# **Englist.me**

### Vocabulary Builder Reference from...

Ray Zahab: My trek to the South Pole | TED Talk https://www.ted.com/talks/ray\_zahab\_my\_trek\_to\_the \_south\_pole



#### **All Words**

#### **IMPORTANT**

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### **Session 1: Word List**

#### degree

 a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

bachelor's degree, (2) degree centigrade
 She received her degree in psychology from the university.

#### geography

 a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth

synonym: landscape, terrain, topography

(1) **geography** class, (2) economic **geography** She did well on her **geography** exam.

#### pole

n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

synonym: rod, staff, shaft

(1) a fishing pole, (2) the plus poleThe North Pole is the northernmost point on Earth.

trek

n. a long and difficult journey, typically on foot

synonym: journey, expedition, hike

(1) horseback trek, (2) trek expedition

He was preparing for a long **trek** through the mountains.

#### shave

 to remove body hair with a razor; to cut the price of something

synonym: trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

#### 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.

#### herculean

adj. requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules

*synonym*: challenging, formidable, strenuous

(1) **herculean** effort, (2) make **herculean** progress Completing this project in such a short amount of time will be a **herculean** task.

inlet

a small arm of the sea, a lake, or a river, usually leading inland

synonym: cove, bayou, estuary

(1) inlet valve, (2) inlet temperature

The boat sailed through the narrow **inlet** and into the harbor.

#### solely

adv. only; exclusively; entirely; without any others being involved or present

*synonym*: exclusively, only, purely

(1) **solely** responsible, (2) **solely** focused

Its online sales **solely** drive the company's profits.

#### probable

adj. likely to happen or likely to be true synonym: likely, possible, potential

(1) **probable** outcome, (2) **probable** cause of a fire It seems **probable** that he has forgotten our scheduled meeting.

#### drag

v. to pull or haul with force

synonym: haul, pull, draw

drag a chair over, (2) drag a team down
 dragged the heavy suitcase behind him as he walked.

sled

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

synonym: sleigh, toboggan, sledge

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

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

#### clip

 a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip

synonym: buckle, hook, pin

(1) tie clip, (2) short video clip

He fastens some sheets of paper with a clip.

#### 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**.

gear

 a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

*synonym*: equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever She checked her **gear** before embarking on the hike.

#### survive

- v. to live or exist despite a dangerous event or period synonym: endure, persist, stay
- (1) **survive** a blizzard, (2) **survive** a plane crash These birds can only **survive** in temperate climates.

#### massive

adj. enormous amount; very heavy and solidsynonym: enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

#### headwind

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

synonym: opposition

(1) facing **headwind**, (2) flying in a **headwind**The cyclists had to contend with strong **headwinds** during the race.

#### crack

ν. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

synonym: snap, burst, break

(1) **crack** an eggshell, (2) a **crack** in a board He that would eat the kernel must **crack** the nut.

#### crevasse

 a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening

synonym: crevice, fissure, gap

(1) fall into a **crevasse**, (2) dangerous **crevasse**The mountaineer carefully crossed the glacier **crevasse** to continue climbing the icy peak.

#### precarious

adj. not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditionssynonym: precariousness, instability, uncertainty

(1) **precarious** job, (2) **precarious** financial situation She had a **precarious** hold on the ladder and was afraid to move.

#### 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.

#### abyss

- n. a deep, dark, or seemingly bottomless chasm or voidsynonym: chasm, cavity, gulf
- (1) the **abyss** of time, (2) an **abyss** of hopelessness The deep sea is an **abyss** of mystery and discovery.

#### punchline

 the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax

synonym: joke, climax, comedic ending

(1) have no **punchline**, (2) the final **punchline** The **punchline** of the joke was hilarious.

#### horizon

 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.

#### uphill

adj. sloping upward; difficult or challenging; (adverb) upward on a hill or slope

synonym: skyward, ascending, difficult

(1) an uphill road, (2) an uphill task

The road is **uphill** for a while.

#### buddy

- n. a close friend; a partner, especially one of a pair or team synonym: mate, peer, associate
- (1) my golf buddy, (2) buddy movieHe was the first buddy in the military training camp.

#### fin

 a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym: flipper, appendage, stabilizer

(1) back fin, (2) a fin of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

#### desert

- *n.* arid land with little or no vegetation often covered with sand or rocks
- (1) **desert** basin, (2) oasis in the **desert** This region is predominantly **desert**.

#### crisis

 a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

*synonym*: concern, problem, emergency

(1) financial crisis, (2) crisis management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

#### affected

adj. influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere

synonym: artificial, pretentious, stilted

(1) **affected** way of walking, (2) the **affected** part Her **affected** accent made it difficult to take her seriously.

sand

n. finely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action

synonym: grit, dust, powder

(1) sand dunes, (2) sand castle

The **sand** on the beach was warm and golden.

#### doubt

n. a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

**Doubt** is the start, not the end, of intelligence.

#### capable

adj. having the ability, skill, or potential to do something;
 competent or proficient in a particular task or area of expertise

synonym: able, competent, proficient

(1) capable worker, (2) capable leader

She is highly **capable** of handling multiple tasks at once.

#### 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**.

#### 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.

#### peter

v. to fail or lose power, efficiency, or value gradually before coming to an end

synonym: decrease, drop, lower

(1) eventually **peter** out, (2) begin to **peter** out. The music just **petered** out.

### inspire

 to make somebody fill with the desire, confidence, or 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.

#### dedication

- n. a lot of time and energy that someone puts in for an activity or purpose because they believe it is important synonym: devotion, faithfulness, loyalty
- (1) **dedication** to public service, (2) **dedication** ceremony We are very impressed with your strong **dedication** to quality.

#### expedition

- n. a journey or voyage for a specific purposesynonym: journey, trip, voyage
- (1) **expedition** team, (2) a polar **expedition**The **expedition** to the Amazon jungle was both exciting and challenging.

#### interactive

adj. acting reciprocally; mutually responsive synonym: reciprocal, responsive, mutual

- (1) **interactive** experience, (2) an **interactive** device The new video game has an **interactive** storyline that allows players to make choices that affect the game's outcome.
- n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

synonym: beam, scantling, framing

(1) horse stud, (2) wall studHe bought a new stud to attach the strap to his watch.

### deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or

stud

#### materials

*synonym*: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

ozone

- a poisonous gas with the chemical formula O3, which has a strong smell
- ozone depletion, (2) atmospheric ozone
   The ozone layer is vital for blocking some harmful sun rays.

crossing

- n. the act of going from one side to the other; a place where roads, railway tracks, or rivers intersectsynonym: intersection, junction
- (1) **crossing** bridge, (2) a **crossing-keeper**The busy road was closed for a few hours for a railway **crossing**.

snowdrift

- n. a mound or bank of snow that has been blown together by the wind, typically forming a large pile or driftsynonym: snowbank, snow heap, drift
- (1) deep **snowdrift**, (2) get stuck in a **snowdrift**A massive **snowdrift** completely blocked the road after the blizzard.

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.

nap

n. a short sleep, especially during the day

synonym: rest, doze, drowse

(1) take a **nap**, (2) daytime **nap** 

She woke the kids up from their **nap**.

#### incidentally

adv. by the way; as an aside or in passingsynonym: by chance, by accident, inadvertently

(1) **incidentally** discovered, (2) **incidentally** mentioned **Incidentally**, I know the answer to that question.

#### quest

n. a long or challenging search for somethingsynonym: exploration, inquisition, pursuit

(1) the **quest** for truth, (2) on a **quest** for happiness That adventurer traveled in **quest** of buried treasure.

#### 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.

#### extreme

adj. very great in amount or degree synonym: farthermost, outermost, fierce

extreme sports, (2) extreme weather events
 Solar gravity creates extreme pressures and temperatures.

#### butt

v. to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette

synonym: hit, punch, strike

(1) **butt** into several people, (2) cigarette **butt**The goats often **butt** heads when they are fighting for dominance.

#### bacon

 a type of salt-cured pork that is usually sliced and fried;
 a meat product that is derived from the back or sides of a pig

synonym: ham, pork belly, gammon

(1) bacon and eggs, (2) bacon sandwichI love the smell of bacon sizzling in the morning.

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#### calorie

- n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
- (1) **calorie** calculation, (2) reduce my **calorie** intake It would be best if you burned off **calories** through vigorous exercise.

#### burning

adj. intense or scorching heatsynonym: scorching, blazing, smoldering

(1) burning desire, (2) burning passion

The fire spread rapidly, engulfing everything in its path in a **burning** inferno.

#### **battery**

 a device that is placed inside a car, gadget, equipment, etc. and that provides electrical power to them

synonym: electric cell, array, batch

(1) a dry battery, (2) battery charging

The engine did not start because the **battery** was flat.

#### equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

#### virtually

adv. almost completely

synonym: almost, basically, nearly

(1) **virtually** all countries, (2) **virtually** identical **Virtually** all the parties signed the contract.

#### needle

 a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

synonym: thorn, spike, pin

(1) **needle** prick, (2) sewing **needle** 

The acupuncturist inserted **needles** into specific points on my body to alleviate my pain.

infect

 to affect a person, an animal, or a plant with a disease-causing organism

*synonym*: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

blister

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

synonym: sore, vesicle, pustule

(1) **blister** after walking for miles, (2) **blister** treatment The new hiking shoes gave me a **blister** on my heel after just a few miles of walking.

drain

- v. to empty or dry something by removing the liquid from it synonym: draw off, bleed
- (1) **drain** water from the swamp, (2) **drain** excess liquid Push the button and let the water **drain** away.

#### inspiring

- adj. stimulating and motivating you to want to do somethingsynonym: exhilarating, encouraging, heartening
- (1) **inspiring** stories, (2) awe-**inspiring** sight An **inspiring** teacher might spark students' motivation to succeed.

### brilliantly

adv. in an intelligent, graceful, or skillful manner; very brightly or effectively

synonym: brightly, radiantly, excellently

(1) brilliantly executed, (2) brilliantly lit

He played the piano **brilliantly** at the concert.

#### communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

*synonym*: convey, share, transmit

- (1) **communicate** his anxieties to the psychiatrist,
- (2) communicate well with my advisor

Dolphins use sound to **communicate** with each other.

#### elementary

adj. relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects

*synonym*: fundamental, basic, primary

(1) **elementary** math, (2) **elementary** level **Elementary** school students must learn basic math and reading skills.

#### courtyard

 an open space surrounded by buildings or walls, often in the center of a building or group of buildings

synonym: patio, garden, atrium

(1) quiet **courtyard**, (2) spacious **courtyard**The hotel's beautiful **courtyard** was the perfect spot for a wedding reception.

#### pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

*synonym*: presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

ray

- n. a narrow line of light, heat, or another form of energysynonym: beam, light, glimmer
- (1) opaque to X- rays, (2) effect of cosmic rays

Gamma rays penetrate body tissues and cause cell damage.

#### huddle

- v. to crowd or press closely together; cuddle synonym: cluster, crowd, group
- (1) **huddle** in a temporary shelter, (2) **huddle** around the open fire

The children **huddled** together for warmth in the cold winter storm.

#### disbelief

n. the feeling of not being able to believe or accept that something is true or real

synonym: doubt, mistrust, incredulity

(1) **disbelief** in the authority, (2) ask in **disbelief** His reaction was one of complete **disbelief**.

#### endurance

n. the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time

synonym: stamina, perseverance, resilience

(1) **endurance** training, (2) mental **endurance**The marathon runner's **endurance** was impressive as he crossed the finish line.

#### grand

adj. important and large in size, scope, or extent synonym: impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

#### smoker

- a person who smokes tobacco regularly, or a device used for smoking
- (1) **smoker** behavior, (2) an inveterate **smoker**Many **smokers** are aware of the health risks associated with smoking but find it difficult to quit.

#### sedentary

adj. characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement synonym: inactive, stationary, immobile

(1) **sedentary** desk job, (2) **sedentary** behavior His **sedentary** lifestyle and lack of exercise contributed to his declining health.

fiber

 thread or filament used to make a vegetable tissue, mineral material, or textile

synonym: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber** 

We must consume dietary **fiber** to maintain good health.

standing

 adj. existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation

synonym: upright, vertical, (noun) position

(1) **standing** water, (2) his social **standing** 

The **standing** concert was packed with fans.

## **Session 2: Spelling**

1.	bug desire	adj.	intense or scorching heat
2.	nee prick	n.	a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
3.	comte his anxieties to the psychiatrist	ν.	to share or exchange information with others by speaking, writing, moving your body, or using other signals
4.	cae calculation	n.	unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
5.	baseless preon	n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
6.	vily identical	adv.	almost completely
7.	mae amounts	adj.	enormous amount; very heavy and solic
8.	oze depletion	n.	a poisonous gas with the chemical formula O3, which has a strong smell
9.	spacious cord	n.	an open space surrounded by buildings or walls, often in the center of a building or group of buildings

ANSWERS: 1. burning, 2. needle, 3. communicate, 4. calorie, 5. pretension, 6. virtually, 7. massive, 8. ozone, 9. courtyard

10.	hean effort	adj.	requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules
11.	blr treatment	n.	a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
12.	brily lit	adv.	in an intelligent, graceful, or skillful manner; very brightly or effectively
13.	quiet cord	n.	an open space surrounded by buildings or walls, often in the center of a building or group of buildings
14.	cae worker	adj.	having the ability, skill, or potential to do something; competent or proficient in a particular task or area of expertise
15.	no dot about the news	n.	a feeling of being uncertain about something, especially about how good or accurate it is
16.	prs improvement	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: 10. herculean, 11. blister, 12. brilliantly, 13. courtyard, 14. capable, 15. doubt, 16. process

17.	amg advances	adj.	extremely surprising, especially in a way that you like or admire
18.	economic gehy	n.	a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
19.	sery behavior	adj.	characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement
20.	she cheese	ν.	to remove body hair with a razor; to cut the price of something
21.	adre film	n.	a journey or a series of events that is unusual, exciting, or dangerous
22.	we_h heavily on stock prices	v.	to have a particular weight; to carefully evaluate things before making a conclusion
23.	eventually per out	<i>v</i> .	to fail or lose power, efficiency, or value gradually before coming to an end
24.	dedon ceremony	n.	a lot of time and energy that someone puts in for an activity or purpose because they believe it is important
25.	smr behavior	n.	a person who smokes tobacco regularly, or a device used for smoking
	undth the surface of the water	adv.	under or below something else
27.	bt into several people	<i>v</i> .	to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette

ANSWERS: 17. amazing, 18. geography, 19. sedentary, 20. shave, 21. adventure, 22. weigh, 23. peter, 24. dedication, 25. smoker, 26. underneath, 27. butt

28.	the afed part	adj.	influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere
29.	deep snft	n.	a mound or bank of snow that has been blown together by the wind, typically forming a large pile or drift
30.	make hean progress	adj.	requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules
31.	prle cause of a fire	adj.	likely to happen or likely to be true
32.	a fishing pe	n.	one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
33.	sewing nee	n.	a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
34.	dee customer confidence	<i>v</i> .	to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
35.	afed way of walking	adj.	influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere
36.	int temperature	n.	a small arm of the sea, a lake, or a river, usually leading inland
AN	SWERS: 28. affected, 29. snowdrift, 30.	her	culean 31 probable 32 pole 33

ANSWERS: 28. affected, 29. snowdrift, 30. herculean, 31. probable, 32. pole, 33 needle, 34. deplete, 35. affected, 36. inlet

37.	prle outcome	adj.	likely to happen or likely to be true	
38.	take a n_p	n.	a short sleep, especially during the day	
39.	on a qu_t for happiness	n.	a long or challenging search for something	
40.	bachelor's dee	n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment	
41.	int a computer with a virus	<i>v</i> .	to affect a person, an animal, or a plant with a disease-causing organism	
42.	facing hend	n.	a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption	
43.	sd castle	n.	finely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action	
44.	undth the laughter	adv.	under or below something else	
45.	business hon	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	
46.	grd bargain	adj.	important and large in size, scope, or extent	
ANSWERS: 37. probable, 38. nap, 39. quest, 40. degree, 41. infect, 42. headwind, 43. sand, 44. underneath, 45. horizon, 46. grand				

47. an upI road	adj.	sloping upward; difficult or challenging; (adverb) upward on a hill or slope
48. flying in a hend	n.	a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
49. crk an eggshell	v.	to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
50. horse sd	n.	a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
51. inclly discovered	adv.	by the way; as an aside or in passing
52. dispel dots	n.	a feeling of being uncertain about something, especially about how good or accurate it is
53. an intve device	adj.	acting reciprocally; mutually responsive
54. sue a plane crash	ν.	to live or exist despite a dangerous event or period
55. dee centigrade	n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 47. uphill, 48. headwind, 49. crack, 50. stud, 51. incidentally, 52. doubt, 53. interactive, 54. survive, 55. degree

56.	exe weather events	adj.	very great in amount or degree
57.	brily executed	adv.	in an intelligent, graceful, or skillful manner; very brightly or effectively
58.	effect of cosmic r_ys	n.	a narrow line of light, heat, or another form of energy
59.	a polar expon	n.	a journey or voyage for a specific purpose
60.	an inveterate smr	n.	a person who smokes tobacco regularly, or a device used for smoking
61.	sd dunes	n.	finely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action
62.	int other animal species	<i>v</i> .	to affect a person, an animal, or a plant with a disease-causing organism
63.	ine him to write a novel	ν.	to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
64.	ban and eggs	n.	a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig
65.	thousands of pods	n.	the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
66.	back f_n	n.	a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

ANSWERS: 56. extreme, 57. brilliantly, 58. ray, 59. expedition, 60. smoker, 61. sand, 62. infect, 63. inspire, 64. bacon, 65. pound, 66. fin

67.	eqp our children with some special skills	v.	to provide a person or a place with the things that are needed for a particular purpose or activity
68.	comte well with my advisor	v.	to share or exchange information with others by speaking, writing, moving your body, or using other signals
69.	the final pune	n.	the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
70.	my golf buy	n.	a close friend; a partner, especially one of a pair or team
71.	mental ence	n.	the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time
72.	ine a feeling of curiosity	v.	to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
73.	an ab_s of hopelessness	n.	a deep, dark, or seemingly bottomless chasm or void
74.	mae stars	adj.	enormous amount; very heavy and solid
75.	weh a cargo	ν.	to have a particular weight; to carefully evaluate things before making a conclusion
76.	dee glycogen stores	v.	to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

ANSWERS: 67. equip, 68. communicate, 69. punchline, 70. buddy, 71. endurance, 72. inspire, 73. abyss, 74. massive, 75. weigh, 76. deplete

77.	a crk in a board	<i>v</i> .	to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
78.	blr after walking for miles	n.	a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
79.	sery desk job	adj.	characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement
80.	dg a chair over	v.	to pull or haul with force
81.	a crng-keeper	n.	the act of going from one side to the other; a place where roads, railway tracks, or rivers intersect
82.	inclly mentioned	adv.	by the way; as an aside or in passing
83.	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
84.	drn excess liquid	v.	to empty or dry something by removing the liquid from it
85.	awe-inng sight	adj.	stimulating and motivating you to want to do something
86.	dedon to public service	n.	a lot of time and energy that someone puts in for an activity or purpose because they believe it is important

ANSWERS: 77. crack, 78. blister, 79. sedentary, 80. drag, 81. crossing, 82. incidentally, 83. horizon, 84. drain, 85. inspiring, 86. dedication

arid land with little or no vegetation 87. oasis in the de t n. often covered with sand or rocks a time of great disagreement, 88. cr\_\_s management n. confusion, or danger when problems must be resolved or critical decisions must be taken 89. ba\_\_\_y charging a device that is placed inside a car, n. gadget, equipment, etc. and that provides electrical power to them 90. ex\_\_\_e sports adj. very great in amount or degree to fail or lose power, efficiency, or value 91. begin to pe rout gradually before coming to an end 92. cigarette b\_t to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette adj. existing or remaining upright; having a 93. st\_\_\_ng water vertical position; (noun) social, financial, or professional status or reputation 94. a g r change lever a toothed wheel that engages another n. toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose the ability to withstand hardship, stress, 95. en\_\_\_\_ce training or adversity; the ability to persist in the face of difficulty or challenge; the act of

ANSWERS: 87. desert, 88. crisis, 89. battery, 90. extreme, 91. peter, 92. butt, 93. standing, 94. gear, 95. endurance

sustaining or maintaining something

over time

96. soy focused	adv.	only; exclusively; entirely; without any others being involved or present
97. eqp an army	v.	to provide a person or a place with the things that are needed for a particular purpose or activity
98. elery math	adj.	relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects
99. have no pune	n.	the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
100. gastronomic adres	n.	a journey or a series of events that is unusual, exciting, or dangerous
101. gehy class	n.	a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
102. cae leader	adj.	having the ability, skill, or potential to do something; competent or proficient in a particular task or area of expertise
103. inng stories	adj.	stimulating and motivating you to want to do something
104. a dry bay	n.	a device that is placed inside a car, gadget, equipment, etc. and that provides electrical power to them
105. reduce my cae intake	n.	unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 96. solely, 97. equip, 98. elementary, 99. punchline, 100. adventure, 101. geography, 102. capable, 103. inspiring, 104. battery, 105. calorie

106. buy movie	n.	a close friend; a partner, especially one of a pair or team
107. bug passion	adj.	intense or scorching heat
108. pull a sd	n.	a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
109. dg a team down	<i>v</i> .	to pull or haul with force
110. expon team	n.	a journey or voyage for a specific purpose
111. preon to authority	n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
112. elery level	adj.	relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects
113. preus financial situation	adj.	not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions
114. the most amg feeling	adj.	extremely surprising, especially in a way that you like or admire
115. the abs of time	n.	a deep, dark, or seemingly bottomless chasm or void

ANSWERS: 106. buddy, 107. burning, 108. sled, 109. drag, 110. expedition, 111. pretension, 112. elementary, 113. precarious, 114. amazing, 115. abyss

116. sports g r a toothed wheel that engages another n. toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose 117. decision-making pr\_\_\_s a series of actions or operations n. 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 a long and difficult journey, typically on 118. horseback t k n. foot a deep crack or fissure, especially in a 119. dangerous cr\_\_\_se n. glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening adj. sloping upward; difficult or challenging; 120. an up I task (adverb) upward on a hill or slope 121. short video c\_\_p a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip 122. int\_\_\_\_ve experience adj. acting reciprocally; mutually responsive 123. a f n of a plane a thin flat part on the body of a fish or n. other aquatic animal used for propulsion or balance

ANSWERS: 116. gear, 117. process, 118. trek, 119. crevasse, 120. uphill, 121. clip, 122. interactive, 123. fin

124. sue a blizzard	<i>v</i> .	event or period
125. tie cp	n.	a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip
126. dr_n water from the swamp	<i>v</i> .	to empty or dry something by removing the liquid from it
127. the plus pe	n.	one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
128. sd dog	n.	a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
129. the qut for truth	n.	a long or challenging search for something
130. preus job	adj.	not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions
131. extary ability	adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
132. fall into a crse	n.	a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening

ANSWERS: 124. survive, 125. clip, 126. drain, 127. pole, 128. sled, 129. quest, 130. precarious, 131. extraordinary, 132. crevasse

n.	the feeling of not being able to believe or accept that something is true or real
<i>v</i> .	to remove body hair with a razor; to cut the price of something
n.	a small arm of the sea, a lake, or a river, usually leading inland
n.	a mound or bank of snow that has been blown together by the wind, typically forming a large pile or drift
n.	a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
adj.	existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
n.	the feeling of not being able to believe or accept that something is true or real
v.	to crowd or press closely together; cuddle
v.	to crowd or press closely together; cuddle
adv.	almost completely
n.	the act of going from one side to the other; a place where roads, railway tracks, or rivers intersect
	v.  n.  n.  adj.  v.  v.  adj.

ANSWERS: 133. disbelief, 134. shave, 135. inlet, 136. snowdrift, 137. crisis, 138. standing, 139. extraordinary, 140. disbelief, 141. huddle, 142. huddle, 143. virtually, 144. crossing

145.	wall	S	d
			_

- 146. so\_\_\_y responsible
- 147. a gr\_\_d meal
- 148. atmospheric oz\_\_e
- 149. t\_\_k expedition
- 150. ba n sandwich
- 151. daytime n p
- 152. synthetic fi r
- 153. carbon fi r
- 154. de\_\_\_t basin
- 155. opaque to X-r ys

- n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
- adv. only; exclusively; entirely; without any others being involved or present
- adj. important and large in size, scope, or extent
- a poisonous gas with the chemical formula O3, which has a strong smell
- a long and difficult journey, typically on foot
- a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig
- n. a short sleep, especially during the day
- thread or filament used to make a vegetable tissue, mineral material, or textile
- thread or filament used to make a vegetable tissue, mineral material, or textile
- arid land with little or no vegetation often covered with sand or rocks
- *n.* a narrow line of light, heat, or another form of energy

ANSWERS: 145. stud, 146. solely, 147. grand, 148. ozone, 149. trek, 150. bacon, 151. nap, 152. fiber, 153. fiber, 154. desert, 155. ray

156. three-fourths of a po\_\_d

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

ANSWERS: 156. pound

### **Session 3: Fill in the Blanks**

1.	If we continue to the Earth's natural resources, we will cause severe damage to the environment.
<i>v</i> .	to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
2.	The North is the northernmost point on Earth.
n.	one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
3.	He sailed the Atlantic Ocean multiple times during his
n.	a journey or a series of events that is unusual, exciting, or dangerous
4.	Solar gravity creates pressures and temperatures.
adj	very great in amount or degree
5.	The music just out.
<i>v</i> .	to fail or lose power, efficiency, or value gradually before coming to an end
<b>3</b> .	This year's gathering will be held in Canada.
adj	important and large in size, scope, or extent
7.	An teacher might spark students' motivation to succeed.
adj	stimulating and motivating you to want to do something
3.	The layer is vital for blocking some harmful sun rays.
n.	a poisonous gas with the chemical formula O3, which has a strong smell
	SWERS: 1. deplete, 2. Pole, 3. adventures, 4. extreme, 5. petered, 6. grand, 7. piring, 8. ozone

9.	all the parties signed the contract.
adı	almost completely
10.	His reaction was one of complete
n.	the feeling of not being able to believe or accept that something is true or real
11.	As the sun set, the colors of the sky merged with the creating a beautiful orange and pink hue.
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
12.	He played the piano at the concert.
adı	in an intelligent, graceful, or skillful manner; very brightly or effectively
13.	Children often parents with this head cold.
ν.	to affect a person, an animal, or a plant with a disease-causing organism
14.	Push the button and let the water away.
<i>v</i> .	to empty or dry something by removing the liquid from it
15.	The acupuncturist inserted into specific points on my body to alleviate my pain.
n.	a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
16.	He the heavy suitcase behind him as he walked.
v.	to pull or haul with force
17.	It would be best if you burned off through vigorous exercise.
n.	unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
	SWERS: 9. Virtually, 10. disbelief, 11. horizon, 12. brilliantly, 13. infect, 14. drain, needles, 16. dragged, 17. calories

18. The Chinese word for comprises two characters, one for danger and the other for opportunity.
<ul> <li>a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken</li> </ul>
19. The golfer recorded an distance.
adj. extremely surprising, especially in a way that you like or admire
20. Dolphins use sound to with each other.
$\nu$ . to share or exchange information with others by speaking, writing, moving your body, or using other signals
21. We used a to slide down the hill in the snow.
n. a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
22. It seems that he has forgotten our scheduled meeting.
adj. likely to happen or likely to be true
23. The penny fell the piano.
adv. under or below something else
24. The to the Amazon jungle was both exciting and challenging.
n. a journey or voyage for a specific purpose
25. Many are aware of the health risks associated with smoking but find it difficult to quit.
n. a person who smokes tobacco regularly, or a device used for smoking
ANSWERS: 18. crisis, 19. amazing, 20. communicate, 21. sled, 22. probable, 23. underneath, 24. expedition, 25. smokers

26.	The new hiking shoes gave me a on my heel after just a few miles of walking.
n.	a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
27.	The road is for a while.
adj	sloping upward; difficult or challenging; (adverb) upward on a hill or slope
28.	He that would eat the kernel must the nut.
v.	to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
29.	Gamma penetrate body tissues and cause cell damage.
n.	a narrow line of light, heat, or another form of energy
30.	The construction company the building with an earthquake-resistant device.
v.	to provide a person or a place with the things that are needed for a particular purpose or activity
31.	These birds can only in temperate climates.
ν.	to live or exist despite a dangerous event or period
32.	I know the answer to that question.
adv	by the way; as an aside or in passing
33.	The new video game has an storyline that allows players to make choices that affect the game's outcome.
adj	acting reciprocally; mutually responsive
	SWERS: 26. blister, 27. uphill, 28. crack, 29. rays, 30. equipped, 31. survive, 32. identally, 33. interactive

34.	The car's front bumper cost fifteen hundred
n.	the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
35.	His of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
36.	The of the joke was hilarious.
n.	the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
37.	school students must learn basic math and reading skills.
adj	relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects
	The children together for warmth in the cold winter storm. to crowd or press closely together; cuddle
39.	She woke the kids up from their
n.	a short sleep, especially during the day
40.	She received her in psychology from the university.
n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
41.	The unique style of this martial arts many action film producers.
ν.	to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
	SWERS: 34. pounds, 35. pretensions, 36. punchline, 37. Elementary, 38. huddled nap, 40. degree, 41. inspired

42.	Its online sales drive the company's profits.
adv	only; exclusively; entirely; without any others being involved or present
43.	She checked her before embarking on the hike.
n.	a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
44.	The goats often heads when they are fighting for dominance.
<i>v</i> .	to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette
45.	He was the first in the military training camp.
n.	a close friend; a partner, especially one of a pair or team
46.	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
47.	The deep sea is an of mystery and discovery.
n.	a deep, dark, or seemingly bottomless chasm or void
48.	Her accent made it difficult to take her seriously.
adj	influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere
49.	He narrated the story of his adventure.
adj	exceptional, unexpected, very unusual; surpassing the ordinary or usual
	SWERS: 42. solely, 43. gear, 44. butt, 45. buddy, 46. process, 47. abyss, 48. ected, 49. extraordinary

50.	She did well on her exam.
n.	a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
51.	The mountaineer carefully crossed the glacier to continue climbing the icy peak.
n.	a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
52.	The cyclists had to contend with strong during the race.
n.	a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
53.	She had a hold on the ladder and was afraid to move.
adj	not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions
54.	The engine did not start because the was flat.
n.	a device that is placed inside a car, gadget, equipment, etc. and that provides electrical power to them
55.	The busy road was closed for a few hours for a railway
n.	the act of going from one side to the other; a place where roads, railway tracks, or rivers intersect
56.	The recent economic downturn has resulted in layoffs.
adj	enormous amount; very heavy and solid
57.	He bought a new to attach the strap to his watch.
n.	a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
AN:	SWERS: 50. geography, 51. crevasse, 52. headwinds, 53. precarious, 54. battery,

55. crossing, 56. massive, 57. stud

ANSWERS: 58. shave, 59. weighs, 60. fiber, 61. Doubt, 62. herculean, 63. capable, 64. clip, 65. endurance

over time

face of difficulty or challenge; the act of sustaining or maintaining something

	ne fire spread rapidly, engulfing everything in its path in a inferno.  Intense or scorching heat
n. a	ne hotel's beautiful was the perfect spot for a wedding reception.  an open space surrounded by buildings or walls, often in the center of a building or group of buildings
68. Th	ne shark's powerful allowed it to swim at high speeds.  The thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
n. a	massive completely blocked the road after the blizzard.  a mound or bank of snow that has been blown together by the wind, typically orming a large pile or drift
adj. e	ne concert was packed with fans. existing or remaining upright; having a vertical position; (noun) social, financial or professional status or reputation
adj. C	s lifestyle and lack of exercise contributed to his declining health. characterized by or involving a lot of sitting or little physical activity; inactive or acking in exercise or movement
n. fi	ne on the beach was warm and golden. inely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action
n. a	e are very impressed with your strong to quality.  a lot of time and energy that someone puts in for an activity or purpose because they believe it is important
	/ERS: 66. burning, 67. courtyard, 68. fins, 69. snowdrift, 70. standing, 71. tary, 72. sand, 73. dedication

74.	This region is predominantly
n.	arid land with little or no vegetation often covered with sand or rocks
75.	I love the smell of sizzling in the morning.
n.	a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig
76.	He was preparing for a long through the mountains.
n.	a long and difficult journey, typically on foot
77.	That adventurer traveled in of buried treasure.
n.	a long or challenging search for something
78.	The boat sailed through the narrow and into the harbor.
n.	a small arm of the sea, a lake, or a river, usually leading inland
AN	SWERS: 74. desert, 75. bacon, 76. trek, 77. quest, 78. inlet