

1

Answer the questions in your own words.

1. Where do most sherpas live? _____
2. How many still live there today? _____
3. Where did they originally come from? _____
4. What is their religion? What do they worship? _____
5. What did sherpas do before mountaineering started? _____
6. Who was the first sherpa to climb Mount Everest? _____
7. Which animals do sherpas use to carry things? _____
8. Why are sherpas ideal guides for mountaineering expeditions? _____
9. How much do mountaineers pay for a Himalaya expedition? _____
10. How much can sherpas earn by guiding an expedition? _____
11. In what other ways do sherpas make an income? _____
12. What has been done to make the life of sherpas better? _____
13. How do sherpas live today? _____

2

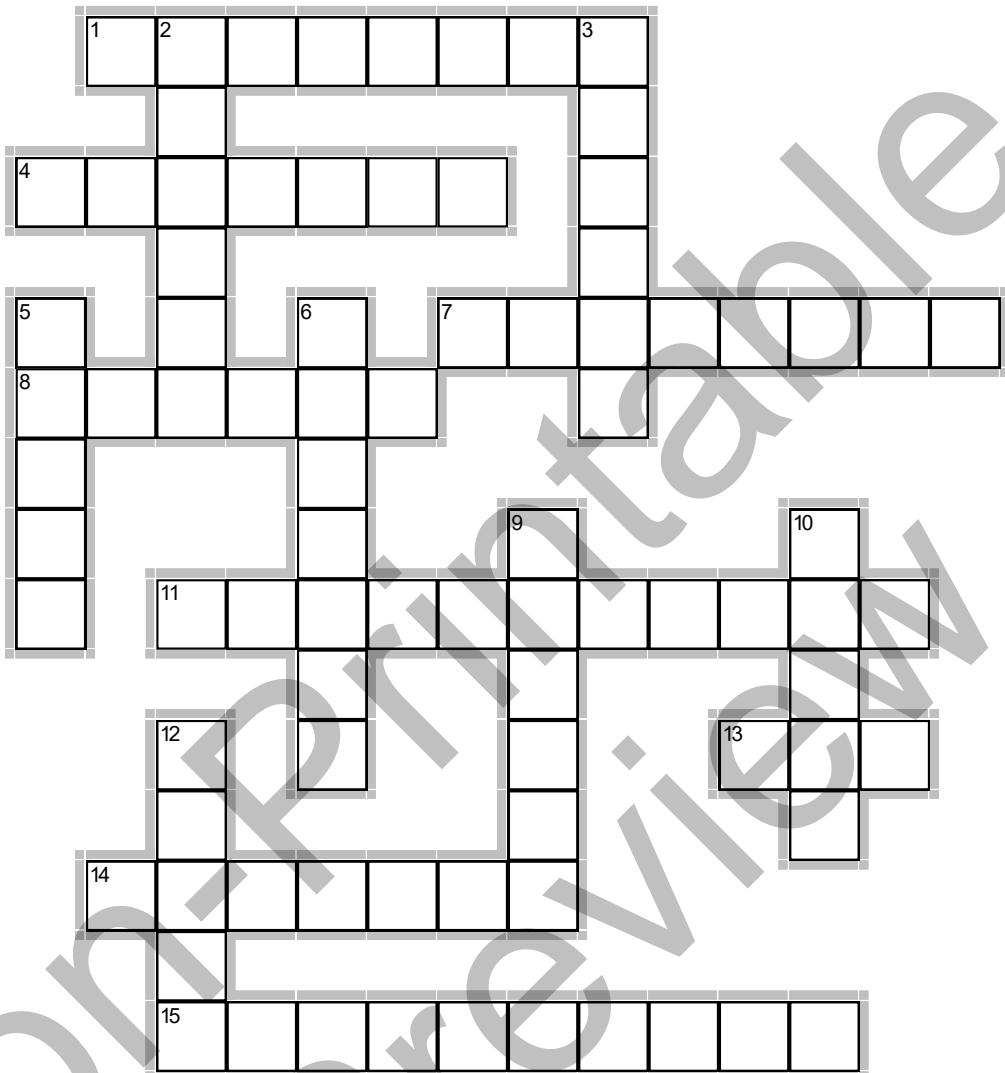
Match the words with their definitions.

A	ancestor
B	century
C	expedition
D	income
E	lodge
F	custom
G	guide
H	oxygen
I	foundation
J	mountaineer
K	physical
L	remote
M	source
N	trade
O	worship
P	vehicle
Q	yak
R	valley

	tradition
	the money that you get when you work
	a machine with an engine that takes people from one place to another
	far away
	an adventurer who climbs mountains
	pray or say religious words to God
	a member of your family who lived long ago
	to exchange goods; buy and sell
	a house or hotel in which people who go on expeditions or safaris can stay
	about the body
	a journey or trip to a dangerous place, which must be carefully organized
	low land between two mountains, usually with a river flowing through it
	a gas that is in the air and that we need to breathe
	a period of a hundred years
	animal in Central Asia that looks like a cow with long hair
	organization that collects money for someone
	a person who shows you or leads you to places
	place where something comes from

3

Crossword



Across

- member of your family who lived a long time ago
- pray or say words to God
- the height of a place above sea level
- a gas that is in the air and that we need to breathe
- a person who climbs mountains
- an animal in Central Asia that looks like a cow with long hair
- mountaineer from New Zealand who was the first to climb Mt. Everest (last name)
- longer journey, sometimes to a dangerous place

Down

- last name of a famous sherpa who climbed Mt. Everest for the first time
- far away and not easy to get to
- a house or hotel in which people who go on expeditions or safaris can stay
- a period of a hundred years
- low land between two mountains, usually with a river flowing through it
- country where most of the Sherpa people live
- person who leads you to a certain place

4

True or False ?

	T	F
Most sherpas live in the valleys of the Himalaya mountains.		
Sherpas were farmers and traders before they started to earn money as mountain guides.		
Sherpas are mostly Muslims.		
Llamas are used to bring goods and other things to places in the mountains.		
Tensing Norgay was the first sherpa to reach the top of Mount Everest.		
All sherpas have their own mountain-climbing companies.		
Over the past decades a lot has been done to help the sherpa people.		
30% of all people who died climbing Mount Everest were sherpas.		

5

Fill in the missing words from the box.

adapted - ancestors - decades - exploring - foundation - guides - isolated - reached - Tibet - tourists - yaks

There are about 40,000 sherpas who live in the (1) _____ regions of the Himalaya Mountains. They came there from (2) _____ sometime in the 16th century. Today, the sherpa people still live in their traditional way, but some of them have (3) _____ to a more modern way of life.

At the beginning of the 20th century British mountaineers started (4) _____ the mountains of the Himalaya region. They took sherpas with them as (5) _____ because they were able to breathe better in the thin air. They rely mostly on (6) _____ , animals that can carry heavy loads.

Tensing Norgay was the first sherpa who (7) _____ the top of the world's highest mountain, Mount Everest, together with Edmund Hillary. Today many sherpas earn their money by leading (8) _____ to the top of the Himalayas.

In the past (9) _____ many organizations have started to help the sherpas. Sir Edmund Hillary set up a (10) _____ that built schools, hospitals and gave them electricity. Still, many sherpas live in the same way their (11) _____ did hundreds of years ago.

6

Read the text. In most lines there is a word that should not be there. Write this word into the box on the right. If the line is correct, tick it off (✓) . There are two examples at the beginning.

1	The Sherpa are a group of people who live high in the	✓
2	mountains of the Himalayas, which mainly in eastern Nepal.	which
3	For centuries, they lived as farmers and such traders, but	
4	now they are world-famous for giving their mountaineering	
5	skills.	
6	Because they have lived at high altitudes for generations	
7	their bodies have been got used to the thin air. This	
8	makes them as physically stronger than most people	
9	when climbing mountains like Mt. Everest. Many sherpas	
10	work as professional guides, when helping climbers reach	
11	the world's highest peaks. Although they do the difficult	
12	work of carrying heavy equipment and setting up ropes.	
13	The culture of the sherpa people is often deeply rooted in	
14	Tibetan Bhuddism. They worship the mountains themselves	
15	and pray for safety before they start up a climb. Today,	
16	while many sherpas work in tourism they also might value a	
17	good education and a sense of being togetherness in their	
18	community.	