

**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 \_\_\_\_\_.