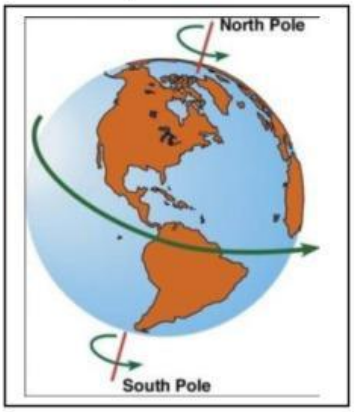
Summary Notes: "Polar Regions and Exploration"



What is Exploration? Discovering unknown places.

Geographical Facts about the Polar Regions:

1. Location:

- Arctic Region: Surrounds the "North Pole".
- Antarctic Region: Surrounds the "South Pole".

2. Continents and Oceans:

- Arctic: Includes parts of countries like; Canada, Russia, Greenland, Norway, Sweden, Finland, USA. It is mostly ocean (Arctic Ocean) covered with ice.
- Antarctica: A continent entirely covered by ice, surrounded by the Southern (Antarctic) Ocean.

3. Landforms:



iceberg

Arctic: Land and mountains are covered with ice and snow. The ocean water is covered with huge icebergs.

Antarctic: The "ice-covered continent" with glaciers and active volcanoes. This continent has ice covered ocean. There are mountains which are 2000 and 3000 meters high.

4. Temperature:

- Arctic: Average temperature is around -23°C.
- Antarctic: Much colder, with average temperature, -87°C.

5. Climate:



blizzard

- Arctic: Very cold with long freezing winters and short cool summer. Snowstorms and frequent hurricanes are common.
- Antarctic: Extremely cold with icy winds and blizzards.

LIVEWORKSHEETS

6. Ice and Snow:

- ❖ Arctic: Covered in "floating sea ice", especially in winter.
- ❖ Antarctic: Covered by a massive ice sheet holding about 90% of the world's ice.

7. Both regions experience:

- ❖ **Midnight Sun**:

24 hours of daylight in summer (called "Midnight Sun").

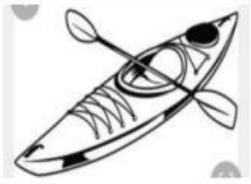
During their respective summers, the **sun does not set** for a period — up to **6 months** at the exact poles.

- ❖ **Polar Night**:

24 hours of darkness in winter (called "Polar Night")
During winter, the **sun does not rise** for a similar period, depending on how close you are to the pole.

8. Wildlife:

- ❖ Arctic: Home to polar bears, walruses, seals, Arctic foxes, and huskies.
- ❖ Antarctic: Home to penguins, seals and whales. (no polar bears here).



Kayak

9. Population:

- ❖ Arctic: The people of Arctic region are called "Inuit". They used to build their houses with snow, called igloos. Now they live in houses made of insulated material. In past, they used kayaks for transportation. Now they also use dog drawn sledges. These dogs are called huskies.
- ❖ Antarctic: No permanent population – only scientists and researchers stay temporarily to study and research.



Husky

10. Problems faced by locals:

Arctic Circle:

People face extreme cold, long winters, darkness, and difficulty in travelling and finding food.

Antarctic Circle:

Scientists and workers face extreme cold, strong winds, frostbites and isolation.

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Who was the first to explore?

- ❖ Arctic: The first explorer in this region, in 325 BCE, was a Greek called Pytheas.
- ❖ Antarctic: In 1911 a Norwegian called Roald Amundsen was the first man to reach this region.

Famous Explorers and Navigators:



1. Vasco da Gama:

* Born: in Portugal, 1460
* His discovery of the sea route enabled the Portuguese to establish a long-lasting colonial empire in Asia.
* Died: 1524



2. Marco Polo

* Born: in Italy, 1254
* He travelled to China crossing the Gobi Desert and Hindu Kush mountains.
* Died: 1324



3. Mohammad Ibn Battuta

* Born: Tangier, 1304
* He first travelled to Makkah for Hajj. He went to Syria, Egypt, Turkey, Iraq, Oman and Palestine. Crossing Afghanistan and Hindu Kush Mountain range, he arrived in India.
* Died: 1369

LIVEWORKSHEETS