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## Vocabulary Builder Reference from...

*Elizabeth Leane: The dangerous race for the South Pole | TED Talk*

[https://www.ted.com/talks/elizabeth\\_leane\\_the\\_dangerous\\_race\\_for\\_the\\_south\\_pole](https://www.ted.com/talks/elizabeth_leane_the_dangerous_race_for_the_south_pole)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### arctic

*adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold

*synonym* : cold, frozen, polar

(1) **arctic** ice, (2) high **arctic**

Cold temperatures and long, dark winters characterize the **arctic** climate.

### nestle

*v.* to settle comfortably or cozily into a place

*synonym* : snuggle, cuddle, curl up

(1) **nestle** deeper against him, (2) **nestle** in a cozy spot

The cat **nestled** in my lap and fell asleep.

### icy

*adj.* covered with ice or frost; very cold; lacking warmth or friendliness

*synonym* : frosty, cold, glacial

(1) **icy** clouds, (2) cast **icy** eyes

The **icy** surface of the pond was not safe for skating.

### terra

*n.* a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area

*synonym* : earth, land, ground

(1) **terra** cotta, (2) **terra** firma

Scientists study the **terra** of other planets to learn more about their formations and compositions.

## nova

*n.* a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth

*synonym*: supernova, exploding star, nova remnant

(1) **nova** explosion, (2) **nova** star

The astronomer spent months studying the **nova's** light spectrum to learn more about its properties.

## greet

*v.* to say hello to someone; to express welcome on meeting someone

*synonym*: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

## reluctantly

*adv.* in a way that you are unwilling to do something; with hesitation

*synonym*: unwillingly, hesitantly, grudgingly

(1) **reluctantly** approve the idea, (2) **reluctantly** leave

He **reluctantly** agreed to go to the party.

## sledge

*n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete

*synonym*: sled, toboggan, maul

(1) **sledge** hockey, (2) **sledge** dog

The athlete pushed the heavy **sledge** as part of her training regime.

## glacier

*n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole

*synonym*: iceberg, ice floe

(1) **glacier** retreat, (2) **glaciers** move tardily

The **glaciers** of the ice age have shaped Fjord.

## laborious

*adj.* requiring a lot of effort and time to complete; characterized by tedious or difficult work

*synonym* : arduous, difficult, strenuous

(1) **laborious** routine, (2) **laborious** project

The construction workers had a **laborious** job of carrying heavy equipment up several flights of stairs.

## uncharted

*adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action

*synonym* : unknown, unexplored, undiscovered

(1) **uncharted** wilderness, (2) **uncharted** waters

The explorer ventured into **uncharted** territory, not knowing what to expect.

## desolate

*adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness

*synonym* : barren, stark, uninhabited

(1) a **desolate** scene, (2) **desolate** moon

The deserted island was **desolate** and uninhabited.

## ambiguity

*n.* the quality of being open to more than one interpretation; the uncertainty of meaning

*synonym* : uncertainty, vagueness, obscurity

(1) free from **ambiguity**, (2) avoid **ambiguity** in writing

The **ambiguity** in the instructions made it difficult for her to complete the task.

## traverse

*v.* to cross or move through a land or water area

*synonym* : cross, pass through, travel over

(1) **traverse** the region, (2) **traverse** a vast extent of sea

Approximately 1000 automobiles **traverse** the bridge every day.

## succumb

*v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

*synonym* : surrender, break down, die

(1) **succumb** to cancer, (2) **succumb** to old age  
He finally **succumbed** to temptation.

## frostbite

*n.* a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation

*synonym* : cryopathy, chilblains, ice burn

(1) **frostbite** symptoms, (2) **frostbite** on the hand

The athlete had to quit the race due to severe **frostbite** on his feet.

## starvation

*n.* a severe lack of food that leads to malnutrition and, ultimately, death

*synonym* : hunger, malnutrition, emaciation

(1) die of **starvation**, (2) **starvation** wages

The drought led to widespread **starvation** in the region.

## exhaustion

*n.* the state of being extremely tired and lacking energy or strength

*synonym* : fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental **exhaustion**.

## rendezvous

*n.* a meeting or appointment that has been arranged beforehand; a gathering of people in a pre-arranged location

*synonym* : meeting, appointment, encounter

(1) romantic **rendezvous**, (2) business **rendezvous**

Our **rendezvous** point was the coffee shop on the corner.

## mishap

*n.* an unfortunate or unlucky accident or incident, often resulting in injury or damage

*synonym* : accident, misfortune, incident

(1) avoidable **mishap**, (2) unfortunate **mishap**

The small **mishap** caused a delay in the construction

schedule.

## **divergent**

*adj.* different or becoming different from another or a standard; tending to move apart in different directions

*synonym*: differing, disparate, atypical

(1) follow a **divergent** path, (2) wildly **divergent** results

The prime minister had to reconcile **divergent** opinions on controversial issues like abortion.

## Session 2: Spelling

1. business ren\_\_\_\_\_us *n.* a meeting or appointment that has been arranged beforehand; a gathering of people in a pre-arranged location
2. te\_\_a cotta *n.* a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area
3. exh\_\_\_\_\_on of energy *n.* the state of being extremely tired and lacking energy or strength
4. ne\_\_\_e in a cozy spot *v.* to settle comfortably or cozily into a place
5. avoidable mi\_\_\_p *n.* an unfortunate or unlucky accident or incident, often resulting in injury or damage
6. emotional exh\_\_\_\_\_on *n.* the state of being extremely tired and lacking energy or strength
7. wildly di\_\_\_\_\_nt results *adj.* different or becoming different from another or a standard; tending to move apart in different directions
8. fr\_\_\_\_\_te symptoms *n.* a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation
9. unfortunate mi\_\_\_p *n.* an unfortunate or unlucky accident or incident, often resulting in injury or damage

ANSWERS: 1. rendezvous, 2. terra, 3. exhaustion, 4. nestle, 5. mishap, 6. exhaustion, 7. divergent, 8. frostbite, 9. mishap

10. gr\_\_t a customer                    *v.* to say hello to someone; to express welcome on meeting someone
11. un\_\_\_\_\_ed waters                *adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action
12. ne\_\_\_e deeper against him        *v.* to settle comfortably or cozily into a place
13. die of sta\_\_\_\_\_on                *n.* a severe lack of food that leads to malnutrition and, ultimately, death
14. high ar\_\_\_c                         *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
15. te\_\_a firma                         *n.* a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area
16. su\_\_\_\_\_b to old age              *v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury
17. sta\_\_\_\_\_on wages                *n.* a severe lack of food that leads to malnutrition and, ultimately, death
18. follow a di\_\_\_\_\_nt path         *adj.* different or becoming different from another or a standard; tending to move apart in different directions
19. rel\_\_\_\_\_ly leave                 *adv.* in a way that you are unwilling to do something; with hesitation
20. tr\_\_\_\_\_se the region            *v.* to cross or move through a land or water area

ANSWERS: 10. greet, 11. uncharted, 12. nestle, 13. starvation, 14. arctic, 15. terra, 16. succumb, 17. starvation, 18. divergent, 19. reluctantly, 20. traverse

21. i\_y clouds *adj.* covered with ice or frost; very cold; lacking warmth or friendliness
22. romantic ren\_\_\_\_\_us *n.* a meeting or appointment that has been arranged beforehand; a gathering of people in a pre-arranged location
23. ar\_\_\_c ice *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
24. tr\_\_\_\_\_se a vast extent of sea *v.* to cross or move through a land or water area
25. a de\_\_\_\_\_te scene *adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness
26. fr\_\_\_\_\_te on the hand *n.* a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation
27. sl\_\_\_e dog *n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete
28. n\_\_a explosion *n.* a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth
29. su\_\_\_\_\_b to cancer *v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

ANSWERS: 21. icy, 22. rendezvous, 23. arctic, 24. traverse, 25. desolate, 26. frostbite, 27. sledge, 28. nova, 29. succumb



30. cast i\_y eyes *adj.* covered with ice or frost; very cold; lacking warmth or friendliness
31. gl\_\_\_\_rs move tardily *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
32. avoid am\_\_\_\_ty in writing *n.* the quality of being open to more than one interpretation; the uncertainty of meaning
33. gl\_\_\_\_r retreat *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
34. sl\_\_\_e hockey *n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete
35. gr\_\_t an idea *v.* to say hello to someone; to express welcome on meeting someone
36. de\_\_\_\_te moon *adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness
37. rel\_\_\_\_ly approve the idea *adv.* in a way that you are unwilling to do something; with hesitation
38. un\_\_\_\_ed wilderness *adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action
39. n\_\_a star *n.* a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth

ANSWERS: 30. icy, 31. glacier, 32. ambiguity, 33. glacier, 34. sledge, 35. greet, 36. desolate, 37. reluctantly, 38. uncharted, 39. nova

40. free from am\_\_\_\_\_ty

*n.* the quality of being open to more than one interpretation; the uncertainty of meaning

41. la\_\_\_\_\_us project

*adj.* requiring a lot of effort and time to complete; characterized by tedious or difficult work

42. la\_\_\_\_\_us routine

*adj.* requiring a lot of effort and time to complete; characterized by tedious or difficult work

ANSWERS: 40. ambiguity, 41. laborious, 42. laborious

## Session 3: Fill in the Blanks

1. The construction workers had a \_\_\_\_\_ job of carrying heavy equipment up several flights of stairs.  
*adj.* requiring a lot of effort and time to complete; characterized by tedious or difficult work
2. The athlete had to quit the race due to severe \_\_\_\_\_ on his feet.  
*n.* a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation
3. The prime minister had to reconcile \_\_\_\_\_ opinions on controversial issues like abortion.  
*adj.* different or becoming different from another or a standard; tending to move apart in different directions
4. The \_\_\_\_ surface of the pond was not safe for skating.  
*adj.* covered with ice or frost; very cold; lacking warmth or friendliness
5. The athlete pushed the heavy \_\_\_\_\_ as part of her training regime.  
*n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete
6. He \_\_\_\_\_ his friends with a warm smile and a hug.  
*v.* to say hello to someone; to express welcome on meeting someone
7. The long work hours were taking a toll on her mental \_\_\_\_\_.  
*n.* the state of being extremely tired and lacking energy or strength

ANSWERS: 1. laborious, 2. frostbite, 3. divergent, 4. icy, 5. sledge, 6. greeted, 7. exhaustion

8. Our \_\_\_\_\_ point was the coffee shop on the corner.  
*n.* a meeting or appointment that has been arranged beforehand; a gathering of people in a pre-arranged location
9. The deserted island was \_\_\_\_\_ and uninhabited.  
*adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness
10. Cold temperatures and long, dark winters characterize the \_\_\_\_\_ climate.  
*adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
11. The small \_\_\_\_\_ caused a delay in the construction schedule.  
*n.* an unfortunate or unlucky accident or incident, often resulting in injury or damage
12. He finally \_\_\_\_\_ to temptation.  
*v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury
13. The explorer ventured into \_\_\_\_\_ territory, not knowing what to expect.  
*adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action
14. He \_\_\_\_\_ agreed to go to the party.  
*adv.* in a way that you are unwilling to do something; with hesitation
15. The astronomer spent months studying the \_\_\_\_\_ light spectrum to learn more about its properties.  
*n.* a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth

ANSWERS: 8. rendezvous, 9. desolate, 10. arctic, 11. mishap, 12. succumbed, 13. uncharted, 14. reluctantly, 15. nova's

16. Scientists study the \_\_\_\_\_ of other planets to learn more about their formations and compositions.
- n.* a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area
17. The cat \_\_\_\_\_ in my lap and fell asleep.
- v.* to settle comfortably or cozily into a place
18. Approximately 1000 automobiles \_\_\_\_\_ the bridge every day.
- v.* to cross or move through a land or water area
19. The \_\_\_\_\_ of the ice age have shaped Fjord.
- n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
20. The \_\_\_\_\_ in the instructions made it difficult for her to complete the task.
- n.* the quality of being open to more than one interpretation; the uncertainty of meaning
21. The drought led to widespread \_\_\_\_\_ in the region.
- n.* a severe lack of food that leads to malnutrition and, ultimately, death

ANSWERS: 16. terra, 17. nestled, 18. traverse, 19. glaciers, 20. ambiguity, 21. starvation