

Lewis Pugh Adventurer/Environmentalist
MY MIND-SHIFTING EVEREST SWIM

A Watch the TED Talk again. Circle the correct answer for each question.

1. What are the Himalayas? big lakes big mountains
2. How long did Lewis swim at the North Pole? 19 minutes 30 minutes
3. What is melting in the Himalayas? glaciers lakes
4. How many people depend on water from the Himalayas? 2 billion 1 million
5. What is the world's population? 9 billion 6.8 billion

B Fill in the names of the places from the words in the box.

Lake Imja North Pole Bangladesh
Mt. Everest Himalayas

1. In 2007, Lewis Pugh swam at the _____.
2. The glaciers in the _____ are melting.
3. The highest mountain on Earth is _____.
4. _____ is very high, near the top of Mt. Everest.
5. China, India, Pakistan, and _____ are countries near the Himalayas.

C Use the emphatic adjectives to complete the sentences.

exhausting fascinating enormous
excellent awful

1. Mt. Everest isn't small. It's a(n) _____ mountain.
2. His story wasn't boring. It was _____.
3. Lewis Pugh survived his North Pole swim. He must be a(n)
_____ swimmer.
4. Swimming for a very long time, especially in cold conditions, isn't easy.
It is _____.
5. When Lewis Pugh first tried the swim, he had to stop. He felt
_____.