

**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.
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| **Timings** | **Activity** | **Resources** |
| 10:30-10:45 | ArrivalBags 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**FabricCardboardStringTapePegsBungees**Packing to survive/ diets**(mix of good and bad foods to take)Canned foods (good and bad)ButterNutsSalad (fresh fruit/veg)ClothingSuncreamWater bottleMatchesTorch (trick q – depends on time of year in the arctic)Compass/map First aid kitElectronicsetc |
| 14:00 | Collect bagsOr self-led visit exploration of museum |  |