي، ډېر به قهر شي
-

10. Jump the gun

Meaning: act too soon

Pashto: بېره کول / له وخته مخکې اقدام کول

Examples:

1. Don't jump the gun; wait for approval.
بېره مه کوه، د اجازې انتظار وکړه
2. He jumped the gun and announced the news early.
هغه له وخته مخکې خبر اعلان کړ
3. She jumped the gun on the project.
هغې په پروژه کې بېره وکړه

Lesson25,26

1. I took the book back to the library.

👉 ما کتاب کتابتون ته بېرته یووړ

2. He took back his rude comment.

👉 هغه خپله بده خبره بېرته واخیسته

3. She took back the shoes.

👉 هغې بوټان بېرته ورکړل

4. Turn around

Meaning: improve a situation or go the opposite direction

Pashto: حالت بدلول / بېرته گرځېدل

Examples:

1. The new manager turned the company around.

👉 نوي مدیر شرکت بڼه حالت ته راوست

2. Turn around—you're going the wrong way.

👉 بېرته وگرځه، ته غلطې لارې ته روان یې

3. She turned her life around.

👉 هغې خپل ژوند بدل کړ

5. Work out

Meaning: exercise or solve a problem

Pashto: ورزش کول / حل پیدا کول

Examples:

1. I work out at the gym.

👉 زه په جم کې ورزش کوم

2. They worked out a solution.

👉 هغوی ستونزې ته حل پیدا کړ

3. He works out every morning.

👉 هغه هر سهار ورزش کوي

6. Bring in

Meaning: earn money or introduce something

Pashto: عايد راوړل / معرفي کول

Examples:

1. The project brought in a lot of money.
👉 پروژې ډېر عايد راوړ
 2. The manager brought in new rules.
👉 مدير نوي اصول راوستل
 3. This job brings in good income.
👉 دا کار بڼه عايد راوړي
-

7. Call in

Meaning: ask someone to come for help

Pashto: څوک رابلل / مرسته غوښتل

Examples:

1. They called in a technician.
👉 هغوی تخنیکر راوغوښت
 2. The police were called in.
👉 پولیس راوغوښتل شول
 3. He called in a doctor.
👉 هغه ډاکټر راوغوښت
-

8. Carry out

Meaning: perform a task or duty

Pashto: ترسره کول / عملي کول

Examples:

1. The team carried out the plan.
👉 ډلې پلان عملي کړ
 2. Scientists carried out research.
👉 ساينسپوهانو څېړنه ترسره کړه
 3. He carried out his orders.
👉 هغه خپل امرونه عملي کړل
-

9. Check up on

Meaning: make sure everything is okay

Pashto: پوښتنه کول / حال معلومول

Examples:

1. I checked up on my neighbor.
👉 ما د خپل ګاونډي حال واخيست
 2. Please check up on him.
👉 مهرباني وکړه د هغه حال وګوره
 3. She checked up on the kids.
👉 هغې د ماشومانو حال واخيست
-

10. Come along

Meaning: accompany someone or make progress

Pashto: مل کېدل / پرمختګ کول

Examples:

1. Come along with us.
👉 زموږ سره راځه
 2. The project is coming along well.
👉 پروژه ښه روانه ده
 3. Would you like to come along?
👉 ته غواړې زموږ سره راشې؟
-

◆ Collocations

11. Do damage

Meaning: harm something

Pashto: زیان رسول

Examples:

1. The storm did a lot of damage.

👉 تویان ډېر زیان وپراوه

2. Fire did damage to the house.

👉 اور کور ته زیان وپراوه

3. The flood did damage.

👉 سېلاب زیان وپراوه

12. Take medicine

Meaning: swallow pills or treatment

Pashto: دوا اخیستل

Examples:

1. She took medicine for headache.

👉 هغې د سر درد لپاره دوا واخیسته

2. I must take medicine daily.

👉 زه باید هره ورځ دوا واخلم

3. He took his medicine.

👉 هغه خپله دوا واخیسته

13. Make a complaint

Meaning: say you are not happy

Pashto: شکایت کول

Examples:

1. He made a complaint about the service.

👉 هغه د خدمت په اړه شکایت وکړ

2. She made a complaint to the manager.

👉 هغې مدیر ته شکایت وکړ

3. I will make a complaint.

👉 زه به شکایت وکړم

14. Give a hug

Meaning: hold someone with your arms

Pashto: غښور کول

Examples:

1. She gave her friend a hug.
هغې خپلې ملگرې ته غښور وکړه
 2. He gave his mother a hug.
هغه خپلې مور ته غښور وکړه
 3. Give me a hug.
ما ته غښور راکړه
-

15. Catch a thief

Meaning: stop or capture a robber

Pashto: غل نیول

Examples:

1. The police caught the thief.
پولیسو غل ونیوه
 2. They caught a thief in the market.
هغوی په بازار کې غل ونیوه
 3. He helped catch the thief.
هغه د غل په نیولو کې مرسته وکړه
-

16. Have a baby

Meaning: give birth

Pashto: ماشوم زېږول

Examples:

1. They had a baby last month.
هغوی تېرې میاشت ماشوم وزېږاوه
 2. She had her first baby.
هغې خپل لومړی ماشوم وزېږاوه
 3. My sister had a baby.
زما خور ماشوم وزېږاوه
-

17. Break the cycle

Meaning: stop repetition

Pashto: لړۍ ختمول / دوره ماتول

Examples:

1. Education can break the cycle of poverty.
👉 زده‌کړه د غریت دوره ماتولی شي
 2. We must break the cycle of violence.
👉 موږ باید د تاوتریخوالي لړۍ ختمه کړو
 3. He broke the cycle of failure.
👉 هغه د ناکامۍ لړۍ ماته کړه
-

18. Save money

Meaning: keep money for later

Pashto: پیسې سپمول

Examples:

1. He is saving money for a car.
👉 هغه د موټر لپاره پیسې سپموي
 2. I save money monthly.
👉 زه هره میاشت پیسې سپموم
 3. They saved money.
👉 هغوی پیسې سپمولې
-

19. Tell a lie

Meaning: say something false

Pashto: دروغ وبل

Examples:

1. Don't tell lies to your teacher.
👉 استاد ته دروغ مه وایه
2. He told a lie.
👉 هغه دروغ وویل

3. She told a lie once.

هغې يو ځل دروغ وويل

20. Lose your passport

Meaning: misplace your passport

Pashto: پاسپورټ له لاسه ورکول

Examples:

1. I lost my passport while traveling.
ما د سفر پر مهال خپل پاسپورټ له لاسه ورکړ
2. She lost her passport at the airport.
هغې هوايي ډگر کې پاسپورټ ورک کړ
3. He almost lost his passport.
هغه نږدې و چې خپل پاسپورټ له لاسه ورکړ

Lesson 27,28

◆ Common American Collocations

1. Do the laundry

Meaning: wash clothes

Pashto: کالي مينځل

Examples:

1. She does the laundry on Sundays.
هغه د يکشنبې په ورځ کالي مينځي
2. I need to do the laundry today.
زه نن کالي مينځلو ته اړتيا لرم

3. He is doing the laundry.

هغه کالي مينځي 🖱️

2. Take photos

Meaning: capture pictures

Pashto: عکسونه اخيستل

Examples:

1. He took photos of the sunset.
هغه د لمر لوېدو عکسونه واخيستل 🖱️
 2. I like to take photos.
زه د عکس اخيستلو سره مينه لرم 🖱️
 3. She took photos at the party.
هغې په مېله کې عکسونه واخيستل 🖱️
-

3. Make a phone call

Meaning: call someone

Pashto: ټيليفون کول

Examples:

1. I need to make a phone call.
زه بايد ټيليفون وکړم 🖱️
 2. He made a phone call to his boss.
هغه خپل مشر ته ټيليفون وکړ 🖱️
 3. She is making a phone call.
هغه ټيليفون کوي 🖱️
-

4. Give an answer

Meaning: respond

Pashto: ځواب ورکول

Examples:

1. Please give an answer to my question.
  👉 مهرباني وکړه زما پوښتنې ته ځواب ورکړه
 2. He gave the correct answer.
  👉 هغه سم ځواب ورکړ
 3. She didn't give an answer.
  👉 هغې ځواب ور نه کړ
-

5. Catch someone's imagination

Meaning: inspire or interest someone

Pashto: د چا تصور ځان ته اړول

Examples:

1. The story caught the children's imagination.
  👉 کيسې د ماشومانو تصور ځان ته واپراوه
 2. The movie caught my imagination.
  👉 فلم زما تصور راجلب کړ
 3. His ideas catch people's imagination.
  👉 د هغه نظريات د خلکو تصور راجلبوي
-

6. Have a chance

Meaning: have an opportunity

Pashto: موقع درلودل

Examples:

1. I had a chance to meet the president.
  👉 ما د ولسمشر د ليدو موقع درلوده
 2. She didn't have a chance to speak.
  👉 هغې د خبرو کولو موقع و نه موندله
 3. You have a chance to improve.
  👉 ته د ښه کېدو موقع لرې
-

7. Break the tension

Meaning: make things less serious

Pashto: فضا نرمول / تاوتریخوالی کمول

Examples:

1. His joke broke the tension in the room.
د هغه ټوکې فضا نرمه کړه
 2. Music helped break the tension.
موسیقی فضا نرمه کړه
 3. She smiled to break the tension.
هغې موسکا وکړه تر څو فضا نرمه شي
-

8. Save fuel

Meaning: use less petrol

Pashto: سون توکې سپمول

Examples:

1. Driving slowly saves fuel.
ورو موټر چلول تېل سپموي
 2. This car saves fuel.
دا موټر تېل سپموي
 3. We should save fuel.
مور باید تېل سپموو
-

9. Tell the difference

Meaning: notice contrast

Pashto: توپیر پېژندل

Examples:

1. Can you tell the difference between tea and coffee?
ته د چای او قهوې توپیر پېژندلی شې؟
 2. I can't tell the difference.
زه توپیر نه شم پېژندلی
 3. She can tell the difference easily.
هغه په اسانه توپیر پېژني
-

10. Lose your keys

Meaning: misplace your keys

Pashto: کیلی ورکول

Examples:

1. I lost my keys again.
👉 ما بیا خپلې کیلی ورک کړې
 2. He lost his keys at work.
👉 هغه په کار کې خپلې کیلی ورک کړې
 3. She often loses her keys.
👉 هغه ډېر وخت خپلې کیلی ورکوي
-

◆ American Idioms

11. Keep an eye on

Meaning: watch carefully

Pashto: پام ساتل / څارنه کول

Examples:

1. Keep an eye on the baby while I cook.
👉 کله چې زه پخلی کوم، پر ماشوم پام کوه
 2. Please keep an eye on my bag.
👉 مهرباني وکړه زما بکس ته پام وکړه
 3. He kept an eye on the door.
👉 هغه دروازې ته پام ساتلی و
-

12. Leave no stone unturned

Meaning: try every possibility

Pashto: هېڅ هڅه نه پرېښودل

Examples:

1. We left no stone unturned in our search.

👉 مور په لټون کې هېڅ هڅه ونه سپمول

2. Police left no stone unturned.

👉 پوليسو هره هڅه وکړه

3. She left no stone unturned to succeed.

👉 هغې د بريا لپاره هېڅ هڅه ونه سپمول

13. Lose your touch

Meaning: lose skill or ability

Pashto: مهارت له لاسه ورکول

Examples:

1. He's lost his touch.

👉 هغه خپل مهارت له لاسه ورکړی

2. I haven't practiced; I lost my touch.

👉 ما تمرین نه دی کړی، مهارت مې له لاسه ورکړی

3. She lost her touch in painting.

👉 هغې د انځورگرۍ مهارت له لاسه ورکړ

14. There's a method to the madness

Meaning: a reason for strange behavior

Pashto: د عجیبو کارونو تر شا منطق شته

Examples:

1. There's a method to the madness.

👉 د دې عجیبو کارونو تر شا منطق شته

2. His plan seems crazy, but there's a method to it.

👉 د هغه پلان عجیبه ښکاري، خو منطق لري

3. Don't worry—there's a method to this.

👉 اندېښنه مه کوه، دا بې دلیله نه دی

15. Miss the point

Meaning: fail to understand

Pashto: مطلب نه پوهېدل

Examples:

1. You're missing the point.
👉 ته مطلب نه پوهېږې
 2. He missed the point of the discussion.
👉 هغه د بحث مطلب و نه پوهېد
 3. Don't miss the point.
👉 مطلب له لاسه مه ورکوه
-

16. Off the top of your head

Meaning: without thinking much

Pashto: بې له فکړه / سمدستي

Examples:

1. I can't remember off the top of my head.
👉 زه سمدستي نه شم یادولی
 2. Off the top of my head, I'd say yes.
👉 بې له فکړه وایم: هو
 3. I answered off the top of my head.
👉 ما بې له فکړه ځواب ورکړ
-

17. Out of hand

Meaning: out of control

Pashto: له کنټروله وتل

Examples:

1. The party got out of hand.
👉 مېله له کنټروله ووتله
 2. The situation is getting out of hand.
👉 حالت له کنټروله وځي
 3. Things went out of hand quickly.
👉 کارونه ژر له کنټروله ووتل
-

18. Out of the question

Meaning: impossible

Pashto: ناممکن

Examples:

1. Taking a day off is out of the question.
رخصتي اخیستل ناممکن دي 👉
 2. That plan is out of the question.
دا پلان ناممکن دی 👉
 3. For me, it's out of the question.
زما لپاره دا ناشوني دي 👉
-

19. Play it by ear

Meaning: decide as you go

Pashto: د حالاتو سره سم پریکړه کول

Examples:

1. Let's play it by ear.
راځئ د حالاتو سره سم پریکړه وکړو 👉
 2. We don't have a plan—play it by ear.
پلان نشته، د حالاتو سره سم به وکړو 👉
 3. I'll play it by ear today.
نن به د حالاتو سره سم عمل وکړم 👉
-

20. Rain on someone's parade

Meaning: spoil someone's plans or happiness

Pashto: د چا خوشحالي خرابول

Examples:

1. I didn't want to rain on her parade.
ما نه غوښتل د هغې خوشحالي خرابه کړم 👉
2. Don't rain on my parade.
زما خوشحالي مه خرابوه 👉

3. He rained on their parade with bad news.

هغه په بد خبر سره د هغوی خوشحالی خرابه کړه

Lesson29,30

◆ Phrasal Verbs

1. Cut down on

Meaning: reduce (usage or consumption)

Pashto: کمول / لږ استعمالول

Examples:

1. I need to cut down on coffee.
زه باید د قهوې څښل کم کړم
 2. He cut down on sugar.
هغه بوره کمه کړه
 3. She is cutting down on junk food.
هغه ناسالم خواړه کموي
-

2. Fall out

Meaning: argue and stop being friendly

Pashto: اړیکې خرابېدل / جگړه کول

Examples:

Meaning: distribute OR stop working

Pashto: ویشل / خرابېدل

Examples:

1. The teacher gave out the exams.
استاد امتحانونه وویشل
 2. The printer gave out after 100 pages.
چاپگر له ۱۰۰ مخونو وروسته خراب شو
 3. His energy gave out.
د هغه توان ختم شو
-

6. Go back on

Meaning: break a promise or agreement

Pashto: پر وعده نه درېدل

Examples:

1. He went back on his promise.
هغه پر خپلې وعده ونه درېده
 2. Don't go back on your word.
پر خپلې خبرې مه اوږېره
 3. They went back on the deal.
هغوی له معاملې واوښتل
-

7. Keep up with

Meaning: stay at the same pace or level

Pashto: ورسره برابر پاتې کېدل

Examples:

1. I can't keep up with the news.
زه له خبرونو سره برابر نه شم پاتې کېدلای
 2. She keeps up with her studies.
هغه له خپلو زده کړو سره برابر پاتې کېږي
 3. Try to keep up with me.
هڅه وکړه له ما سره برابر پاتې شې
-

3. Doctors hoped he would pull through.

‏👉 ډاکټرانو هیله لرله چې هغه به ژوندي پاتې شي

◆ Common American Collocations

11. Do a job

Meaning: perform work

Pashto: کار ترسره کول

Examples:

1. He did a great job.
‏👉 هغه ډېر ښه کار وکړ
 2. She did her job well.
‏👉 هغې خپل کار ښه ترسره کړ
 3. I will do the job.
‏👉 زه به دا کار ترسره کړم
-

12. Take notes

Meaning: write down information

Pashto: یادښت لیکل

Examples:

1. Students should take notes.
‏👉 زده‌کوونکي باید یادښتونه وليکي
 2. I took notes in class.
‏👉 ما په ټولگي کې یادښت واخيست
 3. She takes notes carefully.
‏👉 هغه په احتیاط یادښت لیکي
-

13. Make peace

Meaning: end conflict

Pashto: سوله کول

Examples:

1. The countries made peace.
👉 هېوادونو سوله وکړه
 2. They made peace after the fight.
👉 هغوی له جگړې وروسته سوله وکړه
 3. Let's make peace.
👉 راځئ سوله وکړو
-

14. Give advice

Meaning: suggest what someone should do

Pashto: مشوره ورکول

Examples:

1. She gave me advice.
👉 هغې ماته مشوره راکړه
 2. Can you give advice?
👉 ته مشوره راکولی شې؟
 3. He gives good advice.
👉 هغه بڼه مشوره ورکوي
-

15. Catch a flight

Meaning: get on an airplane

Pashto: الوتکې ته رسېدل

Examples:

1. We left early to catch our flight.
👉 موږ ژر ووتلو چې الوتکه له لاسه ور نه کړو
 2. She ran to catch the flight.
👉 هغه د الوتکې د نیولو لپاره منډه کړه
 3. He missed catching his flight.
👉 هغه الوتکه له لاسه ورکړه
-

3. Let's save the planet.

راځئ ځمکه وژغورو

19. Tell the difference

Meaning: recognize what is not the same

Pashto: توپیر پېژندل

Examples:

1. Can you tell the difference between twins?

ته د غبرگونو توپیر پېژندلی شې؟

2. I can't tell the difference.

زه توپیر نه شم کولای

3. She told the difference easily.

هغې توپیر په اسانه وپېژانده

20. Lose your voice

Meaning: become unable to speak

Pashto: غبر له لاسه ورکول

Examples:

1. She lost her voice after shouting.

هغې له ډېر چیغو وروسته غبر له لاسه ورکړ

2. I lost my voice yesterday.

ما پرون غبر له لاسه ورکړ

3. He almost lost his voice.

هغه نږدې و چې غبر له لاسه ورکړ

Lesson31,32

◆ Common American Collocations (Lesson 31)

1. Do harm

Meaning: cause damage

Pashto: زیان رسول

Examples:

1. Smoking does harm to your health.
☞ سګرېټ څکول روغتیا ته زیان رسوي
 2. This chemical can do harm.
☞ دا کیمیاوي مواد زیان رسولی شي
 3. Stress does harm to the body.
☞ فشار بدن ته زیان رسوي
-

2. Take a photo

Meaning: capture a picture

Pashto: عکس اخیستل

Examples:

1. She took a photo of the mountain.
☞ هغې د غره عکس واخیست
 2. I took a photo yesterday.
☞ ما پرون عکس واخیست
 3. He took a photo of his family.
☞ هغه د خپلې کورنۍ عکس واخیست
-

3. Make an excuse

Meaning: explain why you didn't do something

Pashto: بهانه کول

Meaning: consume a beverage

Pashto: څښاک کول

Examples:

1. Let's have a drink at the cafe.
راځئ په کافي کې یو څه وڅښو
 2. He had a drink of water.
هغه اوبه وڅښلې
 3. She had a cold drink.
هغې یخ څښاک وکړ
-

7. Break the law

Meaning: do something illegal

Pashto: قانون ماتول

Examples:

1. He broke the law by driving too fast.
هغه په چټک موټر چلولو سره قانون مات کړ
 2. Don't break the law.
قانون مه ماتوئ
 3. She was punished for breaking the law.
هغې ته د قانون ماتولو سزا ورکړل شوه
-

8. Save effort

Meaning: reduce the amount of work

Pashto: زحمت کمول

Examples:

1. Online shopping saves effort.
آنلاین پیروډ زحمت کموي
 2. This tool saves effort.
دا اله زحمت کموي
 3. Planning saves effort.
پلان کول زحمت کموي
-

1. He ran like the wind to catch the bus.

👉 هغه د بس نیولو لپاره په تېزۍ منډه کړه

2. The boy ran like the wind.

👉 هلک ډېر تېز منډه کړه

3. She ran like the wind in the race.

👉 هغې په سیالی کې ډېر تېز منډه کړه

12. Sit on your hands

Meaning: do nothing when action is needed

Pashto: هېڅ کار نه کول

Examples:

1. Don't sit on your hands—help them.

👉 لاس په لاس مه کښېنه، مرسته وکړه

2. He sat on his hands during the crisis.

👉 هغه د بحران پر وخت هېڅ ونه کړل

3. Stop sitting on your hands.

👉 نور بې‌کاره مه کښېنه

13. Spill the beans

Meaning: reveal a secret

Pashto: راز افشا کول

Examples:

1. Don't spill the beans.

👉 راز مه ښکاره کوه

2. She spilled the beans about the plan.

👉 هغې پلان افشا کړ

3. Who spilled the beans?

👉 چا راز ښکاره کړ؟

14. The last straw

Meaning: final problem in a series of problems

Pashto: وروستی زغم / وروستی ضربه

Examples:

1. Forgetting my birthday was the last straw.
👉 زما کلیزه هېرول وروستی ضربه وه
 2. His rude comment was the last straw.
👉 د هغه بد چلند وروستی ضربه وه
 3. That mistake was the last straw for her.
👉 دا تېروتنه د هغې لپاره وروستی وه
-

15. Throw someone under the bus

Meaning: blame someone to save yourself

Pashto: بل کس قرباني کول

Examples:

1. He threw his colleague under the bus.
👉 هغه د ځان ژغورلو لپاره خپل همکار قرباني کړ
 2. Don't throw me under the bus.
👉 ما قرباني مه کوه
 3. She threw her friend under the bus.
👉 هغې خپله ملگرې قرباني کړه
-

16. Tip of the iceberg

Meaning: small visible part of a big problem

Pashto: د ستونزې کوچنۍ ښکاره برخه

Examples:

1. The missing money is the tip of the iceberg.
👉 ورکې شوې پیسې د ستونزې کوچنۍ برخه ده
 2. This report is just the tip of the iceberg.
👉 دا راپور یوازې کوچنۍ برخه ده
 3. What we see is the tip of the iceberg.
👉 څه چې مور وینو یوازې کوچنۍ برخه ده
-

17. Touch base

Meaning: make contact briefly

Pashto: لنډ تماس نیول

Examples:

1. Let's touch base next week.
راځئ راتلونکې اوونۍ لنډ تماس ونیسو
 2. I'll touch base with him tomorrow.
زه به سبا له هغه سره تماس ونیسم
 3. She touched base by email.
هغې د ایمیل له لارې تماس ونيو
-

18. Turn over a new leaf

Meaning: start fresh; improve behavior

Pashto: نوی پیل کول / ځان بدلول

Examples:

1. He turned over a new leaf.
هغه نوی پیل وکړ
 2. She turned over a new leaf in life.
هغې په ژوند کې نوی پیل وکړ
 3. I want to turn over a new leaf.
زه غواړم نوی پیل وکړم
-

19. Under the table

Meaning: secret; usually illegal

Pashto: په پټه / ناقانونه ډول

Examples:

1. The company paid him under the table.
شرکت هغه ته په پټه پیسې ورکړې
2. They made a deal under the table.
هغوی په پټه معامله وکړه

3. He accepted money under the table.

هغه په پټه پیسې ومنلې

20. Up in arms

Meaning: very angry or upset

Pashto: ډېر قهرجن / سخت ناراض

Examples:

1. Residents were up in arms about taxes.

اوسېدونکي د مالیاتو په اړه سخت قهر وو

2. Parents are up in arms.

والدین سخت ناراض دي

3. The workers were up in arms.

کارکوونکي سخت په غوسه وو

Lesson33,34

◆ Phrasal Verbs & Expressions

1) Put aside

Meaning: save for later / ignore temporarily

Pashto: د وروسته لپاره ساتل / موقتې پرېښودل

Examples:

1. I put aside some money for my vacation.

👉 ما د رخصتی لپاره لږې پیسې وساتلې

2. Put aside your phone and study.

👉 موبایل یوې خواته کېږده او درس ووايه

3. She put aside her worries.

👉 هغې خپلې اندېښنې موقتي پرېښودې

2) Put together

Meaning: assemble / organize

Pashto: یوځای کول / ترتیبول

Examples:

1. We put together a plan.

👉 موږ یو پلان جوړ کړ

2. He put together the furniture.

👉 هغه فرنیچر یوځای کړ

3. She put together a report.

👉 هغې راپور ترتیب کړ

3) Run over

Meaning: exceed time / review quickly

Pashto: له وخته زیاتېدل / ژر مرور کول

Examples:

1. The meeting ran over by 20 minutes.

👉 ناسته شل دقیقې وغځېده

2. Let's run over the details.

👉 راځئ جزئیات ژر وگورو

3. The class ran over today.

👉 نن ټولگی له وخته اوږد شو

4) Run through

3. I can't take on more tasks.

👉 زه نور کارونه نه شم منلی

10) Talk over

Meaning: discuss something

Pashto: بحث کول / خبرې پرې کول

Examples:

1. Let's talk over the plan.
👉 راځئ د پلان په اړه خبرې وکړو
 2. They talked it over.
👉 هغوی پرې بحث وکړ
 3. We should talk this over.
👉 موږ باید دا موضوع وڅېړو
-

◆ Common American Collocations (Lesson 34)

11) Do your hair

Meaning: style your hair

Pashto: وپښتان جوړول

Examples:

1. She takes an hour to do her hair.
👉 هغې ته د خپلو وپښتانو جوړولو کې یو ساعت لگېږي
 2. I did my hair before class.
👉 ما له ټولګې مخکې خپل وپښتان جوړ کړل
 3. She is doing her hair now.
👉 هغه اوس خپل وپښتان جوړوي
-

12) Take a rest

Meaning: relax after work

Pashto: استراحت کول

Examples:

1. Take a rest—you look tired.
استراحت وکړه، ته ستړی ښکاري 🖐️
 2. He took a rest after work.
هغه له کار وروسته استراحت وکړ 🖐️
 3. Let's take a rest.
راځئ لږ استراحت وکړو 🖐️
-

13) Make a complaint

Meaning: express dissatisfaction

Pashto: شکایت کول

Examples:

1. I made a complaint about the service.
ما د خدمت په اړه شکایت وکړ 🖐️
 2. She made a complaint to the manager.
هغې مدیر ته شکایت وکړ 🖐️
 3. Customers often make complaints.
پیرودونکي ډېر وخت شکایت کوي 🖐️
-

14) Give an opinion

Meaning: share your thoughts

Pashto: نظر ورکول

Examples:

1. May I give my opinion?
کولی شم خپل نظر ووايم؟ 🖐️
2. He gave his opinion clearly.
هغه خپل نظر ښکاره کړ 🖐️

3. She gave an opinion on the plan.

هغې د پلان په اړه نظر ورکړه

15) Catch the bus

Meaning: get on a bus

Pashto: بس ته رسېدل

Examples:

1. I caught the bus to school.

زه ښوونځي ته د بس له لارې ولاړم

2. She ran to catch the bus.

هغې د بس نیولو لپاره منډه کړه

3. He missed the bus.

هغه بس له لاسه ورکړه

16) Have a shower

Meaning: wash yourself

Pashto: غسل کول

Examples:

1. I have a shower every morning.

زه هر سهار غسل کوم

2. He had a shower after exercise.

هغه له تمرین وروسته غسل وکړ

3. She is having a shower now.

هغه اوس غسل کوي

17) Break the rules

Meaning: not follow regulations

Pashto: اصول ماتول

Examples:

1. Students cannot break the rules.
  👉 زده کوونکې اصول نه شې ماتولی
 2. He broke the rules yesterday.
  👉 هغه پرون اصول مات کړل
 3. Don't break the rules.
  👉 اصول مه ماتوئ
-

18) Save money

Meaning: keep money for future use

Pashto: پیسې سپمول

Examples:

1. I'm saving money for a car.
  👉 زه د موټر لپاره پیسې سپموم
 2. She saves money every month.
  👉 هغه هره میاشت پیسې سپموي
 3. Save money if you can.
  👉 که کولی شې پیسې وسپمونه
-

19) Tell the truth

Meaning: be honest

Pashto: رښتیا وبل

Examples:

1. Always tell the truth.
  👉 تل رښتیا وایه
 2. He told the truth.
  👉 هغه رښتیا وویل
 3. She is telling the truth.
  👉 هغه رښتیا وایي
-

20) Lose your temper

3. Please give me more information.

👉 مهرباني وکړه نور معلومات راکړه

5) Catch someone's attention

Meaning: get noticed

Pashto: پام ځان ته اړول

Examples:

1. The bright colors caught my attention.

👉 روښانه رنگونو زما پام ځان ته واپراوه

2. His voice caught her attention.

👉 د هغه غږ د هغې پام واپراوه

3. The ad caught everyone's attention.

👉 اعلان د ټولو پام واپراوه

6) Have a laugh

Meaning: enjoy a joke

Pashto: ښه وځندل

Examples:

1. We had a good laugh at the party.

👉 موږ په مېله کې ښه وځندل

2. Let's have a laugh.

👉 راځئ لږ وځاندو

3. They had a laugh together.

👉 هغوی یوځای وځندل

7) Break the news

Meaning: tell important news

Pashto: مهم خبر ورکول

Examples:

1. He broke the news about his promotion.

👉 هغه د خپلې ترفيع خبر ورکړ

2. She broke the news to her family.

👉 هغې خپلې کورنۍ ته خبر ورکړ

3. I have to break the news.

👉 زه بايد دا خبر ورکړم

8) Save water

Meaning: use less water

Pashto: اوبه سپمول

Examples:

1. Turn off the tap to save water.

👉 د اوبو د سپما لپاره نل بند کړه

2. We save water at home.

👉 مور په کور کې اوبه سپموو

3. Saving water is important.

👉 د اوبو سپمول مهم دي

9) Tell a story

Meaning: narrate something

Pashto: کيسه ويل

Examples:

1. She told a story to the children.

👉 هغې ماشومانو ته کيسه وکړه

2. Grandpa tells stories at night.

👉 نیکه د شپې کيسې کوي

3. He told us a story.

👉 هغه مور ته کيسه وکړه

10) Lose hope

Meaning: stop believing something will happen

Pashto: هیله له لاسه ورکول

Examples:

1. Don't lose hope—you'll succeed.

👉 هیله مه بايله، ته به بريالی شې

2. She lost hope after failing.

👉 هغې له ناکامۍ وروسته هیله وبايلله

3. Never lose hope.

👉 هېڅکله هیله مه بايله

◆ Common American Idioms

11) The whole nine yards

Meaning: everything possible

Pashto: هر څه کول / تر وروستې حده هڅه کول

Examples:

1. They went the whole nine yards.

👉 هغوی هر څه وکړل

2. She went the whole nine yards for the party.

👉 هغې د مېلې لپاره هر څه وکړل

3. He went the whole nine yards to help us.

👉 هغه د مرستې لپاره تر وروستې حده هڅه وکړه

12) You scratch my back and I'll scratch yours

Meaning: mutual help

Pashto: متقابل مرسته / یو بل سره مرسته کول

Examples:

1. I'll help you—you scratch my back and I'll scratch yours.

👉 زه به درسره مرسته وکړم، ته به هم زما مرسته کوې

2. It's a deal—scratch my back and I'll scratch yours.
👉 معامله ده، ته به زما مرسته کوې او زه به ستا
 3. They worked together—scratch my back and I'll scratch yours.
👉 هغوی یو بل سره مرسته وکړه
-

13) A dime a dozen

Meaning: very common

Pashto: ډېر عام / ډېر موندل کېږي

Examples:

1. Cheap souvenirs are a dime a dozen here.
👉 دلته ارزانه سوځاتونه ډېر عام دي
 2. Such shops are a dime a dozen.
👉 داسې دوکانونه ډېر عام دي
 3. Fake products are a dime a dozen online.
👉 آنلاین جعلي توکي ډېر دي
-

14) Actions speak louder than words

Meaning: what you do matters more than what you say

Pashto: عمل د خبرو نه مهم دی

Examples:

1. He promised, but actions speak louder than words.
👉 هغه ژمنه وکړه، خو عمل د خبرو نه مهم دی
 2. Don't just talk—actions speak louder than words.
👉 یوازې خبرې مه کوه، عمل مهم دی
 3. She proved it—actions speak louder than words.
👉 هغې ثابته کړه چې عمل مهم دی
-

15) All ears

Meaning: listening carefully

Pashto: په پوره پام اورېدل

Examples:

1. I'm all ears—tell me what happened.
👉 زه به پوره پام اورم، ووايه څه وشول
 2. She was all ears.
👉 هغه په پوره پام غور وه
 3. We're all ears.
👉 مور ټول په پوره پام اورو
-

16) Back to square one

Meaning: start again

Pashto: له سره پیل کول

Examples:

1. We're back to square one.
👉 مور له سره پیل کوو
 2. The plan failed, so we're back to square one.
👉 پلان ناکام شو، نو له سره پیل کوو
 3. He went back to square one.
👉 هغه له سره پیل کړ
-

17) Bite the hand that feeds you

Meaning: harm someone who helps you

Pashto: د خپل مرسته کوونکي زیان کول

Examples:

1. Don't bite the hand that feeds you.
👉 د خپل مرسته کوونکي زیان مه کوه
 2. He bit the hand that fed him.
👉 هغه د خپل مرسته کوونکي زیان وکړ
 3. That company bit the hand that fed it.
👉 هغې کمپنی خپل ملاتړی له منځه یووړ
-

18) Break the bank

Meaning: cost too much

Pashto: ډېر قيمتي تمامېدل

Examples:

1. A new car would break the bank.
  👉 نوي موټر به ډېر قيمتي تمام شي
 2. That phone won't break the bank.
  👉 هغه موبایل به ډېر گران نه وي
 3. The trip didn't break the bank.
  👉 سفر ډېر گران نه شو
-

19) Burn bridges

Meaning: destroy relationships or opportunities

Pashto: اړيکې خرابول

Examples:

1. He burned bridges with his colleagues.
  👉 هغه له خپلو همکارانو سره اړيکې خرابې کړې
 2. Don't burn bridges.
  👉 اړيکې مه خرابوه
 3. She burned bridges at work.
  👉 هغې په کار کې اړيکې خرابې کړې
-

20) Cold feet

Meaning: nervous before something big

Pashto: ناخاپه وپريدل / زړه کمزوری کېدل

Examples:

1. She got cold feet before the wedding.
  👉 هغې له واده مخکې زړه وبايله
2. He got cold feet about the exam.
  👉 هغه د امتحان په اړه وډار شو
3. Don't get cold feet now.
  👉 اوس زړه مه بايله

3) Wind up

Meaning: finish or conclude

Pashto: پای ته رسول / ختمول

Examples:

1. Let's wind up the meeting.
راځئ غونډه پای ته ورسوو
 2. He wound up his speech.
هغه خپله وینا ختمه کړه
 3. We wound up early.
موږ ژر پای ته ورسول
-

4) Write down

Meaning: record information

Pashto: لیکل / یادابنت کول

Examples:

1. Please write down the address.
مهرباني وکړه پته ولیکه
 2. She wrote down the number.
هغې شمېره ولیکله
 3. Write it down before you forget.
له هېرېدو مخکې یې ولیکه
-

5) Break out

Meaning: start suddenly (fire, war, emotion)

Pashto: ناڅاپه پیل کېدل

Examples:

1. A fire broke out in the kitchen.
په پخلنځي کې اور ولگېد
2. War broke out suddenly.
جگړه ناڅاپه پیل شوه

3. He broke out laughing.

👉 هغه ناڅاپه وځندل

6) Come forward

Meaning: offer help or information

Pashto: مخې ته راتلل / معلومات ورکول

Examples:

1. The witness came forward with evidence.

👉 شاهد له شواهدو سره مخې ته راغی

2. She came forward to help.

👉 هغه د مرستې لپاره وړاندې شوه

3. No one came forward.

👉 هېڅوک وړاندې نه شول

7) Cut back

Meaning: reduce

Pashto: کمول

Examples:

1. The company cut back on expenses.

👉 شرکت لګښتونه کم کړل

2. I must cut back on sugar.

👉 زه باید بوره کمه کړم

3. They cut back spending.

👉 هغوی مصرف کم کړ

8) Do up

Meaning: fasten or decorate

Pashto: تڼی تړل / سینگارول

Examples:

1. Do up your coat.
خپل کوټ وټره 🖱
 2. They did up the living room beautifully.
هغوی ناستې خونه ښکلې جوړه کړه 🖱
 3. She did up her hair.
هغې خپل وښنتان جوړ کړل 🖱
-

9) Fall behind

Meaning: fail to keep up

Pashto: شاته پاتې کېدل

Examples:

1. He fell behind in his studies.
هغه په خپلو زده کړو کې شاته پاتې شو 🖱
 2. Don't fall behind.
شاته مه پاتې کېږه 🖱
 3. She fell behind at work.
هغه په کار کې شاته شوه 🖱
-

10) Get through

Meaning: complete or survive

Pashto: بریالی بشپړول / تېریدل

Examples:

1. I got through my exams.
ما امتحانونه بریالي ورکړل 🖱
 2. She got through a hard time.
هغه له سخت وخت څخه ووته 🖱
 3. We got through the project.
موږ پروژه بشپړه کړه 🖱
-

Meaning: sleep shortly

Pashto: لږ خوب کول

Examples:

1. I had a nap after lunch.
ما د غرمڼې وروسته لږ خوب وکړ
 2. She is having a nap.
هغه اوس لږ خوب کوي
 3. Let's have a nap.
راځئ لږ خوب وکړو
-

17) Break a habit

Meaning: stop doing something regularly

Pashto: عادت پرېښودل

Examples:

1. It's hard to break a habit like smoking.
د سگرت څکولو عادت پرېښودل سخت دي
 2. He broke his bad habit.
هغه خپل بد عادت پرېښود
 3. She wants to break the habit.
هغه غواړي عادت پرېږدي
-

18) Save fuel

Meaning: use less petrol

Pashto: تېل سپمول

Examples:

1. Driving slowly saves fuel.
ورو موټر چلول تېل سپموي
 2. We save fuel daily.
موږ هره ورځ تېل سپموو
 3. Save fuel when possible.
چې کېدای شي تېل سپموه
-

19) Tell the time

Meaning: say what time it is

Pashto: وخت وپل

Examples:

1. Can you tell the time?
کولی شې وخت ووايې؟
 2. He told the time correctly.
هغه وخت سم وويل
 3. I can't tell the time from that clock.
زه له هغه ساعت څخه وخت نه شم وپلاي
-

20) Lose weight

Meaning: become thinner

Pashto: وزن کمول

Examples:

1. He wants to lose weight before summer.
هغه غواړي د دوبي نه مخکې وزن کم کړي
2. She is losing weight.
هغه وزن کموي
3. I lost weight last year.
ما تېر کال وزن کم کړ

Lesson39,40

● Common American Collocations — Lesson 1

1) Do the cleaning

Meaning: tidy the house

Pashto: کور پاکول

Examples:

1. I did the cleaning yesterday.
👉 ما پرون کور پاک کړ
 2. She does the cleaning every week.
👉 هغه هره اوونۍ کور پاکوي
 3. We did the cleaning together.
👉 مور يوځای کور پاک کړ
-

2) Take responsibility

Meaning: accept blame or duty

Pashto: مسؤليت منل

Examples:

1. He took responsibility for the error.
👉 هغه د تېروتنې مسؤليت واخيست
 2. Parents take responsibility for children.
👉 مور و پلار د ماشومانو مسؤليت اخلي
 3. She took responsibility at work.
👉 هغې په کار کې مسؤليت واخيست
-

3) Make an appointment

Meaning: arrange a meeting

Pashto: وخت اخیستل / ملاقات تنظیمول

Examples:

1. I made an appointment with the dentist.
👉 ما د غاښډاکټر سره وخت واخیست
 2. She made an appointment with the doctor.
👉 هغې د ډاکټر سره وخت واخیست
 3. Please make an appointment early.
👉 مهرباني وکړه وخت ژر واخلي
-

4) Give credit

Meaning: acknowledge someone's work

Pashto: ستاینه کول / حق ورکول

Examples:

1. You must give credit to the writer.
👉 باید لیکوال ته حق ورکړې
 2. She gave him credit for the idea.
👉 هغې هغه د نظر لپاره وستایه
 3. Give credit where it's due.
👉 چې حق وي، ستاینه وکړه
-

5) Catch someone's eye

Meaning: attract notice

Pashto: پام ځان ته اړول

Examples:

1. The dress caught my eye.
👉 کالی زما پام ځان ته وپراوه
2. That sign caught her eye.
👉 هغه نښه د هغې پام وپراوه

3. His shoes caught my eye.

د هغه بوتانو زما پام واپراوه 🖱️

6) Have a rest

Meaning: relax

Pashto: استراحت کول

Examples:

1. You should have a rest.

ته باید استراحت وکړې 🖱️

2. He had a rest after work.

هغه له کار وروسته استراحت وکړ 🖱️

3. Let's have a rest now.

راځئ اوس استراحت وکړو 🖱️

7) Break a record

Meaning: achieve the best result

Pashto: ریکارډ ماتول

Examples:

1. She broke the world record.

هغې نړیوال ریکارډ مات کړ 🖱️

2. He broke a school record.

هغه د ښوونځي ریکارډ مات کړ 🖱️

3. The athlete broke another record.

لوبغاړي بل ریکارډ هم مات کړ 🖱️

8) Save electricity

Meaning: reduce energy use

Pashto: بریښنا سپمول

Examples:

1. Turn off the lights to save electricity.
د برېښنا د سپما لپاره څراغونه بند کړه
 2. We save electricity at home.
مور په کور کې برېښنا سپموو
 3. Saving electricity is important.
د برېښنا سپمول مهم دي
-

9) Tell a secret

Meaning: share hidden information

Pashto: پټ راز وېل

Examples:

1. Don't tell my secret to anyone.
زما راز هېچا ته مه وايه
 2. She told me a secret.
هغې ماته يو راز وويل
 3. I can't tell you the secret.
زه راز نه شم ويلي
-

10) Lose your job

Meaning: be fired

Pashto: له دندې ايستل کېدل

Examples:

1. He lost his job last month.
هغه تېره مياشت له دندې ايستل شو
 2. She lost her job suddenly.
هغه ناڅاپه له دندې ايستل شوه
 3. He is afraid to lose his job.
هغه وېرېږي چې خپله دنده له لاسه ورکړي
-

Common American Idioms

11) Face the music

Meaning: accept consequences

Pashto: د پایلو منل / سزا منل

Examples:

1. You have to face the music.
👉 ته باید پایلې ومني
 2. He faced the music at work.
👉 هغه په کار کې پایلې ومني
 3. She must face the music.
👉 هغه باید پایلې ومني
-

12) Feel under the weather

Meaning: feel sick

Pashto: ناروغ احساس کول

Examples:

1. I'm feeling under the weather today.
👉 زه نن ځان ناروغ احساسوم
 2. She felt under the weather.
👉 هغې ځان ناروغ احساس کړ
 3. He is under the weather.
👉 هغه ځان بڼه نه احساسوي
-

13) Get a kick out of

Meaning: enjoy something

Pashto: ډېر خوند اخیستل

Examples:

1. She gets a kick out of playing pranks.
👉 هغې ته ټوکو کول ډېر خوند ورکوي

2. I get a kick out of football.
👉 زه له فوتبال څخه خوند اخلم
 3. He gets a kick out of cooking.
👉 هغه له پخلي خوند اخلي
-

14) Give someone the benefit of the doubt

Meaning: trust despite doubts

Pashto: د شک سره سره باور کول

Examples:

1. I'll give him the benefit of the doubt.
👉 زه به د شک سره سره پرې باور وکړم
 2. She gave me the benefit of the doubt.
👉 هغې د شک باوجود پر ما باور وکړ
 3. Give her the benefit of the doubt.
👉 هغې ته د شک سره سره باور وکړه
-

15) Hit the jackpot

Meaning: be very successful or lucky

Pashto: ډېر بختور کېدل / لوبه بریا ترلاسه کول

Examples:

1. They hit the jackpot with their idea.
👉 هغوی له خپل نظر څخه لوبه گټه واخیسته
 2. He hit the jackpot in business.
👉 هغه په کاروبار کې ډېر بریالی شو
 3. We hit the jackpot today.
👉 مور نن ډېر بختور وو
-

16) In a pickle

Meaning: in a difficult situation

Pashto: په ستونزه کې بند پاتې کېدل

Examples:

1. I'm in a pickle.
👉 زه په ستونزه کې يم
 2. She got in a pickle.
👉 هغه په ستونزه کې ولوبده
 3. They are in a pickle now.
👉 هغوی اوس په ستونزه کې دي
-

17) Keep your fingers crossed

Meaning: hope for good luck

Pashto: د نېکمرغۍ هیله کول

Examples:

1. Keep your fingers crossed.
👉 د نېکمرغۍ هیله وکړه
 2. Fingers crossed for the exam.
👉 د امتحان لپاره د بریا هیله
 3. We kept our fingers crossed.
👉 موږ د بریا هیله لرله
-

18) Kill two birds with one stone

Meaning: solve two problems at once

Pashto: په یوه کار دوه گټې کول

Examples:

1. Walking kills two birds with one stone.
👉 په پلۍ تگ دوه گټې دي
 2. He killed two birds with one stone.
👉 هغه په یوه کار دوه گټې وکړې
 3. Shopping online kills two birds.
👉 آنلاین اخیستل دوه گټې لري
-

19) Let the cat out of the bag

Meaning: reveal a secret

Pashto: راز افشا کول

Examples:

1. Don't let the cat out of the bag.
راښ مه افشا کوه
 2. She let the cat out of the bag.
هغې راز افشا کړ
 3. He accidentally let the cat out.
هغه په تېروتنه راز افشا کړ
-

20) Once in a blue moon

Meaning: very rarely

Pashto: ډېر کم وخت

Examples:

1. I go to the cinema once in a blue moon.
زه ډېر کم سینما ته ځم
2. He visits us once in a blue moon.
هغه ډېر کم مور ته راځي
3. Such chances come once in a blue moon.
داسې فرصتونه ډېر کم راځي

Lesson41,42

● Lesson 42,42 — Common American Phrasal Verbs & Collocations

1) Give off

Meaning: emit (smell, light, heat)

Pashto: خوشبویې / رڼا / گرمۍ خپرول

Examples:

1. The flowers give off a sweet fragrance.
👉 گلونه خوره خوشبویې خپروي
 2. The lamp gives off a warm light.
👉 څراغ گرمه رڼا خپروي
 3. The oven gives off heat.
👉 تنور گرمۍ خپروي
-

2) Go ahead

Meaning: start or continue

Pashto: مخکې لار شه / پیل کول

Examples:

1. Go ahead and start the presentation.
👉 مخکې لار شه او پرېزېنتېشن پیل کړه
 2. She went ahead with her plan.
👉 هغې خپل پلان پیل کړ
 3. Go ahead, don't wait for me.
👉 مخکې لار شه، زما انتظار مه کوه
-

3. Don't hold back your feelings.

👉 خپلې احساسات مه پټوه

6) Keep away

Meaning: maintain distance

Pashto: ليرې پاتې کېدل

Examples:

1. Keep away from the fire.

👉 له اوره ليرې پاتې شه

2. Keep your hands away from the machine.

👉 خپل لاسونه له ماشينه ليرې وساته

3. They kept away from trouble.

👉 هغوی له ستونزو ليرې پاتې شول

7) Look out for

Meaning: be vigilant or expect

Pashto: پام کول / انتظار کول

Examples:

1. Look out for pickpockets in this area.

👉 په دې سيمه کې د جيب برونو پام وکړه

2. Look out for cars when crossing.

👉 د سړک د تېرېدو پر وخت موټرونو ته پام وکړه

3. She looks out for her friends.

👉 هغې خپل دوستانو ته پام کوي

8) Make up for

Meaning: compensate for

Pashto: جبران کول / پوره کول

Examples:

Meaning: buy goods

Pashto: سودا اخیستل

Examples:

1. I did the shopping in the morning.
👉 ما سهار سودا وکړه
 2. She does the shopping every weekend.
👉 هغې هره اوونۍ سودا کوي
 3. We did the shopping together.
👉 مور يوځای سودا وکړه
-

12) Take part in

Meaning: join an activity

Pashto: برخه اخیستل

Examples:

1. He took part in the competition.
👉 هغه په سیالی کې برخه واخیسته
 2. She took part in the workshop.
👉 هغې په ورکشاپ کې برخه واخیسته
 3. I want to take part in the event.
👉 زه غواړم په پېښه کې برخه واخلم
-

13) Make a promise

Meaning: say you will do something

Pashto: وعده کول

Examples:

1. She made a promise to call me.
👉 هغې وعده وکړه چې ما ته به زنگ وهي
 2. He made a promise to help.
👉 هغه وعده وکړه چې مرسته به وکړي
 3. I made a promise to myself.
👉 ما خپله ځان ته وعده وکړه
-

14) Give a smile

Meaning: smile at someone

Pashto: موسکا کول

Examples:

1. She gave me a smile as I entered.
ما د داخلیدو پر مهال هغې موسکا وکړه
 2. He gave a smile to the children.
هغه ماشومانو ته موسکا وکړه
 3. Give her a smile, she is sad.
هغې ته موسکا وکړه، هغه خپه ده
-

15) Catch a cold

Meaning: become sick

Pashto: زکام اخیستل / ناروغېدل

Examples:

1. He caught a cold in the rain.
هغه په باران کې زکام شو
 2. Don't catch a cold.
زکام مه کوه
 3. I caught a cold last week.
زه تېره اوونۍ زکام شوم
-

16) Have fun

Meaning: enjoy yourself

Pashto: خوند اخیستل / خوشحالېدل

Examples:

1. We had fun at the beach.
موږ په ساحل کې خوند واخیست
2. Have fun at the party.
په مېلمستیا کې خوشحال شه

3. They had fun playing games.

‏ هغوی د لوبو په کولو خوند واخیست ‏

17) Break the ice

Meaning: make people comfortable

Pashto: حالت نرمول / د خبرو پیل کول

Examples:

1. His joke broke the ice.

‏ د هغه ټوکه حالت نرم کړ ‏

2. She broke the ice with a question.

‏ هغې د یوې پوښتنې سره حالت نرم کړ ‏

3. Let's break the ice before the meeting.

‏ راځئ مخکې له غونډې حالت نرم کړو ‏

18) Save time

Meaning: use time efficiently

Pashto: وخت سپمول

Examples:

1. Online shopping saves time.

‏ آنلاین سودا وخت سپموي ‏

2. Using a computer saves time.

‏ د کمپیوټر کارول وخت سپموي ‏

3. Plan your work to save time.

‏ خپل کار پلان کړه ترڅو وخت سپم شي ‏

19) Tell the difference

Meaning: notice contrast

Pashto: توپیر معلومول

Examples:

1. Can you tell the difference between them?

👉 کولی شې د دوی ترمنځ توپیر ووايې؟

2. I can tell the difference easily.

👉 زه په اسانۍ سره توپیر معلومولی شم

3. She can't tell the difference.

👉 هغې توپیر نه شي معلومولی

20) Lose touch

Meaning: stop communicating

Pashto: اړیکه پرې کول

Examples:

1. We lost touch after school.

👉 مور د ښوونځي وروسته اړیکه پرې کړه

2. Don't lose touch with your friends.

👉 له خپلو دوستانو سره اړیکه مه پرې کوه

3. I lost touch with him over the years.

👉 ما د کلونو په اوږدو کې له هغه سره اړیکه پرې کړه

Lesson43,44

● Common American Collocations & Idioms (1–20)

3. Make a list of things to do.

د ترسره کولو کارونو لست جوړ کړه

4) Give a lift

Meaning: drive someone somewhere

Pashto: څوک کوم ځای ته رسول

Examples:

1. He gave me a lift to work.
هغه ما کار ته یوړ
 2. Can you give her a lift to school?
ته کولی شې هغه ښوونځي ته یوسې؟
 3. I gave my friend a lift to the station.
ما خپل ملگري سټیشن ته یوړ
-

5) Catch fire

Meaning: start burning

Pashto: اور اخیستل

Examples:

1. The house caught fire.
کور اور واخیست
 2. The paper caught fire quickly.
کاغذ ژر اور واخیست
 3. Be careful; the stove can catch fire.
پام کوه، چولی اور اخیستلی شي
-

6) Have an effect

Meaning: influence something

Pashto: اغېز لرل / اثر کول

Examples:

1. The speech had an effect on the crowd.

👉 وينا د خلکو په ذهن اغېز وکړ

2. Music can have a calming effect.

👉 موسيقي آرام اغېز کولی شي

3. His words had no effect on her.

👉 د هغه خبرې پر هغې هېڅ اغېز ونه کړ

7) Break the record

Meaning: beat the best score

Pashto: ریکارډ ماتول

Examples:

1. He broke the Olympic record.

👉 هغه د اولمپیک ریکارډ مات کړ

2. She broke the school record in running.

👉 هغې د ښوونځي ریکارډ مات کړ

3. They broke the record for fastest car.

👉 هغوی د تر ټولو تېز موټر ریکارډ مات کړ

8) Save data

Meaning: store digital information

Pashto: معلومات خوندي کول

Examples:

1. Don't forget to save your data.

👉 د معلوماتو خوندي کول مه هېروه

2. She saved the data on her computer.

👉 هغې معلومات په کمپیوټر کې خوندي کړل

3. Always save your work.

👉 تل خپل کار خوندي کړه

9) Tell a joke

Meaning: say something funny

Pashto: ټوکې ویل

Examples:

1. He told a joke and made us laugh.
هغه ټوکه وکړه او موږ یې وځندول 🇵🇸
 2. She always tells jokes at parties.
هغې په محفلونو کې تل ټوکې کوي 🇵🇸
 3. I told a joke to cheer him up.
ما د هغه د خوشحالولو لپاره ټوکه وکړه 🇵🇸
-

10) Lose your way

Meaning: get lost

Pashto: لار ورکول

Examples:

1. We lost our way in the forest.
موږ په ځنګل کې لار ورک کړه 🇵🇸
 2. He lost his way in the city.
هغه په ښار کې لار ورک کړه 🇵🇸
 3. Don't lose your way while hiking.
د ختلو پر مهال خپله لار مه ورکوه 🇵🇸
-

11) Out of sight, out of mind

Meaning: forgotten if not seen

Pashto: که نه وي لیدل شوی هېرېږي

Examples:

1. We broke up; out of sight, out of mind.
موږ جلا شو؛ که نه وي لیدل شوی هېرېږي 🇵🇸
 2. Once he moved away, he was out of sight, out of mind.
کله چې هغه لېږې لار، هېر شو 🇵🇸
 3. Old friends disappear out of sight, out of mind.
زېره ملګري هېرېږي که نه وي لیدل شوي 🇵🇸
-

12) Pull out all the stops

Meaning: do everything possible

Pashto: هر څه کول چې بريا ترلاسه شي

Examples:

1. They pulled out all the stops for the wedding.
  👉 هغوی د واده لپاره هر څه وکړل
 2. He pulled out all the stops to finish the project.
  👉 هغه د پروژې د بشپړولو لپاره هر څه وکړل
 3. We pulled out all the stops to impress the guests.
  👉 موږ د مېلمنو د خوشحالولو لپاره هر څه وکړل
-

13) Rule of thumb

Meaning: general guideline

Pashto: عمومي قاعده / لارښود

Examples:

1. A good rule of thumb is to save 10% of your income.
  👉 ښه قاعده داده چې ۱۰٪ عاید خوندي کړئ
 2. The rule of thumb for cooking rice is 2 cups water per cup rice.
  👉 د وریجو پخولو لپاره عمومي قاعده: په هر کپ وریجو دوه کپ اوبه
 3. A rule of thumb in driving: keep safe distance.
  👉 د موټر چلولو عمومي قاعده: خوندي واټن وساتئ
-

14) Shoot the breeze

Meaning: chat casually

Pashto: په آرامه خبرو کې گډون کول / خبرو اترو کول

Examples:

1. We sat on the porch and shot the breeze.
  👉 موږ په برکۍ کې کښینو او خبرې مو وکړې
2. They shot the breeze about sports.
  👉 هغوی د ورزش په اړه خبرې وکړې

3. I like shooting the breeze with my friends.

زه د خپلو ملگرو سره په آرامه خبرو کې برخه اخلم 👉

15) Stick your neck out

Meaning: take a risk

Pashto: خطر اخیستل

Examples:

1. I'm sticking my neck out by supporting this idea.

زه د دې نظریې ملاتړ کولو سره خطر اخلم 👉

2. He stuck his neck out to help her.

هغه د هغې سره د مرستې لپاره خطر واخیست 👉

3. Don't stick your neck out unnecessarily.

بې ځایه خطر مه اخلئ 👉

16) Take the bull by the horns

Meaning: face a problem directly

Pashto: د ستونزې مخامخ مقابله کول

Examples:

1. He took the bull by the horns and solved the issue.

هغه د ستونزې مخامخ مقابله وکړه او حل یې وکړه 👉

2. Take the bull by the horns and talk to your boss.

د ستونزې مخامخ مقابله وکړه او له خپل رئیس سره خبرې وکړه 👉

3. She took the bull by the horns and handled the complaint.

هغې د ستونزې مخامخ مقابله وکړه او شکایت یې حل کړ 👉

17) The icing on the cake

Meaning: something that makes a good situation even better

Pashto: هغه څه چې حالت لا ښه کړي

Examples:

1. The free tickets were the icing on the cake.
  👉 وړيا ټکټونه د خوشحالی سبب شول
 2. Getting a bonus was the icing on the cake.
  👉 بونس ترلاسه کول د حالت ښه والی و
 3. Her praise was the icing on the cake.
  👉 د هغې ستاینه د حالت لا ښه والی و
-

18) Throw in the towel

Meaning: give up

Pashto: تسلیمېدل

Examples:

1. After months of struggle, she threw in the towel.
  👉 د میاشتو مبارزې وروسته هغې تسلیم شو
 2. Don't throw in the towel so easily.
  👉 دومره ژر مه تسلیمېږه
 3. He threw in the towel after failing again.
  👉 هغه بیا ناکامی وروسته تسلیم شو
-

19) Under your belt

Meaning: experience gained

Pashto: ترلاسه شوی تجربه

Examples:

1. He has many successful projects under his belt.
  👉 هغه ډېر بريالي پروژې تجربه کړي
 2. Travel abroad is good to have under your belt.
  👉 بهر ته سفر تجربه لرل ښه دي
 3. She has several awards under her belt.
  👉 هغې څو جایزې ترلاسه کړي
-

20) Your guess is as good as mine

Meaning: I don't know

Pashto: زه هم نه پوهېږم

Examples:

1. Who will win? Your guess is as good as mine.
☞ څوک به وگټي؟ زه هم نه پوهېږم
2. Why the meeting was canceled? Your guess is as good as mine.
☞ ولې غونډه لغوه شوه؟ زه هم نه پوهېږم
3. What's in the box? Your guess is as good as mine.
☞ په بکس کې څه دي؟ زه هم نه پوهېږم

Lesson45,46

● Lesson 45 — Common American Phrasal Verbs

1) Take in

Meaning: understand fully or absorb

Pashto: په بشپړ ډول پوهیدل / جذب کول

Examples:

1. It's a lot of information to take in at once.
☞ دا ډېره معلومات دي چې په یوه وخت کې یې هضم کول
 2. He couldn't take in all the details of the plan.
☞ هغه د پلان ټول جزئیات هضم نه کړل
 3. It's hard to take in so much at the same time.
☞ په یوه وخت کې دا ډېره پوهیدل ستونزمن دي
-

2) Take off

Meaning: become successful or leave the ground (plane)

Pashto: بریالی کېدل / الوتنه کول

Examples:

1. Her career took off after the promotion.
د هغې مسلک د ترفیع وروسته بریالی شو
 2. The plane took off on time.
الوتکه پر وخت الوتنه وکړه
 3. Sales really took off after the advertisement.
د اعلان وروسته خرڅلاو واقعا لوړ شو
-

3) Talk back

Meaning: respond disrespectfully

Pashto: بې ادبانه ځواب ورکول

Examples:

1. Don't talk back to your teacher.
ښوونکي ته بې ادبانه ځواب مه ورکوه
 2. The student talked back and got punished.
زده کوونکي بې ادبانه ځواب ورکړ او سزا یې واخیسته
 3. Children shouldn't talk back to their parents.
ماشومان باید خپلو والدينو ته بې ادبانه ځواب ورنه کړي
-

4) Throw away

Meaning: discard

Pashto: غورځول / بې کاره کول

Examples:

1. Don't throw away old clothes; donate them.
زاړه کالي مه غورځوه؛ ورکوه
 2. He threw away the broken toys.
هغه مات شوي لوبتکي غورځول
 3. Don't throw away food.
خواړه مه غورځوه
-

5) Turn into

Meaning: become something different

Pashto: بل څه کېدل

Examples:

1. The field turned into a parking lot.
میدان د پارکینګ ځای شو
 2. The story turned into a movie.
کیسه فلم شوه
 3. Water turns into ice when frozen.
اوبه کله چې منجمد شي یخ کېږي
-

6) Use up

Meaning: consume completely

Pashto: بشپړ کارول / مصرف کول

Examples:

1. I used up all the sugar.
ما ټول بوره مصرف کړه
 2. She used up all the paint.
هغې ټول رنګ مصرف کړ
 3. Don't use up all the paper.
ټول کاغذ مه مصرفوه
-

7) Wake up to

Meaning: realize the truth

Pashto: حقیقت درک کول

Examples:

1. He woke up to the fact that he needed help.
هغه درک کړ چې مرستې ته اړتیا لري
2. She woke up to her mistakes.
هغې خپلې تېروتنې درک کړې
3. We need to wake up to the problem.
موږ باید د ستونزې درک وکړو

8) Watch over

Meaning: protect or supervise

Pashto: ساتنه کول / څارل

Examples:

1. The lifeguard watched over the swimmers.
👉 ژوند ساتونکی د لامبو وهونکو ساتنه کوله
 2. Parents watch over their children.
👉 والدین خپل ماشومان څاري
 3. He watched over the garden while I was away.
👉 هغه د باغ ساتنه کوله کله چې زه نه وم
-

9) Work on

Meaning: improve or develop

Pashto: وده ورکول / کار کول

Examples:

1. I'm working on my English speaking skills.
👉 زه د انگلیسي خبرو مهارتونو باندې کار کوم
 2. She is working on a new project.
👉 هغې په نوې پروژې کار کوي
 3. He works on his fitness every day.
👉 هغه هر څه ورځ خپل فټنس ته وده ورکوي
-

10) Wrap up

Meaning: finish or complete

Pashto: پای ته رسول / بشپړول

Examples:

1. Let's wrap up the meeting for today.
👉 راځئ نننۍ غونډه پای ته ورسوو
2. They wrapped up the project successfully.
👉 هغوی پروژه په بریالیتوب پای ته ورسوله

3. I need to wrap up my work before leaving.

👉 زه باید خپل کار بشپړ کړم مخکې له تگ

● Lesson 46 — Common American Phrasal Verbs

1) Back out

Meaning: withdraw from an agreement

Pashto: له موافقې څخه لاس اخیستل

Examples:

1. He backed out of the deal at the last minute.
👉 هغه د معاملي له موافقې څخه په وروستي شيبه کې لاس واخیست
 2. Don't back out now.
👉 اوس مه شاته کېره
 3. She backed out of the promise.
👉 هغې له وعدې څخه لاس واخیست
-

2) Bring forward

Meaning: move to an earlier time

Pashto: مخکې کول / وخت کمول

Examples:

1. They brought forward the meeting to 10 a.m.
👉 هغوی غونډه د سهار ۱۰ بجو ته مخکې کړه
 2. Can we bring forward the appointment?
👉 ایا مور کولی شو ملاقات مخکې کړو؟
 3. The deadline was brought forward by a week.
👉 وروستی نېټه د یوې اوونۍ لپاره مخکې شوه
-

3) Check into

Meaning: investigate or register at a hotel

Pashto: څېړل / هوټل کې ثبت کول

Examples:

1. We checked into the hotel at noon.
وړځ په هوټل کې ثبت شو mid مور د غر
 2. I need to check into this issue.
زه باید په دې مسئله څېړنه وکړم
 3. They checked into a new hotel.
هغوی په نوې هوټل کې ثبت شول
-

4) Come down with

Meaning: get sick

Pashto: ناروغېدل

Examples:

1. I think I'm coming down with a cold.
زه فکر کوم چې زکام شوم
 2. She came down with the flu last week.
هغې تېره اوونۍ زکام شو
 3. He came down with a fever yesterday.
هغه پرون تبه شوه
-

5) Come up against

Meaning: face a problem or difficulty

Pashto: له ستونزو سره مخ کېدل

Examples:

1. We came up against a lot of obstacles.
موږ د ډېرو ځنډونو سره مخ شو
 2. She came up against criticism.
هغې د نیوکو سره مخ شوه
 3. He came up against financial problems.
هغه د مالي ستونزو سره مخ شو
-

6) Cut off

Meaning: stop supply or communication

Pashto: پړې کول / بندول

Examples:

1. The storm cut off electricity in the area.
طوفان په سیمه کې بریښنا پړې کړه 🖱
 2. The village was cut off by snow.
کلي د واورې له امله پړې شو 🖱
 3. Don't cut off communication.
اړیکه مه پړې کوه 🖱
-

7) Go through with

Meaning: complete something difficult

Pashto: د سخت شي بشپړول

Examples:

1. She went through with the operation successfully.
هغې عملیات په بریالیتوب بشپړ کړل 🖱
 2. He went through with the plan despite risks.
هغه د خطرونو سره سره پلان بشپړ کړ 🖱
 3. We must go through with the project.
موږ باید پروژه بشپړه کړو 🖱
-

8) Hold on to

Meaning: keep or retain

Pashto: ساتل / ځان سره لرل

Examples:

1. Hold on to your ticket until the end of the show.
خپل ټکټ د نندارې تر پایه وساته 🖱
2. He held on to his old books.
هغه خپل زړه کتابونه وساتل 🖱
3. Don't hold on to grudges.
کينې مه ساته 🖱

9) Let down

Meaning: disappoint

Pashto: مایوسه کول

Examples:

1. I don't want to let you down.
👉 زه نه غواړم چې تا مایوسه کړم
 2. She was let down by her team.
👉 هغې د خپل ټیم له خوا مایوسه شوه
 3. Don't let yourself down.
👉 خپل ځان مایوسه مه کوه
-

10) Look up to

Meaning: admire or respect

Pashto: درناوی کول / احترام لرل

Examples:

1. I really look up to my teacher.
👉 زه واقعا خپل ښوونکي ته درناوی لرم
2. Children should look up to their elders.
👉 ماشومان باید خپلو مشرانو ته درناوی وکړي
3. He looks up to successful people.
👉 هغه برياليو خلکو ته درناوی لري

Lesson 47,48

● Lesson 47 — Common American Collocations

1) Do the cooking

Meaning: prepare meals

Pashto: پخلى كول / خواړه تيارول

Examples:

1. He does the cooking at home.
  👉 هغه په کور کې پخلى کوي
 2. I do the cooking on weekends.
  👉 زه په اونۍ کې د پای په ورځو کې پخلى کوم
 3. She loves doing the cooking for her family.
  👉 هغې د خپلې کورنۍ لپاره پخلى کول خوښ دي
-

2) Take advice

Meaning: follow someone's suggestion

Pashto: د چا مشوره منل

Examples:

1. She took her teacher's advice.
  👉 هغې د خپل ښوونکي مشوره منله
 2. Always take advice from experienced people.
  👉 تل د تجربه لرونکو خلکو مشوره ومنه
 3. He took my advice and studied harder.
  👉 هغه زما مشوره منله او ډیر سخت زدکړه وکړه
-

3) Make friends

Meaning: become friends

Pashto: ملگري جوړول

Examples:

1. I made friends at the new school.
👉 ما په نوي ښوونځي کې ملگري پيدا کړل
 2. Children find it easy to make friends.
👉 ماشومان په اساني سره ملگري پيدا کوي
 3. She made friends with her neighbors.
👉 هغې د خپلو ګاونډيانو سره ملگري جوړ کړل
-

4) Give a reason

Meaning: explain why

Pashto: دليل ورکول / تشریح کول

Examples:

1. He gave a reason for being late.
👉 هغه د ځنډ دليل ورکړ
 2. Can you give a reason for your absence?
👉 ايا کولی شې د خپل غيږ حاضري دليل ورکړې؟
 3. She gave a reason for her decision.
👉 هغې د خپل تصميم دليل ورکړ
-

5) Catch a taxi

Meaning: get a cab

Pashto: ټکسي نيول

Examples:

1. We caught a taxi to the airport.
👉 موږ د هوايي ډگر لپاره ټکسي ونيوله
 2. I caught a taxi because it was raining.
👉 ما ټکسي ونيوله ځکه چې باران و
 3. They caught a taxi after the party.
👉 هغوی د پارټي وروسته ټکسي ونيوله
-

9) Tell the truth

Meaning: say what is real

Pashto: رېښتيا ويل

Examples:

1. Please tell the truth about it.
مهرباني وکړئ د دې په اړه رېښتيا وواياست
2. He always tells the truth.
هغه هميشه رېښتيا وايي
3. Don't be afraid to tell the truth.
د رېښتيا ويلو څخه مه وپريږه

10) Lose your mind

Meaning: go crazy

Pashto: ليوڼی کېدل / ذهني کنترول له لاسه ورکول

Examples:

1. He nearly lost his mind from stress.
هغه د فشار له امله نږدې ليوڼی شو
2. Don't lose your mind over small problems.
د کوچنيو ستونزو له امله خپل ذهن مه له لاسه ورکوئ
3. She lost her mind after hearing the shocking news.
هغې د حيرانوونکې خبر اورېدو وروسته خپل ذهن له لاسه ورکړ

Lesson 48 — Common American Collocations

1) Do your best

Meaning: try as hard as possible

Pashto: خپله غوره هڅه کول

Examples:

1. Just do your best on the test.
👉 یوازې په ازموینه کې خپله غوره هڅه وکړه
 2. Do your best in every task.
👉 په هره دنده کې خپله غوره هڅه وکړه
 3. She did her best to help him.
👉 هغې خپله غوره هڅه وکړه چې مرسته وکړي
-

2) Take a chance

Meaning: try something risky

Pashto: خطر اخیستل / ازمویل

Examples:

1. He took a chance and applied for the job.
👉 هغه خطر واخیست او دندې لپاره غوښتنلیک ورکړ
 2. Sometimes you have to take a chance to succeed.
👉 کله ناکله باید بریا لپاره خطر واخلي
 3. She took a chance on the new business idea.
👉 هغې د نوي سوداګریز نظر په اړه خطر واخیست
-

3) Make an effort

Meaning: try hard

Pashto: جدي هڅه کول

Examples:

1. You need to make an effort to succeed.
👉 تاسو اړتیا لرئ چې د بريالیتوب لپاره هڅه وکړئ
 2. He made an effort to finish on time.
👉 هغه هڅه وکړه چې په وخت کې بشپړ کړي
 3. Make an effort to speak clearly.
👉 هڅه وکړه چې په واضح ډول خبرې وکړي
-

4) Give a demonstration

10) Lose track

Meaning: forget or not notice

Pashto: بې خبره پاتې کېدل / له یاد څخه وتل

Examples:

1. I lost track of time while reading.
ما د مطالعې پر مهال وخت له یاد څخه ورکړ
2. She lost track of her expenses.
هغې خپل لګښتونه له یاد څخه ورکړل
3. Don't lose track of your goals.
خپلو هدفونو له یاد څخه مه وځئ

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