



WORLD OF EXTREME ADVENTURES

Written by **Helena Haraštová**
Illustrated by **Lukáš Fibrich**

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Albatros



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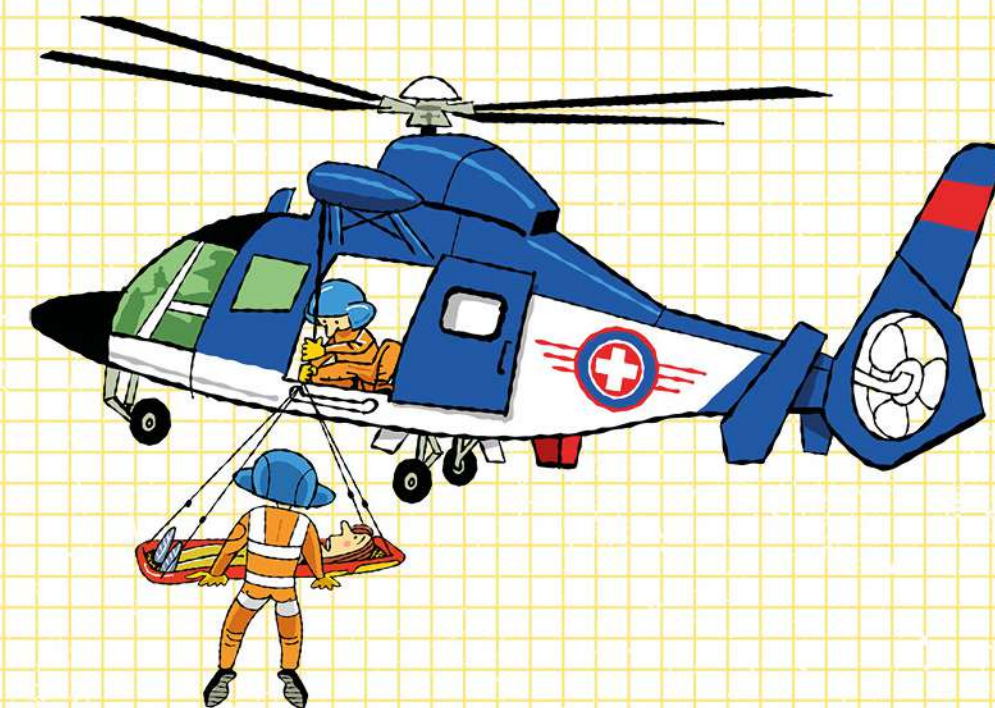
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WORLD OF **EXTREME** ADVENTURES

To everyone who can see the world
as a big adventure



Written by **Helena Haraštová**
Illustrated by **Lukáš Fibrich**

WORLD OF EXTREME ADVENTURES

When we were little, we would imagine that we were pirates on a sailboat in a stormy sea ... adventurers wandering to the nearest oasis for all we were worth ... American Indians on the warpath—owowow! ... astronauts in a space shuttle heading toward new planets ...

And this desire for adventure continued even as we got older. Every weekend, we devoured TV shows about explorers who drove criss-cross globally, and we tried to shoot our own stories of the trips, the training, the expeditions into the unknown ...

Extreme places? Extreme experiences? Well, that'll be fun, haha!

As a born leader, I signed up to be the head of our expedition. I can talk to anyone, I never get lost and I'll make sure the lazy ones keep up the pace. Sound good?

If I can contribute to this expedition in any way, then I guess ... it's with knowledge. I love to read, and what I read, I remember. Actually, I'm a little scared ... But sit at home when my buddies go on an adventure? No way!

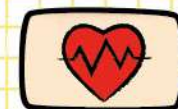
Well, the way I see it, this bunch needs someone smart and reasonable. And that's me!

And then it hit us: how about we shoot our own travel show? Overcoming real obstacles, discovering **THE EXTREMES** of our planet, proving children can also travel the world—and

recording this very special journey on a camera, or just on a phone ... We will do our best!

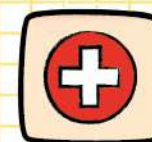


TRAVEL PREPARATIONS



Training: We train properly every day to have enough muscle, endurance, and fitness.

First-Aid Course: How do you treat a fracture? What do you do in case you get a fever? How do you recognize food poisoning? When do you see a doctor immediately? We already know everything perfectly!



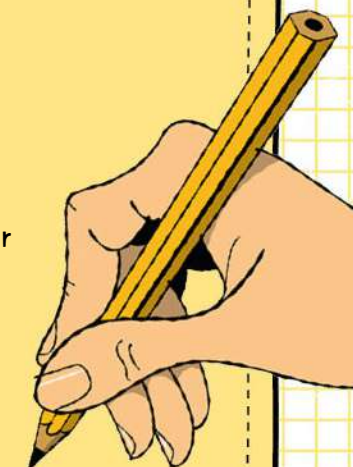
Geography: The alpha and omega of our expedition. It's so important that we find out as much information as possible about each destination and learn a few words of the local language in advance.

Documentary Preparation: We meet to decide why we want to shoot our show and what should and shouldn't be in it. We need to learn to work with equipment and make a detailed filming schedule.



WHAT WE TAKE WITH US

- ① Waterproof boots
- ② Thermo jacket
- ③ Sleeping mat
- ④ Sleeping bag
- ⑤ First-aid kit
- ⑥ Diary
- ⑦ Tripod
- ⑧ Reserve batteries
- ⑨ Polaroid
- ⑩ Notebook computer
- ⑪ Backpack
- ⑫ Snorkel
- ⑬ Charger
- ⑭ Outdoor bottle
- ⑮ Baseball cap





Hellooo, can you see me? A huge forest fire brought us to the heart of the Canadian boreal forest. The rumbling you can hear is from our firefighting plane's engine. We are now 1400 feet above the burning forest, and just a minute ago, the smoke jumpers dove straight into the fiery hell. I'll try to zoom them in for you. They're packing their parachutes right now. Radiant heat is reaching us up here . . .

DAY 1: The **smoke jumpers** battled the destructive force of fire face to face. They put out fires in places where heavy machinery simply won't reach. We set out to lend a hand . . .



DAY 2: There was a **cross-country mountain bike** race nearby, and Yuna simply had to try. Wow! A terrain full of rocks, boulders, steep slopes, and exposed tree roots doesn't allow for any mistakes!



DAY 3: **Kayaking among killer whales** is nothing like diving with dolphins—cause killer whales are bloodthirsty predators! Fortunately, we got out alive this time. Without a phone and soaked from top to toe.



DAY 4: In the extreme climate of the Canadian north, local Inuits wanted to treat us with their traditional delicacy—**muktuk**. Frozen pieces of whale skin with fat? Well, we'll stick with chocolate, thanks . . .





FOREST FIRES

"This dang fire was caused by lightning, that bastard!"



- Forest fires are **natural** and even **beneficial**.
- New vegetation grows and the landscape is **cleared**.
- Droughts and global warming = increase in forest fires + faster spread + proximity to populated areas.
- **Toxic and harmful** substances leak into the air during large-scale fires.

THE COOLEST GUYS

Would you like to become a smoke jumper? First, you can't be afraid of heights, fire, or the wilderness. Second, you need to be super fast. When the alarm goes off, you have only a few minutes to pack your equipment. Then, you jump straight off the plane, which will continue giving you information about the fire.

SMOKE JUMPERS EQUIPMENT



- Heavy padded firefighter's suit
- Boots, axe, and helmet
- Food and drinks
- Headlamp
- Sleeping bag

HOW TO SURVIVE A FIRE IN THE WILD

- Call the **emergency** number, and state your location.
- If there is a **waterbody**, go through it to the other side.
- Cover your **nose** and **mouth** with a wet cloth.
- Lie **face down** and cover yourself with a wet blanket
- If you don't have a blanket, **cover yourself** in mud or bury yourself in the dirt.

CROSS-COUNTRY CYCLING LETS YOU FLY

Practice this extreme sport on any challenging or uneven landscape. But whether you decide to conquer the pitfalls of nature in a forest, a mountain, or a desert or you prefer to that on man-made obstacles and springboards, never forget your helmet and protective gear. If you end up having a nasty fall, the pain won't be easy!



KILLER WHALES, RUTHLESS KILLERS

A cute, slightly overgrown black-and-white dolphin? Think twice!

The Latin name "orca" means **a sea monster**—a demon from the depths.

The Haida, living near the coast of British Columbia, call it "skana"—**a killing demon**.

But you don't really have to be afraid of killer whales, as attacks on humans or ships are rare. On the other hand, sitting in a kayak and sailing directly into their group could be a provocation. Right, Daniel? We recorded our encounter with a killer whale, but then, we somehow ... lost the record ...

A DANGEROUS INUIT FEAST

Inuits have a very peculiar cuisine. They gave us another specialty—igunaq.



HOW TO PREPARE IGUNAQ:

- 1) Bury raw walrus meat; 2) wait one year until the meat ferments and freezes, and
- (3) finally, dig the meat out and hold a celebration!

While the locals are completely used to this diet, foreigners are in potential danger of botulism, poisoning caused by bacteria reproducing in the absence of air. Even a small dose is fatal!

We were lucky and survived!

HOW TO PHOTOGRAPH EXTREME SPORTS

Speed and unpredictability are typical of extreme sports—the exact opposite of what a photographer needs! But don't worry. Try ...



Close monitoring

Wide-angle lens will capture movement in its full width, but an action-packed photo will include only a cut-out of the athlete's figure.

Emotions

They are strong at the starting line!

Unusual points of view

Lie down on the grass, or look through a wooden fence.



Panning

Move your camera following the same direction and speed as the athlete. The result is a sharp shot with a blurred background.

Sequential shots and continuous focus

This trick will increase your chances of capturing a crucial moment.





Welcome to places few get to see. These plains are densely snow covered with a few strange-looking small buildings. That's Antarctica—the coldest continent. We took advantage of the three-month period when reaching here is even possible, and the international research team kindly invited us to the polar station. We have food, drink supplies, and all the equipment needed for the whole following year. Unbelievably, summer has just arrived. What awaits us now?

DAY 5: Local scientists re-searched ancient layers of ice to obtain information on the history of life on Earth. We used a special drill to obtain long ice poles.

OUR SECOND EXPEDITION

ANTARCTICA



DAY 6: After a long day outside, we felt like icicles, so we decided to stay at the base. The little bedrooms were modest, but there were a lot of activities to do: what about cinema or gym?



DAY 8: The whole time we were wondering how come there were always fresh vegetables in the kitchen—in Antarctica where it's impossible to grow anything?! But then, we found a miracle right next to the main building: a hydroponic greenhouse!



DAY 7: Brrr... ddd-don't ttt-try this on your own! A polar plunge is for lovers of true extremes—you jump in ice-cold water wearing only your swimsuit. But where else can you experience something like this?





PROTECT YOUR DEVICES

- Store your camera in a waterproof bag. Pull it out only for a few moments. For this, first decide what you want to photograph.
- Avoid condensed humidity by using waterproof case.
- Changing the lens in freezing weather can be quite annoying. It's better to invest in more stand-alone cameras that you can rotate.
- Keep your batteries warm. They will last much longer.
- Keep the memory card protected from the cold.



SEARCHING FOR LIFE

Maybe it seems like unnecessarily expensive to drill into ice and examine long ice poles or their thin cuts. But in fact, these layers of varying ages tell us **a lot about the Earth's history**. In certain areas of Antarctica, several miles under the surface, ancient lakes lie hidden. Once trapped by layers of glacier, they haven't been touched by sunlight in millions of years! Bacteria that we don't find anywhere else on Earth could still live in such waters.

METEOROLOGICAL MAST

RADIO-COMMUNICATION ANTENNA

WIRING AND WATER PIPES

COMPUTER ROOM

LABORATORY

SUPPORTING STRUCTURE

HYDRAULIC STEEL PROPS



A HEARTY SNACK

The best local tradition: pack a bar of chocolate whenever you go for a walk! It lasts long and tastes good even in a blizzard, unlike the traditional pemmican—mixture of meat, fat, and fruit—which smells really bad!



WHAT TO DO IN A BLIZZARD

The weather in Antarctica changes by the minute. One day, we flew further inland to where we were supposed to do some research. But as soon as we lost sight of the plane, a storm arrived. The snow and piercing wind were so fierce that not only was our visibility cut off, but our mobility was also thwarted. We had to set up an emergency tent. This changed after several hours, as if by magic. Scary—brrrrr!



LAYERED LIKE AN ONION

Although Yuna tried to test the very first day how long she could endure the cold outside only in her pajamas, she was back in the warmth of the base in a minute. When you're here, layer on!



- ① Long and quality thermal underwear
- ② Warm fleece layer
- ③ Waterproof layer
- ④ Woolen socks
- ⑤ Waterproof shoes
- ⑥ Waterproof cap

COMFY LIFE AT THE BASE



There are about 70 permanently accommodated polar stations in Antarctica. Scientists and maintenance workers from around the world take turns here. Everyone stays here only for a few months and are all so nice and friendly! Even when we disturb them in the lab, where they process the samples.



ATACAMA

I feel like we've landed on an alien planet. Before our lungs get used to the 8200-foot altitude, we'll have a little trouble breathing here. But don't worry, we'll get used to it. Just look around! A rocky wasteland, as if dinosaurs had been walking on it yesterday, and those endless red sand plains, like from a sci-fi movie! It hasn't rained here in many years. What is life like in the driest place on Earth? Let's discover it together!

DAY 11: Copper mines bring a whole lotta wealth to the Atacama Desert, but they also make life uncomfortable. It's not just that—the air near the mine smells funny. It contains harmful and often toxic substances.

DAY 12: We could not miss out the opportunity to witness the famous local **motorcycle** rally. It takes place over several days, so we must sleep in the desert. Wish us luck! Ready, set, GO!

DAY 9: Today a desert, once the bottom of an ocean. And thanks to this, archaeologists have found a lot of **dinosaur skeletons** here. One local species was even called Atacamaitan meaning "Atacama Desert Titan". Seriously! Isn't that hilarious?

DAY 10: The giant telescopes of local **astronomical observatories** can look far into space and explore its various corners. Emma, do you want to add something? What?! Where?! Shoot it, Oliver!



DAY
temperature
71.6 °F



SQUEALING DELICACY

Luck has always been on our side when our tummies grumble. A few Indians were roasting something temptingly aromatic over a fire at a distance—we went closer and found roasted wild guinea pigs turning over the flames. Yum! Or was it?



EXPLORING THE UNIVERSE

In the Atacama Desert, we sometimes feel like we're on Mars. The truth is NASA tests machines designed to explore the Red Planet here. Also, its dry air, high altitude, clear sky, and zero light pollution make it the perfect place for space observation. Using devices, scientists from across the world can see how stars and planets formed a long time ago.



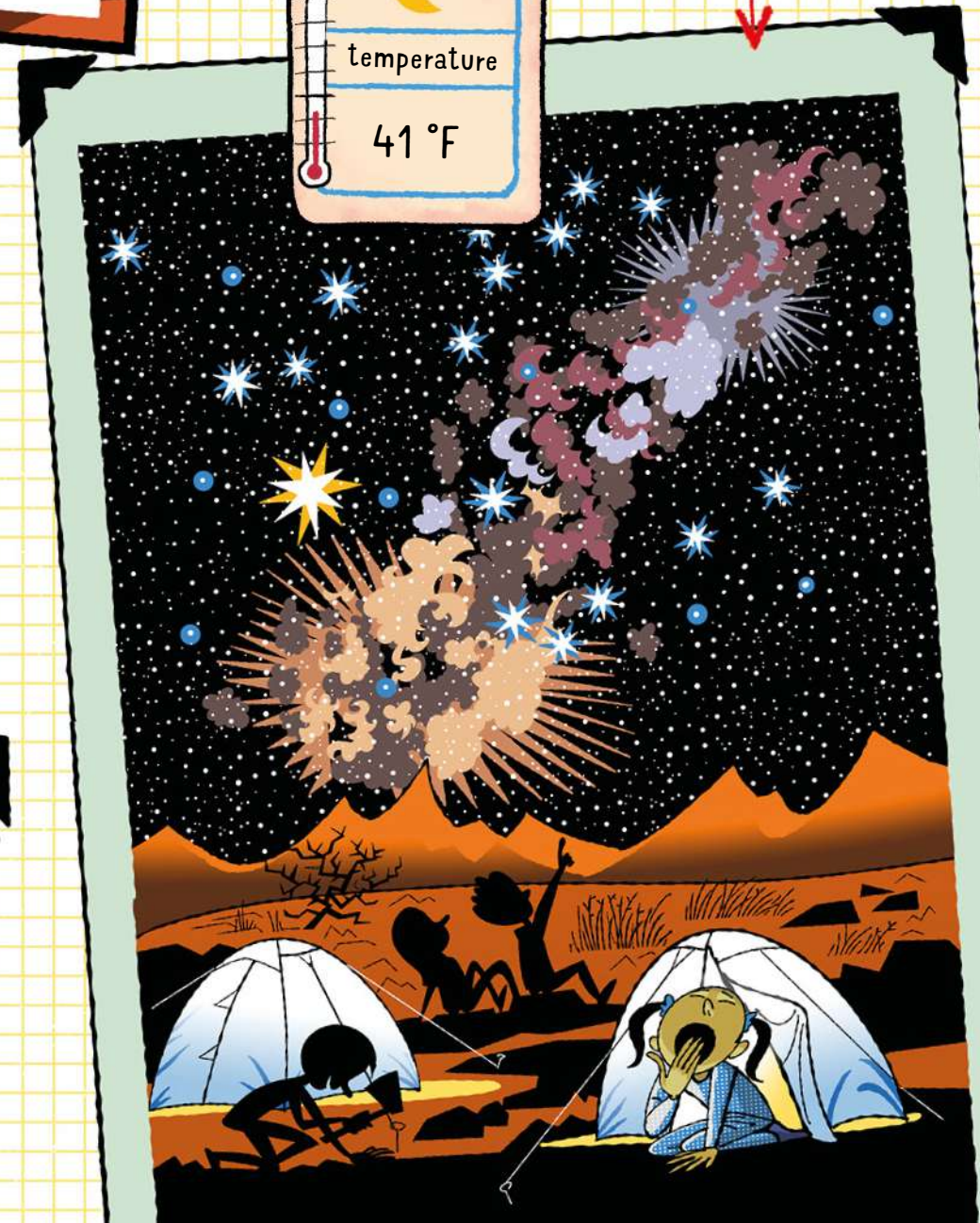
WHY ISN'T THERE ANY RAIN IN THE ATACAMA DESERT?

Although there is a little rain here from time to time, some places in the desert have not seen rain for about 400 years. High atmospheric pressure in this region brings **dry air** to the ground, and at the same time, the desert is located in the **rain shadow** of the nearby Andes—the rain clouds from the east run out of water on the opposite side of the mountains.

TREACHEROUS NIGHTS

You already know that we took part in a motorcycle rally across the Atacama Desert, but what you don't know is that we got Daniel to race just by promising to spend the night in the desert and enjoy the clear starry sky. And we were lucky: the sky showed us not only the constellations but also the Milky Way! The air temperature, however, was far from nice during the day, and at night, we were shivering with cold. It was only 41 degree Fahrenheit!

NIGHT
temperature
41 °F



DREADED SCORPIONS



This tiny creature can cause many inconveniences. Being solely at fault, we decided to spend the night in its hunting ground. If Emma didn't have her eyes wide open, we would probably be solving completely different problems instead of filming a documentary. Daniel later found out from his cell phone in his tent that the red scorpion, originally from Mexico, is one of the most poisonous creatures ever. Shocking! Its poison damages nerves and muscles and even causes breathing problems and cardiac arrest.



EASY NIGHT SKY PHOTOS



Remote shutter



Tripod



Ultra-wide lens

- Capture something from the Earth too, such as a forest or a rock. The contrast is worth it.
- You can achieve better visibility with wide-open apertures.
- Focus manually.
- Take a picture of the movement of the stars! When you take a photo of the night sky with a tripod and a remote shutter, the result will be an impressive capture of stellar orbits.
- Photograph the moon during a full moon. For the stars though, wait until a new moon.

AND WHAT NEXT . . .

We are spending most of our time in the editing room. We go through the materials shot by shot on the computer monitors. We cut, move, and sometimes, keep the original sound. In other parts, we come up with new commentary or suitable background music. It's a complete science—which is why our Daniel enjoys it the most.

"I've kept all the tickets and leaflets that passed through my hands during the expedition. Now, we can take pictures of the most interesting ones and add them to our show."



Interviews

- Inuit fisherman
- Himalayan Sherpa
- Soldier from Snake Island
- SUBTITLES OR DUBBING?

No comment

- => woodland fire in Canada
- => night sky over Atacama
- => erupting Etna at night
- => incoming tornado (recorded by the tornado hunters)

"In the editing room, we are now adding an audio background to some of our shots of the landscape—a reading from our travel journal."

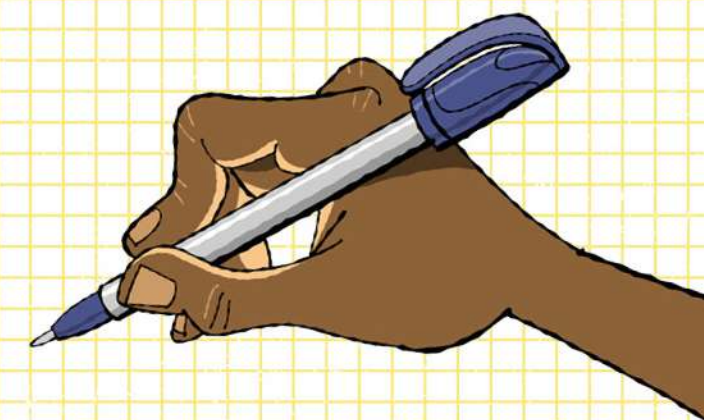


If you find yourself intrigued and want to start shooting your own show—yay! Now, you also know a little about how it works. We're happy for you! Maybe, we'll meet on another adventure!

When shooting a documentary, it's exhausting to watch similar shots over and over again. Switch between spoken commentary and interviews with interesting people, and if you have managed to shoot something truly extraordinary, don't be afraid to include such shots in your show just like that, without any comment. The more varied your show is, the better is the viewing experience.

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Written by Helena Haraštová
Illustrated by Lukáš Fibrich
Infographic illustrations by Martin Urbánek
Translated by David Livingstone

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Planet Earth is a place of extreme temperatures, poisonous creatures, inaccessible vegetation, mysterious caves, bottomless abysses, and loads more complications . . . If this doesn't make you close your eyes in fear, but instead makes you dream of a total adventure, open up this book and allow this group of four brave children, with cameras, lenses, and diaries in hand, to invite you on fascinating travels at the limits of human possibility. You will get to know places where ordinary tourists never reach and also learn how to photograph and record your own adventures best.

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