

# Englist.me



## Vocabulary Builder Reference from...

*Robert Swan: Let's save the last pristine continent | TED Talk*

[https://www.ted.com/talks/robert\\_swan\\_let\\_s\\_save\\_the\\_last\\_pristine\\_continent](https://www.ted.com/talks/robert_swan_let_s_save_the_last_pristine_continent)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### environmentalist

*n.* a person who is concerned with and advocates for the protection of the natural environment

*synonym* : conservationist

(1) dedicated **environmentalist**, (2) an **environmentalist** political party

The **environmentalist** lobby changed the mindset of many conservative politicians.

### frightening

*adj.* causing fear or alarm, or very surprising and alarming

*synonym* : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

### 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.

### crevasse

*n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a

dangerous and treacherous gap or opening

*synonym* : crevice, fissure, gap

(1) fall into a **crevasse**, (2) dangerous **crevasse**

The mountaineer carefully crossed the glacier **crevasse** to continue climbing the icy peak.

## chilly

*adj.* unpleasantly cool or cold; giving a feeling of coldness; lacking warmth or friendliness in manner

*synonym* : cool, frigid, icy

(1) **chilly** atmosphere, (2) **chilly** response

I must bundle up in a warm coat and scarf to bear the **chilly** winter weather.

## blister

*n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely

*synonym* : sore, vesicle, pustule

(1) **blister** after walking for miles, (2) **blister** treatment

The new hiking shoes gave me a **blister** on my heel after just a few miles of walking.

## ultraviolet

*adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation

*synonym* : black light, UV light, invisible light

(1) **ultraviolet** protection, (2) **ultraviolet** light

**Ultraviolet** radiation can cause skin damage if one is exposed for too long.

## grind

*v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time

*synonym* : mill, crush, grate

(1) **grind** away at my work, (2) **grind** your teeth

She had to **grind** the coffee beans before making a fresh

cup.

## 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.

## industrious

*adj.* hardworking, diligent, and persistent in effort

*synonym*: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

## overland

*adj.* relating to or traveling across land rather than by sea or air; denoting a trade route or a travel route that takes place over land

*synonym*: terrestrial, land-based, ground-based

(1) **overland** journey, (2) **overland** transportation

The **overland** route through the mountains was treacherous and required an experienced guide.

## recycle

*v.* to sort and collect things to process them and produce valuable materials that can be used again

*synonym*: reclaim, reuse, reprocess

(1) **recycle** the cardboard boxes, (2) **recycle** milk packaging into new paper

We largely **recycle** the circuit board of cell phones because they contain a lot of valuable metals.

## disintegrate

*v.* break or cause to break into small fragments

*synonym*: shatter, crumble, break down

(1) **disintegrate** in an explosion, (2) **disintegrate** over time

The vase **disintegrated** into pieces when it fell to the ground.

### retrace

*v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps

*synonym* : backtrack, follow back

(1) **retrace** my life, (2) **retrace** a journey

I need to **retrace** my steps to find the lost keys.

### icecap

*n.* a mass of ice that permanently covers a considerable area of land, typically found in polar regions

*synonym* : glacier, ice sheet

(1) the shrinking **icecaps** in the Arctic, (2) receding **icecap**

The melting **icecaps** are a clear indication of climate change.

### pristine

*adj.* new and completely free from dirt or contamination

*synonym* : chaste, pure, immaculate

(1) **pristine** beach, (2) maintain the **pristine** condition

It is terrific to camp in **pristine** nature.

## Session 2: Spelling

1. ar\_\_\_c ice *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
2. re\_\_\_\_\_e milk packaging into new paper *v.* to sort and collect things to process them and produce valuable materials that can be used again
3. gr\_\_d away at my work *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
4. the shrinking ic\_\_\_ps in the Arctic *n.* a mass of ice that permanently covers a considerable area of land, typically found in polar regions
5. ch\_\_\_y response *adj.* unpleasantly cool or cold; giving a feeling of coldness; lacking warmth or friendliness in manner
6. 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
7. bl\_\_\_\_\_r treatment *n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely

ANSWERS: 1. arctic, 2. recycle, 3. grind, 4. icecap, 5. chilly, 6. frostbite, 7. blister

8. pr\_\_\_\_ne beach *adj.* new and completely free from dirt or contamination
9. receding ic\_\_\_\_p *n.* a mass of ice that permanently covers a considerable area of land, typically found in polar regions
10. gr\_\_d your teeth *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
11. ult\_\_\_\_et light *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
12. bl\_\_\_\_r after walking for miles *n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
13. fri\_\_\_\_ng experience *adj.* causing fear or alarm, or very surprising and alarming
14. re\_\_\_\_e a journey *v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps
15. high ar\_\_\_\_c *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
16. dedicated env\_\_\_\_ist *n.* a person who is concerned with and advocates for the protection of the natural environment

ANSWERS: 8. pristine, 9. icecap, 10. grind, 11. ultraviolet, 12. blister, 13. frightening, 14. retrace, 15. arctic, 16. environmentalist

17. ov\_\_\_\_nd transportation *adj.* relating to or traveling across land rather than by sea or air; denoting a trade route or a travel route that takes place over land
18. ch\_\_\_\_y atmosphere *adj.* unpleasantly cool or cold; giving a feeling of coldness; lacking warmth or friendliness in manner
19. re\_\_\_\_e the cardboard boxes *v.* to sort and collect things to process them and produce valuable materials that can be used again
20. dis\_\_\_\_ate in an explosion *v.* break or cause to break into small fragments
21. dangerous cr\_\_\_\_se *n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
22. ult\_\_\_\_et protection *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
23. fall into a cr\_\_\_\_se *n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
24. re\_\_\_\_e my life *v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps
25. 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

ANSWERS: 17. overland, 18. chilly, 19. recycle, 20. disintegrate, 21. crevasse, 22. ultraviolet, 23. crevasse, 24. retrace, 25. frostbite

26. maintain the pr\_\_\_\_\_ne condition      *adj.* new and completely free from dirt or contamination
27. ind\_\_\_\_\_us worker      *adj.* hardworking, diligent, and persistent in effort
28. ov\_\_\_\_\_nd journey      *adj.* relating to or traveling across land rather than by sea or air; denoting a trade route or a travel route that takes place over land
29. an env\_\_\_\_\_ist political party      *n.* a person who is concerned with and advocates for the protection of the natural environment
30. cast fri\_\_\_\_\_ng eyes      *adj.* causing fear or alarm, or very surprising and alarming
31. ind\_\_\_\_\_us student      *adj.* hardworking, diligent, and persistent in effort
32. dis\_\_\_\_\_ate over time      *v.* break or cause to break into small fragments

ANSWERS: 26. pristine, 27. industrious, 28. overland, 29. environmentalist, 30. frightening, 31. industrious, 32. disintegrate



## Session 3: Fill in the Blanks

1. She had to \_\_\_\_\_ the coffee beans before making a fresh cup.
  - v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
2. The mountaineer carefully crossed the glacier \_\_\_\_\_ to continue climbing the icy peak.
  - n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
3. I need to \_\_\_\_\_ my steps to find the lost keys.
  - v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps
4. I must bundle up in a warm coat and scarf to bear the \_\_\_\_\_ winter weather.
  - adj.* unpleasantly cool or cold; giving a feeling of coldness; lacking warmth or friendliness in manner
5. The new hiking shoes gave me a \_\_\_\_\_ on my heel after just a few miles of walking.
  - n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
6. The news of the pandemic was a \_\_\_\_\_ reminder of the fragility of human health.
  - adj.* causing fear or alarm, or very surprising and alarming

ANSWERS: 1. grind, 2. crevasse, 3. retrace, 4. chilly, 5. blister, 6. frightening

7. 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
8. It is terrific to camp in \_\_\_\_\_ nature.  
*adj.* new and completely free from dirt or contamination
9. He was known to be very \_\_\_\_\_ and would often work late into the night.  
*adj.* hardworking, diligent, and persistent in effort
10. We largely \_\_\_\_\_ the circuit board of cell phones because they contain a lot of valuable metals.  
*v.* to sort and collect things to process them and produce valuable materials that can be used again
11. The \_\_\_\_\_ route through the mountains was treacherous and required an experienced guide.  
*adj.* relating to or traveling across land rather than by sea or air; denoting a trade route or a travel route that takes place over land
12. The \_\_\_\_\_ lobby changed the mindset of many conservative politicians.  
*n.* a person who is concerned with and advocates for the protection of the natural environment
13. The melting \_\_\_\_\_ are a clear indication of climate change.  
*n.* a mass of ice that permanently covers a considerable area of land, typically found in polar regions
14. \_\_\_\_\_ radiation can cause skin damage if one is exposed for too long.  
*adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation

ANSWERS: 7. arctic, 8. pristine, 9. industrious, 10. recycle, 11. overland, 12. environmentalist, 13. icecaps, 14. Ultraviolet

15. 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

16. The vase \_\_\_\_\_ into pieces when it fell to the ground.

- v.* break or cause to break into small fragments

ANSWERS: 15. frostbite, 16. disintegrated