

Our Beautiful Planet

1 Family adventure holiday in Costa Rica

There's a great deal to see in Costa Rica. Stunning volcanoes, many white, sandy beaches and unspoilt tropical rainforest are all part of this Costa Rica holiday adventure.

Cruise along the Tortuguero river or hike through the jungle to waterfalls deep inside this national park. The main attraction is watching the Green Sea turtles lay their eggs at night, but there is an extensive network of creeks behind the beaches where you can see river turtles, fish and lots of monkeys.

If a walk in the shadow of an active volcano sounds more fun, then the Arenal National Park is for you. Our guides bring their wealth of experience to your adventure as they

lead you through the forest to see incredible views of the Arenal volcano and lake and the Tilarán mountain range. In the afternoon relax in the many thermal springs nearby.

Alternatively, take a boat along the unique inland waterways of Isla Damas through the mysterious mangrove swamps to see a huge variety of wildlife and plants both above and below the surface of the water.

Whatever you choose, a holiday in Costa Rica will be one to remember.



2 The United Arab Emirates

The United Arab Emirates is on the eastern part of the Arabian peninsula. There is a mountain range in the north east, but most of the country is desert. South and west of Abu Dhabi are vast, rolling sand dunes which join the Rub' al Khali or Empty Quarter, part of the largest sand desert in the world. The UAE also has several oases, two of which, the Al Ain oasis and the Liwa oasis, have plenty of underground water for date palm cultivation and permanent settlements.

The United Arab Emirates has two coastlines, one on the Arabian Gulf (650 km) and a shorter one on the Gulf of Oman of 90 km. Off the coast lie numerous small islands as well as coral reefs bursting with marine life.

The climate is mostly hot and dry, but in the winter months large amounts of rain may fall in short, torrential bursts.

Violent dust storms carrying vast quantities of sand high into the atmosphere reduce visibility and can lead to health problems for some.



3 Day 5

Now in the second country of my Scandinavian tour – Norway. This country is famous for its fjords, lakes, mountain ranges, pine forests and of course the stunning glaciers. I've just spent the day walking on the Jostedalsglacier in west Norway. What an experience! I went with a small group of other hikers and we spent the day trekking across the glacier learning about the animals and plants in the area. One piece of advice I'd give to anyone wanting to do the same is get a guide. They're brilliant and really know what they are talking about.

Tomorrow I'm taking a boat to visit some fjords and a few lakes and will hopefully get a chance to take loads of photos of the scenery. I just hope the weather's OK. We had a bit of rain yesterday and my friends say the summer months are often the wettest so I've been lucky so far.

In a couple of days I'm going further north to the Arctic Circle to experience the midnight sun! Something I've wanted to do for ages. Will post the best pics online.



Read the text and answer the following questions.

1 There are mountain ranges in ...

a the UAE and Costa Rica

b Costa Rica and Norway

c All three countries

2 The country with the driest climate is ...

a the UAE

b Norway

c Costa Rica

3 An oasis is an area with ...

a lots of water

b sand

c a shortage of water

4 A natural warm bath is possible in ...

a the UAE

b Costa Rica

c Norway

5 In summer, the sun never sets in ...

a the UAE

b Costa Rica

c Norway

6 Trees grow in water in ...

a the UAE

b Costa Rica

c Norway

Grade 11