

# Englist.me



## Vocabulary Builder Reference from...

*Ben Saunders: To the South Pole and back - the hardest 105 days of my life | TED Talk*

[https://www.ted.com/talks/ben\\_saunders\\_to\\_the\\_south\\_pole\\_and\\_back\\_the\\_hardest\\_105\\_days\\_of\\_my\\_life](https://www.ted.com/talks/ben_saunders_to_the_south_pole_and_back_the_hardest_105_days_of_my_life)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### intelligentsia

*n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits

*synonym* : intellectuals, intelligents, savants

(1) members of **intelligentsia**, (2) artistic **intelligentsia**

The voices of the political and academic **intelligentsia** dominated the debate.

### grunt

*v.* to make a short, low noise in the throat

*synonym* : groan, mutter, murmur

(1) **grunt** a laugh, (2) **grunt** in discontent

She **grunted** and stopped drinking coffee.

### windy

*adj.* characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance

*synonym* : airy, gusty, breezy

(1) **windy** hillside, (2) **windy** eloquence

The weather is too **windy** for us to go on a boat ride.

### succinct

*adj.* concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive

*synonym* : concise, brief, pithy

(1) **succinct** reply, (2) **succinct** explanation

My manager gave me a **succinct** summary of the project's goals and objectives.

## hallowed

*adj.* considered holy or sacred; deserving of reverence or respect

*synonym* : sanctified, sacred, revered

(1) **hallowed** tradition, (2) **hallowed** memory

The church was considered a **hallowed** ground for the community, where their ancestors had worshiped for generations.

## eloquent

*adj.* able to speak or write clearly and impressively

*synonym* : persuasive, fluent, well-spoken

(1) an **eloquent** speaker, (2) **eloquent** writing

She gave an **eloquent** speech at the graduation ceremony.

## falcon

*n.* a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight

*synonym* : hawk, eagle, kestrel

(1) **falcon** feathers, (2) peregrine **falcon**

The **falcon's** keen eyesight makes it an excellent hunter.

## 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.

## 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.

## **siege**

*n.* the surrounding of a place and isolating it by an army to defeat those defending it

*synonym* : blockade, encirclement, barricade

(1) hostage **siege**, (2) lay **siege** to his house

People began storing up food and supplies for the **siege**.

## **preposition**

*n.* a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)

*synonym* : connective, particle, word

(1) English **preposition**, (2) complex **preposition**

When learning a new language, understanding the use of **prepositions** can be quite challenging.

## **sled**

*n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses

*synonym* : sleigh, toboggan, sledge

(1) pull a **sled**, (2) **sled** dog

We used a **sled** to slide down the hill in the snow.

## **unbroken**

*adj.* continuous and not interrupted; (of promises or contracts) not violated or disregarded

*synonym* : intact, unchanged, continuing

(1) an **unbroken** horse, (2) **unbroken** chain

He enjoyed the **unbroken** quiet of the afternoon at the villa.

## stubbornness

*n.* the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion

*synonym*: inflexibility, doggedness, obstinacy

(1) plain **stubbornness**, (2) show **stubbornness**

Her **stubbornness** in negotiations prevented a successful outcome for both parties.

## hubris

*n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

*synonym*: arrogance, conceit, pride

(1) political **hubris**, (2) **hubris** in business

The athlete's **hubris** resulted in him underestimating his competition and losing the game.

## 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.

## spartan

*adj.* of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity

*synonym*: ascetic, austere, hard

(1) **spartan** training, (2) a **spartan** diet

The soldier lived a **spartan** lifestyle, with few possessions and luxuries.

## photovoltaics

*n.* a branch of technology that involves the conversion of sunlight into electricity using solar cells or other

photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels

*synonym* : solar cells, solar power

(1) **photovoltaics** recycling initiatives, (2) **photovoltaics** system

The development of thin-film **photovoltaics** has allowed for a wider range of applications in building design.

## storytelling

*n.* the act or art of narrating or writing stories

*synonym* : narrating, relating, recounting

(1) **storytelling** performance, (2) courtroom **storytelling**

She was skilled in **storytelling** techniques, such as using different voices for other characters.

## glide

*v.* to move smoothly and effortlessly

*synonym* : slide, skim, coast

(1) **glide** through the water, (2) **glide** down the mountain

The eagle gracefully **glided** on the thermals, soaring above the mountains.

## whiteout

*n.* a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility

*synonym* : snowstorm, blizzard

(1) severe **whiteout**, (2) **whiteout** snowstorm

Travel advisories were issued due to the **whiteout** conditions on the highway.

## 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.

## shimmer

*v.* to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten

*synonym* : gleam, glimmer, flash

(1) **shimmer** with tears, (2) **shimmer** in the moonlight

The sunlight made the water in the pool **shimmer** like diamonds.

## 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.

## glacial

*adj.* relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement

*synonym* : cold, icy, frozen

(1) **glacial** movements, (2) **glacial** terrain

The **glacial** pace of the negotiations frustrated both parties.

## anticlimax

*n.* a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation

*synonym* : disappointment, letdown

(1) **anticlimax** moment, (2) **anticlimax** ending

The movie had an unexpected **anticlimax**, leaving the audience disappointed and confused.

## canteen

*n.* a small cafeteria or dining hall, especially one in a military or school setting

*synonym* : mess hall, cafeteria, eatery

(1) military **canteen**, (2) school **canteen**

The soldiers gathered in the **canteen** to eat their rations and catch up on the latest news from home.

## marvelous

*adj.* causing wonder or astonishment; excellent

*synonym* : wonderful, amazing, superb

(1) **marvelous** performance, (2) **marvelous** power

The view from the top of the mountain was **marvelous**.

## unsupported

*adj.* not given financial or other aid; not having any proof or evidence

*synonym* : baseless, unfounded, unwarranted

(1) **unsupported** rumor, (2) fight **unsupported**

Removal of the central poll left the roof **unsupported**.

## plateau

*n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

*synonym* : mesa, tableland, plain

(1) **plateau** region, (2) **plateau** in performance

The hikers finally reached the **plateau** after a long climb up the mountain.

## beacon

*n.* a light or other visible object serving as a signal, guide, or warning

*synonym* : lighthouse, guidepost, marker

(1) an aerial **beacon**, (2) **beacon** of hope

The lighthouse served as a **beacon** to guide ships safely into port.

## hindsight

*n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

*synonym* : retrospect, afterthought

(1) **hindsight** bias, (2) 20/20 **hindsight**

With **hindsight**, we can see that investing in that company was a mistake.

## 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.

## **glib**

*adj.* fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity

*synonym*: slick, smooth-talking, glib-tongued

(1) **glib** response, (2) **glib** remark

His **glib** explanation of the complex topic could have convinced the audience.

## **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.

## **headwind**

*n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption

*synonym*: opposition

(1) facing **headwind**, (2) flying in a **headwind**

The cyclists had to contend with strong **headwinds** during the race.

## **hypoglycemia**

*n.* a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness

*synonym*: low blood sugar, insulin reaction, insulin shock

(1) **hypoglycemia** symptoms, (2) **hypoglycemia** diet

The doctor recommended frequent monitoring of blood sugar levels to prevent **hypoglycemia**

## **hypothermic**

*adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures



*synonym* : cold, chilled, freezing

(1) **hypothermic** condition, (2) **hypothermic** preservation  
The hiker suffered from **hypothermic** symptoms after being exposed to extreme cold.

## quitter

*n.* a person who gives up easily or does not have the determination to finish what they have started

*synonym* : coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

## incapacitate

*v.* to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage

*synonym* : disable, paralyze, immobilize

(1) **incapacitate** opponent, (2) **incapacitate** the enemy

The injury sustained during the game could **incapacitate** the player for the rest of the season.

## debilitate

*v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue

*synonym* : weaken, enfeeble, exhaust

(1) **debilitate** the body, (2) **debilitate** the mind

The disease has **debilitated** her to the point where she can no longer live independently.

## bury

*v.* to place a dead body in the ground, grave, or tomb

*synonym* : entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

## resupply

*v.* to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations

*synonym* : restock, replenish, refill

(1) **resupply** food, (2) **resupply** water

We need to **resupply** our inventory before the holiday rush.

## scar

*n.* a mark that remains on the skin after a wound has healed

*synonym* : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

## downhill

*adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner

*synonym* : downslope

(1) ski **downhill**, (2) walk **downhill** to the beach

The family's finances have been going **downhill** since they lost their main source of income.

## slippery

*adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

*synonym* : smooth, glistening, furtive

(1) a **slippery** customer, (2) **slippery** ice

How extraordinarily **slippery** a liar the camera is.

## armpit

*n.* the hollow under the arm where it joins the shoulder

*synonym* : underarm, axilla

(1) hair of the **armpits**, (2) **armpit** area

This stick will deodorize your **armpits**.

## inauspicious

*adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes

*synonym* : unlucky, ominous, unfavorable

(1) **inauspicious** start, (2) **inauspicious** sign

The weather on the event's opening day was **inauspicious**, with rain and thunderstorms.

## foreground

*n.* the part of a view, picture, etc., that is nearest to the viewer

(1) **foreground** segmentation, (2) **foreground** galaxy

A happy group of friends occupies the **foreground** of the picture.

## rubble

*n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed

*synonym*: debris, ruins, wreckage

(1) clear away **rubble**, (2) **rubble-strewn** road

After the earthquake, the city was left in a pile of **rubble**.

## dedicate

*v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

*synonym*: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

## superficial

*adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely

*synonym*: shallow, facile, cursory

(1) **superficial** wound, (2) **superficial** knowledge

The journalist's **superficial** reporting should have captured the full scope of the issue.

## 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.

## **goggle**

- v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

*synonym*: gaze, gawk, gape

(1) **goggle** his eyes, (2) infrared **goggles**

The software company bought the VR **goggles** manufacturer.

## **sting**

- v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

*synonym*: bite, prick, poke

(1) **sting** me on the arm, (2) **sting** his face

Bees **sting** as a defense mechanism when they feel threatened.

## **cliche**

- n. a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

*synonym*: truism, platitude, stereotype

(1) **cliche** plot, (2) age-old **cliche**

Using the same **cliche** phrase in every conversation can take time and effort.

## **inhabit**

- v. to live in a specific location; to reside

*synonym*: settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

## Session 2: Spelling

1. hu\_\_\_s in business *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
2. gr\_\_t a laugh *v.* to make a short, low noise in the throat
3. g\_\_b response *adj.* fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity
4. infrared go\_\_\_es *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
5. g\_\_b remark *adj.* fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity
6. English pre\_\_\_\_\_on *n.* a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)
7. sup\_\_\_\_\_al wound *adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely

ANSWERS: 1. hubris, 2. grunt, 3. glib, 4. goggle, 5. glib, 6. preposition, 7. superficial

8. clear away ru\_\_\_e                      *n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
9. ina\_\_\_\_\_ous sign                      *adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes
10. members of int\_\_\_\_\_sia                      *n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits
11. sh\_\_\_\_\_r with tears                      *v.* to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten
12. uns\_\_\_\_\_ed rumor                      *adj.* not given financial or other aid; not having any proof or evidence
13. de\_\_\_\_\_te a chapter to the subject                      *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
14. ha\_\_\_\_\_ed memory                      *adj.* considered holy or sacred; deserving of reverence or respect
15. carry a s\_\_r                      *n.* a mark that remains on the skin after a wound has healed
16. wi\_\_y hillside                      *adj.* characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance

ANSWERS: 8. rubble, 9. inauspicious, 10. intelligentsia, 11. shimmer, 12. unsupported, 13. dedicate, 14. hallowed, 15. scar, 16. windy

17. b\_\_y in the earth      *v.* to place a dead body in the ground, grave, or tomb
18. de\_\_\_\_te a few hours      *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
19. sup\_\_\_\_\_al knowledge      *adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely
20. an el\_\_\_\_\_nt speaker      *adj.* able to speak or write clearly and impressively
21. su\_\_\_\_\_ct reply      *adj.* concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive
22. 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
23. ant\_\_\_\_\_ax moment      *n.* a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation
24. in\_\_\_\_\_t a cave      *v.* to live in a specific location; to reside
25. 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

ANSWERS: 17. bury, 18. dedicate, 19. superficial, 20. eloquent, 21. succinct, 22. frostbite, 23. anticlimax, 24. inhabit, 25. crevasse

26. walk do\_\_\_\_\_ll to the beach *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
27. political hu\_\_\_\_\_s *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
28. un\_\_\_\_\_en chain *adj.* continuous and not interrupted; (of promises or contracts) not violated or disregarded
29. hyp\_\_\_\_\_mia diet *n.* a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness
30. peregrine fa\_\_\_\_\_n *n.* a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight
31. in\_\_\_\_\_t the stomach *v.* to live in a specific location; to reside
32. 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
33. an un\_\_\_\_\_en horse *adj.* continuous and not interrupted; (of promises or contracts) not violated or disregarded
34. plain stu\_\_\_\_\_ess *n.* the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion

ANSWERS: 26. downhill, 27. hubris, 28. unbroken, 29. hypoglycemia, 30. falcon, 31. inhabit, 32. nova, 33. unbroken, 34. stubbornness



35. 20/20 hi\_\_\_\_\_ht *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
36. 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
37. wh\_\_\_\_\_ut snowstorm *n.* a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility
38. cast fri\_\_\_\_\_ng eyes *adj.* causing fear or alarm, or very surprising and alarming
39. fri\_\_\_\_\_ng experience *adj.* causing fear or alarm, or very surprising and alarming
40. courtroom sto\_\_\_\_\_ing *n.* the act or art of narrating or writing stories
41. el\_\_\_\_\_nt writing *adj.* able to speak or write clearly and impressively
42. ru\_\_\_e-strewn road *n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
43. an aerial be\_\_\_n *n.* a light or other visible object serving as a signal, guide, or warning

ANSWERS: 35. hindsight, 36. terra, 37. whiteout, 38. frightening, 39. frightening, 40. storytelling, 41. eloquent, 42. rubble, 43. beacon

44. go\_\_\_e his eyes                      *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
45. 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
46. ina\_\_\_\_\_ous start                      *adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes
47. inc\_\_\_\_\_ate opponent                      *v.* to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage
48. flying in a he\_\_\_\_\_nd                      *n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
49. show stu\_\_\_\_\_ess                      *n.* the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion
50. ski do\_\_\_\_\_ll                      *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
51. fight uns\_\_\_\_\_ed                      *adj.* not given financial or other aid; not having any proof or evidence

ANSWERS: 44. goggle, 45. glacier, 46. inauspicious, 47. incapacitate, 48. headwind, 49. stubbornness, 50. downhill, 51. unsupported

52. 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
53. lay si\_\_e to his house *n.* the surrounding of a place and isolating it by an army to defeat those defending it
54. hyp\_\_\_\_\_ic condition *adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures
55. complex pre\_\_\_\_\_on *n.* a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)
56. deb\_\_\_\_\_te the body *v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
57. st\_\_g his face *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
58. gl\_\_\_\_\_l movements *adj.* relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement

ANSWERS: 52. frostbite, 53. siege, 54. hypothermic, 55. preposition, 56. debilitate, 57. sting, 58. glacial

59. hyp\_\_\_\_\_mia symptoms *n.* a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness
60. cl\_\_\_e plot *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
61. ma\_\_\_\_\_us power *adj.* causing wonder or astonishment; excellent
62. 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
63. hi\_\_\_\_\_ht bias *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
64. for\_\_\_\_\_nd galaxy *n.* the part of a view, picture, etc., that is nearest to the viewer
65. die of sta\_\_\_\_\_on *n.* a severe lack of food that leads to malnutrition and, ultimately, death
66. pl\_\_\_\_\_u region *n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
67. sto\_\_\_\_\_ing performance *n.* the act or art of narrating or writing stories

ANSWERS: 59. hypoglycemia, 60. cliché, 61. marvelous, 62. nova, 63. hindsight, 64. foreground, 65. starvation, 66. plateau, 67. storytelling

68. severe wh\_\_\_\_ut *n.* a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility
69. gl\_\_e through the water *v.* to move smoothly and effortlessly
70. be\_\_\_n of hope *n.* a light or other visible object serving as a signal, guide, or warning
71. gl\_\_\_\_r retreat *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
72. school ca\_\_\_\_n *n.* a small cafeteria or dining hall, especially one in a military or school setting
73. ant\_\_\_\_\_ax ending *n.* a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation
74. gl\_\_e down the mountain *v.* to move smoothly and effortlessly
75. hair of the ar\_\_\_\_ts *n.* the hollow under the arm where it joins the shoulder
76. facing he\_\_\_\_nd *n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
77. inc\_\_\_\_\_ate the enemy *v.* to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage

ANSWERS: 68. whiteout, 69. glide, 70. beacon, 71. glacier, 72. canteen, 73. anticlimax, 74. glide, 75. armpit, 76. headwind, 77. incapacitate

78. serial qu\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
79. 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
80. gr\_\_t in discontent *v.* to make a short, low noise in the throat
81. military ca\_\_\_\_n *n.* a small cafeteria or dining hall, especially one in a military or school setting
82. su\_\_\_\_ct explanation *adj.* concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive
83. gl\_\_\_\_l terrain *adj.* relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement
84. sh\_\_\_\_r in the moonlight *v.* to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten
85. ha\_\_\_\_ed tradition *adj.* considered holy or sacred; deserving of reverence or respect
86. 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

ANSWERS: 78. quitter, 79. terra, 80. grunt, 81. canteen, 82. succinct, 83. glacial, 84. shimmer, 85. hallowed, 86. sledge

87. s\_\_d dog *n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
88. for\_\_\_\_\_nd segmentation *n.* the part of a view, picture, etc., that is nearest to the viewer
89. ma\_\_\_\_\_us performance *adj.* causing wonder or astonishment; excellent
90. age-old cl\_\_\_e *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
91. hyp\_\_\_\_\_ic preservation *adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures
92. sl\_\_\_\_\_ry ice *adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
93. st\_\_g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
94. burn s\_\_r *n.* a mark that remains on the skin after a wound has healed
95. pho\_\_\_\_\_ics recycling initiatives *n.* a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels

ANSWERS: 87. sled, 88. foreground, 89. marvelous, 90. cliché, 91. hypothermic, 92. slippery, 93. sting, 94. scar, 95. photovoltaics

96. hostage si\_\_e *n.* the surrounding of a place and isolating it by an army to defeat those defending it
97. pho\_\_\_\_\_ics system *n.* a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels
98. easy qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
99. artistic int\_\_\_\_\_sia *n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits
100. un\_\_\_\_\_ed waters *adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action
101. re\_\_\_\_\_ly food *v.* to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations
102. pl\_\_\_\_\_u in performance *n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
103. fa\_\_\_\_n feathers *n.* a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight

ANSWERS: 96. siege, 97. photovoltaics, 98. quitter, 99. intelligentsia, 100. uncharted, 101. resupply, 102. plateau, 103. falcon



104. pull a s\_\_d *n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
105. a sl\_\_\_\_ry customer *adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
106. a sp\_\_\_\_n diet *adj.* of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity
107. ar\_\_\_\_t area *n.* the hollow under the arm where it joins the shoulder
108. sta\_\_\_\_\_on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
109. b\_\_y emotion *v.* to place a dead body in the ground, grave, or tomb
110. 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
111. sp\_\_\_\_n training *adj.* of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity
112. wi\_\_y eloquence *adj.* characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance

ANSWERS: 104. sled, 105. slippery, 106. spartan, 107. armpit, 108. starvation, 109. bury, 110. crevasse, 111. spartan, 112. windy

113. deb\_\_\_\_\_te the mind      *v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
114. re\_\_\_\_\_ly water      *v.* to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations
115. 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
116. un\_\_\_\_\_ed wilderness      *adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action

ANSWERS: 113. debilitate, 114. resupply, 115. sledge, 116. uncharted

## Session 3: Fill in the Blanks

1. The cyclists had to contend with strong \_\_\_\_\_ during the race.  
*n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
2. The church was considered a \_\_\_\_\_ ground for the community, where their ancestors had worshiped for generations.  
*adj.* considered holy or sacred; deserving of reverence or respect
3. He was labeled as a \_\_\_\_\_ after he abandoned the project halfway.  
*n.* a person who gives up easily or does not have the determination to finish what they have started
4. He enjoyed the \_\_\_\_\_ quiet of the afternoon at the villa.  
*adj.* continuous and not interrupted; (of promises or contracts) not violated or disregarded
5. We need to \_\_\_\_\_ our inventory before the holiday rush.  
*v.* to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations
6. The eagle gracefully \_\_\_\_\_ on the thermals, soaring above the mountains.  
*v.* to move smoothly and effortlessly
7. People began storing up food and supplies for the \_\_\_\_\_.  
*n.* the surrounding of a place and isolating it by an army to defeat those defending it

ANSWERS: 1. headwinds, 2. hallowed, 3. quitter, 4. unbroken, 5. resupply, 6. glided, 7. siege

8. The journalist's \_\_\_\_\_ reporting should have captured the full scope of the issue.

*adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely

9. The lighthouse served as a \_\_\_\_\_ to guide ships safely into port.

*n.* a light or other visible object serving as a signal, guide, or warning

10. The weather is too \_\_\_\_\_ for us to go on a boat ride.

*adj.* characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance

11. A happy group of friends occupies the \_\_\_\_\_ of the picture.

*n.* the part of a view, picture, etc., that is nearest to the viewer

12. Using the same \_\_\_\_\_ phrase in every conversation can take time and effort.

*n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

13. The weather on the event's opening day was \_\_\_\_\_ with rain and thunderstorms.

*adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes

14. I have no idea what sort of folks \_\_\_\_\_ the neighborhood.

*v.* to live in a specific location; to reside

15. The drought led to widespread \_\_\_\_\_ in the region.

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

ANSWERS: 8. superficial, 9. beacon, 10. windy, 11. foreground, 12. cliché, 13. inauspicious, 14. inhabit, 15. starvation

16. The hikers finally reached the \_\_\_\_\_ after a long climb up the mountain.  
*n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
17. Even after the wound has healed, a \_\_\_\_\_ remains.  
*n.* a mark that remains on the skin after a wound has healed
18. 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
19. The athlete's \_\_\_\_\_ resulted in him underestimating his competition and losing the game.  
*n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
20. When learning a new language, understanding the use of \_\_\_\_\_ can be quite challenging.  
*n.* a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)
21. She gave an \_\_\_\_\_ speech at the graduation ceremony.  
*adj.* able to speak or write clearly and impressively
22. She was skilled in \_\_\_\_\_ techniques, such as using different voices for other characters.  
*n.* the act or art of narrating or writing stories

ANSWERS: 16. plateau, 17. scar, 18. nova's, 19. hubris, 20. prepositions, 21. eloquent, 22. storytelling

23. The development of thin-film \_\_\_\_\_ has allowed for a wider range of applications in building design.

*n.* a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels

24. 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

25. The \_\_\_\_\_ pace of the negotiations frustrated both parties.

*adj.* relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement

26. The software company bought the VR \_\_\_\_\_ manufacturer.

*v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

27. She \_\_\_\_\_ and stopped drinking coffee.

*v.* to make a short, low noise in the throat

28. He \_\_\_\_\_ his life to helping others.

*v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

29. Her \_\_\_\_\_ in negotiations prevented a successful outcome for both parties.

*n.* the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion

ANSWERS: 23. photovoltaics, 24. uncharted, 25. glacial, 26. goggles, 27. grunted, 28. dedicated, 29. stubbornness

30. My manager gave me a \_\_\_\_\_ summary of the project's goals and objectives.

*adj.* concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive

31. The movie had an unexpected \_\_\_\_\_ leaving the audience disappointed and confused.

*n.* a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation

32. The injury sustained during the game could \_\_\_\_\_ the player for the rest of the season.

*v.* to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage

33. The \_\_\_\_\_ keen eyesight makes it an excellent hunter.

*n.* a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight

34. How extraordinarily \_\_\_\_\_ a liar the camera is.

*adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

35. The view from the top of the mountain was \_\_\_\_\_.

*adj.* causing wonder or astonishment; excellent

36. With \_\_\_\_\_ we can see that investing in that company was a mistake.

*n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

ANSWERS: 30. succinct, 31. anticlimax, 32. incapacitate, 33. falcon's, 34. slippery, 35. marvelous, 36. hindsight,

37. We used a \_\_\_\_\_ to slide down the hill in the snow.

*n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses

38. The hiker suffered from \_\_\_\_\_ symptoms after being exposed to extreme cold.

*adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures

39. His \_\_\_\_\_ explanation of the complex topic could have convinced the audience.

*adj.* fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity

40. 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

41. After the earthquake, the city was left in a pile of \_\_\_\_\_.

*n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed

42. Bees \_\_\_\_\_ as a defense mechanism when they feel threatened.

*v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

43. 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

ANSWERS: 37. sled, 38. hypothermic, 39. glib, 40. sledge, 41. rubble, 42. sting, 43. glaciers



44. This stick will deodorize your \_\_\_\_\_.
- n.* the hollow under the arm where it joins the shoulder
45. There is plenty of space to \_\_\_\_\_ everyone.
- v.* to place a dead body in the ground, grave, or tomb
46. 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
47. The soldier lived a \_\_\_\_\_ lifestyle, with few possessions and luxuries.
- adj.* of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity
48. The news of the pandemic was a \_\_\_\_\_ reminder of the fragility of human health.
- adj.* causing fear or alarm, or very surprising and alarming
49. Removal of the central poll left the roof \_\_\_\_\_.
- adj.* not given financial or other aid; not having any proof or evidence
50. The soldiers gathered in the \_\_\_\_\_ to eat their rations and catch up on the latest news from home.
- n.* a small cafeteria or dining hall, especially one in a military or school setting
51. The voices of the political and academic \_\_\_\_\_ dominated the debate.
- n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits

ANSWERS: 44. armpits, 45. bury, 46. frostbite, 47. spartan, 48. frightening, 49. unsupported, 50. canteen, 51. intelligentsia

52. The doctor recommended frequent monitoring of blood sugar levels to prevent \_\_\_\_\_
- n.* a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness
53. 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
54. Travel advisories were issued due to the \_\_\_\_\_ conditions on the highway.
- n.* a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility
55. The sunlight made the water in the pool \_\_\_\_\_ like diamonds.
- v.* to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten
56. 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
57. The disease has \_\_\_\_\_ her to the point where she can no longer live independently.
- v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
58. The family's finances have been going \_\_\_\_\_ since they lost their main source of income.
- adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner

ANSWERS: 52. hypoglycemia, 53. terra, 54. whiteout, 55. shimmer, 56. crevasse, 57. debilitated, 58. downhill

ANSWERS: