

Teachers' Resource Kit

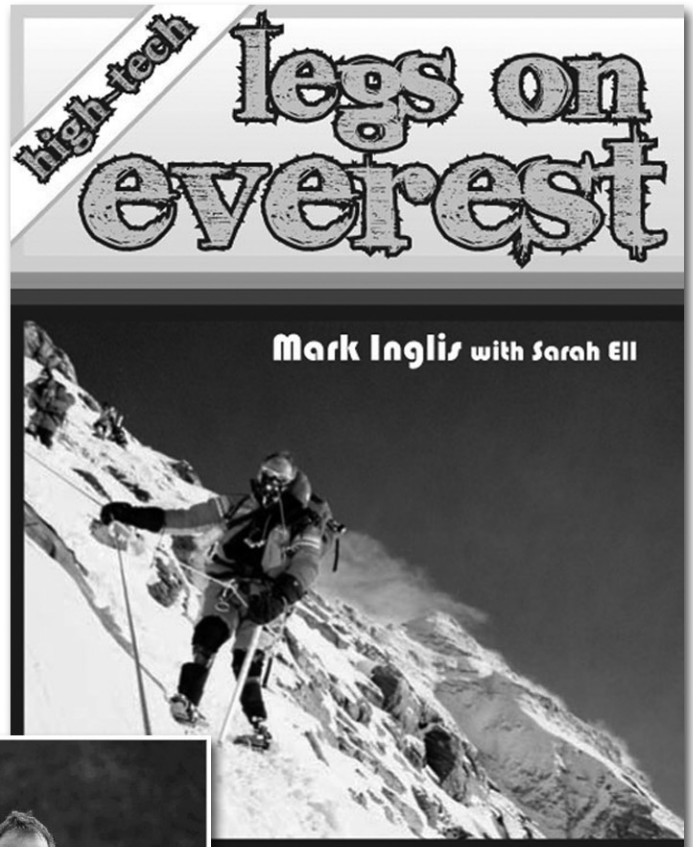
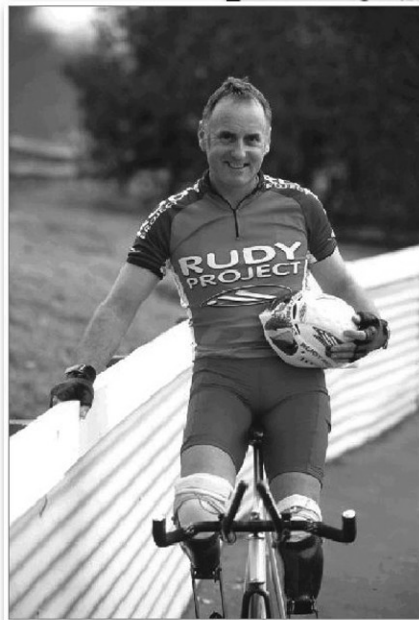
High-Tech Legs on Everest

Mark Inglis with Sarah Ell

On 15 May 2006, double amputee Mark Inglis fulfilled a childhood ambition – to stand on the top of the highest mountain in the world. *High-Tech Legs on Everest* tells the story of how he got there, and then the equally gripping tale of how he got back down again. There are plenty of illustrations and boxed material to enliven the pages of a story that is already colourful.

MARK INGLIS

Mark Inglis is a climber, an inspirational speaker and an adventurer. At the age of 23, he lost both legs below the knee after surviving for 13 days in an ice cave on Mt Cook during prolonged bad weather. Since then he has set himself many targets physical, academic and professional – and has succeeded in them all.



Notes include classroom activities for students aged 8-12, in the following areas:

- Reading comprehension
- Personal responses
 - Pushing yourself
 - Your personal Everest
- Creative activities
 - Art
 - Research
 - Mountains
 - Writing
 - Media
 - Reading

Teachers' notes developed by Raymond Huber



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BEFORE READING THE BOOK

- What do you know about Mark Inglis?
What has he been in the news for?
- Looking at the cover, what kind of person do you think he is?
- What are high-tech legs?
- What do you know about conditions on Mount Everest? What is required to climb it?

CHAPTER ONE

- The ‘last place to learn is high up on Mount Everest’. Why is that? (p.10)
- Define ‘acclimatisation’. Why is this of vital importance? (p.14)
- What’s so hard about climbing up ‘scree’? (p.19)
- What are the basics needed for survival? List. (p.20)
- What is one advantage of metal legs? (p.20)
- What’s so difficult about the alpine environment toilets? (p.20)
- Why is it hot in the basin? (p.21)
- What lessons did Mark learn on Mount Cook? (p.21)
- How does breathing bottled oxygen help? (p.22. See also pp.14,16) Did Sir Edmund Hillary use it on Everest?

CHAPTER TWO

- What is motivational speaking? (p.30)
- What are sponsors? (p.31)
- What is the Cambodia trust? (pp.32,33)
Why might Cambodia have ‘one of the highest rates of physical disability in the world’?
- Why is Everest regarded as ‘a rich man’s playground’? (p.34)

CHAPTER THREE

- Why are Mark's new socks so important? (p.40)
- What are the causes of diarrhoea? (p.42)
- What is 'Pied Piper syndrome'? (p.43)
- What might be the reason there are no trees in the landscape? (p.47)
- Why do you think Everest is referred to as a female? (p.47) What other inanimate objects are referred to as 'she' or 'her'?
- What is the best treatment for mountain sickness? (p.48)

CHAPTER FOUR

- 'The air here is a bit thin'. (p.49) What does this mean?
- Where do they get fresh water? (p.50)
- Why does Mark feel so close to Teelay? (pp.50,51) Why hasn't Teelay been fitted with artificial legs for 20 years? What is 'one of the highlights of my life'? Why is this moment so powerful?
- Describe a puja ceremony. (pp.54,55) Why is it done?
- What is tsampa? (p.56)
- Why is Mark so excited to see his barrel? (p.60. See also p.18)
- What might be the reasons he says 'walking down will be an absolute nightmare'? (p.60)

CHAPTER FIVE

- What does the title of this chapter mean?
- Why can you only 'visit' ABC? (p.62)
- What are the effects of negative temperatures? (p.62)
- How do you get down the mountain if you get sick? (p.65)
- Find out the history of the words 'climb' and 'limb'. Are they related?
- Research carbon fibre. What is it?
- What dream has come true? (p.67)
- What did Mark do when he got sick of tasteless sportsfoods? What does this show about his personality? (p.67)
- Why is Mallory famous? (p.68) How did climbing gear differ in his day?
- What are the dangers on the mountain?

CHAPTER SIX

- What do you think Mark means when he says the North Col ‘really messes up my mind’? (p.71)
- What do the climbers eat as special treats? (p.71)
- Why does Mark fall? (p.72)
- What was funny about the radio conversation? (p.73)
- Describe the photo of the tents. (p.74) What does this tell you about Everest? (See also photo on p.84)
- What’s special about Phurba Tashi? (p.75)
- Describe Mark’s changing emotions on the climb. (p.77)
- What are the stresses of living together at ABC? (p.78)
- What is Russ’s job? How did he make it safer to climb? (p.79)
- What are the costs of climbing Everest? (pp.79,80)

CHAPTER SEVEN

- Why does he ‘feel almost like a fraud’? (p.83)
- What is ‘playing Mother’? (p.83)
- List some challenges of climbing at this altitude. (pp.83,85)
- Why would anyone think he was cheating? (p.85)
- Why might Dorji be especially interested in the MP3 player? (p.87)

CHAPTER EIGHT

- Why does Mark decide there’s no point moaning? (p.90)
- What feelings get Mark going again? (p.91)
- Why are climbers penalised for not being within their times? (p.91)
- Why would Mogens be climbing Everest without oxygen? (p.91)
- What feelings is Mark experiencing? (pp.93,94)
- How does ‘looking up and out’ help a climber? (pp.93,94)

- What are the dangers in the camp 4 zone? (pp.94,95)
- What is 'realistic' about Mark's thinking? (p.97)
- How long will they 'sleep' in bed that night? Why do they rise at 9.30 pm? (p.97)

CHAPTER NINE

- What does an altimeter measure? (p.99)
- What is the weather doing? (p.99)
- How much is a fall of 3000 metres in kilometres? (p.100) Find out if New Zealand has any mountains that high.
- What happens to dead bodies high on Everest? (pp.100,102)
- Should he stop and investigate the climber huddled at the back of the cave? (p.102)
- What effect did the bodies have on Mark? (p.103)
- Where is all his energy focused now? (p.103)
- What is the cost of a single mistake? (p.104)
- What is the big hurdle here? (p.105)
- How does Mark use his anger? (p.106)

CHAPTER TEN

- What are the disadvantages of short legs? (p.108)
- Measure out 50 metres. (p.109) Time how long it takes to run, walk or crawl the distance. How long has the climb taken that day? (See also p.97)
- What are the main routes up Everest? (p.109)

CHAPTER ELEVEN

- Why is the descent 'twice as hard as coming up'? (p.114)
- Why might a climber's eyes get 'fried'? (p.114)

- How does Mark show his sense of humour to the other climbers? (p.114)
- Why is there no hope of rescue for the frozen climber? (p.116)
- What is Mark's main problem now? (p.116)
- 'We might have a wee problem': why is this called understatement? (p.119)

CHAPTER TWELVE

- Why is he 'determined not to be carried down'? What does this show about his personality? (pp.120,121)
- What are all the different methods Mark uses to get down? (pp.121–124)
- What does 'surreal' mean here? (p.123)

CHAPTER THIRTEEN

- What is self-pity? How does he deal with it? (p.125)
- What is another way of saying 'the strong strands of life'? (p.125)
- What other dramas had there been that day? (p.126)
- What is 'soul-crushing' about staying at Zhangmu? (p.129)
- Why do you think no vehicles are allowed between Tibet and Nepal? (p.129)
- How is Mark feeling

CHAPTER FOURTEEN

- Why was Mark a focal point for the media? (p.133)
- How did he feel about media criticism? (pp.133,134) Who helped him most?
- What is 'the Death Zone' and why is it called that? (p.134)
- What is the 'essence of Everest'? (p.134)
- Why is it important to understand that Everest is a unique environment? (p.134)

EPILOGUE

- Why doesn't Mark feel sorry for himself? (p.137)
- What is 'easier and harder' about a wheelchair? (p.138)
- What is Limbs4All? What does it do? (pp.139,140)

PERSONAL RESPONSES

PUSHING YOURSELF:

- What feelings did you have as you read this book?
- Why did Mark never give up?
- Think of words that describe Mark Inglis' personality e.g. stubborn.
- 'Whenever I come out of the mountains, especially after I have pushed myself to the limit, I have a new drive and sense of freedom.' (p.8). What things have you done when you've felt at your physical limit? Describe the event.
- 'The more times I undertake an extreme journey like this, the more confident I am that I will attain my dreams'. What are your big dreams, passions or enthusiasms? What stops you aiming for them? What helps you?
- What did Mark achieve after losing his legs? (p.9)
- Mark was always trying new things from wine-making to cycling. What new activity would you like to try?

- 'It's no use being a spectator'. What does Mark mean by this? Do you agree with the statement? Explain your answer. Debate for and against it.
- How do you deal with the feeling of not wanting to get up in the morning? (p.128)
- What does the word 'disabled' mean to you? Does Mark come across as a 'disabled' person?
- In what ways does Mark's life inspire you?

YOUR PERSONAL EVEREST:

- 'Everests can be found everywhere'. (p.141) What does this mean? Are there Everests to climb in your life?
- Was the climb worth it? Look up Mark's website (www.markinglis.co.nz) to find the answer. Listen to his speech.

CREATIVE ACTIVITIES

WRITING:

- ‘What is ‘the symphony of the bowel’? (p.65) List or make up some other euphemisms for farting.
- Imagine climbing Mount Cook without legs. Imagine doing anything without legs. Write a page description.
- Write a letter to Mark Inglis saying how you felt about his book or how it has helped you.
- Write a critical review of the book. Comment on the quality of the writing, layout and information.

ART

- How did Mark turn ‘stumbling blocks into stepping stones’ (p.9)? Illustrate this saying with cartoon figures.
- Paint a mountain picture. How do you paint white snow on white paper? Experiment with shadows, mixing paints.
- Sketch a horse with wobbly legs on roller skates. (p.127)
- Design a new cover for the book.

RESEARCH:

- Research the country of Tibet: economy, politics, religion and education. Why was it in the news in 2008?
- Define a Sherpa. (p.26)

- What are the Sherpas like on the mountain? (p.81 and see also p.69)
- Yaks: research the animal and present as a poster. (pp.57,127)

MOUNTAINS:

- Maps and Diagrams:
 - Locate Nepal and Tibet on a map of Asia.
 - On a map, locate the highest ten mountains in the world. (p.12)
 - Draw a diagram that compares the altitudes of Mount Cook and Everest, showing the altitude zones. (p.62)
- Climbing:
 - ‘I have to be tough, focused and lucky’. Assess these three qualities as requirements for any mountaineer. (p.113)
 - How much can you take if your limit is 30 kilos of supplies (p.17)? Weigh it into a backpack.
 - What is the coldest temperature you have experienced?
 - List the causes of frostbite. (p.24)
 - Could you live in a tent this small (see p.61) for weeks? Put up a tent and stay overnight.

- List the positive and negative things about climbing mountains.
- Why do you think people do it?
- Watch a mountain-related movie such as *Touching the Void* (older students only).

MEDIA

- Why did the media go ‘crazy over the David Sharp story’? (p.133)
- Do you think Mark or the others should have stopped to help Sharp? Debate.
- What is ‘trial by media’? (p.134)
- What should be the media’s role in reporting incidents like this?
- What do you think of Anne’s response to the media? (p.135)

READING

- Read the first part of the book *To The Max*, which describes Mark’s ordeal on Mount Cook.
- Find out about Sir Edmund Hillary’s conquest and compare it with Mark’s climb, noting differences such as with equipment.
- Read the biographies of other famous people who dealt with disabilities or life-threatening illness. For example, Lance Armstrong, Christopher Reeve, Helen Keller. Douglas Bader (*Reach for the Sky*). What did they achieve?

NOTES