

# NOT-FOR-PARENTS

## HOW TO BE A

# WORLD EXPLORER

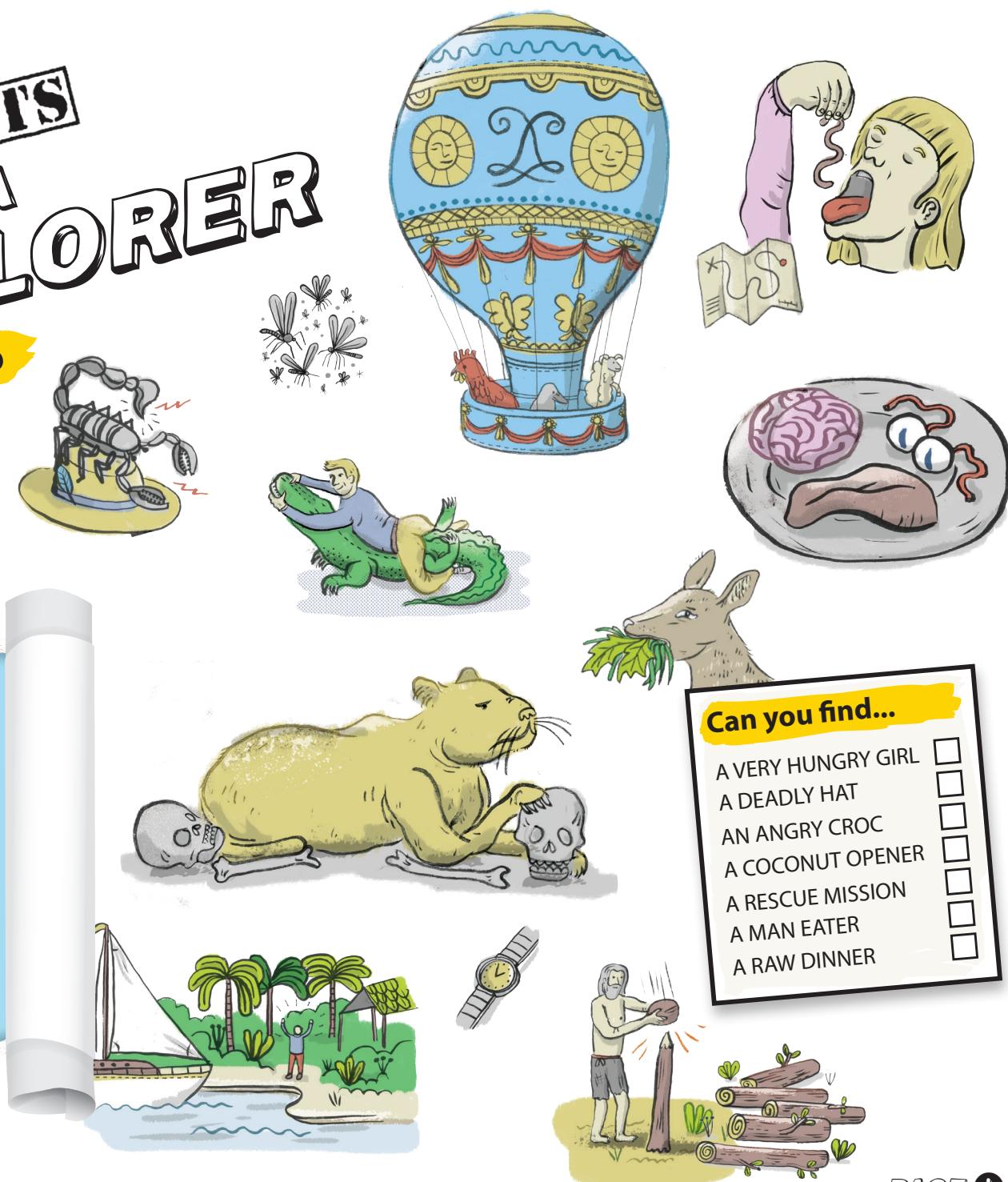
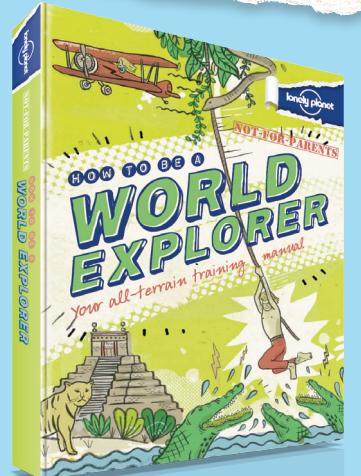
ACTIVITY PAGES



**NOT-FOR-PARENTS**  
HOW TO BE A  
**WORLD EXPLORER**

It's a wonderful world out there just waiting to be discovered, but are you ready to be an explorer? Can you find food and water in the wild? Can you avoid deadly diseases and fight back against man-eating beasts? It's all here!

OUT  
NOW



Can you find...

- A VERY HUNGRY GIRL
- A DEADLY HAT
- AN ANGRY CROC
- A COCONUT OPENER
- A RESCUE MISSION
- A MAN EATER
- A RAW DINNER

# A GAME OF SURVIVAL

## How to survive when...



... you get stuck  
on a desert island



... you run out of  
water in the desert



... your plane crashes  
in the jungle



Find a stream and follow it downhill. Streams lead to rivers, and rivers lead to people - hopefully people who can help you.

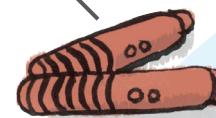


Build a triangle of signal fires or use a mirror to signal to passing aircraft. If that doesn't work try putting a message in a bottle and throwing it in the sea.

### REAL LIFE SURVIVOR

Seventeen-year-old Juliane Koepcke fell out of a plane in 1971 when it was hit by lightning, and landed in the Amazon Jungle with little more than a black eye!

Ocean explorers should always pack flares in case they get stranded on a desert island!

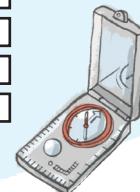


## Survival kit wordsearch

Find all the things you'll need to get out there and explore!

S	U	I	T	E	X	N	Q	T	E	F
P	L	K	J	C	A	M	E	R	A	F
A	I	E	Y	R	X	N	D	O	M	L
K	G	X	E	X	T	X	E	P	A	A
C	H	G	X	P	P	K	E	E	C	R
A	T	X	O	X	I	L	I	G	H	E
S	E	S	A	X	C	N	X	S	E	S
K	R	X	W	P	K	X	G	X	T	E
C	C	O	M	P	A	S	B	E	T	
U	W	E	B	E	X	L	I	O	A	A
R	C	A	I	X	E	U	R	T	A	G

- SLEEPING BAG
- TENT
- COMPASS
- LIGHTER
- MACHETE
- RUCKSACK
- PICK AXE
- CAMERA
- ROPE
- FLARES



Without the right kit, you'll last about five minutes in the wild!

## What to pack?

Draw one thing you'd need to pack if you were to survive while exploring....

... THE OCEAN

**CLUE**  
You can find all the answers on this page.

... THE NORTH POLE

... THE DESERT

# EXTREME FIRST AID

What's happened to these unlucky explorers?  
Connect the images to the correct text.



Oh no! This explorer's eye has popped out!



Why is this explorer's tooth not in her mouth?



What's coming out of this explorer's throat?

Which of these do you think has the biggest ouch-factor?

**KEY**

- 1** = No way! That's gotta hurt!
- 2** = Ouch... that wouldn't be nice
- 3** = I'm brave, I could handle it

## TRACHEOTOMY

A tracheotomy is a little hole cut in the throat that allows a person to breathe when their airway isn't working. It was the only way to save this explorer's life as he had a serious throat injury. The hole needs to be kept open. The body of a pen or a drinking straw can help.

Ouch-factor:

## GLOBE LUXATION

This is the fancy medical term for when your eyeball pops out of your head, which can occur if you are poked in the eye in exactly the right (or wrong) way. To return the eyeball to its proper place, push gently on the white bits of the eye with clean fingers.

Ouch-factor:

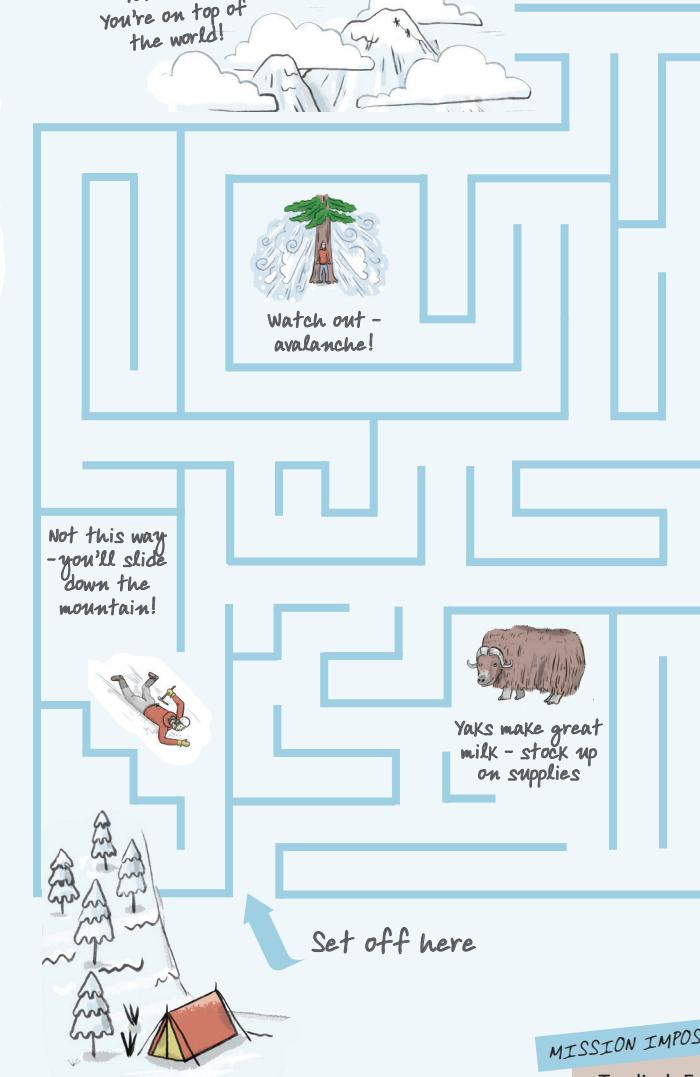
## TOOTH EXTRACTION

Almost nothing hurts as much as a toothache – and this explorer decided to tear out a tooth rather than put up with an aching one for a minute longer. It helps to have a pair of pliers and a strong arm.

Ouch-factor:

Can you find your way to the top of Mount Everest?

You did it!  
You're on top of the world!



## REACHING NEW HEIGHTS



The best cure for altitude sickness is to head downhill.

## DID YOU KNOW?

When the human body climbs to heights it is not used to, people can get altitude sickness. They feel very tired, can start seeing and hearing things and even run the risk of getting a swollen brain, which can easily kill them.

DRAW THE HIGHEST THING YOU'VE EVER CLIMBED...



## MISSION IMPOSSIBLE

To climb Everest you need oxygen, unless you can climb quickly enough to get to the top and back down before you die. The first people to climb it without oxygen were Reinhold Messner and Peter Habeler in 1978.

# Q&A: ARE YOU A GREAT EXPLORER?

Answer the questions below and find out!

**Q1**

YOU'RE PACKING FOR AN ADVENTURE, BUT YOU'RE NOT SURE WHERE YOU'LL END UP. WHICH THREE THINGS SHOULD YOU PACK IN A SURVIVAL KIT?

Choose one answer and circle it:

- 1 Rope, flares and a compass
- 2 A pillow, a camera and a radio
- 3 A hot water bottle, a straw hat and icecream



**CLUE**  
See the survival Kit wordsearch on page 2 for essential items

**Q2**

YOU SURVIVE A PLANE CRASH AND LAND ON A DESERT ISLAND - LUCKY! BUT NOW WHAT IS THE BEST THING TO DO TO BE RESCUED?



**CLUE**  
See 'How to survive when...' on page 2 to find out what to do

Choose one answer and circle it:

- 3 Scream really loudly
- 2 Put a message in a bottle, throw it in the sea and wait
- 1 Make a signal fire and use a mirror to signal to passing aircraft

**How did you do?**

For each answer that you circled, add up the numbers in the yellow squares to find out your score.

Write your score here:

If you scored between 5–8 you are a...  
**... GREAT EXPLORER!**

Wow, you can survive anything! Time to get out there and explore!

**Q3**

YOU'RE HIKING UP MOUNT EVEREST WHEN YOU COME ACROSS A YAK. HOW CAN IT HELP YOU ON YOUR JOURNEY?



**CLUE**  
Find out about yaks in 'Reaching new heights' on page 3

Choose one answer and circle it:

- 1 Yaks make great milk – stock up on supplies
- 2 Take a photo – the more photos the better to remember your adventure
- 3 Take the yak with you – you can hide behind it if an avalanche hits!

**Q5**

YOU'RE SLASHING THROUGH BUSHES IN THE JUNGLE, WHEN A BRANCH SPRINGS BACK AND POKE YOUR EYE OUT. HOW DO YOU FIX YOUR EYE?



Choose one answer and circle it:

- 3 Make an eyepatch – you've always wanted to be a pirate
- 2 Find someone local and ask directions to the nearest doctor

**CLUE**  
See page 3 to find out about extreme first aid

- 1 Push gently on the white bits of the eye with clean fingers

**Tip:** the activities on the other pages have clues which will help you with this quiz, so do this page last!

**Q4**

YOU'RE TREKKING THROUGH THE DESERT WHEN YOU RUN OUT OF WATER. UH OH! HOW DO YOU GET SOME MORE WATER?

Choose one answer and circle it:

- 2 Follow an animal, they must need water too, right?
- 1 Tie a clear plastic bag to a branch to collect water
- 3 Do a raindance

**CLUE**  
See page 2 for how to get water in the desert



If you scored between 13–15 you are a...  
**... RUBBISH EXPLORER!**

Don't give up, once you master the basics you'll be great! For more tips see the **How to be a World Explorer** book and get exploring!