Antarctica is unique (one of a kind) because humans have never settled there.

But scientists can learn a lot from it, as it is undisturbed and frozen. So there is often a visiting community of researchers there.

Imagine you’ve won a trip to stay with a scientist at the US Amundsen-Scott South Pole Base. You’re going to write an email to your family telling them about your first few days in Antarctica, and what it’s like to live there.

- **First, you need to do some research.**

  1. You’ll be exploring outside a lot, so you need to be prepared for cold, windy weather. Try this site to find out about the kind of clothes you need: [http://www.pbs.org/wgbh/nova/shackletonexped/dispatches/19991031.html](http://www.pbs.org/wgbh/nova/shackletonexped/dispatches/19991031.html)


  and here: [http://www.ast.leeds.ac.uk/haverah/spaseman/index.shtml](http://www.ast.leeds.ac.uk/haverah/spaseman/index.shtml)

  4. Do you need any more information? You could try doing your own internet research. Go to a search engine and type in a phrase like *living in Antarctica*.

- **Now write your email.**

  - Ask your teacher whether you should write it in the frame on the next page, or in a real email (which you could actually email to your teacher).
  - Make it sound interesting, like you’re really there!
Hi everyone!

Well, after months of preparation I’m finally here! The journey was
[write in here]

As the plane touched down I felt
[write in here]

It’s a fascinating place. The landscape is
[write in here]

The weather is
[write in here]

I have to wrap up very well. Today I am wearing
[write in here]

When I’m not helping out I can
[write in here]

I hope everything is fine at home. I’ll be in touch again soon.
Lots of love
[write your name here]