

EXPRESSIONS AND COLLOCATIONS

Collocation / Expression		
keep in touch (with someone)	stay connected	I use Instagram to keep in touch with my old friends.
lose touch (with someone)	stop communicating	I lost touch with some school friends after graduation.
stay connected / stay in contact	continue communication	Social media helps me stay connected with my relatives abroad.
spread information / news / ideas	share things quickly	The news spread quickly on Twitter.
break the news	announce something important	He broke the news about the new app update online.
share a post / upload a photo	put something online	I shared a post about my holiday.
post a comment / leave a comment	write your opinion online	Many users left

WORDS		
message	a written or spoken communication	I sent you a message this morning.
post	something shared online	Her post got 100 likes.
comment	a written response	He left a nice comment under my picture.
follower	someone who subscribes to your account	She has thousands of followers on TikTok.
influencer	a person who affects others' opinions online	Many brands work with influencers.
notification	a message from an app showing activity	I got a notification that someone tagged me.

EXPRESSIONS		
keep in touch	stay in contact with someone	I use WhatsApp to keep in touch with my family.
lose touch	stop communicating	We lost touch after university.
stay connected	continue communication online	Social media helps people stay connected.
go viral	become very popular online	The video went viral overnight.
break the news	tell someone important news	She broke the news about the new project online.
make a post	create and upload something	He made a post about his trip.
take a selfie	take a photo of yourself	They took a selfie at the concert.
spread information	share or pass on information	The internet spreads information quickly.
check notifications	look at updates on your phone	I check my notifications every morning.
scroll through your feed	move through content	I like to scroll through my feed before bed.
reply to a message	answer a text	I forgot to reply to her message.
send a request	ask to connect	He sent me a friend request.
delete a post	remove something you uploaded	She deleted an old post from Facebook.
update your status	write what you're doing	He updated his status to "On vacation!"
upload a video/photo	put media online	I uploaded a video to YouTube yesterday.

In touch	communicating regularly	We're still in touch even though we live far apart.
Out of touch	not communicating or unaware	He's out of touch with his old friends.
Word of mouth	information spread by people talking	The event became popular by word of mouth.
Stay tuned	wait for more information	Stay tuned for our next post!
Get the message across	make people understand	It's important to get your message across clearly.
Misunderstanding	when people don't understand each other	There was a misunderstanding in the chat.

Keep someone posted	give regular updates	Please keep me posted about the changes.
Be on the same page	agree or understand each other	Let's make sure we're on the same page before posting.
Go offline	disconnect from the internet	I like to go offline during weekends.
Be connected 24/7	always online	Some people are connected 24/7.

PHRASAL VERBS		
log in / log out	enter or leave an account	You need to log in to see your messages.
sign up	register or join	I signed up for a new app.
scroll down / scroll up	move on a webpage or feed	I scrolled down to see more comments.
speak up	talk louder or express your opinion	Please speak up — I can't hear you.
get through (to someone)	make contact successfully	I tried to call but couldn't get through.
hang up	end a phone call	He hung up suddenly.
bring up (a topic)	start talking about something	She brought up an interesting idea in class.
catch up (with someone)	talk again after a while	I caught up with an old friend online.
log on / log off	connect or disconnect from the internet	Don't forget to log off when you finish.
cut off	lose connection	The call was cut off during the storm.
get back to (someone)	reply later	I'll get back to you after lunch.
call back	return a phone call	She called me back five minutes later.
turn on / turn off	start or stop a device	Turn off your phone during the meeting.

ENGLISH B1 – Communication & Social Media

1. Multiple Choice. Choose the correct option (a, b, or c) to complete each sentence.

1. I use WhatsApp to _____ with my family when I travel.

- a) lose touch
- b) keep in touch
- c) hang up

2. We _____ after high school and didn't talk for years.

- a) kept in touch
- b) lost touch
- c) stayed connected

3. The company wants to _____ new ideas through social media.

- a) spread
- b) delete
- c) break

4. That funny video _____ and reached millions of people.

- a) went viral
- b) went off
- c) went through

5. Before you can use the app, you have to _____.

- a) hang up
- b) sign up
- c) call back

6. I didn't hear you well on the phone. Can you _____ a little, please?
 - a) speak up
 - b) turn off
 - c) log out

7. The call was _____ because of poor signal.
 - a) hung up
 - b) cut off
 - c) logged in

8. Don't forget to _____ before you leave the computer.
 - a) log out
 - b) scroll up
 - c) switch in

9. When I'm free, I like to _____ my feed and see what my friends are doing.
 - a) scroll through
 - b) turn on
 - c) sign up for

10. She _____ a photo from her vacation on Instagram yesterday.
 - a) took a selfie
 - b) uploaded
 - c) hung up

2 – Fill in the Gaps. Complete the sentences with the correct word or expression from the box.

keep in touch – make a post – spread information – take a selfie – update your status – delete a post – check notifications – send a request – reply to a message – go viral

1. I try to _____ with my friends from university.
2. Don't forget to _____ when someone texts you.
3. People often _____ false news without checking the facts.
4. He decided to _____ because it had wrong information.
5. I always _____ in the morning to see what's new.
6. She _____ a funny video and it _____ overnight.
7. Can you _____ me a friend _____ on Facebook?
8. We usually _____ before every trip.
9. He _____ about starting his new job last week.

3 – Match the Words with Their Meanings

A

B

1. follower	a) to remove something you uploaded
2. influencer	b) write an opinion online
3. comment	c) someone who sees your posts regularly
4. post	d) a message on social media
5. notification	e) a person who can affect others' opinions online
6. delete	f) a signal from your app that something happened

4 – Phrasal Verbs in Context. Complete the sentences with the correct **phrasal verb** from the box.

log in, hang up, call back, bring up, get through, catch up, turn off, cut off, sign up, get back to

1. Please _____ your phone during the meeting.
2. I couldn't _____ to the office; the line was busy.
3. He promised to _____ after he finishes his work.

4. Sorry, I need to _____ now, I'm driving.
5. We _____ on the weekend and talked for hours.
6. Don't forget to _____ before checking your messages.
7. The call was suddenly _____ during the storm.
8. She _____ an interesting topic during the conversation.
9. You need to _____ to join the new platform.
10. I'll _____ you tomorrow with more information.

5. Read the text and choose the correct option (a, b, or c) for each gap.

Staying Connected Online

Nowadays, it's easier than ever to (1) _____ with friends and family thanks to social media. Every day, millions of people (2) _____ photos, share posts, and (3) _____ to each other's messages. Many influencers use these platforms to (4) _____ news and ideas with their followers.

However, sometimes it's important to (5) _____ and take a break from being online all the time. Constantly checking your (6) _____ can be stressful. Remember to stay balanced — post, share, and chat, but don't forget to live in the real world too.

Options:

1. a) lose touch b) keep in touch c) break the news
2. a) delete b) upload c) hang up
3. a) reply b) call back c) sign up
4. a) spread b) cut off c) turn on
5. a) log off b) scroll down c) get through
6. a) followers b) selfies c) notifications

Answer Key

Part 1: 1b, 2b, 3a, 4a, 5b, 6a, 7b, 8a, 9a, 10b

Part 2: 1 keep in touch, 2 reply to a message, 3 spread information, 4

delete a post, 5 check notifications, 6 uploaded / went viral, 7 send /

request, 8 take a selfie, 9 made a post

Part 3: 1c, 2e, 3b, 4d, 5f, 6a

Part 4: 1 turn off, 2 get through, 3 call back, 4 hang up, 5 caught up, 6

log in, 7 cut off, 8 brought up, 9 sign up, 10 get back to

Part 5: 1b, 2b, 3a, 4a, 5a, 6c