



## SunWise Virtual Vacation

### Estimated Time

45 minutes

### Learning Objectives

This activity gives students the opportunity to learn about different cultures, develop Internet research skills, and think about their interaction with the sun during recreational activities. It may alert them to the risks associated with these activities. Assess what they have learned about these risks by making sure they include sun safety tips for their classmates in the letter they compose.

### Directions

Divide the students into small groups suitable for your classroom size and setup. Discuss possible “vacation” spots they would like to visit. Have each group pick a location and use the suggested web sites to research the answers to the questions. You may want to develop a list of possible sites and make sure there are no duplicate locations. Students will compose a letter to their classmates that includes the answers to the questions. The groups will then share their letter with the class.

Some suggested vacation spots:

Galapagos

[www.lammerlaw.com](http://www.lammerlaw.com)

Jordan

[www.mota.gov.jo/TOPICS.HTM](http://www.mota.gov.jo/TOPICS.HTM)

Puerto Rico

[www.Welcome.toPuertoRico.org](http://www.Welcome.toPuertoRico.org)

India

[www.tourisminindia.com](http://www.tourisminindia.com)

Guam

[www.visitguam.com/Continuemenu.html](http://www.visitguam.com/Continuemenu.html)

Ireland

[www.ireland.travel.ie/thingtodo](http://www.ireland.travel.ie/thingtodo)

Sinai, Egypt

[www.interknowledge.com/egypt/sinai](http://www.interknowledge.com/egypt/sinai)

Other resources to help you pick a place to visit:

[www.geographia.com](http://www.geographia.com)

[www.yahooligans.com/Around\\_the\\_World/Countries](http://www.yahooligans.com/Around_the_World/Countries)

[www.nationalgeographic.com/adventure](http://www.nationalgeographic.com/adventure)



**Resources to learn about your vacation spot and SunWise practices:**

[www.weather.com/intl/](http://www.weather.com/intl/)

[www.intellicast.com/Travel/](http://www.intellicast.com/Travel/)

[www.weatherbase.com/](http://www.weatherbase.com/)

[www.epa.gov/sunwise/actionsteps.html](http://www.epa.gov/sunwise/actionsteps.html)

Students should answer the following questions in their letter to the class.

**Questions**

*Answers to questions 2-9 should reflect students' research on their location.*

1. How are you going to protect your skin and eyes while on your vacation? *Use sunscreen, wear sunglasses, stay indoors during the midday sun, etc.*
2. What did you do on your trip?
3. What did you pack for your trip?
4. What do people in the country/state do for recreation? Where do they vacation?
5. What kind of outdoor activities do they like?
6. What is the climate like? What is the country's/state's environment?
7. How do the local people stay cool/warm?
8. What kinds of clothes do people wear?
9. What type of houses do people live in?
10. How do people protect their skin and eyes? *Answers should reflect students' research on their location and include precautionary actions such as using sunscreen, wearing sunglasses, limiting time in the midday sun, etc.*

Some suggested vacations spots;  
Galapagos



## SunWise Virtual Vacation

### Directions

People all over the world enjoy the sun in very different ways. Some may enjoy the beach, while others may take hiking trips in the mountains. No matter where you go, it is important to be SunWise.

Plan a class trip, and make sure you have everything you need to protect yourself from overexposure to the sun's harmful UV rays. Pick a location, and use the suggested web sites to help answer questions about it. Write a letter to your classmates, and tell them about your trip and what you have learned. Be sure to give your classmates tips on how to be SunWise. Use the ten questions below as a guide for your letter. Read your letter to the class.

Have fun on your trip! The Internet has many "vacation" sites. You'll do some extensive research and discover many things about different people, their countries, and the sun.

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[www.Welcome.toPuertoRico.org](http://www.Welcome.toPuertoRico.org)

India

[www.tourisminindia.com/traveltips/packing.htm](http://www.tourisminindia.com/traveltips/packing.htm)

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[www.visitguam.com/Continuemenu.html](http://www.visitguam.com/Continuemenu.html)

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**Questions**

1. How are you going to protect your skin and eyes while on your vacation?
2. What did you do on your trip?
3. What did you pack for your trip?
4. What do people in the country (or state) do for recreation? Where do they vacation?
5. What kind of outdoor activities do they like?
6. What is the climate like?
7. How do the local people stay cool/warm?
8. How do people protect their skin and eyes?
9. What kinds of clothes do people wear?
10. What type of houses do people live in?