

CNN News Highlights — Teenage Mountaineer

1) conquer	2) hot shot	3) landmark	4) locally	5) mountain climbing	6) peaks
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Pop quiz, ____: Which ____ is also known as Chomolungma? Mount Everest, Ayers Rock, Kilauea, or Timbuktu?

Towering over the Himalayan mountains, you'll find what's known ____ as Chomolungma, or Mount Everest.

We want to introduce you to a teenager who's making ____ history. We traveled to Nepal, home to several of the world's tallest ____, and home to Nima Rinji Sherpa, who only has one more mountain to climb in order to ____ all 14 of the world's mountains that are over 8,000 meters tall.

1) advantage	2) aiming	3) mountaineers	4) setting his sights	5) sherpa	6) step by step
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____, this teenager is on his way to making history. 18-year-old Nima Rinji Sherpa is ____ on the highest peaks in the world.

After reaching 13, he's ____ to become the youngest person to climb all the 14 mountains above 8,000 meters. Even though he comes from a community of ____, this is still a big deal.

This is a very big ____ for the ____ community and even for me and for everyone. You know, like — because before this, you cannot — you can't imagine a teenager doing the 14 peaks, you know.

1) avalanches	2) ethnic group	3) exposure	4) feat	5) mental state	6) summit
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Sherpas are an ____ native to the valleys around Mount Everest. And they're often guides for mountaineers in the Himalayas. They carry large loads like equipment and food, fixing ladders and ropes along the way. Always a dangerous ____.

And climbing such incredible heights also brings great risks. ____, ____ and high-altitude sickness can easily take over and can be the difference between a successful ____ and never reaching the peak. But Nima Rinji Sherpa says his ____ is what keeps him focused and calm.

1) accident	2) broken multiple records	3) convinced	4) expeditions	5) reached	6) spanning
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I've kind of ____ myself, you know, like to be normally in the mountain. Like, for example, when I see avalanche or bad weather or when there is an ____ in the mountain I'm not in a hurry. I don't get, like, nervous or something like that.

Only about 40 people have ____ all 14 peaks of what they call “the eight-thousanders.” They're all in the Himalayan and Karakoram ranges ____ China, Pakistan, Nepal and India. As the youngest climber, not only has Sherpa ____, his ____ have taught him a lot.

1) barriers	2) his sights set	3) human psychology	4) inspire	5) professional sport	6) set on
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I've learned so much things about nature, human body, ____, meeting new people, nature and, like, everything in the world that I learned from the mountain.

With ____ on one last mountain, Shishapangma in Tibet, he's hoping to ____ others and develop mountaineering into a _____. So whether he's on the ground or on top of the world, Sherpa is ____ breaking more _____.

Translation

這是個突擊測驗，熱血青年：哪個地標也被稱為「珠穆朗瑪」？聖母峰、艾爾斯岩、基拉韋厄火山，還是廷巴克圖？

在巍峨的喜馬拉雅山脈之上，你會發現當地人稱之為「珠穆朗瑪」的聖母峰。

我們想向你介紹一位正在創造登山歷史的青少年。我們來到尼泊爾，那裡擁有世界上多座最高的山峰，也是尼瑪·仁吉·夏爾巴的家鄉。他只剩下一座山峰未爬，就能征服全球 14 座海拔超過 8,000 米的高峰。

這位青少年一步步走向創造歷史的道路。18 歲的尼瑪·仁吉·夏爾巴正將目光鎖定在世界上最高的山峰。

在登上 13 座高峰後，他的目標是成為最年輕的登頂所有 14 座 8,000 米以上山峰的人。儘管他來自一個登山者的社區，但這仍然是一件大事。

這對夏爾巴社區來說是非常大的優勢，對我和每個人來說也是如此。你知道，以前你無法想像一個青少年能完成 14 座高峰的挑戰，你懂的。

夏爾巴族是珠穆朗瑪峰周圍山谷的原住民族。他們經常成為喜馬拉雅山脈登山者的嚮導，攜帶設備和食物等重物，並沿途安裝梯子和繩索。這始終是一項危險的工作。

攀登如此驚人的高度也帶來了巨大的風險。雪崩、暴露在極端環境中以及高海拔病很容易使人功虧一簣，導致無法成功登頂。然而，尼瑪·仁吉·夏爾巴說，他的心理狀態讓他保持專注和冷靜。

我已經說服自己，在山上要保持平常心。比如說，當我看到雪崩或壞天氣，或者當山上發生事故時，我不會慌張。我不會變得緊張或類似的情緒。

只有約 40 人達到了所謂的「十四座八千米高峰」。這些山峰都位於中國、巴基斯坦、尼泊爾和印度之間的喜馬拉雅和喀喇崑崙山脈。作為最年輕的登山者，夏爾巴不僅打破了多項紀錄，他的探險也教會了他許多東西。

我從自然、人類身體、人類心理、結識新朋友、大自然中學到了很多，從山上學到了世界上的一切。

隨著目標鎖定在最後一座山峰——西藏的希夏邦馬峰，他希望能激勵他人，並將登山運動發展成一項專業運動。所以，無論他是在地面上還是在世界之巔，夏爾巴都決心打破更多的界限。



You can view this activity online at this link:

<https://linguadox.com/2024/08/29/cnn-news-highlights-teenage-climber/>

Answers

1) conquer	2) hot shot	3) landmark	4) locally	5) mountain climbing	6) peaks
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Pop quiz, 2) hot shot: Which 3) landmark is also known as Chomolungma? Mount Everest, Ayers Rock, Kilauea, or Timbuktu?

Towering over the Himalayan mountains, you'll find what's known 4) locally as Chomolungma, or Mount Everest.

We want to introduce you to a teenager who's making 5) mountain climbing history. We traveled to Nepal, home to several of the world's tallest 6) peaks, and home to Nima Rinji Sherpa, who only has one more mountain to climb in order to 1) conquer all 14 of the world's mountains that are over 8,000 meters tall.

1) advantage	2) aiming	3) mountaineers	4) setting his sights	5) sherpa	6) step by step
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6) step by step, this teenager is on his way to making history. 18-year-old Nima Rinji Sherpa is 4) setting his sights on the highest peaks in the world.

After reaching 13, he's 2) aiming to become the youngest person to climb all the 14 mountains above 8,000 meters. Even though he comes from a community of 3) mountaineers, this is still a big deal.

This is a very big 1) advantage for the 5) sherpa community and even for me and for everyone. You know, like — because before this, you cannot — you can't imagine a teenager doing the 14 peaks, you know.

1) avalanches	2) ethnic group	3) exposure	4) feat	5) mental state	6) summit
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Sherpas are an 2) ethnic group native to the valleys around Mount Everest. And they're often guides for mountaineers in the Himalayas. They carry large loads like equipment and food, fixing ladders and ropes along the way. Always a dangerous 4) feat.

And climbing such incredible heights also brings great risks. 1) Avalanches, 3) exposure and high-altitude sickness can easily take over and can be the difference between a successful 6) summit and never reaching the peak. But Nima Rinji Sherpa says his 5) mental state is what keeps him focused and calm.

1) accident	2) broken multiple records	3) convinced	4) expeditions	5) reached	6) spanning
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I've kind of 3) convinced myself, you know, like to be normally in the mountain. Like, for example, when I see avalanche or bad weather or when there is an 1) accident in the mountain I'm not in a hurry. I don't get, like, nervous or something like that.

Only about 40 people have 5) reached all 14 peaks of what they call “the eight-thousanders.” They're all in the Himalayan and Karakoram ranges 6) spanning China, Pakistan, Nepal and India. As the youngest climber, not only has Sherpa 2) broken multiple records, his 4) expeditions have taught him a lot.

1) barriers	2) his sights set	3) human psychology	4) inspire	5) professional sport	6) set on
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I've learned so much things about nature, human body, 3) human psychology, meeting new people, nature and, like, everything in the world that I learned from the mountain.

With 2) his sights set on one last mountain, Shishapangma in Tibet, he's hoping to 4) inspire others and develop mountaineering into a 5) professional sport. So whether he's on the ground or on top of the world, Sherpa is 6) set on breaking more 1) barriers.