The Daily Mile™ Destinations

15 minutes, 15 countries, 100 days

Your 'How to' guide

1. Launch The Daily Mile Destinations in your school with an assembly to explain 'How it works' and play the video
2. Put your school map up on a display board that everyone can see
3. Give all the stickers to your headteacher
4. Decide on a marker for each class
5. Each class will need to display their passport in the classroom
6. Decide as a class where you want to start on the map
7. Move the class marker along the map after each Daily Mile
8. Each time a class arrives at a new destination, cut out a flag sticker using the dotted lines and stick this to your passport
9. You can print certificates for the class or individuals
10. Display the 'Fun Facts' about the landmarks at the destination have reached up on the board
11. Use the prompt question to start a discussion with your class - this could link to the curriculum
12. Work your way around the world aiming to collect each countries sticker

15 minutes each day, 15 countries to visit and 15 stickers for your class to collect.

Enjoy the journey!



#DailyMileDestinations

in association with

LOTTERY FUNDED

with special thanks to

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CLASS PASSPORT



School & class name

The Daily Mile™ Destinations



Greenland

Canada

USA

Chile

England

Brazil

France

South Africa

Italy

Australia

Russia

Egypt

India

China

Japan

put your destination stickers here

cut along the dotted lines































Fact Sheet

This fact sheet can be used to support your Daily Mile Destinations journey, showcasing simple facts about each of the destinations.

Destinations

AUSTRALIA – The Great Barrier Reef
BRAZIL – Christ the Redeemer
CANADA – Niagara Falls
CHILE – Easter Island
CHINA – Great Wall of China
EGYPT – Pyramids of Giza
ENGLAND – Stonehenge
FRANCE – Eiffel Tower
GREENLAND – Vikings
INDIA – Taj Mahal
ITALY – Colosseum
JAPAN – Itsukushima Shrine
RUSSIA – The Moscow Kremlin
SOUTH AFRICA – Table Mountain
USA – Mount Rushmore

AUSTRALIA – The Great Barrier Reef

- The Great Barrier Reef is the largest coral reef system in the world
- Around 1,616 miles in length
- Astronauts can see the Great Barrier Reef from space
- It is relatively young being a mere 500,000 years old

CAN YOU NAME SOME ANIMALS THAT LIVE IN THE GREAT BARRIER REEF?

BRAZIL – Christ the Redeemer

- Christ the Redeemer is a statue in Rio de Janeiro, Brazil at the top of Mount Corcovado, that was built as a symbol of Brazilian Christianity
- It is the largest Art Deco statue in the world. It is 98 feet tall, and the arms stretch to 92 feet wide
- Due to the statue's mountaintop position, it gets hit by lightning up to six times a year

WHAT OTHER TYPES OF EXTREME WEATHER CAN YOU THINK OF?

CANADA – Niagra Falls

- The Niagara Falls are made up of 3 waterfalls, the American Falls, the Bridal Veil Falls and the Horseshoe Falls. They combine to produce the highest flow rate of any waterfall on earth
- The Niagara Falls are located on the border of Ontario, Canada and New York, USA
- On October 24 1901, Annie Edson Taylor was the first person to survive a trip over Niagara Falls in a barrel

CAN YOU NAME ANY OTHER WATERFALLS? HERE IN THE UK OR IN ANY OTHER COUNTRIES.

CHILE – Easter Island

- Easter Island, also called Rapa Nui, is a Polynesian Island in the Pacific Ocean
- Easter Island is famous for having 887 massive statues, called Moai, which were sculpted and erected by the early Rapa Nui people. Sometimes called the Easter Island Heads
- It is one of the most remote communities in the world but they speak Spanish!

CAN YOU NAME ANY OTHER COUNTRIES THAT SPEAK A DIFFERENT LANGUAGE TO US?

CHINA – Great Wall of China

- It was built to protect against attacks and invasions from the north
- The Great Wall of China stretches around 22,000 kilometres (13,670 miles) in total. It is the longest structure ever built by humans
- The wall is actually not a continuous line. It has spurs going in different directions, and breaks where mountains or lakes offer protection

WHY DO YOU THINK THE GREAT WALL IS SO LONG?

EGYPT – Pyramids of Giza

- The Great Pyramid of Giza was built more than 5,000 years ago for the Pharaoh named Khufu
- The pyramid stands 451 feet high, 755 feet long and is made of more than two million stone blocks that weigh two thousand pounds each
- Nearly all Egyptian Pyramids are located on the west bank of the Nile

CAN YOU NAME ANY OTHER FAMOUS RIVERS?

ENGLAND – Stonehenge

- Found on England's Salisbury Plain in Wiltshire around 1,500BC, Stonehenge is a huge man-made circle of standing stones
- Work started on this super stone circle around 5,000 years ago in the late Neolithic Age – but it took over 1,000 years to build, in four long stages!
- A legend claimed giants placed the monument on a mountain in Ireland, before a wizard named Merlin magically moved the stone circle to England.

HOW DO YOU THINK THEY BUILT IT?

FRANCE – Eiffel Tower

- The company that built the tower was called Gustave Eiffel, and that's how it gets its name
- The Eiffel Tower is 320 metres (1,050 feet) in height and is made of iron weighing around 10,000 tonnes
- The tower isn't always the same height, though. During cold weather, the tower shrinks and is six inches shorter!

WHY DO YOU THINK IT SHRINKS?

GREENLAND – Vikings

- The name 'Viking' means 'a pirate raid' in the Old Norse language
- The Vikings travelled from their homeland (Scandinavia) to raid and colonise the British Isles, Iceland, parts of Greenland, the Frankish Empire (France), parts of Italy, as well as other areas in Europe
- Among the many gods Vikings believed in were Thor, the god of thunder, and Loki, a cheeky mischiefmaker who could shape-shift to become all different kinds of animals

HOW DO YOU THINK THE VIKINGS TRAVELLED FROM THEIR HOMELAND TO OTHER COUNTRIES?

INDIA – Taj Mahal

- The Taj Mahal is a famous mausoleum in India. The name Taj Mahal means 'crown of palaces'
- A mausoleum is a building that contains burial chambers (tombs) for the deceased, they can be large or small and are often created in honour of influential people
- It is also one of the Seven Wonders of the World because of its immense beauty

CAN YOU NAME ANY OF THE OTHER SEVEN WONDERS OF THE WORLD?

ITALY – Colosseum

- The Colosseum was built of stone and concrete by tens of thousands of slaves between 72 and 80 A.D.
- The Colosseum is the largest amphitheatre (meaning 'theatre in the round') in the world! Oval in shape, it measures 189m long, 156m wide and 50m high
- The Colosseum was used for gladiatorial contests and public spectacles such as animal hunts, mock sea battles, re-enactments of famous battles, executions and dramas

WHERE MIGHT YOU GO TODAY TO WATCH PLAYS AND DRAMAS?

JAPAN – Itsukushima Shrine

- The name Itsukushima literally means 'island of worship' and from ancient times the island itself was worshipped as a god
- The shrine, and the Torii Gate, are built over water. During high tide, the Torii Gate and the shrine seem to be floating in the water
- A Torii is a traditional Japanese gate most commonly found at the entrance of or within a Shinto shrine, where it symbolically marks the transition from the mundane to the sacred

WHAT OTHER PLACES MIGHT YOU GO TO WORSHIP?

RUSSIA – Kremlin

- The Kremlin sits on Borovitsky Hill, rising above the Moscow River – and is still the official residence of the president of the Russian Federation
- The Kremlin is home to five palaces and four cathedrals which makes it the largest active fortress in Europe
- It also hosts the world's largest bell, the Tsar Bell. It has never rung because it was broken during the construction

CAN YOU THINK OF ANY OTHER FAMOUS PRESIDENTIAL HOUSES?

SOUTH AFRICA – Table Mountain

- The top of Table Mountain is flat and is named this way as some say it looks like 'a table'. The flat top is approximately 2 miles from one side to the other
- This mountain is more than 260 million years old and is thought to be one of the oldest in the world
- Standing at approximately 1,085 meters it only takes about 2 hours to hike to the top

CAN YOU NAME ANY OTHER FAMOUS MOUNTAINS?

USA – Mount Rushmore

- Mount Rushmore National Memorial is a sculpture carved into the side of Mount Rushmore in the Black Hills of South Dakota, USA
- The Memorial depicts 4 American Presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln
- Over 400 workers helped to sculpt Mount Rushmore, climbing 506 steps to its top each day

WHAT TOOLS DO YOU THINK THE WORKERS USED TO BUILD THIS MEMORIAL INTO THE SIDE OF THE MOUNTAIN?