

A. L. & A. Kumano-Ensbj CHILDREN AND YOUNG ADULTS
NON-FICTION

Make it on Your Own Outdoors. A Junior Woodchuck's' Guide
Klar deg selv i naturen. En hakkespettbok

Spartacus 2017
144 Pages
Full English translation available

Have you ever wondered what you would do if you had to make it on your own? If you were stranded on a deserted island or the family car broke down in the middle of nowhere. What if you got lost in the woods and could not find the way home?

This book will teach you how to stay warm, dry and healthy and keep your belly full when you are all alone in the great outdoors. You will also learn how to navigate by the sun and stars, signalling for help, forage for edible plants, filtering water, lighting a fire with a fire drill and much more. And what is the best way to build a snow cave, and how do you behave if you encounter a bear?

Hopefully you will never find yourself in a situation where your life depends on this knowledge, but knowing how to take care of yourself is both useful and fun. Pretending to be lost in the forest or the sole survivor of a shipwreck can make your next family outing a challenging game. On the bare mountain, the deep forest or in the tiny grove behind your house, bush crafting skills makes nature even more enjoyable.

Illustrated by Silje Ensby.

Suitable for children from 8 to 12 years.



Anne Linn Kumano-Ensbj (b. 1980) is an investigating reporter and editor at the documentary department of the Norwegian Broadcasting Corporation (NRK). Andreas Kumano-Ensbj (b. 1980) studied literature at the University of Oslo. He works in audiobook publishing as Head of sales and marketing at the audio book publisher Lydbokforlaget. Both have a lifelong fascination for survival and post-apocalyptic fiction, that pushed them into learning how to live in harmony with nature. In 2014 they wrote *Postapokalypse nå! En håndbok i overlevelse / Postapocalypse now! A survival guide*.

Illustrations by Silje Ensby (b. 1984), an artist that specialises in portraying traditional crafts and techniques through drawings and film. She studied Fine Art at Bergen Academy of Art and Design (KHiB). This is her third book.

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