

What is family life like in Nepal compared to the UK?

	United Kingdom 	Nepal 
Who?	Children usually live with a parent or parents and siblings. Grandparents usually live in a different place but children may visit them.	Families can be very big. After getting married, a new wife moves into her husband's family home. Children usually live with their parents and grandparents. Older siblings look after the young children. Sometimes, girls do not go to school.
What's home?	Families live in a flat (apartment) or a house with a garden. Some children have their own bedroom but some share.	In the countryside, families live in stone or mud huts with thatch roofs. Many homes have just two rooms (one for cooking, one for sleeping).
What's for tea?	The mother or the father cooks meals. Food usually comes from a supermarket and can be delivered to the house! Sometimes families order a takeaway or go out to a restaurant to eat.	Families sit on the floor to eat. Meals are usually eaten with your hands. There is usually rice and lentil soup. Often, families eat pickles, curries and fish with a main meal.



Where is Nepal?

Nepal is a small country in the continent of Asia. Mount Everest, the highest mountain in the world, is on the border between Nepal and China. For a long time the mountains kept Nepal closed to the outside world. Nepal's capital city is Kathmandu.



Mount Everest

Mount Everest sits in the Himalayas in Nepal and is 8,848 metres tall - that's around the height at which passenger planes fly.

The Nepalese call the mountain Sagarmatha, or "goddess of the sky"

Around 3,000 people have successfully climbed Mount Everest but 210 people have died during or after climbing the mountain.

In 2019, around 800 people reached the summit.

Although it's the world's highest mountain, it can get crowded. People have reported having to wait in queues to climb certain parts.

Key Vocab

Continent	A large solid area of land. Earth has seven continents.
Mountain	A mountain is a landform that rises high above its surroundings. It is taller than a hill.
Capital city	The city is where the government sits. London is the capital city of England and the UK.
Summit	The highest point of a mountain.
Climate	A description of the average weather conditions in a certain place.



How is Mount Everest different to Ben Nevis, the tallest mountain in the UK?

Ben Nevis	Everest
1,345m tall.	8,848m tall.
Temperature at summit: around 0 degrees centigrade in summer and -5 degrees centigrade in winter.	Mount Everest averages -19 degrees centigrade in summer and -36 degrees centigrade in winter.
It attracts an estimated 100,000 climbers per year.	It attracts an estimated 800 climbers per year.

How do you climb Mount Everest?

Preparing to climb Everest takes a lot of training - up to two years is recommended to make sure you're fit enough. This includes climbing other mountains, as well as more common exercises such as running.

When you get to Everest base camp, you have to spend around several days "acclimatising" - that's getting used to the extreme altitude. The base camp is high above sea level, so the air is much thinner which makes it harder to breathe. You'll need quite a bit of special equipment to get to the top. This includes ice axes and boots with crampons (sharp spikes). You need a special suit filled with feathers - it's the lightest and best way of keeping you warm. You need eye protection or you'll go snowblind. It takes around 2 months to climb up and back down again.



There's more to Nepal than a trek to Everest Base Camp



Shopping in Kathmandu

How do you climb Ben Nevis?

While it is definitely possible for an amateur to reach the summit, the main thing to keep in mind is to be prepared. However warm or sunny the weather may be at the base, by the time you get up near the summit the temperature will have dropped dramatically, normally below freezing. To begin with you might want to bring sun cream and sunglasses to avoid getting burned or dazzled by the sun.

Whatever month you go in, you will also definitely need to prepare for the freezing temperatures near the top, so make sure you bring gloves and a hat with you. You will also need a good waterproof coat, and proper walking boots.

It takes around 4 hours to climb with a further 2-3 hours to climb back down.



'Monkey Temple' is a magical place to explore



Ben Nevis; the UK's tallest mountain.