

# CONTENTS

Get set to explore the world	6	How to avoid a sea wasp in Australia	62
How to say 'hello' around the world	8	How to find grub in the Australian outback	64
Get set to beat jet lag	10	How to avoid altitude sickness on Mount Kilimanjaro	68
How to drive a dog team across polar ice	12	How to take part in the Highland Games	72
How to use chopsticks in China	16	How to take part in the Carnival in Rio	77
How to survive going over Niagara Falls	20	How to hang ten in Hawaii	82
How to ride a camel across the Sahara	24	How to remove a leech in Madagascar	86
How to dive Belize's Blue Hole	28	How to survive the 'big one' in San Francisco	91
How to cross a glacier in Argentina	34	How to ride the rapids in the Rockies	96
How to swim the English Channel	40	How to avoid hippos on the Zambezi	102
How to survive if Mount Etna erupts	45	How to do <i>Tai Chi</i> in China	106
How to crack a coconut on a desert island	48	How to herd reindeer with the Sami	110
How to build a snow hole in the Arctic	52		
How to track a twister in Tornado Alley	56		

How to battle through a blizzard in Antarctica	114	Where in the world?	126
How to cross the Bering Strait	118	Certificate	128
How to sing karaoke in Japan	123		



GET SET TO ...

## EXPLORE THE WORLD

You are about to set off on an extraordinary adventure, exploring some of the most exciting places on Earth. You will be travelling across scorching deserts and frozen glaciers, climbing up active volcanoes and snow-capped mountains, plunging down raging rivers and beneath the surface of the planet's oceans. On the way, you will battle blizzards, survive hurricanes and meet some amazing people. Forward planning is essential to ensure all of your expeditions go without a hitch.

### EXPLORERS' PACKING LIST

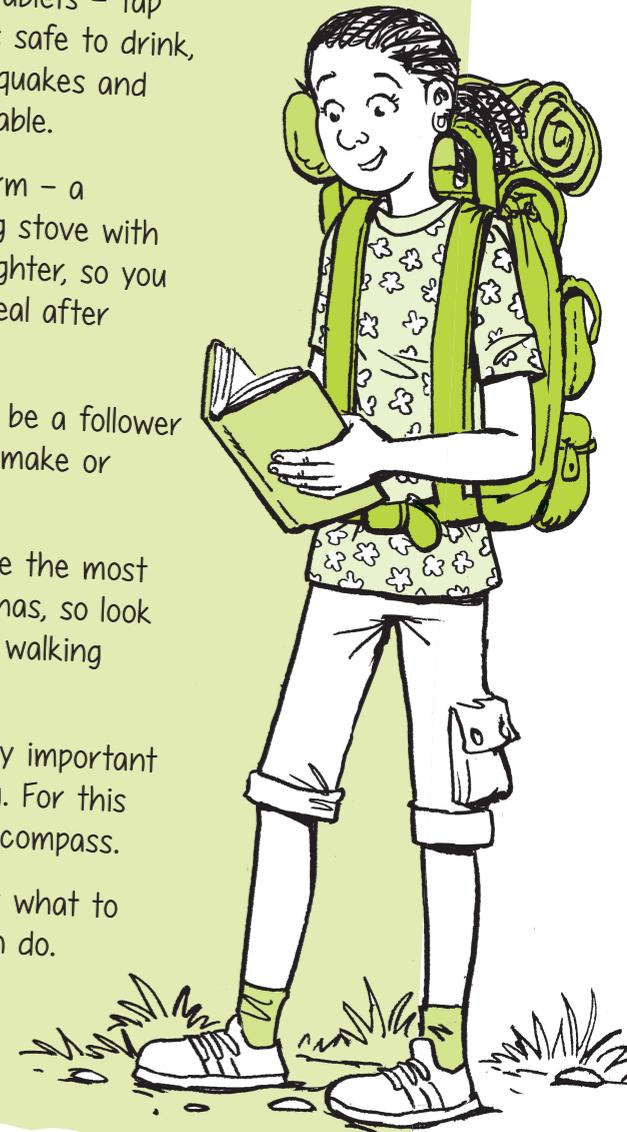
The clothes and equipment you take will depend on where you are going and what you are planning to do when you get there. But whether you are exploring the poles, rainforests, deserts or mountains, the basic essentials are the same. You need clothes to keep you warm and dry and a wind- and rainproof shelter. You will need food and drink to keep you alive and give you the energy to enjoy your adventures. It is impossible to list everything you will need for every expedition, but here are some pointers to bear in mind when you are doing your packing.

#### TOP TIP

In case of an emergency, make sure you pack a first-aid kit and a torch with spare batteries. You should also let people know where you are going before you leave and when you expect to be back.

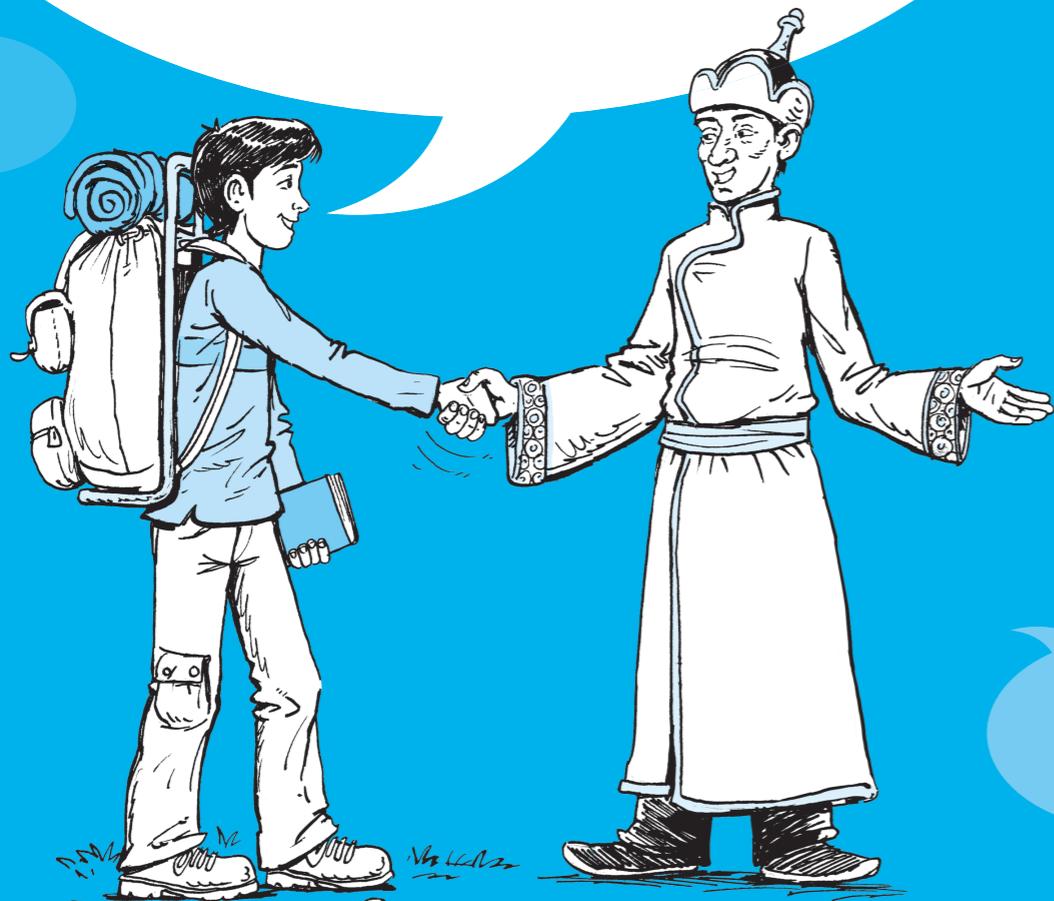
### ESSENTIAL EQUIPMENT

- Food – an emergency ration pack to keep you going for at least 24 hours.
- A water bottle and water-purifying tablets – tap water in some countries isn't always safe to drink, and natural disasters, such as earthquakes and hurricanes, can make water undrinkable.
- A place to sleep that is safe and warm – a sturdy tent, sleeping bag and camping stove with matches (in a waterproof bag) or a lighter, so you can snuggle down and enjoy a hot meal after a long trek.
- The right clothes – you don't need to be a follower of fashion, but the right clothing can make or break an expedition.
- A good pair of walking boots – feet are the most reliable form of transport an explorer has, so look after them with a pair of good-quality walking boots.
- A map – knowing where you are is very important if you want to get where you are going. For this you will need an up-to-date map and a compass.
- This book – do your research and know what to expect. It's the best preparation you can do.



## HOW TO ... SAY 'HELLO' AROUND THE WORLD

On your travels, you will meet many different people from many different parts of the world. Remember to treat all of them with respect and courtesy. Their local knowledge will make your trip so much more exciting, and could even save your life.



First impressions are very important, and what better way to greet the people you meet than being able to say hello to them in their own language. Smile, speak confidently and you will soon have new friends from all over the globe. Here are some of the greetings you will need when you visit the places mentioned in this book.

Chinese	Ni hao
French	Bonjour
Hawaiian	Aloha
Hindi	Namaste
Inuit (Arctic Circle)	Kutaa
Italian	Buon giorno
Japanese	Konichi wa
Malagasy (Madagascar)	Salama
Mongolian	Sain baina uu
Norwegian	God dag
Portuguese	Bom dia
Russian	Zdravstvite
Sami (northern Norway)	Buorre beaivvi
Spanish	Hola
Swahili (Kenya and Tanzania)	Jambo
Tamasheq/Tuareg (Sahara Desert)	Ma d'tolahat

## GET SET TO ... BEAT JET LAG

As an explorer you will travel great distances on your adventures – by foot, by boat, by camel, and also by plane. The globe is divided in segments – like an orange – into 24 different time zones. These time zones are what make it different times at different places on the planet. For example, when it is midday in London, England, it is 11 pm in Sydney, Australia, and 7 am in New York, USA.



Flying around the world means you'll be crossing several different time zones in rapid succession and it can take your body a while to catch up. In the meantime, you may feel tired, weak and disorientated for a while when you arrive at your destination. You may wake up too early in the morning, or want to fall asleep in the middle of the day. This is called 'jet lag'. Here are a few tips to help you cope when jet lag strikes.

- If you're travelling from west to east, go to bed earlier for a few nights before you leave. This gives your body time to adjust to your new time zone. If you're travelling from east to west, go to bed a few hours later.
- On the day of your journey, drink plenty of water – before, during and after the flight. Being dehydrated can make jet lag worse.
- At the start of the flight, set your watch to the time it will be at your destination. Try to eat and sleep according to your watch. This will give you a head start settling into your new schedule.
- Try to do some exercise on the flight. Walk around the cabin to stretch your legs and stretch out your arms and shoulders while you are sitting in your seat.
- When you arrive, give yourself time to recover from the flight. It takes about a day to recover for each time zone you cross. Don't take a nap immediately, however tired you feel. Try to stay awake until bedtime.

HOW TO ...

## DRIVE A DOG TEAM ACROSS POLAR ICE

You're on an Arctic expedition to study the effects of global warming on the thickness of the ice. The Arctic is the region at the northern end of the Earth, and the Arctic Ocean around the North Pole is entirely covered in ice – perfect for indicating a rise in the Earth's temperature.

By measuring the rate at which the ice is melting, scientists can work out the rate at which the Earth's temperature is increasing, as a result of global warming. Global warming is caused by humans pumping greenhouse gases, such as carbon dioxide and methane, into the atmosphere. These gases largely come from burning fossil fuels (oil, gas and coal) in power stations, factories and vehicles. Even a small rise in temperature is having a devastating effect on the Arctic, causing the ice to melt.

## ARCTIC TRANSPORT

In order to get around on the polar ice in the Arctic, locals and explorers use dog sleds. Tiriaq is your local guide. He is an Inuit. The Inuit are the people who live in the Arctic Circle. Tiriaq teaches you exactly how to hitch your dogs to your sled and use the right commands to control their every move.

*Tiriaq has been driving dog sleds for years and explains the dos and don'ts of dog-sled driving.*



## DOGGY DOS AND DON'TS

- 1 Depending on the size of your sled, you'll need five to ten dogs. Siberian or Alaskan huskies are ideal, because they're strong, tough and have super-thick fur coats to protect them from the cold.
- 2 Fit each dog with a chest harness, attached to the sled by a rope called a 'tugline'. Hitch the dogs in a fan formation – ensuring that the dogs spread out in a fan shape as they run. This way, if one dog falls down a crevasse, the others don't get dragged down as well. Let the most intelligent dogs take the lead – yes, dogs can be stupid or clever, too.
- 3 Get mushing (that's the technical term for driving a dog sled). Stand on the back of the sled and shout 'Hike! Hike!' to get the dogs moving. Other commands include:
  - Gee, which means 'turn right'
  - Haw, which means 'turn left'
  - Whoa, which means 'stop.'
- 4 Mushing takes lots of practice, so don't worry if you keep falling off in the beginning. The dogs will soon learn what you want them to do. To stop in an emergency, you can always push down on the brake bar at the back of the sled.



### TOP TIP

To be a good musher, the dogs need to see you as the 'leader of the pack'. If you're nervous or hesitant, the dogs will become confused and won't respond to your commands.