

3학년	Lesson 5	5과 More Reading (2) Sherpas	Class No.	
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★ Hidden people in sports

The Life of Sherpas in Nepal

Retrieved from <https://www.youtube.com/watch?v=J-bJCSZFITU>

The Sherpa also called Shava is a group of mountain **dwelling** people in Nepal Sikkim and Tibet. **Renowned for** their climbing skills, **exemplary** strength, and **endurance** at high **altitudes**, Sherpas play the most **invaluable** role when it comes to **mountaineering expeditions**. They have **exhibited** excellent mountaineering and **trekking** skills. They are guardian angels of the Himalayas, and without them, every expedition is incomplete.

The Sherpa's job is to set up the camp, manage the porters, and guide the trekkers to safety. The word Sherpa has become **synonymous with** those working as mountain guides. The Sherpa guides are not just the strong force behind the expedition, carrying extra gear, food, oxygen, and water bottles, but are also considered expert **navigators**. They can endure freezing temperatures down to negative 50 degrees Celsius, and can help the climbers **negotiate** ice falls, **avalanches**, and **extreme** altitudes. Often thought of as self-**sacrificing**, Sherpas are considered the best friends of foreign mountaineers. Scientific tests and an American study **conducted** in 1976 suggest that Sherpas are **genetically adapted to** high altitudes.

For Sherpas, the mountain peaks are **revered as** god's home, which should be respected and not **conquered**. Sherpas respect the mountains and therefore have attempted to prevent foreign climbers from **engaging in profaning** or polluting activities. They do not encourage acts like the killing of animals, and the burning of garbage, which they believe will lead to disrespecting the gods.

The genetically adapted guardian angels of Mount Everest are considered **invincible**. However, many Sherpas have lost their lives, or are being left to die in the mountains while performing their services **dutifully**. There are **grim** stories of many Sherpas who were left in the mountains to **fend for themselves**. Although considered the **lifeblood** of the Sherpas, the Himalayas can prove deadly for the ethnic group **indigenous** to the cold peaks.

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A. 굵은 글씨로 된 단어 중에서 아래 뜻에 해당되는 것을 찾아 쓰시오.

① 여정, 여행	② 필수적	③ 보이다	④ 고도	⑤ 유전적으로	⑥ 산악 등반
⑦ ~로 잘 알려진	⑧ 거주하는	⑨ 모범이 되는	⑩ 인내심	⑪ 하이킹 / 걸기	⑫ ~와 동의어인
⑬ 네비게이터(방향 잡이)	⑭ 눈사태	⑮ 추구하다	⑯ 정복하다	⑰ 수행하다	⑱ 가치로운
⑲ ~에 적응된	⑳ 기도	㉑ 희생하는	㉒ 극도의	㉓ 합당하게	㉔ 진행하다
㉕ ~로 존경하다	㉖ 의식	㉗ 우울한	㉘ 자신을 챙기다	㉙ 토착민의	㉚ 막강한, 부실 수 없는
㉛ 의무적으로	㉜ 제공	㉝ ~에 참여하다	㉞ 필수	㉟ 세속적인	㊱ 협상하다, 통과하다

B. Fill in the blanks with the words in A and choose the meaning of each word from the box.

- Your advice has been _____.
- The children are finding it hard to _____ the new school.
- He _____ a promising career to look after his kids.
- Before _____ing further, we must define our terms.
- Blueberries are _____ to America.
- Young athletes think of themselves as _____.

<p>Ⓐ extremely useful</p> <p>Ⓑ too strong to be destroyed or defeated</p> <p>Ⓒ to continue to do something that has already been planned or started</p> <p>Ⓓ to gradually change your behaviour and attitudes in order to be successful in a new situation</p> <p>Ⓔ when you decide not to have something valuable, in order to get something that is more important</p> <p>Ⓕ to have always been in the place where they are, rather than being brought there from somewhere else</p>
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C. Which of the following is not mentioned in the passage?

- ① The place where the Sherpa live
- ② The weather conditions of the Himalayas
- ③ The belief of Sherpas about the Himalayas
- ④ The genetic advantage of Sherpas at high altitudes
- ⑤ The weaknesses of Sherpas as a mountaineering guide
- ⑥ The activities that are not allowed for foreign climbers
- ⑦ The reason why the Himalayas can turn out to be deadly

D. True or False.

- 1. The Sherpa live in Nepal Sikkim and Tibet. []
- 2. Sherpas are well adjusted to high altitudes genetically. []
- 3. Sherpas have excellent hunting and navigating skills. []
- 4. Sherpas can stand freezing temperatures but not high altitudes. []
- 5. Sherpas have contribute a lot to the expeditions of Mount Everest. []
- 6. Many of Sherpas have died in the mountains helping foreign mountaineers. []

E. Which of the following is not the Sherpa's job?

- ① To establish the mountaineers' camp
- ② To carry items for the climbers
- ③ To navigate around the Himalayas
- ④ To prevent climbers from burning garbage in the Himalayas
- ⑤ To conduct scientific study about the genetic traits of Sherpas

F. Summarize the passage by filling in the gaps.

Paragraph	Main Ideas
1 st paragraph	<ul style="list-style-type: none"> • Sherpas have played the most i _____ role in e _____ of the Himalayas thanks to their excellent _____ skills and g _____ strengths.
2 nd paragraph	<ul style="list-style-type: none"> • Sherpas help mountaineers in various ways. <ul style="list-style-type: none"> - To ____ climbers' gear - To _____ their ways to the mountain peaks - To _____ natural disasters - To encourage the climbers to respect the mountains
3 rd paragraph	<ul style="list-style-type: none"> • Sherpas revere the Himalayas as god's home and p _____ climbers from doing p _____ activities.
4 th paragraph	<ul style="list-style-type: none"> • Sherpas have lost their ____ while performing their jobs dutifully.