

UNDER ANTARCTICA

Teacher's guide

EDUCATIONAL PROGRAM PRESENTATION :

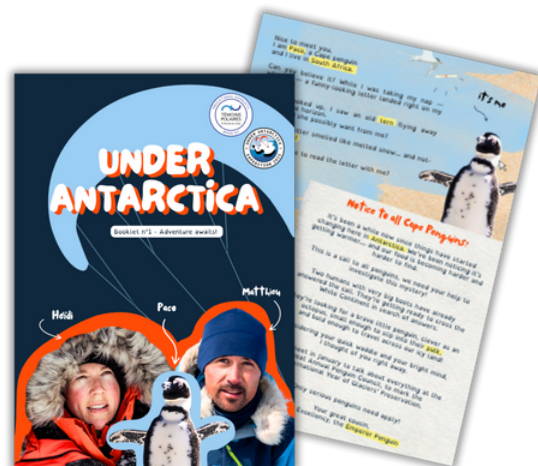
Welcome to the Under Antarctica program : an immersive adventure into the polar world, following the expedition of glaciologist Dr. Heïdi Sevestre and explorer Matthieu Tordeur. Each week, you will receive a digital educational booklet. Embark your students and join the adventure and discover the White Continent.

BOOKLETS PRESENTATION :

Every Wednesday, you will receive by email a new educational booklet on themes related to glaciers. They are designed to fit within primary school teaching (Year 4 to Year 6). The typography used accommodates dyslexic students .

PROJECTED SCHEDULE AND TOPICS :


- 12 November : Adventure awaits!
- 19 November : Glaciers and biodiversity
- 26 November : World's Glaciers' Tour
- 3 December : Glaciers' role on climate
- 10 December : Glaciers seen from space
- 17 December : Glaciers and water in all its forms
- 7 January : Welcome to a scientific station
- 14 January : The Penguins' Council



WITHIN EACH BOOKLET YOU WILL FIND:

- **News from Heïdi and Matthieu:** stories, audio clips, photos, and anecdotes.
- **Concepts combining glaciers with various themes:** clear, accessible, and well documented insights into a facet of Antarctica.
- **Highlighted keywords and a lexicon** to enrich the pupils' vocabulary and help them remember key concepts.
- **Ready-to-use activities:** interdisciplinary exercises to enhance the understanding of the topics covered.
- **A piece of an annotated map of Antarctica to assemble into a whole** (from booklet 2 to 7). Feel free to personalise it.

HOW TO USE THE BOOKLETS :

1. Print, project, or display the booklets for students to read (P.S.: [use this website to turn the PDFs into double-sided booklets ready for printing](#)).
2. Use a computer with sound on to explore the audio and video materials included in the booklets. It is indicated by a mouse cursor. 
3. Complete the suggested activities and feel free to share your students' work with us!
4. For a deeper immersion, you can create a polar atmosphere in your classroom : images, maps, or a special selection of related books from your school library.

INTERACT WITH HEÏDI ET MATTHIEU :

At any time, students can send them their questions via our website (you will find answers online as well). Whenever possible, we will organise videoconferences with Heïdi and Matthieu. In this case, you will be notified by email.

ENGLISH TRANSLATION :

To ensure international accessibility, all Under Antarctica educational booklets are available in English. You can chose the preferred language when registering or download the translated versions from our website. Links and external resources are not translated, however, you can activate automatic generated captions on YouTube when video material is provided.

MORE ABOUT THIS EDUCATIONAL PROGRAM :

Created in 2023 under the name “*Marins des Glaces*” (Ice Sailors), this is an educational program designed for primary school classes and open to all curious minds. It allows participants to follow in real time a polar scientific expedition.

Discover the “*Marins des Glaces I*” booklets aboard the sailing vessel *L'Île d'Elle*, retracing Commander Charcot's journey across the Southern Ocean to the Antarctic Peninsula : <https://temoinspolaires.fr/accueil/marins-des-glaces/>

Explore the “*Marins des Glaces II*” booklets aboard the *Marion Dufresne*, the iconic ship in charge of supplying the French Southern and Antarctic Lands : <https://temoinspolaires.fr/accueil/marins-des-glaces-2/>

And follow the “*Marins des Glaces III*” booklets aboard *Atka*, *Témoins Polaires'* sailing vessel during its 2025 Arctic expedition : <https://temoinspolaires.fr/accueil/marins-des-glaces-iii/>

ABOUT TÉMOINS POLAIRES (POLAR WITNESSES) :

Témoins Polaires aims to provide the keys to understanding climate change and the means to take action. Amazement and scientific knowledge about polar regions are a way to share.

Throughout the year, free educational workshops are offered for students from primary to high school, held in unique venues or aboard the polar three-masted schooner *Le Français*.

Since 2021, more than 60,000 young people have been made aware of the richness and fragility of polar environments, continuing to carry the torch from the great explorers and scientists who have helped us better understand these dazzling ecosystems.

[Discover all our educational programmes on our website.](#)

ABOUT UNDER ANTARCTICA EXPEDITION :

Under Antarctica is the first kite-ski expedition supporting polar science. From November 25 to January 26, explorer [Matthieu Tordeur](#) and glaciologist [Dr. Heïdi Sevestre](#) are joining forces to cross Antarctica and uncover mysteries that could reshape our understanding of the planet's climate future. The expedition aims to study both ancient and recent ice layers to understand how Antarctica has responded in the past to natural temperature variations, in order to better predict its future contribution to sea-level rise.

Using their kite-skis, the duo will cover 4,000 km in 80 days, pulling a 200 kg pulka in temperatures that can drop to -50°C. Their scientific tools include two ground-penetrating radars, which allow them to map ice thickness, study accumulation rates and ice layers, detect subglacial lakes and rivers, and support climate change modelling.

This expedition is conducted under the auspices of UNESCO. For more information [visit the official expedition website.](#)

Questions? Need help? Want to share your students' work?
Write to us at: contact@temoinspolaires.fr

This 100% free program is lovingly created by the *Témoins Polaires* team: Charlotte, Marc, Corentin, Théo, Marguerite, Matthieu, and our expert reviewers.

To support us, join [our crowdfunding campaign](#) in partnership with 1% for the Planet — your donation will be doubled until 24 December!