

A Guinness World Record Attempt

Around the World in 80 Days

Mark Beaumont







Although based in the UK, Mark started and ended his journey in France and passed through 15 countries in total during his adventure. Can you place all of the following countries (including his home country of the UK) onto the map of his route?

UK **France** **Belgium** **Germany** **Poland** **Latvia**
Lithuania **Russia** **Mongolia** **China** **Australia**
New Zealand **USA** **Canada** **Portugal** **Spain**



Mark's Diary – Part 1

Imagine you are Mark and just setting off on the 'Around the World in 80 Days' world record attempt. What would you be thinking on the day/night before the journey begins? Write your thoughts and feelings as a diary entry, in first person.

[illegible]

Use your maths skills to calculate the missing number of miles if each of these were the distances of the journey stages:

Country	Approximate Miles to Cycle in this Country	Total Miles Completed So Far
France	151	151
Belgium	109	
Germany		739
Poland	456	1195
Lithuania	247	
Latvia	138	
Russia	4097	5677
Mongolia		6301
China	415	6716
Australia	3627	
New Zealand	973	11 316
USA		12 794
Canada		16 600
Portugal	277	
Spain		17 463

Mark completes his 18,000 mile journey by cycling back through France to finish back at his starting point in Paris.

France Fact File & Landmarks



Language:

Capital City:

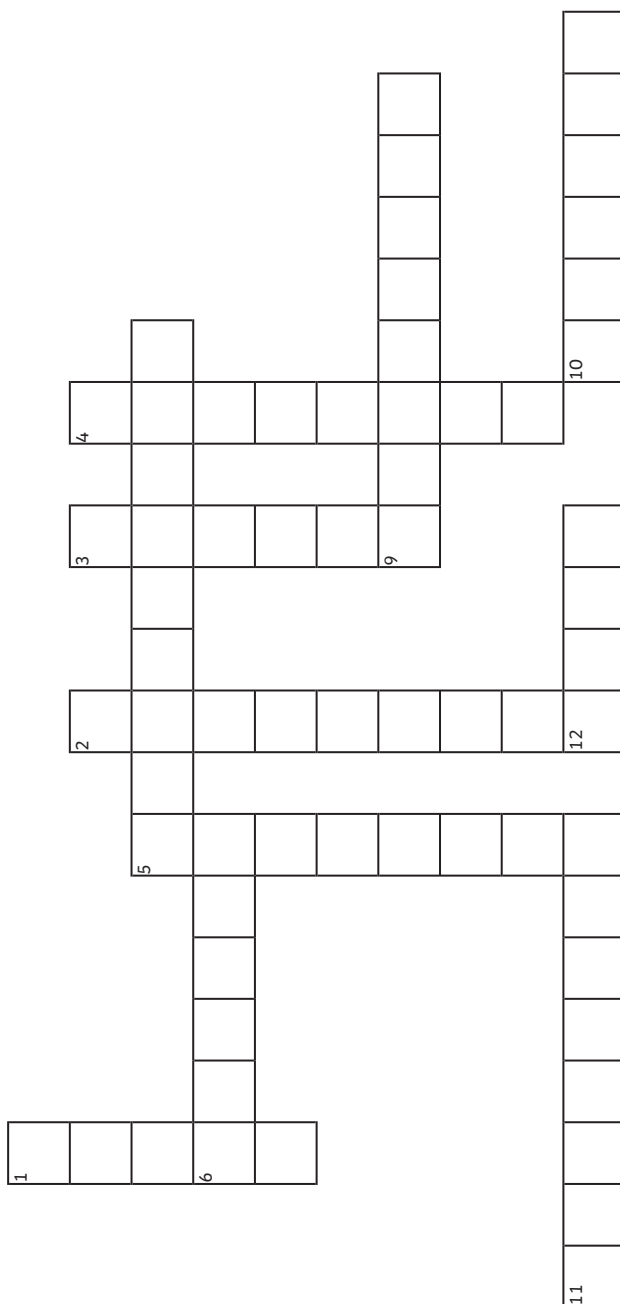
Traditional Foods:

The Eiffel Tower:

Find out about the Eiffel tower in Paris and write about it.

How tall is it? When was it built? What other interesting facts can you find?





Across

5. Mark passed through 15 of these throughout the challenge. (9)
6. US State arrived in for Stage 3 across North America. (6)
9. Country of Mark's birth. (8)
10. Target number of days to complete the challenge. (6)
11. Name of the popular 'World Records' organisation. (8)
12. Next continent after cycling east from Europe. (4)

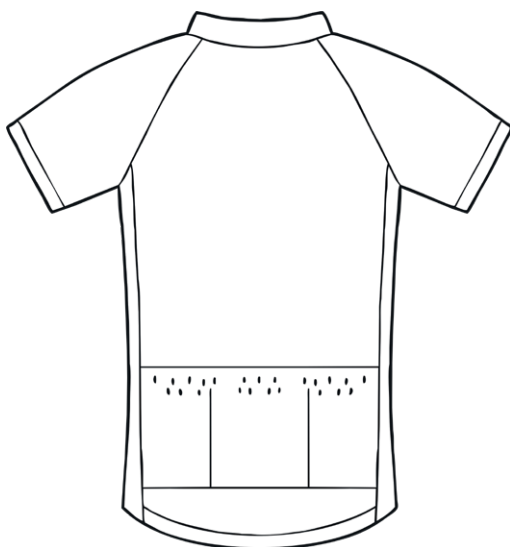
Down

1. Foot-operated levers used for powering a bicycle. (5)
2. Country to cycle across immediately before New Zealand. (9)
3. Part of the bike to ensure the rider can stop safely! (6)
4. Mark's surname. (8)
5. A unit to measure the energy we consume in our food or use up through exercise. (8)

Mark will be passing through different countries where different languages are spoken. Match these greetings with the correct countries one is done for you.

UK	nǐ hǎo
France	Здравствуйте
Germany	hola
China	cześć
Spain	hello
Poland	bonjour
Russia	hallo

Mark wears a specially designed cycle suit with sponsors' logos. If you were designing a new cycling jersey to represent his 'Around the World in 80 Days' challenge, what would it look like?



Calories

The expected energy needed to complete the required number of miles was greater than 6000 calories per day.

1. If there are 250 calories in Mark's favourite chocolate bar,
 - (a) how many calories will there be in 3 chocolate bars?
 - (b) how many calories in 5 chocolate bars?
 - (c) how many calories in half a chocolate bar?
2. How many of the chocolate bars would be required to consume 6000 calories?

It would not be a good idea to consume all the extra required calories by eating chocolate bars, as they also contain lots of sugar and fat. Try researching what other foods Mark could have eaten to increase his calorie consumption. Calculate how much of each food would be required for the full amount of 6000 calories.

One essential nutrient that Mark needed was protein. We all need some protein in our daily balanced diets but it is particularly important for athletes after exercise, as muscles need it to recover and grow.

Mark needed to consume 30g of protein every 4 hours.

1 boiled egg contains around 6g of protein.

3. How many eggs would he need to eat to consume 30g of protein?
4. How many eggs would be needed for enough protein to cover 16 hours of cycling?

Around 50 pistachio nuts have the same protein as 1 egg.

5. How many pistachio nuts would be required to consume 30g of protein?
6. How many pistachio nuts would be required to cover a full day of 16 hours cycling?

China Fact File & Landmarks

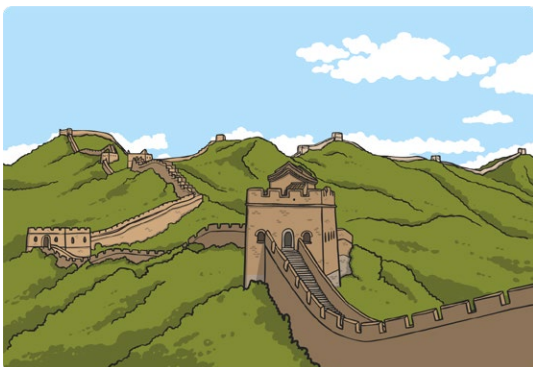
	<p>Language:</p> <p>Capital City:</p> <p>Traditional Foods:</p>
--	---

The Great Wall of China:

The Great Wall of China is one of the great wonders of the world and a major tourist attraction in the country.

Find out the total length of the Great Wall of China.

Compare the distance to journeys from your own school's town or city. How far could you go, in different directions or from different start and end points, by travelling the same distance as the Great Wall? What else can you find out about this landmark?



Mark's Diary – Part 2

As Mark, imagine you are now halfway through the world record attempt. What would you write about that could have gone well so far or gone wrong? Write your next thoughts and feelings as a diary entry, in first person.

[illegible]

Australia Fact File & Landmarks

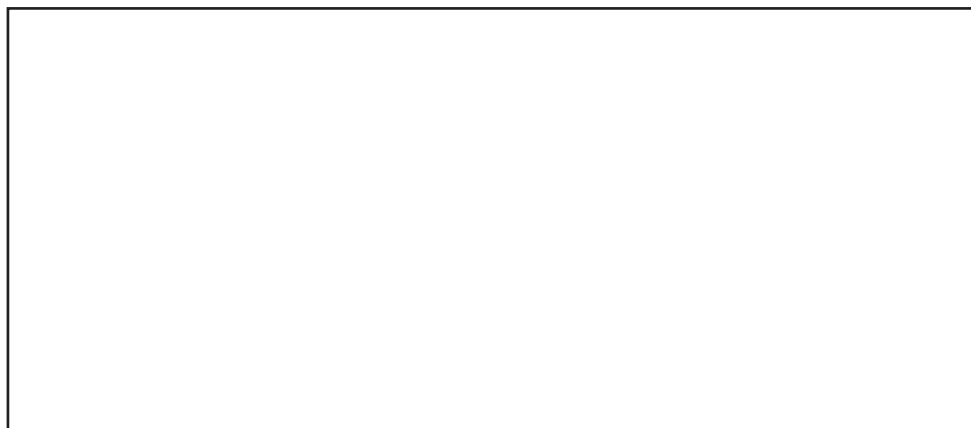
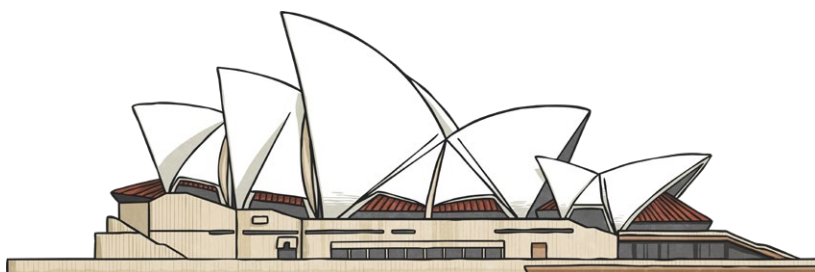


Language:

Capital City:

Traditional Foods:

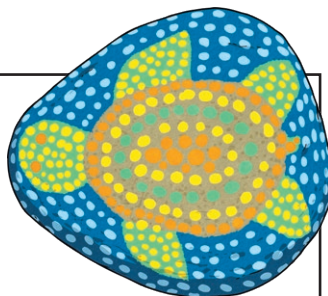
The Sydney Opera House is one of the most iconic buildings in the world and is located in Australia. Try drawing your own Sydney Opera House illustration, then see what other information you can find out about it.




Aboriginal Australian Art

Mark cycled thousands of miles across Australia and New Zealand, where there are numerous sacred sites of traditional Aboriginal Australian Art. Find out more about this type of art and try creating your own inspired by the pieces you find.

You can practise here:



USA Fact File & Landmarks

	<p>Language:</p> <p>Capital City:</p> <p>Traditional Foods:</p>
--	---

The United States of America (USA) is made up of 50 different states, giving the whole country a vast range of geographical features, climates and wildlife, as well as many different landmarks and well-known buildings.

Match the following famous landmarks with their locations within the USA and describe what each one is.

San Francisco, California	New York City, New York
Orlando, Florida	Nevada, Missouri
Washington DC	Keystone, South Dakota

The Statue of Liberty: _____

Walt Disney World: _____


Hoover Dam: _____

Golden Gate Bridge: _____

Mount Rushmore: _____

The White House: _____

Canada Fact File & Landmarks

	<p>Language:</p> <p>Capital City:</p> <p>Traditional Foods:</p>
--	---

Niagara Falls:

The Niagara Falls are a group of three waterfalls between Canada and the USA. Not only are the falls beautiful but they are a great source of energy for making water power. About 28 million people visit the falls each year.

What other information can you find out about Niagara Falls?
Present your information in numbers, e.g.

51 – The height in metres of the largest of the Niagara Falls.

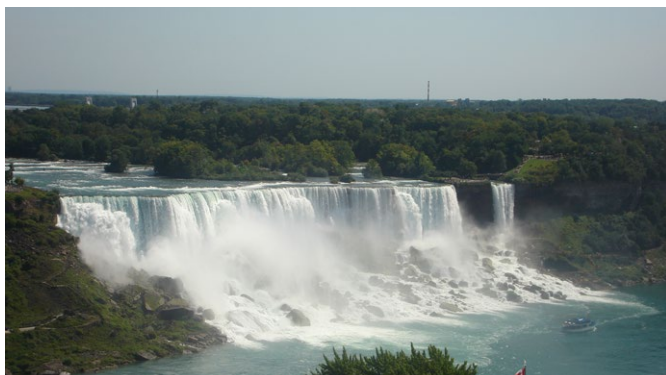
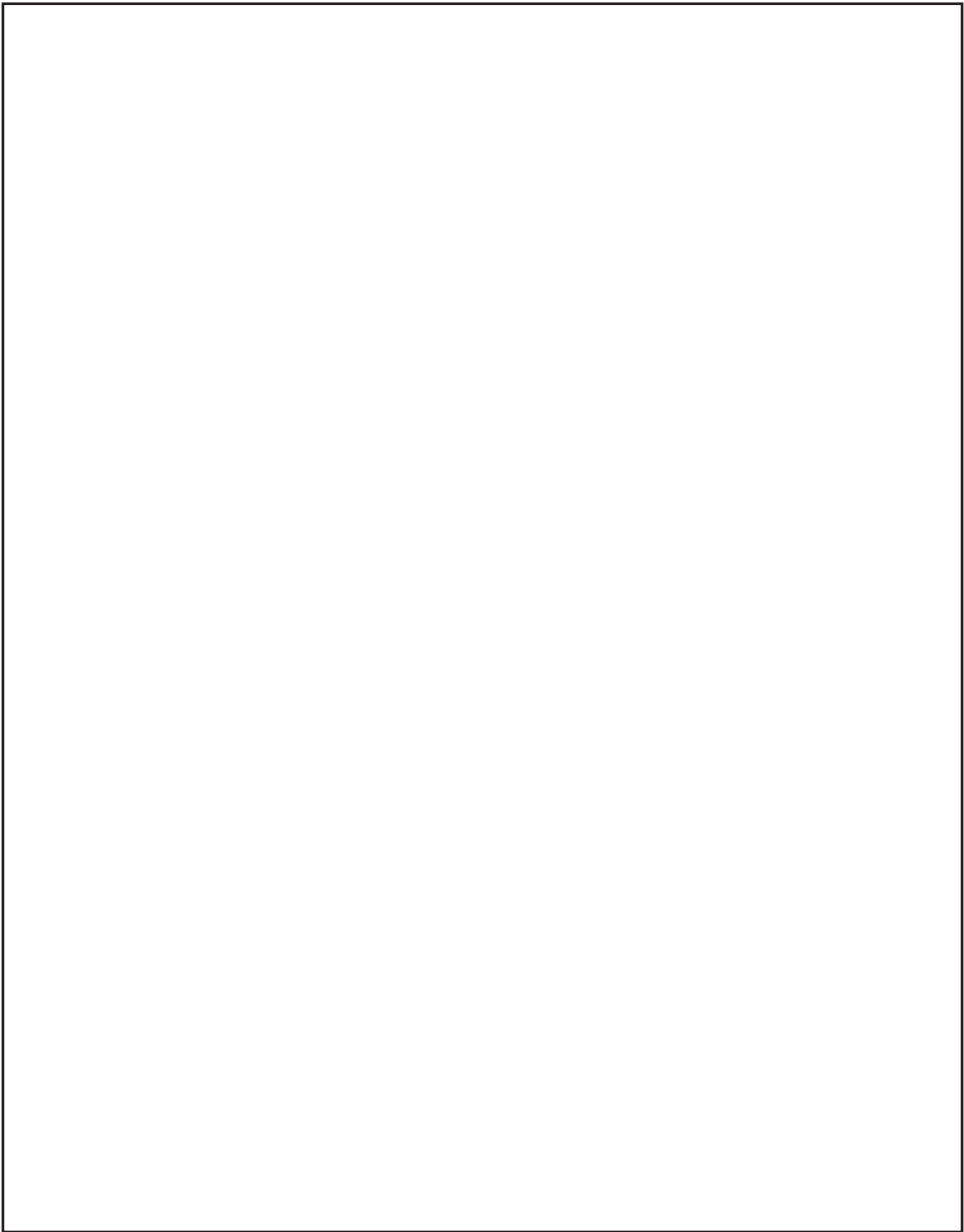


Photo courtesy of Stacey Gitto (@flickr.com) - granted under creative commons licence - attribution

Congratulations/Welcome Back Poster

Design a poster to welcome Mark back at the end of his journey.



w e i h o r e c o r d d i a
 p a k a t t e m p t n a l t
 b k l n l b l e u t e s l w
 q o g d r c o u n t r i e s
 c y c l i n g n t a h a w b
 a i f e c o m i l e s n e s
 l n l b t u e g e i r a n b
 o c h a l l e n g e j h o g
 r h s r l g n p h i o e c u
 i a t s e j e r i g l l d e
 e i a k u w r e w h f m s t
 s n q o r b g m o t r e u f
 e h p b o c y b r y t t k a
 c i r a p e d a l c e j e d
 m a d s e g h n d l n i m u

Asia
 chain
 cycling
 Europe
 miles
 world

attempt
 challenge
 eighty
 handlebars
 pedal
 calories

countries
 energy
 helmet
 record

Spain Fact File & Landmarks



Language:

Capital City:

Traditional Foods:

Sagrada Família:

The Sagrada Família is a large Roman Catholic church in Barcelona. Currently one of the most popular tourist destinations in Spain, it was designed by famous architect Antoni Gaudi. Although construction began in 1882, it is still not completely finished!

Work out how long the building has been under construction so far _____.

What else can you find out about Antoni Gaudi, his life and his work?



Photo courtesy of TijsBv (@flickr.com) - granted under creative commons licence - attribution

Write a newspaper report here, based on Mark achieving a new world record:

[illegible]

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

[illegible]

Mark's Diary – Part 3

Imagine you have now successfully completed the 'Around the World in 80 Days' world record attempt. What would your first diary entry be upon returning? Write your final thoughts and feelings as a diary entry, in first person.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Around the World in 80 Days Quiz

Use your knowledge from following Mark's journey and completing this booklet to test yourself with this quiz.

1. One of the countries on the route is Australia. What is the capital city of Australia?
2. How many thousand miles in total was Mark aiming to cycle?
3. Which architect designed the Sagrada Família in Barcelona?
4. How many calories per day would Mark need to consume to match his energy output?
5. Across the border of which two countries will you find Niagara Falls?
6. How tall is the Eiffel Tower in Paris?
7. After cycling east from Europe, which continent was Mark due to reach next?
8. In which American city would you find the Statue of Liberty?
9. If you wanted to greet someone in China, how would you say hello?
10. What is the amount of protein in grams found in a single egg?

