

The 7 Steps -
August



Mountain Day

1. CONTEXT

Mindmap anything you know about the topic, including vocabulary. Do some research online to help.

2. QUESTIONS

Read the listening questions to check your understanding. Look up any new vocabulary.

3. LISTEN

Listen and answer the questions using full sentences. Circle the number of times and % you understood.

Listening Questions 1

- How many public holidays does Japan have?
_____.
- When did Marine Day become a holiday?
_____.
- In what year was Mt. Fuji listed as a World Heritage cultural site?
_____.
- How tall is Mt. Takao and how can you get some of the way up the mountain?
_____.
- After Mountain Day, what is Japan's next public holiday?
_____.

Listening Questions 2

- Name 3 outdoor products that are currently sold on the market.
_____.
- Where was Montbell founded and how old did it turn in 2017?
_____.
- In 2017, how many stores did Montbell have in Japan?
_____.
- What happened in 2002?
_____.
- Which is taller, Mt. Hood or Mt. Rainier?
_____.

Discussion Questions

- What do mountains signify to you? How important are they?
- If you could create a public holiday for Japan, what would it signify and where on the calendar would it appear?

Listening 1				
1	2	3	4	5
%	%	%	%	%

Listening 2				
1	2	3	4	5
%	%	%	%	%

4. CHECK ANSWERS

☐

Read through the transcript and underline the answers. Check them against your own answers.

5. CHECK VOCABULARY

☐

Read the transcript and circle any new vocabulary you find. Look them up and add them to your list.

6. READ ALOUD

☐

Read the transcript aloud at least 5 times, focusing on intonation and pronunciation.

1	2	3	4	5
1	2	3	4	5

7. SHADOWING

☐

Say the transcript aloud at the same time as the audio without reading it. Circle how many times below.

1	2	3	4	5
1	2	3	4	5

TRANSCRIPT 1

This August 11th, 2017 we will be celebrating Mountain Day in Japan for just the second time. Of Japan's 16 national holidays, Mountain Day is the newest and the only one in August. A similarly themed national holiday in Japan is Marine Day, which became a holiday in 1996.

Mountains are an important part of Japan's landscape, and the most famous and tallest in Japan is Mount Fuji at 3,776 meters. Fuji-san is a **popular** destination for both Japanese and **foreign** tourists alike, with the climbing season running from early July to early September. Each year hundreds of thousands of people make the hike up the **iconic** mountain. In 2013, Mt. Fuji became a World Heritage cultural site.

Closer to Tokyo and only a short ride from Shinjuku is another **well-known** mountain, Mt. Takao. Mt. Takao is 599 meters high and visitors can reach the summit via a number of different trails. There's also a cable car and chairlift that run part of the way up the mountain.

Japan's next public holiday after Mountain Day is Respect for the Aged Day on September 18th.

MATCH THE ANTONYMS BY DRAWING LINES BELOW:

Well-known	Ordinary
Approximately	Uninspiring
Iconic	Exactly
Popular	Domestic
Foreign	Unknown

TRANSCRIPT 2

Hiking is a popular pastime in many countries and there's a lot of different gear on the market. Some examples include clothing such as boots, jackets and socks, and accessories such as trekking poles, headlamps, foldable chairs, watches, gaiters and a wide variety of backpacks.

Some well-known companies associated with the outdoors include Montbell, Columbia, Patagonia, The North Face, and Coleman.

When it comes to domestic companies, Montbell is one of the best-known outdoor brands in Japan. The company was founded in Osaka in 1975, and according to their website, that same year they were producing sleeping bags and rain gear. Montbell has over 100 stores around Japan, as well as stores in Switzerland and the United States.

In 2002 Montbell opened their first store in the United States in Boulder, Colorado. The city of Boulder has a population of about 100,000 people and is located in the Rocky Mountains. The company's other US location is in Portland, Oregon. The most famous mountain in the area is Mt. Hood (**approximately** 3,426 meters), while further north in Washington State is Mt. Rainier (4,392 meters).