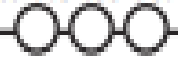


Polar Exploration Then and Now

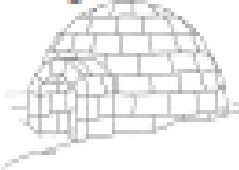
To compare Felicity Aston's experience of polar exploration with Matthew Henson's.



Read the information on this sheet. Then, write and draw in the boxes on the table to answer the questions.



Matthew Henson in the Arctic	Felicity Aston in the Antarctic
<ul style="list-style-type: none">• In 1909, Matthew Henson reached what he thought was the North Pole.• It was a very long and difficult exploration.• They had sledges pulled by dogs.• They walked on skis.• The skis and ski poles were made of wood.• Every night they made an igloo from snow to sleep in.• They had blankets.• They wore warm clothes made from animal skin and animal fur.• They used a compass and a sextant.• They ate pemmican (a mixture of dried meat, dried berries and fat).	<ul style="list-style-type: none">• In 2012, Felicity Aston was the first person to ski alone across Antarctica using just her own power.• It was a long and difficult exploration.• She walked on skis.• The skis and ski poles were made of layers of different materials and were lighter than skis used to be in the past.• Every night she slept in a tent.• She slept in a sleeping bag.• She wore warm clothes mostly made from human-made materials.• She used a compass to help her find the way. She also used GPS to check her locations and for others to track her.• She ate freeze-dried meals that were high in energy.

	Matthew Henson 1909	Felicity Aston 2012
Where did they sleep?	<p>Every night, Matthew and his team made an igloo to sleep in. They slept on blankets.</p> 	
What did they wear?		
What did they eat?		
How did they travel?		
How did they check where they were?		

One reason their explorations were different is _____

One reason their explorations were the same is _____
