

THE MOUNTAINEER

As a child, Pasang Lhamu Sherpa Akita ¹ with her younger sister in Lukla, a town in northeastern Nepal. Pasang's parents ² when she ³ young. As a teenager, she ⁴ as a mountaineer. She ⁵ as a mountain guide, and she ⁶ Mount Everest when she was only 22. In 2015, there was a terrible earthquake in Nepal. Many people ⁷ have homes or food, so Pasang ⁸ them. These days, she also works to improve education in Nepal, and is famous for her volunteer work as well as her mountaineering.

THE CYCLIST

Marjan Sadequi was born in Afghanistan and ⁸ in the capital city of Kabul. Her father was the national cycling coach for the men's team, and from very early on in life, Marjan's ambition was to become a cyclist. Her father ⁹ Marjan her first bicycle when she was a teenager, and he soon ¹⁰ how much Marjan loved cycling. As a result, he formed a new women's cycling team with his daughter and ten other women. It wasn't easy to practice on the roads of Kabul, but in 2013, the team ¹¹ to New Delhi and they ¹² their first international competition against other women's cycling teams. They didn't win, but they ¹³ more races in Pakistan, Kazakhstan, and South Korea. Because of Marjan and her team's achievements, more women are now cycling in Afghanistan.