INSTRUCTOR: MARLON HERNÁNDEZ SALAS

Debate Topic: *EXTREME SPORTS* Should people climb Mount Everest?

Members of group a: *climber, environmentalist, Sherpa, tourist)*

Members of group B: *environmentalist / government official*



Mount Everest – the world's highest mountain

A At 8,848 metres, Mount Everest is the highest mountain in the world. It is part of the Himalayan range and is located on the border between Nepal and Tibet. Attempts to climb Mount Everest began in 1921, when Tibet opened its borders to foreigners. Before that the Sherpas, who lived at the foot of Mount Everest, hadn't thought about climbing the mountain, which they thought was a residence of the gods and off limits for humans.

B In 1924, two British climbers, George Mallory and Andrew Irvine, attempted the climb. Mallory, who had already made two unsuccessful attempts to reach the summit, was famous for saying to newspaper reporters when they asked him why he wanted to climb Everest, 'Because it's there.' The two men never returned. Mallory's body was discovered 75 years later but it is not clear whether he had got to the top before the mountain killed him.

C In 1953, Edmund Hillary from New Zealand, and Tenzing Norgay, a well-known Sherpa climber, became the first to reach the summit and come down again safely. Since then, 2,062 individuals have reached the summit and 203 people have lost their lives climbing the mountain. Many people have broken records, including the first ascent by a woman, the first solo ascent, the first to go up one route and come down another. The most significant record, however, was broken in 1978 when two Austrians climbed the mountain without extra oxygen.

D In recent years, media access to Everest has increased. We have seen live internet reports, using solar energy, from the mountain. A television camera team has filmed their own climb. There are now guided trips up the mountain so that anyone who is in good physical condition, and can pay $65,000, can get to the top. Edmund Hillary did not agree with the commercialization as he felt it showed a lack of respect for the mountain, and many experienced mountaineers agree.

Vocabulary (B1 Level topic: Climbing)



Crampon



Gear



Crab claw



Mitten



Ice ax

Harness





Hyperbatic chamber

LIVEWORKSHEETS

Check the pronunciation and Vocabulary of the following words:



WATCH VIDEO

- **Challenge** – something difficult but interesting
- **Risk** – the possibility of danger
- **Achievement** – something you succeed in doing
- **Climber** – a person who climbs mountains
- **Equipment** – special tools or clothes for an activity
- **Oxygen tank** – a container with oxygen to help breathing
- **Dangerous** – not safe
- **Environment** – the natural world
- **Crampon** – A metal device with sharp spikes that you attach to your boots to walk safely on ice and snow.
- **Crowded** – full of people
- **Gear -** Special equipment, clothes, or tools that you use for a specific activity.
- **Injury** – damage to your body
- **Crab claw** – A metal clip (like a hook) used in climbing to quickly attach a rope to a harness or anchor.
- **Mitten -**A warm glove that covers your whole hand, with one space for all fingers and one for the thumb.
- **Weather conditions** – the state of the weather (cold, wind, snow)
- **Exhausted** – very tired
- **Ice ax**– A tool with a sharp metal head and a handle, used by climbers to help them walk, climb, and stay safe on ice.
- **Harness** – A strong set of straps worn around the body to keep a person safe while climbing or doing dangerous activities.
- **Pollution** – things that make the environment dirty
- **Waste** – trash or unwanted materials
- **Hyperbatic chamber -** A special sealed room or bag with high air pressure used to help people breathe and recover from altitude sickness.
- **Journey** – a long trip
- **Safety** – being protected from danger





LIVEWORKSHEETS

For B1 students, expressing ideas **based on sources**

🧠 1. Mention the source simply



Students can introduce ideas like this:

- *According to the article,...*
- *The text says that...*
- *In the video, they say...*
- *The report shows that...*

👉 Example:
According to the article, climbing Mount Everest is very dangerous. Encourage **paraphrasing (simple)**:

- *The article says that many climbers have problems with oxygen.*
- *The video explains that it is very expensive to climb the mountain.*

*For B1 students, expressing ideas **based on sources***

💬 2. Report information in their own words



Encourage **paraphrasing (simple)**:

- *The article says that many climbers have problems with oxygen.*
- *The video explains that it is very expensive to climb the mountain.*

👉 Tip: Avoid copying full sentences.

🔗 3. Connect ideas with opinions

Students should combine the source + their opinion:

- *According to the text, it is dangerous, so I think people should not climb it.*
- *The article says it is an amazing experience. I agree because...*

⚖️ 4. Use sources to support arguments

Teach them to give a reason + source:

- *One reason is safety. The article says many people get injured.*
- *Another reason is the environment. The video shows a lot of trash on the mountain.*

🔁 5. Refer to the source when responding

During the debate:

- *I understand your point, but the article says...*
- *That's interesting, but the video shows...*
- *I agree/disagree because...*



LIVEWORKSHEETS

INSTRUCTION

Students will work in two teams to debate whether climbing Mount Everest is a good idea. First, they prepare 3 arguments using their own ideas and information from a text or video (e.g., *According to the article*...). Then, each team presents their opinion, gives reasons, and responds to the other team using respectful language. All students must speak, use English only, and listen carefully. Finally, each team gives a short conclusion, and the class can vote for the most convincing group.
https://www.youtube.com/watch?v=QT-VO1uRanM





👍 Pros (Arguments FOR climbing Everest)

- It is a **great personal achievement**.
- People can **challenge themselves** and reach their limits.
- It creates **jobs and tourism** in Nepal.
- Climbers can have a **unique life experience**.
- It inspires others to follow their dreams.



👎 Cons (Arguments AGAINST climbing Everest)

- It is very **dangerous**; people can die.
- There is too much **crowding** on the mountain.
- It causes **environmental problems** (trash, pollution).
- Some climbers are not experienced enough.
- Rescue operations are difficult, expensive and risky.

LIVEWORKSHEETS

INSTRUCTION

Work in groups and discuss the following questions. Make sure you work on *pronunciation*. Moreover, express your point of view and ask as many follow up questions as you can to your classmate.

B1 Level – Intermediate

1. What are the rules for politely asking a climber about their near-death experiences?
2. How does the increasing number of climbers affect the safety of the mountain?
3. Should the government ban all climbers who do not have extreme prior experience?
4. What is the difference between climbing as a personal goal and climbing for fame?
5. Do you believe that the dead bodies on Everest should be brought down?
6. What are the challenges of managing waste and human waste on the mountain?
7. How does the focus on reaching the summit make climbers ignore clear warning sign...
8. What is the idea of the "Death Zone"?
9. Is it fair or unfair when some people are left to die to save others?
10. How does a lack of physical fitness lead to danger on Everest?
11. What are the steps for properly acclimatizing (getting used to the altitude)?
12. What is the value of the experience compared to the risk of the climb?
13. Should public media criticize the commercialization of Everest?
14. What are the reasons why some people feel a strong need to conquer the highest point



