

## 5 ways to use 'stand' as a verb

*This is not a word-for-word transcript*

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**Stand** has many meanings in English.

Let's learn a few. Most commonly, **stand** is a verb which means 'to be in a vertical position on your feet'.

**I am standing at my desk.**

We can also use **stand** as a transitive verb which means 'to endure'.

**My phone can stand a lot of damage.**

We can also use **can't stand** for things which are difficult to endure or really annoying.

**I can't stand the noise in my office.**

We can also use **stands** to describe the action of buying something nice for someone.

**I will stand you dinner this evening.**

Finally, **to stand on one's own feet.**

This is a fixed expression which means 'learn to be independent'.

Your parents might say **it's time you got a job and stood on your own two feet.**