

1937 Helen is born in New Zealand.

At nine years old, Helen climbs her first mountain in New Zealand. After that, she learns climbing skills from other explorers. She learns to ski and gives skiing lessons to children.

1946 Helen travels alone to the North Pole. The people who live there are called the Inuit. They teach their dogs skills to survive on the ice. The people help Helen get a dog called Charlie. Helen and Charlie travel around for twenty-seven days on a **sledge**. With Charlie, Helen is safe from dangerous polar bears. She sleeps in her **sleeping bag** and cooks on a small **stove**. It's very cold, and Helen has to wear **gloves** and a fur **jacket** to keep warm.

1988 Helen enjoys learning from people on her travels. She starts her organisation, *Adventure Classroom*, so that she can teach others.

1994 Helen and her husband, Bill, live in the mountains for a year, near a family of wolves. Helen learns about how wolves help each other.

2012 Helen and Bill go to the desert. They travel on camels. Helen can read a map, but the local people teach her how to use the stars to find her way. Helen and Bill learn how to build a shelter with **blankets**. It's hot, and they sleep on the sand. They learn how to make a fire in the sand to make bread.

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After you read

Read again. Then answer.

- 1 How does Helen cook in the North Pole?
- 2 What does she wear to keep warm?
- 3 When do Helen and Bill live in the mountains?
- 4 What do Helen and Bill use to build a shelter in the desert?