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**Prepositions of movement** are used to show the *direction* somebody or something is moving to, towards, from, out of, etc. These prepositions always describe movement and we usually use them with verbs of motion.

- *I am afraid to walk **into** the forest.*
- *People normally come in **through** the door.*

## Common prepositions of movement

There are many prepositions of movement with different meanings:



via <https://www.youtube.com/watch?v=m3psTcKzri0>

Here is a list of the most common prepositions of movement with examples.

### To and Towards

**TO** → movement with the aim of a specific destination, a place or an event, e.g.

- *This bus goes **to** Italy.*

The preposition **to** is sometimes used to indicate a specific position, especially if a person or object is facing something:

- *He stood with his back **to** the window.*

**Up to** is often used to express movement to a person:

- *He came **up to** me asked my name.*

**TOWARDS** → movement in a particular direction.

- *The boat moves slowly **towards** the pier.*

**To** and **towards** are similar, but **to** means a specific destination, while **towards** means that the direction of movement is more important than the idea of a particular destination.

- *I'm going **to** Oxford for a conference.*
- *I think we're heading **towards** Oxford now, we must have gone wrong.*

**Towards** can also be used to indicate a position in relation to a particular direction from the point of view of the speaker:

- *Tom stood with his back **towards** the door.*

## Through and into

**THROUGH** → movement across an entire space, from one side of something to another.

- *The ball slipped **through** the goalkeeper's legs.*

**INTO** → movement from the outside to the inside of an enclosed space; movement resulting in physical contact.

- *He got **into** the car and closed the door.*
- *She swerved and crashed **into** the fence.*

## Across, over and along

**ACROSS** → movement from one side to the other side of something.

- *We have to walk **across** the bridge.*

**Across** is sometimes used to express position in relation to something which stretches from one side of a place to another.

- *There was a barrier **across** the road.*
- *The bank is **across** the street.* (here the position is in relation to the speaker)

**OVER** → movement above and across the top or top surface of something.

- *A white tablecloth was spread **over** the table.*
- *The plane flew **over** a mountain range.*

**ALONG** → movement of something in a line that follows the side of something long. It can also show when a group of things are positioned in a line next to something.

- *People are marching **along** the street, celebrating their national holiday.*
- *There were plenty of restaurants **along** the riverfront.*

## **In and on/onto**

**IN** → movement towards the inside of a place or area.

- *Please, come **in**!*
- *Can you put the milk **in** the fridge?*

**ON** → movement in the direction of a surface.

- *We will climb **on** that mountain tomorrow.*
- *I dropped my bags **on** the floor.*

**ONTO** → movement to a position on a surface.

- *I slipped as I stepped **onto** the platform.*
- *We got **onto** the ship by the ramp.*

## **Other prepositions of movement**

**AWAY FROM / FROM** → indication of the point where a movement begins.

- *The mouse ran **away from** the cat and escaped.*
- *I'll return **from** my trip tomorrow afternoon.*

**BETWEEN** → movement at, into, or across the space separating (two objects or areas).

- *Look! The mouse ran **between** two chairs!*

**BY / PAST** → movement further than something; from one side to the other side of something.

- *You will pass **by** some ancient buildings during your excursion.*
- *We will go **past** several beautiful buildings.*

**DOWN** → movement from a higher point to a lower point of something .

- *Tom fell **down** the hill.*

**FROM** → indication of the point where a movement begins.

- *I'll return **from** my trip tomorrow afternoon.*

**OFF** → movement away from (and often down from) something.

- *What are you doing on the tree? Get **off** immediately!*

**OUT OF** → indication of the enclosed space where a movement begins.

- *A jolly crowd walked **out of** the bar.*

**ROUND / AROUND** → movement passing something in a curved route, not going through it.

- *It will take about 3 hours to go **around** the city center.*

**UNDER** → movement directly below something.

- *Let's hide **under** those beautiful apple trees.*

**UP** → movement from a lower point to a higher point of something.

- *You should go **up** the main street to get to the central square.*

## Tips to use prepositions of movement

1. Use '**to**' after the verbs of movement — 'go', 'walk', 'come', 'fly', 'travel':

- Sandy is **travelling to** Brazil.
- *let's go to* the cinema.

2. But, **don't use 'to'** after 'visit' and 'arrive'. Use '**arrive at**' with regular places and '**arrive in**' with very big places, like cities and countries:

- *Yesterday I visited my aunt (NOT visited to my aunt).*
- *Please check in, when you **arrive at** the hotel (NOT arrive to the hotel).*
- *The famous singer **arrived in** Amsterdam (NOT arrived to Amsterdam).*

3. Use '**by**' to show how you move or travel:

- *We can go there **by** train or by car.*
- *It is faster **by** plane.*

Here's a good video from 7ESL showing the meanings of prepositions of movement in pictures:

Read more about prepositions:

[Prepositions: Overview](#)

[Prepositions of Time](#)

[Prepositions of Place](#)