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Dame Ellen MacArthur: The surprising thing I learned sailing solo around the world | TED Talk https://www.ted.com/talks/dame_ellen_macarthur_the _surprising_thing_i_learned_sailing_solo_around_the _world



Advanced Words Only

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Session 1: Word List

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark The phone rang at the most **opportune** time.

hoist

v. to elevate or drag anything to a higher position, usually with the help of ropes or specific equipment

synonym: raise, lift, haul up

(1) hoist the flags, (2) hoist the anchor

The surgeon **hoisted** the patient onto the operation table.

mash

v. to crush or grind something into a soft, wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water

synonym: crush, grind, pulverize

(1) mash his words, (2) potato mash

She **mashed** the potatoes with a fork until they were smooth and creamy.

apprentice

n. a person who works for and learns from a skilled employer to become a skilled worker themselves

synonym: learner, trainee, protégé

(1) **apprentice** carpenter, (2) a young **apprentice** He took on an **apprentice** to teach him the trade.

boardroom

 a room where the board of directors of a company or organization meets

synonym: meeting room, conference room, executive room

(1) **boardroom** meeting, (2) **boardroom** decision

The corporate **boardroom** was filled with tense silence as the CEO presented the new plan.

nonstop

adj. without intermediate stops between source and destination

synonym: continuous, ceaseless, endless

(1) a **nonstop** run, (2) **nonstop** talk

We tend to choose **nonstop** flights when we travel.

iceberg

a large piece of ice floating in the sea, detached from a glacier

synonym: glacier, ice mass, floe

(1) hit an iceberg, (2) iceberg melting

The ship encountered a series of **icebergs** and had to change its course.

mast

- n. a long pole aboard a boat or ship that holds up the sails
- (1) mast height, (2) built-up mast

The main cabin is located in front of the **mast**.

plunge

v. to dive quickly and steeply downward; to thrust or throw into something; (noun) a steep and rapid fall

synonym: dive, drop, thrust

(1) **plunge** into the water, (2) **plunge** a dagger through his heart

The company's profits **plunged** after the recall of their new product.

horrendous

adj. causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying

synonym: dreadful, terrible, horrifying

(1) horrendous traffic, (2) a horrendous crime

The **horrendous** storm caused massive flooding in the town and destroyed many houses.

blizzard

 a severe snowstorm that is accompanied by strong winds and low temperatures, often leading to very limited visibility and dangerous travel conditions

synonym: snowstorm, whiteout, bluster

(1) blizzard warning, (2) heavy blizzard

The city declared a snow emergency and warned residents to stay off the streets during the **blizzard**.

engulf

- v. to swallow up; to surround and cover completely synonym: swallow, submerge, inundate
- (1) **engulf** the politician, (2) **engulf** in water The fire quickly **engulfed** the entire building.

capsize

v. to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance

synonym: overturn, overturning, tipping

(1) **capsize** a boat, (2) **capsize** in the middle of the storm The strong wind caused the kayak to **capsize**, throwing the paddler into the water.

smashing

adj. very successful or impressive; causing something to be broken or destroyed

synonym: great, wonderful, breaking

(1) a **smashing** blow, (2) give **smashing** results

The band's new album was a **smashing** success, reaching the top of the charts.

knuckle

 one of the joint-like parts of the fingers and toes, especially of the hand synonym: joint, finger joint, finger knob

(1) knuckle sandwich, (2) bare- knuckle boxer

He cracked his **knuckles** nervously before the presentation.

steer

- v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someonesynonym: guide, direct, control
- (1) **steer** a steady course, (2) **steer** a conversation The captain told him to **steer** the ship north.

headlight

 a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead

synonym: headlamp, beam, lamp

(1) **headlight** adjustment, (2) **headlight** switch

My car's **headlight** must be replaced before I drive again at night.

soaked

- adj. completely wet; saturated or drenched with a liquid synonym: drenched, saturated, wet
- (1) **soaked** clothes, (2) **soaked** sponge
 The hiker's boots were **soaked** from walking through the stream.

heartbeat

 the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym: beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat** New York is the commercial **heartbeat** of America.

monstrous

adj. extremely large or evil, or having a frightening appearance

synonym: grotesque, huge, deformed

(1) a **monstrous** iceberg, (2) **monstrous** behavior The giant wave was **monstrous** and destroyed the small boat.

moonlight

n. the light of the moon, which is reflected sunlight and is much weaker than direct sunlight; (verb) to work at a second job, often in addition to one's regular employment, usually without the knowledge or approval of one's employer

synonym: moonshine, moonbeam, moon glow

(1) **moonlight** as a bartender, (2) **moonlight** serenade The garden looked magical in the **moonlight**, with the flowers and trees casting eerie shadows.

toothpaste

 a paste or gel used for cleaning the teeth and freshening the breath

synonym: paste, gel, dentifrice

(1) **toothpaste** hygiene product, (2) **toothpaste** tube I always use mint-flavored **toothpaste** to refresh my mouth in the morning and at night.

fascinate

to attract and hold the attention of someone deeply and irresistibly

synonym: captivate, intrigue, mesmerize

(1) **fascinate** the public, (2) **fascinate** the young The magic tricks **fascinated** the children.

trousers

 a pair of leg coverings that extends from the waist to the ankles covering each leg separately, often referred to as pants

synonym: pants, slacks, jeans

(1) work trousers, (2) denim trousers

He wore black **trousers** and a white shirt to the job interview.

camaraderie

 a feeling of trust and good fellowship among people who spend much time together

synonym: fellowship, friendship, bond

(1) the importance of **camaraderie**, (2) military

camaraderie

The team built strong **camaraderie** over the years and became like a family.

uneasy

adj. causing or feeling anxiety or discomfort synonym: anxious, troubled, nervous

(1) have **uneasy** eyes, (2) **uneasy** relationship He was **uneasy** about the situation and didn't know what to do.

eke

v. to make a living or support oneself with difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures

synonym: supplement, stretch, squeeze out

(1) **eke** out a few extra dollars, (2) **eke** out a narrow victory He managed to **eke** out a living by doing odd jobs.

recycle

 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.

excite

- v. to make someone feel suddenly enthusiastic or eager synonym: thrill, exhilarate, animate
- (1) **excite** the crowd, (2) **excite** rebellion The news of her promotion **excited** her.

symbiosis

 a close, prolonged association between two or more different species of organisms, typically to the advantage of all

synonym: cooperation, interdependence, mutualism

(1) industrial **symbiosis**, (2) **symbiosis** establishment The **symbiosis** between the coral and the algae is an important example of mutualism.

mimicry

 the act or skill of copying the sounds or behavior of a particular person or animal, often to make people laugh synonym: imitation, apery

(1) vocal mimicry, (2) floral mimicry

Some insects use **mimicry** to avoid detection by predators.

dissolve

v. to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

synonym: disband, disappear, liquefy

(1) **dissolve** the sugar, (2) officially **dissolved** the marriage The political party **dissolved** after much internal fighting.

reconnect

- v. to connect again after a break or interruption synonym: reopen, rejoin, link up
- (1) **reconnect** a telephone, (2) **reconnect** with family After a long period of estrangement, they **reconnected** with each other.

convene

v. to come or bring together a group of people for a meeting or activity

synonym: assemble, gather, summon

(1) **convene** a press conference, (2) **convene** the council The parliament will **convene** at 1 p.m. tomorrow.

decouple

- v. to disconnect or separate something from something else that it was joined to or part of previouslysynonym: disunite, disjoint, break up
- (1) **decouple** a power supply, (2) **decouple** a space shuttle We have to **decouple** our foreign policy from ideology.

Session 2: Spelling

1.	have uny eyes	adj.	causing or feeling anxiety or discomfort
2.	give smng results	adj.	very successful or impressive; causing something to be broken or destroyed
3.	potato mh	v.	to crush or grind something into a soft, wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water
4.	nop talk	adj.	without intermediate stops between source and destination
5.	heht switch	n.	a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead
6.	coe a press conference	<i>v</i> .	to come or bring together a group of people for a meeting or activity
7.	rect with family	<i>v</i> .	to connect again after a break or interruption
8.	st_r a conversation	v.	to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
9.	industrial syis	n.	a close, prolonged association between two or more different species of organisms, typically to the advantage of all
10.	heavy blrd	n.	a severe snowstorm that is accompanied by strong winds and low temperatures, often leading to very limited visibility and dangerous travel

ANSWERS: 1. uneasy, 2. smashing, 3. mash, 4. nonstop, 5. headlight, 6. convene, 7. reconnect, 8. steer, 9. symbiosis, 10. blizzard

conditions

ANSWERS: 11. trousers, 12. soaked, 13. moonlight, 14. mimicry, 15. excite, 16. mimicry, 17. convene, 18. excite, 19. knuckle, 20. smashing

20. a sm___ng blow

and toes, especially of the hand

adj. very successful or impressive; causing something to be broken or destroyed

ANSWERS: 21. hoist, 22. toothpaste, 23. reconnect, 24. apprentice, 25. uneasy, 26. capsize, 27. engulf, 28. eke, 29. hoist, 30. dissolve

ν.

30. di____ve the sugar

position, usually with the help of ropes

to be or cause to be absorbed by a

liquid to form a part of the solution; to

or specific equipment

close down or dismiss

31. so d sponge adj. completely wet; saturated or drenched with a liquid 32. fa____te the young to attract and hold the attention of someone deeply and irresistibly adj. extremely large or evil, or having a 33. a mo____us iceberg frightening appearance 34. m__t height a long pole aboard a boat or ship that n. holds up the sails 35. pl___e into the water to dive quickly and steeply downward; to thrust or throw into something; (noun) a steep and rapid fall to make a living or support oneself with 36. e e out a few extra dollars difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures 37. he____at abnormality the regular movement or sound of the n. heart as it sends blood around the body; an animating or vital unifying force 38. de le a space shuttle to disconnect or separate something from something else that it was joined to or part of previously 39. op____ne occasion adj. suitable or happening at a time that is suitable or convenient for a particular purpose 40. en f in water to swallow up; to surround and cover

ANSWERS: 31. soaked, 32. fascinate, 33. monstrous, 34. mast, 35. plunge, 36. eke, 37. heartbeat, 38. decouple, 39. opportune, 40. engulf

completely

company or organization meets 57. ic g melting

58. a hor us crime

paper

59. re___e milk packaging into new

a large piece of ice floating in the sea, n. detached from a glacier

adj. causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying

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

ANSWERS: 50. blizzard, 51. iceberg, 52. boardroom, 53. heartbeat, 54. decouple, 55. apprentice, 56. boardroom, 57. iceberg, 58. horrendous, 59. recycle

62. re___e the cardboard boxes

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

63. mo. us behavior

63. mo____us behavior adj. extremely large or evil, or having a frightening appearance

64. st ra steady course

65. ca___e a boat

66. fa____te the public

68. an op ne remark

70. too te hygiene product

69. a no____p run

67. officially di____ved the marriage

v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

v. to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance

v. to attract and hold the attention of someone deeply and irresistibly

v. to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

adj. without intermediate stops between source and destination

a paste or gel used for cleaning the teeth and freshening the breath

ANSWERS: 60. horrendous, 61. knuckle, 62. recycle, 63. monstrous, 64. steer, 65. capsize, 66. fascinate, 67. dissolve, 68. opportune, 69. nonstop, 70. toothpaste

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ANSWERS:				

Session 3: Fill in the Blanks

1.	He cracked his nervously before the presentation.
n.	one of the joint-like parts of the fingers and toes, especially of the hand
2.	The city declared a snow emergency and warned residents to stay off the streets during the
n.	a severe snowstorm that is accompanied by strong winds and low temperatures, often leading to very limited visibility and dangerous travel conditions
3.	The corporate was filled with tense silence as the CEO presented the new plan.
n.	a room where the board of directors of a company or organization meets
4.	My car's must be replaced before I drive again at night.
n.	a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead
5.	The storm caused massive flooding in the town and destroyed many houses.
adj	causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying
6.	I always use mint-flavored to refresh my mouth in the morning and at night.
n.	a paste or gel used for cleaning the teeth and freshening the breath
7.	He managed to out a living by doing odd jobs.
<i>v</i> .	to make a living or support oneself with difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures
	SWERS: 1. knuckles, 2. blizzard, 3. boardroom, 4. headlight, 5. horrendous, 6. thpaste, 7. eke

8.	The political party after much internal fighting.
<i>v</i> .	to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
9. 3	She the potatoes with a fork until they were smooth and creamy.
v.	to crush or grind something into a soft, wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water
10.	The news of her promotion her.
v.	to make someone feel suddenly enthusiastic or eager
11. \	We have to our foreign policy from ideology.
ν.	to disconnect or separate something from something else that it was joined to or part of previously
12.	The company's profits after the recall of their new product.
v.	to dive quickly and steeply downward; to thrust or throw into something; (noun) a steep and rapid fall
13.	The band's new album was a success, reaching the top of the charts.
adj.	very successful or impressive; causing something to be broken or destroyed
14.	The phone rang at the most time.
adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
15. ⁻	The parliament will at 1 p.m. tomorrow.
ν.	to come or bring together a group of people for a meeting or activity
	WERS: 8. dissolved, 9. mashed, 10. excited, 11. decouple, 12. plunged, 13. shing, 14. opportune, 15. convene

	The hiker's boots were from walking through the stream. completely wet; saturated or drenched with a liquid		
33.	The strong wind caused the kayak to throwing the paddler into the water.		
v.	to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance		
34.	New York is the commercial of America.		
n.	the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force		
35.	The fire quickly the entire building.		
v.	to swallow up; to surround and cover completely		
ANSWERS: 32. soaked, 33. capsize, 34. heartbeat, 35. engulfed			