

RESOURCE LIBRARY
UNIT

Mount Everest: What Goes Up Should Come Down

Unique natural environments are commonly abused by those who enjoy them the most. This is particularly true for Mount Everest. In this unit, students learn about the inspiration behind climbing, the history of mountaineering and Everest, and how climbers impact the mountain today. Finally, students use what they've learned to create an infographic to educate others to better protect the natural world.

GRADES

6 - 8

SUBJECTS

Biology, Health, Conservation, English Language Arts, Geography, Physical Geography, Social Studies, Civics, Economics, World History

CONTENTS

3 Lesson plans

For the complete unit with media resources, visit:

<http://www.nationalgeographic.org/unit/mount-everest-what-goes-should-come-down/>

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UNIT OVERVIEW

Those who enjoy exploring the outdoors have a responsibility to protect these natural areas so others can continue to enjoy them in the future. However, some recreationists have had a negative impact on the environment. This is especially true for mountaineers who have climbed Mount Everest because much of what they take up the mountain never makes it back down.

In Lesson One, students will develop an understanding of the term peakbaggers and mapping the peaks of the Seven Summits. They will consider why mountaineers might want to be peakbaggers and how these climbers impact environments around the world. They will read about mountaineering and how the sport has evolved over time. Students will then learn about Everest and why some people are so excited to climb it.

In Lesson Two, students explore the history of climbing Everest and then unpack what it takes to summit the mountain today. They will also consider what happens to the waste—organic as well as non-organic—and the impact it has had on the mountain over time.

Finally, in Lesson Three, students will consider the responsibility of the Nepalese and Chinese governments, and that of individual climbers, to protect Everest. They will end their work by drafting an infographic that educates the community about ethical mountain climbing based on a class created Everest Bill of Rights.

Use this [unit at a glance](#) to explore a brief outline of the materials included in this resource.

Unit Driving Question: *How can we enjoy and explore unique natural areas while still protecting our environment?*

LESSON 1: SUMMITS WITH A VIEW | 2 HRS
25 MINS



Students develop an understanding of the term peakbaggers and map the peaks of the Seven Summits. They then consider three different reasons for mountaineering: exploration, recreation, or vocation. This lesson is part of the [Mount Everest: What Goes Up Should Come Down](#) unit.

LESSON 2: THE COSTS OF THE CLIMB | 3 HRS 40 MINS



Students explore the history of climbing Mount Everest. Then, they unpack what it takes to summit Everest today, including the types of costs. Finally, students consider what happens to waste, both organic and non-organic, and how waste has impacted the mountain over time. This lesson is part of the [Mount Everest: What Goes Up Should Come Down](#) unit.

LESSON 3: PROTECTING EVEREST | 4 HRS 50 MINS



Students identify the responsibilities of the government and individual climbers to protect Mount Everest by reading examples of regulations. Students create a Bill of Rights for Everest; then students use their research to guide the creation of an infographic meant to educate the community about protecting Everest in a visually appealing, easy to read way. This lesson is part of the [Mount Everest: What Goes Up Should Come Down](#) unit.

BACKGROUND & VOCABULARY

Vocabulary

Term	Part of Speech	Definition
altitude	<i>noun</i>	the distance above sea level.
altitude sickness	<i>noun</i>	illness caused by reduced oxygen levels at high elevations.
Bill of Rights	<i>noun</i>	first 10 amendments to the U.S. Constitution.
biogas	<i>noun</i>	fuel produced by bacteria helping to decompose organic material, such as plants and sewage.
citizen	<i>noun</i>	member of a country, state, or town who shares responsibilities for the area and benefits from being a member.

Term	Part of Speech	Definition
citizenship	<i>noun</i>	behavior of a person in terms of their community.
climate change	<i>noun</i>	gradual changes in all the interconnected weather elements on our planet.
climb	<i>verb</i>	to ascend or go up.
conservation	<i>noun</i>	management of a natural resource to prevent exploitation, destruction, or neglect.
continent	<i>noun</i>	one of the seven main land masses on Earth.
ecotourism	<i>noun</i>	act and industry of traveling for pleasure with concern for minimal environmental impact.
elevation	<i>noun</i>	height above or below sea level.
expedition	<i>noun</i>	journey with a specific purpose, such as exploration.
exploration	<i>noun</i>	study and investigation of unknown places, concepts, or issues.
financial	<i>adjective</i>	having to do with money.
geotourism	<i>noun</i>	tourism that sustains or enhances the geographical character of a place –its environment, culture, aesthetics, heritage, and well-being of its residents.
global citizen	<i>noun</i>	person who recognizes the rights and responsibilities, according to the UN Global Education First Initiative, "associated with the interconnected global challenges that call for far-reaching changes in how we think and act for the dignity of fellow human beings."
infographic	<i>noun</i>	visual representation of data. Also called information graphic or graphic.
initiative	<i>noun</i>	first step or move in a plan.
land management	<i>noun</i>	process of balancing the interests of development, resources, and sustainability for a region.
mapping	<i>noun</i>	making and using maps.
Mount Everest	<i>noun</i>	highest spot on Earth, approximately 8,850 meters (29,035 feet). Mount Everest is part of the Himalaya and straddles the border of Nepal and China.
mountaineer	<i>noun</i>	someone who climbs mountains.
Oceania	<i>noun</i>	region including island groups in the South Pacific.
peak	<i>noun</i>	the very top.
peakbagger	<i>noun</i>	mountain climber whose principal goal is the attainment of a summit, or specific set of summits that meet certain criteria of altitude of prominence.

Term	Part of Speech	Definition
personnel	<i>noun</i>	employees or all people working toward a common goal.
physical	<i>adjective</i>	having to do with the body.
recreational	<i>adjective</i>	having to do with activities done for enjoyment.
refuse	<i>noun</i>	trash, garbage.
regulation	<i>noun</i>	rule or law.
responsibility	<i>noun</i>	being accountable and reliable for an action or situation.
Sherpa	<i>noun</i>	people and culture native to the Himalayan region of Nepal and China. Sherpa often serve as mountaineer guides and porters on mountain-climbing expeditions.
stewardship	<i>noun</i>	responsible management to ensure benefits are passed on to future generations.
summit	<i>noun</i>	highest point of a mountain.
summit	<i>verb</i>	to reach the highest point of a mountain.
sustainability	<i>noun</i>	use of resources in such a manner that they will never be exhausted.
sustainable	<i>adjective</i>	able to be continued at the same rate for a long period of time.
sustainable tourism	<i>noun</i>	industry that seeks to have the least impact on the places and cultures visited, while contributing to the local economy.
tourism	<i>noun</i>	the industry (including food, hotels, and entertainment) of traveling for pleasure.
trace	<i>noun</i>	surviving mark or evidence.
vocational	<i>adjective</i>	having to do with instruction or guidance in an occupation or career.

