Frozen land

1. Although Antarctica is not claimed as a country, several nations have laid territorial claims over parts of the continent. However, under the Antarctic Treaty System signed in 1959, no single country has full ownership. Instead, the region is governed collectively by over 50 countries that have agreed to preserve it for peaceful and scientific purposes. No military activity is allowed, and scientific cooperation is encouraged. This unique model of international governance helps protect the fragile environment of the frozen land and ensures that its resources are not exploited for commercial gain.

2. The first known landing on Antarctica took place in the early 19th century when a group of seal hunters unintentionally arrived at the icy coastline. Later, exploratory missions were organized specifically to set foot on the continent. In 1895, a Norwegian expedition became the first officially recognized landing. These early steps were dangerous and uncertain, with little knowledge of the terrain or weather. Still, the achievement marked a turning point in human exploration, showing that even the most remote and inhospitable places on Earth could be reached with courage and persistence.

3. Antarctica has often been described as the end of the Earth. Located at the southernmost point of the planet, it remains one of the most mysterious and least accessible places for humans. It's surrounded by the Southern Ocean and sits opposite the Arctic in the global geography. For centuries, explorers speculated whether such a place existed at all. Today, while satellite images and scientific missions provide more data, the continent still retains an aura of the unknown, attracting adventurers and scientists who want to experience the planet's final frontier.

4. Despite being covered in thick sheets of ice, Antarctica has a surprisingly diverse and dramatic landscape hidden beneath its surface. Using ground-penetrating radar and satellite imaging, scientists have discovered vast mountain ranges, deep valleys, and even ancient lakes buried under kilometers of ice. These findings suggest that Antarctica was once a very different environment. Studying this hidden geography helps researchers understand the Earth's geological past, as well as how changes in climate may affect the region's ice coverage in the future.

5. The early 20th century saw a dramatic competition between nations to reach the South Pole. Most famously, British explorer Robert Falcon Scott and Norwegian Roald Amundsen led rival expeditions. Amundsen reached the Pole first in 1911, using dog sleds and careful planning. Scott arrived weeks later, only to perish on the return journey with his team. The race to the pole was one of the most extreme tests of human endurance and remains one of the most iconic chapters in the history of polar exploration.

6. Travel across Antarctica remains one of the most difficult journeys on Earth. However, modern technology has significantly reduced the physical effort required. In the past, explorers dragged heavy sleds by hand or used animals, often in dangerous and freezing conditions. Today, snowmobiles, tracked vehicles, and even aircraft allow researchers to move equipment and people more easily. While the environment is still harsh, advances in transportation and survival gear make scientific missions more efficient and less life-threatening than those of early explorers.

7. Antarctica is the coldest place on Earth, with temperatures regularly dropping below -60°C in winter. The continent's high altitude, its position near the South Pole, and the fact that sunlight is absent for months all contribute to its extreme chill. Its white ice surface also reflects most of the sun's heat back into the atmosphere. These unique features make it difficult for heat to accumulate, and as a result, the region remains frozen even in summer. Understanding these conditions helps scientists study global weather patterns and climate change.

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LIVEWORKSHEETS

Eating in China

1. Chinese culinary culture is like most other cultures in the world. It started with very basic hunting and gathering. Over time, society gradually developed, and with it, culinary culture developed. Gradually, cuisine became an art form and seemed to reach its peak in the 19th century. Although most Chinese people choose simple food with rice and vegetables, it is undeniable that Chinese culinary art has reached the level of exploiting the maximum flavor and each ingredient.

2. The concept of yin and yang has a complex influence on Chinese cuisine. In fact, this concept also appears in many other areas of life. It can be understood that yin and yang are opposite elements that complement each other to achieve a certain balance. Sweet and sour, cold and hot are typical examples of this concept. Some foods can be classified into hot or cold groups, such as lemon is considered cold and onion is considered hot. Based on this concept, Chinese people choose suitable foods to maintain the balance of the body.

3. In addition to the concept of yin and yang directly influencing the culinary culture, the Chinese also pay close attention to the availability of ingredients. Each region has its own ingredients, and this leads to differences in regional cooking styles. The coastal areas in the south of the country are famous for seafood dishes. In the north, the widespread cultivation of wheat has led to noodle dishes. The southwestern regions are famous for spicy soups, while some regions are famous for grilled meat.

4. Cooking methods are also regionally specific, in addition to the differences in food in these regions. However, there are some food techniques that are considered to be standard in Chinese culture. For example, vegetables are cut into small pieces and eaten with chopsticks. The Chinese have a long history of using chopsticks. The Chinese also often leave fish and meat with bones. According to them, this makes the food more delicious. Steaming is a very popular form of cooking. In addition, frying food with cooking oil is also commonly used.

5. The most common way for Chinese people to eat is street food. It is very common to see stalls selling all kinds of food on both sides of the road. This has become a part of the food culture. For large dining events, the food is often placed in the middle of the table so that guests can try different dishes. The meal is served with tea and sometimes rice wine from the local area.

6. There are signs that Chinese food culture and eating habits are changing. Chinese people now consume a wide variety of foods from many different countries. People in cities also prefer fast and convenient foods. In addition, some traditional products such as milk are consumed less by Chinese people than in the past.

7. The change in Chinese eating habits has a global impact. Due to its huge population, the food demand of the Chinese market will directly affect domestic and international food production. The change in diet leads to problems such as the increase in related diseases that a large economy like China is prone to. Therefore, achieving a balance like the yin-yang philosophy in Chinese culinary culture is clearly a big challenge.

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LIVEWORKSHEETS

Burnout

1. While everyone experiences stress at different rates or intensity levels, we are no stranger to it. Generally speaking, stress is any physical or emotional reaction to something that frustrates, angers or makes us nervous. Nowadays, people are feeling overwhelmed and exhausted due to long periods of stress as a result of increasing demands in personal and work life. As you read this, you are probably nodding your head in agreement. This well-known phenomenon of prolonged periods of stress is also known as burnout.

2. Although burnout exists in every job, the education sector has notoriously high levels of it plaguing its workers. Several studies show that teachers often experience high levels of stress in their day-to-day duties and these are carried over into their personal life. It is important to consider that delivering lessons is only one aspect of the job description. Teachers spend hours and hours of their downtime planning lessons, grading assignments and thinking about how to best help their students. As a result, they often neglect their own needs.

3. By not placing a priority on their own wellbeing, there are countless consequences. For starters, educators enduring burnout can be faced with a "fight-or-flight" reaction. The former presents a scenario where the human body physically responds to stress, by increasing adrenaline and energy to tackle what is causing the irritation. The same response occurs in the latter, yet the body decides to flee instead of deal with the stress head-on. Regardless of the choice that a teacher makes in response to their stressors, they become more vulnerable to common sicknesses, like colds and the flu, as well as more serious ones such as depression or anxiety.

4. Thankfully, there are numerous coping mechanisms to aid in the battle against burnout. A proactive approach including managing time and setting goals may be key in alleviating stressful situations altogether. In a busy schedule, it is essential to set aside time for oneself. What's more is the activities that you participate in during this reserved break. Regular exercise has been proven to do wonders for burnout and you do not even have to go to the gym to reap the rewards. A brisk thirty-minute walk, particularly in nature, has aided many people's symptoms of stress. Furthermore, yoga and its meditative components are also useful in stress relief.

5. Of course, these methods of coping with stress are all easier said than done. Many would argue that it is nearly impossible to disconnect from today's technological devices and the seemingly never-ending influx of work-related emails and text messages. With that being said, the saying, 'There's an app for that', also extends to solving the problem of burnout. These days, you can find several free apps on your mobile devices or tablets to guide you through mediation. You can watch endless videos on the Internet that play soothing music and give you step-by-step instructions on how to disconnect. Ironic, isn't it?

6. Nevertheless, the pros of decreasing burnout are endless. Lowering your stress levels will help your body achieve an internal balance. By reducing the amount of energy that goes into stressful situations, you will feel more energized. Moreover, regular exercise helps the human body release endorphins which boost one's mood. A side effect of this includes becoming physically and mentally stronger.

7. Additionally, there are several things a teacher could do during the work day to prevent burnout. On break, doing little exercises at your desk can provide some relief to a stressful day. Similarly, distracting yourself with a creative activity, such as an adult colouring book, can help to refocus tension or negative energy. Or, why not extend these activities to your students? Pacing your lessons with less-rigorous and more fun activities can increase a student's learning by giving them a break from a hectic timetable. After all, some students also experience burnout.

8. Having learned about how to identify and combat burnout, what is left to do? It is important to not beat yourself up if you become stressed. Though uncomfortable, stress is a natural and unavoidable part of human life, unlike burnout. Changing your mindset and practicing gratitude will help you feel more positive in the face of adversity, and allow you to make better decisions on how to cope.

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