

**Polar Explorers: Surviving extreme environments**

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| **Introduction to the session** | The Polar Regions are where human capability is put to the test. With freezing temperatures, unpredictable weather and limited resources, adapting to the Arctic and Antarctic is a challenge.  In this session groups will learn about how the Inuit have adapted to the Arctic, and how modern technology has been influenced by traditional survival tools. Explore the Polar Worlds gallery and come together afterwards to explore survival.  This session can be tailored to all ages. | |
| **Learning Outcomes** | Supports:   * GirlGuiding: Have Adventures theme * Scouts: Environmental Conservation and Survival Skills   Participants will:   * Discover more about the Polar Region and living in extreme environments * Explore the connections between indigenous and contemporary western technologies * Be inspired to think about their own skills and passions. | |
| **Timings** | **Activity** | **Resources** |
| 10:30-10:45 | Arrival  Bags away |  |
| 10:45 – 12:00 | Trail around the Polar Worlds gallery | Trail, pencils |
| 12:00 – 12:45 | Lunch | Bring packed lunch |
| 12:45-13:00 | Object handling – Polar Worlds |  |
| 13:00-14:00 | Polar workshop: Survival (On rotation)   * Making a shelter * Packing to survive * Polar diets | **Den building**  Fabric  Cardboard  String  Tape  Pegs  Bungees  **Packing to survive/ diets**  (mix of good and bad foods to take)  Canned foods (good and bad)  Butter  Nuts  Salad (fresh fruit/veg)  Clothing  Suncream  Water bottle  Matches  Torch (trick q – depends on time of year in the arctic)  Compass/map  First aid kit  Electronics  etc |
| 14:00 | Collect bags  Or self-led visit exploration of museum |  |