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Vocabulary Builder Reference from...

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



All Words

IMPORTANT

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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

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

excitement

- n. a feeling of great enthusiasm and eagernesssynonym: thrill, exhilaration, incitement
- (1) the **excitement** in the business world, (2) aesthetic **excitement**

The **excitement** of the upcoming concert was palpable among the crowd.

adventure

 a journey or a series of events that is unusual, exciting, or dangerous

synonym: experience, happening, incident

(1) gastronomic **adventures**, (2) **adventure** film He sailed the Atlantic Ocean multiple times during his **adventures**.

cabin

 a small, simple dwelling or shelter, typically made of wood and located in a remote or rural area; an enclosed compartment or area within a larger structure, such as an aircraft or ship, where passengers or crew members can sit or sleep

synonym: hut, cottage, shack

(1) cabin crew, (2) log cabin

The quaint **cabin** in the woods was the perfect retreat for a weekend getaway.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling The golfer recorded an **amazing** distance.

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.

pile

a collection of objects positioned one on top of another;
 a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand pile, (2) the height of a pile

After the party, they had to clean up piles of dirty dishes.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**. The car's front bumper cost fifteen hundred **pounds**.

eventually

vet

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

- (1) **eventually** become obsolete, (2) **eventually** succeed The corporation **eventually** dominated the entire tobacco business.
- n. (also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility

synonym: veterinarian, inspector, examiner

(1) **vet** clinic, (2) **vet** check-up
We had to take our dog to the **vet** because she was not feeling well.

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.

incredibly

 adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) incredibly cheerful character, (2) get incredibly

ır	ıse	:Cl	ıre

Several cities are experiencing **incredibly** high unemployment rates.

solo

adv. without anybody else or anything else; alone synonym: alone

a solo vocal recital, (2) a solo flight
 would love to solo camping someday.

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**.

sunset

n. the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period

synonym: evening, sundown, dusk

(1) **sunset** this function, (2) spectacular **sunset** views He is in the **sunset** of his life.

wildlife

- *n.* animals, birds, insects, etc. that grow independently of people and live in natural conditions
- (1) wildlife sanctuary, (2) bird and other wildlife

The conservation area has an abundance of wildlife.

remotely

adv. at a distance; not directly or easily accessible synonym: distantly, remotely, slightly

(1) remotely operate, (2) control remotely

The company can **remotely** access its employees' computers for troubleshooting purposes.

absolutely

adv. without restriction or limitation; completely or utterly synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am absolutely opposed to his idea because of morality.

breathtaking

adj. extremely impressive, stunning, awe-inspiring, or emotionally overwhelming

synonym: stunning, awe-inspiring, magnificent

(1) **breathtaking** view, (2) **breathtaking** performance The sunset over the ocean was truly **breathtaking**.

decide

- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
 synonym: choose, determine, settle
- (1) **decide** a question, (2) **decide** on a course of action She couldn't **decide** whether to order the pizza or the pasta for dinner.

craft

 an activity that requires a particular skill in making things with one's hands

synonym: art, skill, workmanship

(1) **craft** arts of Japan, (2) **craft** manufacture

His hometown was where he first acquired the **craft** of wood carving.

hull

n. the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or

other objects

synonym: shell, skin, outer covering

(1) set a strake on the **hull**, (2) double- **hull** tank

The ship's **hull** was damaged in the storm, and the crew had to make emergency repairs.

exciting

adj. causing a lot of interest or excitement synonym: exhilarating, stimulating, thrilling

(1) exciting football player, (2) exciting news

The findings of the experiment were both **exciting** and unexpected.

crew

 a group of people who work together, especially on a ship or airplane

synonym: team, group, squad

(1) the film **crew**, (2) the **crew** of a fishing boat

The ship's **crew** worked hard to repair the damaged sails before the next storm hit.

thrust

v. to push or drive forcibly; to impose or insert; (noun) the force used in pushing

synonym: push, shove, prod

(1) **thrust** a dagger home, (2) **thrust** a plate away The engine **thrust** the rocket into space.

underwater

adv. below or under the surface of the water *synonym*: submerged, undersea, submarine

(1) hold my breath **underwater**, (2) seals sleep **underwater** He is good at swimming **underwater**.

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.

forge

v. to fashion or shape metal by heating it and hammering it into shape; to create or develop something new or original; to form strong bonds or relationships with others

synonym: create, build, establish

(1) **forge** an alliance, (2) **forge** iron

She had to **forge** her father's signature on the permission slip because he was out of town.

underneath

adv. under or below something else

synonym: below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell underneath the piano.

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.

nowhere

adv. not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere** I've been thinking all day and getting **nowhere**.

helicopter

a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access

synonym: chopper, copter, whirlybird

(1) helicopter ride, (2) police helicopter

The company's CEO arrived at the meeting via **helicopter** to avoid traffic congestion

knot

- n. a tight interlacing of something such as rope or threadsynonym: tangle, entanglement, snarl
- (1) a hard knot, (2) a knot of people

The boy scout showed us how to tie a **knot** that wouldn't come undone.

spray

 a fine mist of liquid that is dispersed into the air; flower arrangement consisting of a single branch or shoot bearing flowers and foliage

synonym: mist, aerosol, atomizer

(1) a spray of mist, (2) an insect spray

The artist used a **spray** paint can to create a graffiti mural on the wall.

crest

a peak or ridge, especially on a mountain or wave; a decorative tuft or topknot

synonym: summit, peak, pinnacle

(1) crest length, (2) a large textile crest

The surfer rode the **crest** of the wave to the shore.

horizontal

adj. parallel to the ground or in a baseline; being at the same level as all members of a group

synonym: even, lying, parallel

(1) horizontal lines, (2) horizontal stripes

Airplanes need **horizontal** tails to improve stability.

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

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.

desperately

adv. in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency

synonym: urgently, perilously, seriously

(1) **desperately** anxious, (2) **desperately** ill patient The baby clung **desperately** to her mother.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent concentration to pass.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym: speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car The government tried to **accelerate** the commercialization of this development.

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.

gripping

 adj. engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions

synonym: captivating, enthralling, engrossing

(1) gripping documentary, (2) gripping tale

The **gripping** movie had me on the edge of my seat the entire time.

steer

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

wipe

v. to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

synonym: clean, brush, swab

(1) **Wipe** off dirt, (2) **wipe** with water

Please wipe your sweat with this towel.

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.

brake

 a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels

synonym: damper, restraint, check

(1) apply the **brake**, (2) **brake** pedal

The results of that election put a **brake** on political reform.

decision

 n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) decision authority, (2) a selfish decision

She was struggling to make a **decision** between two job offers.

exhausted

adj. extremely tired

synonym: drowsy, depleted, fatigued

(1) the **exhausted** food sources, (2) **exhausted** parents The **exhausted** runner fell to the ground and gasped.

physically

- adv. in a way related to a person's body or appearance rather than their mind
- (1) **physically** and mentally, (2) stay **physically** fit Having a **physically** healthy physique is essential for a great life.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion

synonym: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo The baby **weighs** 1 pound 3 oz.

collapse

 to fall down or give way suddenly, often after breaking apart

synonym: tumble, spill, bankruptcy

(1) the stock market **collapsed**, (2) ready to **collapse**The roof finally **collapsed** after three days and three nights of heavy snowfall.

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.

sweat

 the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a sweat, (2) sweat bath

She wiped the **sweat** off her forehead with a towel.

contrast

- v. to put in opposition to show or emphasize differences synonym: differ, vary, counterpoint
- (1) **contrast** with a decade ago, (2) **contrast** two things It's intriguing to compare and **contrast** the two authors.

odds

 n. the degree or probability that a particular thing will or will not happen

synonym: chances, likelihoods, probabilities

(1) **odds** in favor, (2) **odds** of business

What are the **odds** that he will survive?

depression

 a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

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.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

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.

survival

 the state of continuing to exist or live, frequently in the face of difficulty or danger

synonym: endurance, continuity

(1) survival ability, (2) survival food

He evaluated his chances for survival rather pessimistically.

fuel

 a substance that is typically burned to generate heat or energy

synonym: energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**

The **fuel** scarcity most severely impacted the manufacturing sector

toilet

 a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture

synonym: bathroom, lavatory, washroom

(1) toilet paper, (2) toilet seat

She walked to the **toilet** to freshen up before the meeting.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) roll a ball, (2) roll down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

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.

diesel

- a type of heavy oil used as fuel; a vehicle or engine that uses diesel fuel
- (1) diesel engine, (2) diesel car

Nearly all tractors operate on diesel fuel.

packet

 a small container or envelope that holds one or more items typically used for storing or transporting items like food, medicine, or marketing materials

synonym: package, parcel, bundle

(1) **packet** delivery, (2) **packet** data network

I need to buy a **packet** of biscuits from the store.

definition

 a concise explanation of the meaning of a word, phrase, or symbol

synonym: description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

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Parallel lines are, by **definition**, lines on the same plane that never cross.

finite

adj. having a limit or restriction of size, time, etc. *synonym*: delimited, defined, limited

(1) **finite** resources, (2) **finite** decimal Human beings have a **finite** lifespan, so we yearn for the idea of immortality.

translate

- v. to convert or change words into another language synonym: convert, transcribe, render
- (1) **translate** a document into English, (2) **translate** the emotion to a movement

Translate the text from Italian into English.

suddenly

adv. quickly and unexpectedlysynonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly** Who answers **suddenly** knows little.

dot

- n. a very small circular mark, especially one that is printed synonym: drop, dab, fleck
- (1) connecting the **dots**, (2) **dot** blot method The wallpaper had a pattern of pink **dots** on a white surface.

economy

n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym: finance, trade, business

(1) economy of scale, (2) economy class

The **economy** of the country is struggling due to the recent political instability.

entirely

adv. completely

synonym: completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be entirely false.

chief

adj. most important or primary; (noun) a person who is in charge

synonym: essential, primary, leading

(1) **chief** accountant, (2) **chief** events of the year Mining is a **chief** source of income for the country.

executive

n. a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

synonym: administrator, manager, director

(1) **executive** editor at the publishing house, (2) **executive** vice president

As the **executive** director of the non-profit, it's her responsibility to make sure they're meeting their mission goals.

economical

- adj. providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary synonym: frugal, thrifty, parsimonious
- (1) **economical** use of her time, (2) an **economical** meal It is more **economical** to wash your plastic bottle and reuse it.

curiosity

- n. a strong desire to know or learn about somethingsynonym: interest, inquisitiveness, novelty
- (1) boundless **curiosity**, (2) satisfy my intellectual **curiosity** We are motivated by **curiosity** rather than necessity.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

synonym: exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather He narrated the **extraordinary** story of his adventure.

coal

 a combustible black or brownish-black sedimentary rock that is found below the ground and burnt to produce heat

synonym: ember

(1) a **coal-fired** ship, (2) construction of new **coal** plants We combust **coal** and other fossil fuels to generate electricity.

fascinate

v. 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.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights Human behavior has **fundamental** characteristics.

underground

adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force

synonym: subterranean, subsurface, confidential

(1) water flowing **underground**, (2) **underground** activist Having **underground** parking has been very beneficial throughout the winter.

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.

waist

n. the part of the human body between the ribs and hips or the corresponding part in other animals

synonym: midriff, torso, abdomen

(1) waist measurement, (2) a slim waist

She cinched her dress at the **waist** to accentuate her hourglass figure.

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.

crust

 a hard outer layer that forms on the surface of a liquid as it cools or on a solid as a result of exposure to air or moisture

synonym: layer, coating, shell

(1) crust formation, (2) the earth's crust

The bread's **crust** was golden brown and crispy.

pony

n. a small horse

synonym: cayuse

(1) pony engine, (2) a spotted pony

At this ranch, children can experience riding a **pony**.

association

 a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

lifetime

- the duration of someone's life or something's existence; synonym: lifespan, duration
- (1) **lifetime** benefits, (2) **lifetime** ban from the sport She had lived through two world wars in her **lifetime**.

prediction

the act of predicting the future by reasoning; a statement made about the future

synonym: forecast, anticipation, foretelling

(1) make my **predictions**, (2) gloomy **predictions** These results muddled the **prediction**.

mathematics

the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym: arithmetic, calculation, calculus

(1) a good grounding in mathematics, (2) mathematics competition

He has a flair for mathematics.

a short passage taken from a book, piece of music, etc.; n. a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force

synonym: excerpt, quote, distillation

- (1) a brief extract from the book, (2) botanical extract Anesthetize the gum before **extracting** the teeth.
- a silvery-white metal that is typically soft and malleable, often used to make containers or packaging materials; a thin sheet of metal or metal alloy used for a variety of purposes

synonym: can, container, receptacle

(1) **tin** can, (2) **tin** foil

The roof of the old shed was made of rusty tin.

extract

tin

zinc

 a metallic element that is found in small amounts in the earth's crust and is used in the manufacture of brass and alloys, and is required to maintain human's health

synonym: Zn

(1) good source of **zinc**, (2) **zinc** deficiency

Zinc supplements are often recommended for people who are deficient in this mineral.

exponential

- adj. becoming more and more rapid; of or involving mathematical exponents
- (1) **exponential** growth, (2) **exponential** function Since the 1990s, the Internet has continued to experience **exponential** growth.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) decline a job offer, (2) decline in quality

As people age, their digestive capacity also gradually **declines**.

commodity

 a product or a raw material that can be traded, bought, or sold

synonym: merchandise, goods, entity

commodity tax, (2) international commodity
 The government announced a policy to control the rise in

commodity prices.

erase

- v. to remove something completely, especially by rubbing it synonym: wipe out, delete, obliterate
- (1) **erase** a memory, (2) **erased** the files He attempted to **erase** the misspelled word.

volatile

adj. likely to change rapidly or unexpectedly, or being unstable or explosive

synonym: unstable, unpredictable, explosive

(1) highly- volatile elements, (2) volatile markets

Their relationship was **volatile** and prone to sudden outbursts of anger.

manufacture

v. to make goods in large numbers, usually in a factory using machines

synonym: create, fabricate, assemble

(1) **manufacture** an enzyme, (2) **manufacture** a product The majority of synthetic vitamins are **manufactured** from oil.

euro

- n. the official currency of most European Union countries
- (1) the value of the **Euro**, (2) **Euro** crises Some countries may leave the **Euro**.

profit

 money that is earned in business or by selling things after deducting the costs involved

synonym: earnings, gain, proceeds

(1) gross profit, (2) make a profitThis business yields little profit.

uneasy

- adj. causing or feeling anxiety or discomfortsynonym: 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.

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

(1) play a vital role, (2) vital for a healthy society

Perseverance and optimism are vital to success.

transition

 the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**The nation's healthcare system is in **transition** at the moment.

strike

- v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon synonym: hit, impact, influence
- (1) **strike** up a conversation, (2) **strike** a blow We **strike** to achieve more wages and safer working conditions.

framework

 the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text

synonym: structure, scheme, foundation

(1) legal **framework**, (2) the **framework** of a house He devised a new analytical **framework** to capture the phenomenon.

flaw

 a fault, mistake, or weakness that causes something not to be perfect

synonym: defect, fault, imperfection

(1) a minor **flaw**, (2) the **flaw** in the legislation Even the slightest design **flaw** in an aircraft can lead to a fatal accident.

ultimate

adj. furthest or highest in degree or ordersynonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury Management must take **ultimate** responsibility for the accident.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) function properly, (2) immune function

The brain is an incredibly complex organ that controls the body's **function**.

complexity

 the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process** The **process** for applying for a visa can be lengthy and complicated.

linear

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

synonym: straight, direct, right

(1) linear trend, (2) a linear equation

People tend to make **linear** predictions.

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.

attempt

 an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

continually

adv. in a way that happens without interruption or repeatedly synonym: repeatedly, frequently, constantly

(1) **continually** access information, (2) **continually** changing world

Her tongue runs on continually.

adapt

 to make fit for or change to suit a new purpose or environment

synonym: adjust, acclimate, accustom

(1) **adapt** fully to the environment, (2) **adapt** as needed I advised him to **adapt** to his new surroundings.

metabolism

- the set of chemical reactions in cells or organisms that are necessary for life-sustaining
- (1) **metabolism** enzyme, (2) hemoglobin **metabolism** Better sleep leads to increased **metabolism**.

circular

adj. shaped like a circle; having a round formsynonym: round, loopy, oblique

(1) **circular** economy, (2) non- **circular** orbit The **circular** shape of the planet makes it difficult to determine which direction is north.

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.

foundation

n. the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes

synonym: base, support, groundwork

(1) foundation course, (2) weak foundation

The **foundation** of the building was cracked and needed to be repaired.

industrial

adj. of or relating to or resulting from industry *synonym*: manufacturing, mechanical

(1) beginning of the **industrial** revolution, (2) **industrial** alcohol

Industrial design has become more focused on human nature aspect than ever before.

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

- n. the act or skill of copying the sounds or behavior of a particular person or animal, often to make people laugh synonym: imitation, apery
- vocal mimicry, (2) floral mimicry
 Some insects use mimicry to avoid detection by predators.

cradle

 a small bed for an infant, often designed to rock back and forth; a place or region where something begins or originates

synonym: infancy, beginning, origin

(1) from the **cradle** to the grave, (2) **cradle** of civilization The baby peacefully slept in her **cradle**, surrounded by stuffed animals and blankets.

define

 to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

biology

- the scientific study of life and the natural processes of living things
- (1) evolutionary **biology**, (2) cell and molecular **biology** In junior high school, we had to dissect a frog in **biology** class.

recover

- v. to return to a former condition, health, mind, or strength synonym: come back, convalesce, heal
- (1) **recover** a loss, (2) **recover** approval ratings She is still **recovering** from a shot to her shoulder.

efficient

adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

synonym: productive, effective, competent

(1) **efficient** operation, (2) energy- **efficient** appliances The new washing machine is much more **efficient** than the old one.

toxic

adj. of or relating to or caused by a poison; poisonous *synonym*: poisonous, harmful, contaminated

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(1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

dissolve

engine

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.
- n. a machine that converts thermal energy to mechanical work; something that has an important role used to

synonym: motor, locomotive, driver

achieve a purpose

(1) a steam **engine**, (2) an air-cooled **engine**The policies he announces can be the **engine** of economic growth in the country.

component

 one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

circuit

 n. (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area

synonym: route, course, rotation

(1) circuit breaker, (2) federal circuit courtsAn intelligent battery has a voltage monitoring circuit.

utilize

 to use something for a practical purpose in an effective way

synonym: employ, use, operate

(1) **utilize** a different approach, (2) **utilize** a catheter The cook **utilized** the leftover oxtail to make soup.

fertilizer

 a natural or chemical substance added to soil to make plants grow more successfully

synonym: manure

(1) a chemical **fertilizer**, (2) nonsynthetic **fertilizer**Nitrogen fixation by the Haber-Bosch method leads to the mass production of **fertilizers**.

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.

nutrient

 any substance that is essential for the maintenance and growth of living things

synonym: food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair They used fast-acting **nutrients** on the flowers in the flower beds.

rebuild

v. to build again or anew

synonym: reconstruct, renovate, restore

(1) **rebuild** a company, (2) **rebuild** communities

They are planning to **rebuild** the house after the fire.

mobility

n. the ability to move or be moved freely or easily from one place, job, or social class to another

synonym: flexibility, maneuverability

(1) lack in **mobility**, (2) improve social **mobility** I have limited **mobility** in my arms.

forefront

 the leading or most important position or place; the forefront of a movement or cause

synonym: vanguard, lead, front line

(1) **forefront** technology, (2) the **forefront** of an air mass Education is at the **forefront** of our society's priorities for

ensuring a better future.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output They hope to **expand** their business worldwide.

shift

- n. a slight transition in position, direction, or trendsynonym: transition, change, modification
- (1) Doppler **shift**, (2) major paradigm **shift** Could you help me **shift** some furniture?

convene

 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.

platform

n. the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed

synonym: stage, podium, forum

(1) an arrival **platform**, (2) a digital **platform** for enterprise The speaker mounted the **platform** and started to speak.

government

 the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding The federal **government** is planning to increase taxes for the next fiscal year.

analyst

 someone whose job is to examine something to learn or understand more about it

synonym: reviewer, investigator, judge

(1) banking analyst, (2) senior research analyst The **analyst** concluded that bankruptcy was inevitable.

decouple

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

constraint

a limit or restriction on something, such as an action, behavior, or thought

synonym: limitation, restriction, bound

(1) constraint on business activity, (2) strict time constraints

The budget **constraint** forced them to make difficult decisions.

replace

- to take the place of something synonym: substitute, supersede, displace
- (1) replace one word with another, (2) replace a phone Eventually, the new design will **replace** all older models.

chemical

- adj. relating to or connected with chemistry; synonym: chemic, synthetic
- (1) toxic chemicals, (2) a chemical compound The firm has grown into a large **chemical** manufacturing.

- to make somebody fill with the desire, confidence, or ν. enthusiasm, especially to do something creative synonym: boost, encourage, enlighten
- (1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

inspire

lens

a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation

synonym: glass

- (1) a convex lens, (2) a lens with a wide angle The photographer took this photo using a telephoto **lens**.
- a type of product, service, etc., made by a particular company and sold under a specific name; identification mark on the skin of livestock, criminals, etc., made by burning

synonym: trademark, label, symbol

- (1) create a **brand** logo, (2) the **brand** of the new car There's a new **brand** of hero in the movies now.
- the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated

synonym: skyline, view, visible boundary

(1) the event **horizon** of a black hole, (2) business **horizon** As the sun set, the colors of the sky merged with the **horizon**, creating a beautiful orange and pink hue.

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) creative writing, (2) barren of creative spirit All the supervisor has to do is assign tasks that make his subordinates more creative.

achieve

to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym: accomplish, attain, reach

(1) achieve success, (2) achieve milestones

brand

horizon

creative

I will work hard to **achieve** my goals and realize my dreams.

invention

- the creation of a new device or process resulting from study and experimentation; the act of inventing
- *synonym*: creation, design, innovation
- (1) the **invention** of new techniques, (2) common **invention** Necessity is the mother of **invention**.

charter

- a document that grants certain rights or privileges; a contract to hire or lease transportation
- synonym: constitution, agreement, pact
- (1) a **charter** flight, (2) the **Charter** of the United Nations The **charter** of the organization outlines its mission and goals.

flee

to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) flee their homes, (2) flee abroad It is a basic instinct to **flee** from a dangerous situation.

chip

- a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat synonym: flake, fragment, chunk
- (1) a chip of wood, (2) I don't care a chip We can use this campaign as a bargaining chip in the negotiations.

Session 2: Spelling

7.

8.

in___e a feeling of curiosity

hel____er ride a type of aircraft that is capable of 1. n. hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access 2. ec___y class the system by which a country or region n. produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel bre____ing performance 3. adj. extremely impressive, stunning, awe-inspiring, or emotionally overwhelming to make something faster or earlier; to 4. acc te a chemical reaction ν. cause to develop or progress more quickly smokeless f | a substance that is typically burned to 5. n. generate heat or energy 6.

o_s of business

n. the degree or probability that a particular thing will or will not happen the in____on of new techniques

n. the creation of a new device or proce

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

ANSWERS: 1. helicopter, 2. economy, 3. breathtaking, 4. accelerate, 5. fuel, 6. odds, 7. invention, 8. inspire

9.	ute a different approach	ν.	to use
			in an

- 10. energy-ef____nt appliances
- 11. his research area of con____ion
- 12. a precise def____on
- 13. nu____nt medicine
- 14. highly-vo____le elements
- 15. co____ty tax
- 16. ex____ng news
- 17. vo____le markets
- 18. man____re a product
- 19. st___e a blow
- 20. de___e my position

- v. to use something for a practical purpose in an effective way
- adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
- the ability to focus all your time and energy on one thing without thinking about anything else.
- a concise explanation of the meaning of a word, phrase, or symbol
- any substance that is essential for the maintenance and growth of living things
- adj. likely to change rapidly or unexpectedly, or being unstable or explosive
- a product or a raw material that can be traded, bought, or sold
- adj. causing a lot of interest or excitement
- adj. likely to change rapidly or unexpectedly, or being unstable or explosive
- v. to make goods in large numbers, usually in a factory using machines
- to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
- v. to state or explain precisely the nature, scope, or meaning of something

ANSWERS: 9. utilize, 10. efficient, 11. concentration, 12. definition, 13. nutrient, 14. volatile, 15. commodity, 16. exciting, 17. volatile, 18. manufacture, 19. strike, 20. define

ANSWERS: 21. attempt, 22. crew, 23. adventure, 24. flee, 25. achieve, 26. excite, 27. apprentice, 28. mathematics, 29. exciting, 30. knot, 31. association

joined in a single organization together

for a particular purpose; a social or business connection or relationship

32. a selfish deon	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options		
33. non-ciar orbit	adj.	shaped like a circle; having a round form		
34. the Great Depon	n.	a mental condition in which a person feels very unhappy and without hope fo the future; a severe recession in an economy or market		
35. heat abnormality	n.	the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force		
36. wat measurement	n.	the part of the human body between the ribs and hips or the corresponding part in other animals		
37. double-hI tank	n.	the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or other objects		
38. ree milk packaging into new paper	ν.	to sort and collect things to process them and produce valuable materials that can be used again		
39. sut this function	n.	the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period		
40. the event hon of a black hole	n.	the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated		
ANSWERS: 32. decision, 33. circular, 34. depression, 35. heartbeat, 36. waist, 37. hull, 38. recycle, 39. sunset, 40. horizon				

Vocab-Builder Ref from "Dame Ellen MacArthur: The surprising thing I learned sailing solo around the world | TED Talk" (170 words)

ANSWERS: 49. solo, 50. horizontal, 51. pony, 52. reconnect, 53. excitement, 54. survival, 55. diesel, 56. spray, 57. mobility, 58. chip, 59. platform

61. tra____on phase the process or period of changing from one state or circumstance to another 62. fi___e decimal adj. having a limit or restriction of size, time, etc. 63. water flowing und____nd adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force 64. de___e on a course of action to make up someone's mind about something; to come to a conclusion or judgment after considering options a strong desire to know or learn about 65. boundless cu____ty n. something the salty liquid that is produced by the 66. all in a sw__t n.

66. all in a sw__t
 n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
 67. fun____al education
 adj. forming an essential base or core from

adj. forming an essential base or core from which everything else develops or is affected

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 60. euro, 61. transition, 62. finite, 63. underground, 64. decide, 65. curiosity, 66. sweat, 67. fundamental, 68. process

68. decision-making pr___s

ANSWERS: 80. fascinate, 81. profit, 82. odds, 83. platform, 84. underwater, 85. underneath, 86. eke, 87. horizon, 88. exhausted, 89. eke

careful or thrifty measures

ANSWERS: 90. lifetime, 91. cradle, 92. cradle, 93. thrust, 94. physically, 95. desperately, 96. collapse, 97. engulf, 98. continually, 99. solo, 100. brake, 101. biology

102. con	_nt on business activity	n.	a limit or restriction on something, such as an action, behavior, or thought
103. lime	e ban from the sport	n.	the duration of someone's life or something's existence;
104. police he	Ier	n.	a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
105. mo	_ht as a bartender	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
106. work tr	rs	n.	a pair of leg coverings that extends from the waist to the ankles covering each leg separately, often referred to as pants
107. ine	him to write a novel	v.	to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
108. a minor f	w	n.	a fault, mistake, or weakness that causes something not to be perfect
109. adt as	needed	v.	to make fit for or change to suit a new purpose or environment
110. enly	satisfied with the meal	adv.	completely
	02. constraint, 103. lifetime, inspire, 108. flaw, 109. adap		helicopter, 105. moonlight, 106. 0. entirely

ANSWERS: 111. shift, 112. symbiosis, 113. transform, 114. wipe, 115. concentration 116. pound, 117. chief, 118. industrial, 119. prediction, 120. decision, 121. camaraderie

a hard outer layer that forms on the 122. cr t formation n. surface of a liquid as it cools or on a solid as a result of exposure to air or moisture 123. a sm____ng blow adj. very successful or impressive; causing something to be broken or destroyed 124. bl____rd warning a severe snowstorm that is n. accompanied by strong winds and low temperatures, often leading to very limited visibility and dangerous travel conditions an activity that requires a particular skill 125. cr t arts of Japan n. in making things with one's hands 126. the fr____rk of a house the structural components of a building n. or object that support its weight and give it form; the underlying structure of a system, concept, or text 127. man____re an enzyme to make goods in large numbers, ν. usually in a factory using machines a feeling of great enthusiasm and 128. aesthetic exc nt n. eagerness a small horse 129. a spotted p y n. 130. st r a conversation to control the direction or movement of ν. a vehicle; to direct a course of action; to guide or motivate someone adj. under the surface of the ground; a 131. und____nd activist secret group organized to achieve a specific purpose, such as overthrowing

ANSWERS: 122. crust, 123. smashing, 124. blizzard, 125. craft, 126. framework, 127. manufacture, 128. excitement, 129. pony, 130. steer, 131. underground

the government or occupying a force

132. a ch____r flight a document that grants certain rights or n. privileges; a contract to hire or lease transportation 133. re____r approval ratings to return to a former condition, health, ν. mind, or strength 134. he was en____ly to blame adv. completely 135. vi I for a healthy society adj. necessary for the success or continued existence of something 136. co st with a decade ago to put in opposition to show or emphasize differences 137. eco____al use of her time adj. providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary adj. relating to or connected with chemistry; 138. toxic ch____als a person who works for and learns from 139. a young app____ce n. a skilled employer to become a skilled worker themselves 140. so___d clothes adj. completely wet; saturated or drenched with a liquid someone whose job is to examine 141. banking an t n. something to learn or understand more about it 142. li___r trend adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph 143. construction of new c__l plants a combustible black or brownish-black n. sedimentary rock that is found below the ground and burnt to produce heat

ANSWERS: 132. charter, 133. recover, 134. entirely, 135. vital, 136. contrast, 137. economical, 138. chemical, 139. apprentice, 140. soaked, 141. analyst, 142. linear, 143. coal

ANSWERS: 144. eventually, 145. breathtaking, 146. knot, 147. rebuild, 148. incredibly, 149. forge, 150. dot, 151. pile, 152. weigh, 153. survival, 154. economy

money and finances involved in these

lowest-priced, most basic option for

activities; (of an airline) the

seating in commercial travel

155. Eo crises	n.	the official currency of most European Union countries
156. an opne remark	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
157. bre pedal	n.	a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
158. boom decision	n.	a room where the board of directors of a company or organization meets
159. tht a dagger home	<i>v</i> .	to push or drive forcibly; to impose or insert; (noun) the force used in pushing
160. built-up mt	n.	a long pole aboard a boat or ship that holds up the sails
161. kne sandwich	n.	one of the joint-like parts of the fingers and toes, especially of the hand
162. dee a question	<i>v</i> .	to make up someone's mind about something; to come to a conclusion or judgment after considering options
163. red a company	ν.	to build again or anew
164. the font of an air mass	n.	the leading or most important position or place; the forefront of a movement or cause
165. ere a memory	<i>v</i> .	to remove something completely, especially by rubbing it
166. toc molecule	adj.	of or relating to or caused by a poison; poisonous
167. a pounding heat	n.	the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying

а

ANSWERS: 155. euro, 156. opportune, 157. brake, 158. boardroom, 159. thrust, 160. mast, 161. knuckle, 162. decide, 163. rebuild, 164. forefront, 165. erase, 166. toxic, 167. heartbeat

force

to dive quickly and steeply downward; 168. pl e a dagger through his heart ν. to thrust or throw into something; (noun) a steep and rapid fall to crush or grind something into a soft, 169. m h his words ν. wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water 170. exp____al growth adj. becoming more and more rapid; of or involving mathematical exponents 171. ready to co____se to fall down or give way suddenly, often ν. after breaking apart to make fit for or change to suit a new 172. ad t fully to the environment ν. purpose or environment to come or bring together a group of 173. co e a press conference ν. people for a meeting or activity 174. ch f events of the year adj. most important or primary; (noun) a person who is in charge to take the place of something 175. re e one word with another ν. 176. senior research an t someone whose job is to examine n. something to learn or understand more about it 177. the br__d of the new car a type of product, service, etc., made by a particular company and sold under a specific name; identification mark on the skin of livestock, criminals, etc., made by burning 178. ut___e a catheter to use something for a practical purpose ν. in an effective way

ANSWERS: 168. plunge, 169. mash, 170. exponential, 171. collapse, 172. adapt, 173. convene, 174. chief, 175. replace, 176. analyst, 177. brand, 178. utilize

179. floral miy	n.	the act or skill of copying the sounds or behavior of a particular person or animal, often to make people laugh
180. efnt operation	adj.	performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
181. incly cheerful character	adv.	in a way that is very difficult to believe; exceedingly or extremely
182. boom meeting	n.	a room where the board of directors of a company or organization meets
183. noe else to go	adv.	not in, at, or to any place; not anywhere
184. come out of noe	adv.	not in, at, or to any place; not anywhere
185. We off dirt	<i>v</i> .	to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
186. an ecoal meal	adj.	providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary
187. thousands of pods	n.	the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
188. key cont	n.	one of several parts that combines with others to form something bigger
189. spectacular sut views	n.	the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period

ANSWERS: 179. mimicry, 180. efficient, 181. incredibly, 182. boardroom, 183. nowhere, 184. nowhere, 185. wipe, 186. economical, 187. pound, 188. component, 189. sunset

ANSWERS: 190. ultimate, 191. wildlife, 192. crest, 193. achieve, 194. profit, 195. mimicry, 196. complexity, 197. weigh, 198. circuit, 199. amazing, 200. biology

processes of living things

ANSWERS: 201. extract, 202. symbiosis, 203. remotely, 204. capsize, 205. mobility, 206. function, 207. engine

ANSWERS: 208. crew, 209. definition, 210. pile, 211. extraordinary, 212. coal, 213. roll, 214. crust, 215. moonlight, 216. contrast, 217. fertilizer

n.

successfully

a natural or chemical substance added

to soil to make plants grow more

217. nonsynthetic fer er

- 219. abs____ly obsessed with the girl
- 220. the Ch___r of the United Nations
- 221. a brief ex___t from the book

- 222. so___d sponge
- 223. control re____ly
- 224. gov____nt funding
- 225. weak fou____on

226. st__r a steady course

- n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
- adv. without restriction or limitation; completely or utterly
- a document that grants certain rights or privileges; a contract to hire or lease transportation
- n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
- adj. completely wet; saturated or drenched with a liquid
- adv. at a distance; not directly or easily accessible
- n. the group of people with authority to control a country or state
- n. the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
- v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

ANSWERS: 218. sweat, 219. absolutely, 220. charter, 221. extract, 222. soaked, 223. remotely, 224. government, 225. foundation, 226. steer

- 227. a c__p of wood
- 228. a convex l_s

- 229. no____p talk
- 230. er__ed the files
- 231. t_n foil
- 232. good source of z_c
- 233. mo____us behavior
- 234. de____le a power supply
- 235. und____th the surface of the water

- a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
- n. a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
- adj. without intermediate stops between source and destination
- to remove something completely, especially by rubbing it
- n. a silvery-white metal that is typically soft and malleable, often used to make containers or packaging materials; a thin sheet of metal or metal alloy used for a variety of purposes
- n. a metallic element that is found in small amounts in the earth's crust and is used in the manufacture of brass and alloys, and is required to maintain human's health
- adj. extremely large or evil, or having a frightening appearance
- v. to disconnect or separate something from something else that it was joined to or part of previously
- adv. under or below something else

ANSWERS: 227. chip, 228. lens, 229. nonstop, 230. erase, 231. tin, 232. zinc, 233. monstrous, 234. decouple, 235. underneath

ANSWERS: 236. craft, 237. framework, 238. horizontal, 239. desperately, 240. convene, 241. suddenly, 242. iceberg, 243. exhausted, 244. industrial, 245. hull, 246. attempt

247. the fw in the legislation	n.	a fault, mistake, or weakness that causes something not to be perfect
248. v_t check-up	n.	(also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
249. a Is with a wide angle	n.	a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
250. a nunt for hair	n.	any substance that is essential for the maintenance and growth of living things
251. mt height	n.	a long pole aboard a boat or ship that holds up the sails
252. enf in water	v.	to swallow up; to surround and cover completely
253. trte the emotion to a movement	ν.	to convert or change words into anothe language
254. hemoglobin metsm	n.	the set of chemical reactions in cells or organisms that are necessary for life-sustaining
255. heht switch	n.	a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead

ANSWERS: 247. flaw, 248. vet, 249. lens, 250. nutrient, 251. mast, 252. engulf, 253. translate, 254. metabolism, 255. headlight

ANSWERS: 256. flee, 257. circular, 258. eventually, 259. mathematics, 260. executive, 261. complexity, 262. cabin, 263. foundation

283. ste up a conversation	v.	to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
284. v_t clinic	n.	(also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
285. crve writing	adj.	relating to or involving the use of skill and original and unusual ideas to create something
286. toote tube	n.	a paste or gel used for cleaning the teeth and freshening the breath
287. dil car	n.	a type of heavy oil used as fuel; a vehicle or engine that uses diesel fuel
288. zc deficiency	n.	a metallic element that is found in small amounts in the earth's crust and is used in the manufacture of brass and alloys, and is required to maintain human's health
289. ensure a smooth traon	n.	the process or period of changing from one state or circumstance to another
290. rI down his cheeks	v.	to move in a particular direction by turning over and over or from side to side
291. biomass fI	n.	a substance that is typically burned to generate heat or energy

ANSWERS: 283. strike, 284. vet, 285. creative, 286. toothpaste, 287. diesel, 288. zinc, 289. transition, 290. roll, 291. fuel

ANSWERS: 292. dissolve, 293. component, 294. shift, 295. iceberg, 296. forge, 297. cabin, 298. accelerate, 299. waist, 300. horrendous

301. potato mh	ν.	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
302. strict time connts	n.	a limit or restriction on something, such as an action, behavior, or thought
303. hot the flags	ν.	to elevate or drag anything to a higher position, usually with the help of ropes or specific equipment
304. metsm enzyme	n.	the set of chemical reactions in cells or organisms that are necessary for life-sustaining
305. uny relationship	adj.	causing or feeling anxiety or discomfort
306. die suly	adv.	quickly and unexpectedly
307. amg advances	adj.	extremely surprising, especially in a way that you like or admire
308. fie resources	adj.	having a limit or restriction of size, time, etc.
309. international coty	n.	a product or a raw material that can be traded, bought, or sold
310. barren of crve spirit	adj.	relating to or involving the use of skill and original and unusual ideas to create something
311. common inon	n.	the creation of a new device or process resulting from study and experimentation; the act of inventing
312. opne occasion	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 301. mash, 302. constraint, 303. hoist, 304. metabolism, 305. uneasy, 306. suddenly, 307. amazing, 308. finite, 309. commodity, 310. creative, 311. invention, 312. opportune

ANSWERS: 313. knuckle, 314. nonstop, 315. excite, 316. fundamental, 317. fertilizer, 318. headlight, 319. blizzard, 320. packet, 321. underwater, 322. forefront, 323. decline

324. have uny eyes	adj.	causing or feeling anxiety or discomfort
325. the root problem of her depon	n.	a mental condition in which a person feels very unhappy and without hope fo the future; a severe recession in an economy or market
326. federal cit courts	n.	(in electrical engineering) an electrical device that provides a path for electrica current to flow; a journey or route around a particular place or area
327. dee a word	ν.	to state or explain precisely the nature, scope, or meaning of something
328. the ulte goal in life	adj.	furthest or highest in degree or order
329. fate the public	<i>v</i> .	to attract and hold the attention of someone deeply and irresistibly
330. trrm heat into power	ν.	to change in outward structure or looks;
331. stay phyly fit	adv.	in a way related to a person's body or appearance rather than their mind
332. t_n can	n.	a silvery-white metal that is typically sof and malleable, often used to make containers or packaging materials; a thin sheet of metal or metal alloy used for a variety of purposes
333. an air-cooled ene	n.	a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
334. absly against	adv.	without restriction or limitation; completely or utterly
ANSWERS: 324. uneasy, 325. depression 329. fascinate, 330. transform, 331. physic		

Vocab-Builder Ref from "Dame Ellen MacArthur: The surprising thing I learned sailing solo around the world TED Talk" (170 wor	Vocab-Builder Ref from	"Dame Ellen MacArthur:	The surprising thing	I learned sailing so	lo around the world I	TED Talk" (170 words
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335. crt length	n.	a peak or ridge, especially on a mountain or wave; a decorative tuft or topknot
336. horus traffic	adj.	causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying
337. toote hygiene product	n.	a paste or gel used for cleaning the teeth and freshening the breath
338. dele a space shuttle	v.	to disconnect or separate something from something else that it was joined to or part of previously
339. exd a lineup	v.	to increase or to make something greater in size, number, or importance
340. trte a document into English	ν.	to convert or change words into another language

ANSWERS: 335. crest, 336. horrendous, 337. toothpaste, 338. decouple, 339. expand, 340. translate

Session 3: Fill in the Blanks

	Her tongue runs on in a way that happens without interruption or repeatedly
	The roof finally after three days and three nights of heavy snowfall. to fall down or give way suddenly, often after breaking apart
	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
4. T n.	The artist used a paint can to create a graffiti mural on the wall. a fine mist of liquid that is dispersed into the air; flower arrangement consisting of a single branch or shoot bearing flowers and foliage
5. T n.	The results of that election put a on political reform. a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
6. T	The captain told him to the ship north. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
7. T	The news of her promotion her. to make someone feel suddenly enthusiastic or eager
8. F n.	His hometown was where he first acquired the of wood carving. an activity that requires a particular skill in making things with one's hands
	WERS: 1. continually, 2. collapsed, 3. horrendous, 4. spray, 5. brake, 6. steer, 7. ed, 8. craft

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14.	. ausun	atery, i	o. cap	osize,	10. 101	ge				

33.	The budget forced them to make difficult decisions.
n.	a limit or restriction on something, such as an action, behavior, or thought
34.	Nitrogen fixation by the Haber-Bosch method leads to the mass production of
n.	a natural or chemical substance added to soil to make plants grow more successfully
35.	The bread's was golden brown and crispy.
n.	a hard outer layer that forms on the surface of a liquid as it cools or on a solid as a result of exposure to air or moisture
36.	Having a healthy physique is essential for a great life.
adv	in a way related to a person's body or appearance rather than their mind
37.	The concluded that bankruptcy was inevitable.
n.	someone whose job is to examine something to learn or understand more about it
38.	The hiker's boots were from walking through the stream.
adj.	completely wet; saturated or drenched with a liquid
39.	The new washing machine is much more than the old one.
adj.	performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
	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
	SWERS: 33. constraint, 34. fertilizers, 35. crust, 36. physically, 37. analyst, 38. ked, 39. efficient, 40. boardroom

57.	The ship's worked hard to repair the damaged sails before the next storm hit.
n.	a group of people who work together, especially on a ship or airplane
58. n.	Anesthetize the gum before the teeth. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
59.	The ship's was damaged in the storm, and the crew had to make emergency repairs.
n.	the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or other objects
60.	We largely the circuit board of cell phones because they contain a lot of valuable metals.
<i>v</i> .	to sort and collect things to process them and produce valuable materials that can be used again
61.	The quaint in the woods was the perfect retreat for a weekend getaway.
n.	a small, simple dwelling or shelter, typically made of wood and located in a remote or rural area; an enclosed compartment or area within a larger structure, such as an aircraft or ship, where passengers or crew members can sit or sleep
62.	I advised him to to his new surroundings.
<i>v</i> .	to make fit for or change to suit a new purpose or environment
63.	This business yields little
n.	money that is earned in business or by selling things after deducting the costs involved
AN pro	SWERS: 57. crew, 58. extracting, 59. hull, 60. recycle, 61. cabin, 62. adapt, 63. fit

73. The city declared a snow emergency and warned residents to stay off the streets during the
 a severe snowstorm that is accompanied by strong winds and low temperatures, often leading to very limited visibility and dangerous travel conditions
74. Perseverance and optimism are to success.
adj. necessary for the success or continued existence of something
75. The brain is an incredibly complex organ that controls the body's
n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
76. An intelligent battery has a voltage monitoring
n. (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
77. She is still from a shot to her shoulder.
v. to return to a former condition, health, mind, or strength
78. I've been thinking all day and getting
adv. not in, at, or to any place; not anywhere
79. Since the 1990s, the Internet has continued to experience growth. adj. becoming more and more rapid; of or involving mathematical exponents
80. The penny fell the piano. adv. under or below something else
ANSWERS: 73. blizzard, 74. vital, 75. function, 76. circuit, 77. recovering, 78. nowhere, 79. exponential, 80. underneath

89. Could you help me some furniture?
n. a slight transition in position, direction, or trend
 90. His membership in the provided him with numerous benefits. n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
91. They hope to their business worldwide.
v. to increase or to make something greater in size, number, or importance
92. After a long period of estrangement, they with each other. v. to connect again after a break or interruption
93 the text from Italian into English.
v. to convert or change words into another language
94. We can use this campaign as a bargaining in the negotiations.n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
95. The baby peacefully slept in her surrounded by stuffed animals and blankets.
 a small bed for an infant, often designed to rock back and forth; a place or region where something begins or originates
96. He sailed the Atlantic Ocean multiple times during his
n. a journey or a series of events that is unusual, exciting, or dangerous
97. Eventually, the new design will all older models. v. to take the place of something
ANSWERS: 89. shift, 90. association, 91. expand, 92. reconnected, 93. Translate, 94. chip, 95. cradle, 96. adventures, 97. replace

107. Please your sweat with this towel.
v. to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
108. We have to our foreign policy from ideology.
v. to disconnect or separate something from something else that it was joined to or part of previously
109. It is a basic instinct to from a dangerous situation.
v. to leave by running away, especially out of fear or danger
110. The for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
111. The roof of the old shed was made of rusty
n. a silvery-white metal that is typically soft and malleable, often used to make containers or packaging materials; a thin sheet of metal or metal alloy used for a variety of purposes
112. The boy scout showed us how to tie a that wouldn't come undone. n. a tight interlacing of something such as rope or thread
113. He managed to out a living by doing odd jobs.
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
ANSWERS: 107. wipe, 108. decouple, 109. flee, 110. process, 111. tin, 112. knot, 113. eke

140. They used fast-acting on the flowers in the flower beds.
n. any substance that is essential for the maintenance and growth of living things
141. The findings of the experiment were both and unexpected.
adj. causing a lot of interest or excitement
142. The shape of the planet makes it difficult to determine which direction is north.
adj. shaped like a circle; having a round form
143. The policies he announces can be the of economic growth in the country.
 n. a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
144. He took on an to teach him the trade.
 n. a person who works for and learns from a skilled employer to become a skilled worker themselves
145. Even the slightest design in an aircraft can lead to a fatal accident.
n. a fault, mistake, or weakness that causes something not to be perfect
146. He was exhausted and into bed as soon as he got home.
v. to move in a particular direction by turning over and over or from side to side
147. In junior high school, we had to dissect a frog in class.
n. the scientific study of life and the natural processes of living things
148. 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
ANSWERS: 140. nutrients, 141. exciting, 142. circular, 143. engine, 144. apprentice, 145. flaw, 146. rolled, 147. biology, 148. toothpaste

149.	Nearly all tractors operate on fuel.
n.	a type of heavy oil used as fuel; a vehicle or engine that uses diesel fuel
150.	The baby 1 pound 3 oz.
<i>v</i> .	to have a particular weight; to carefully evaluate things before making a conclusion
151.	Human beings have a lifespan, so we yearn for the idea of immortality.
adj.	having a limit or restriction of size, time, etc.
152.	The wallpaper had a pattern of pink on a white surface.
n.	a very small circular mark, especially one that is printed
153.	We had to take our dog to the because she was not feeling well.
n.	(also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
154.	The third was far more successful.
n.	an act or effort of trying to do something, especially something difficult
155.	Who answers knows little.
adv.	quickly and unexpectedly
156.	Having parking has been very beneficial throughout the winter.
adj.	under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
	WERS: 149. diesel, 150. weighs, 151. finite, 152. dots, 153. vet, 154. attempt, suddenly, 156. underground
	outurey, reer and greates

157. The government tried to the commercialization of this development. v. to make something faster or earlier; to cause to develop or progress more
quickly
158. Later, his claim was found to be false.
adv. completely
159. I have limited in my arms.
 the ability to move or be moved freely or easily from one place, job, or social class to another
160. 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
161. These results muddied the
n. the act of predicting the future by reasoning; a statement made about the future
162. As people age, their digestive capacity also gradually
v. to become gradually smaller, fewer, worse, etc.; to refuse to accept
163. The surgeon the patient onto the operation table.
v. to elevate or drag anything to a higher position, usually with the help of ropes or specific equipment
164. She had lived through two world wars in her
n. the duration of someone's life or something's existence;
165. To advance this discussion, we must "success" rigorously.
v. to state or explain precisely the nature, scope, or meaning of something
ANSWERS: 157. accelerate, 158. entirely, 159. mobility, 160. plunged, 161. prediction, 162. declines, 163. hoisted, 164. lifetime, 165. define

100.	The researchers try to discover a common in all types of successful organizations.
n.	one of several parts that combines with others to form something bigger
167.	He narrated the story of his adventure.
adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
168.	I will work hard to my goals and realize my dreams.
<i>v</i> .	to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
169.	The movie had me on the edge of my seat the entire time.
adj.	engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions
170.	He is in the of his life.
n.	the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period
	to expire or be terminated automatically at the end of a fixed period WERS: 166. component, 167. extraordinary, 168. achieve, 169. gripping, 170.
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