

Australian Seafarers Handbook Ahp 20

"This publication includes all significant nautical information obtained by the AHS at date of production. Significant information is updated by Australian Notices to Mariners."--Preface.

This book highlights the results from over a year of ethnobotanical research in a rural and an urban community in Jamaica, where we interviewed more than 100 people who use medicinal plants for healthcare. The goal of this research was to better understand patterns of medicinal plant knowledge, and to find out which plants are used in consensus by local people for a variety of illnesses. For this book, we selected 25 popular medicinal plant species mentioned during fieldwork. Through individual interviews, we were able to rank plants according to their frequency of mention, and categorized the medicinal uses for each species as “major” (mentioned by more than 20% of people in a community) or “minor” (mentioned by more than 5%, but less than 20% of people). Botanical identification of plant specimens collected in the wild allowed for cross-linking of common and scientific plant names. To supplement field research, we undertook a comprehensive search and review of the ethnobotanical and biomedical literature. Our book summarizes all this information in detail under specific sub-

headings.

Port Economics is the study of the economic decisions (and their consequences) of the users and providers of port services. A port works as an "engine" for economic development. This book provides a detailed discussion of port freight service users, such as freight water and land carriers, that have their ships and vehicles serviced and their cargoes unloaded by ports, as well as passenger services such as ferry carriers which are serviced by ferry passenger ports. This text continues to enhance our understanding of port economics by exploring the economic theories, supply and demand curves, and the actual and opportunity costs relating to the carriers, shippers and passengers who use ports. This new edition has been updated throughout. This includes: An expanded discussion of container, break-bulk, dry-bulk, liquid-bulk and neo-bulk ports; An introduction of port service chains, hinterland transport chains, maritime transport chains and port multi-service congestion; A discussion of seaborne trade, dry ports, port centrality and connectivity and free trade zones. This updated and comprehensive introduction to port economics will be of benefit to students and researchers in their study of port economics and management. It is also of great importance to professionals who manage and operate ports as well as freight and passenger carriers.

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This book offers a view of shifts in labour relations in various parts of the world over a breathtaking span, from 1500 to 2000, with a particular emphasis on colonial institutions.

NATO Glossary of terms and definitions (English and French). Listing terms of military significance and their definitions for use in NATO.

The refereed proceedings of the 9th International Conference on User Modeling, UM 2003, held in Johnstown, PA, USA in June 2003. The 20 revised full papers and 28 revised poster papers presented together with 12 abstracts were carefully reviewed and selected from 106 submissions. The papers are organized in topical sections on adaptive hypermedia, adaptive Web, natural language and dialogue, plan recognition, evaluation, emerging issues of user modeling, group modeling and cooperation, applications, student modeling, learning environments - natural language and paedagogy, and mobile and ubiquitous computing.

The Mariner's Handbook for Australian Waters (AHP20) is an official nautical publication providing mariners with important regulatory, procedural and environmental information affecting the planning and conduct of a voyage to or from Australian ports, or within Australian waters. It includes a summary of all relevant information from various Australian government agencies under the cover of one combined reference, with links to further information if required.

Whole life-cycle costing (WLCC) is rapidly becoming the standard method for the long-term cost appraisal of buildings and civil infrastructure projects. With clients now demanding buildings that demonstrate value for money over the long term, WLCC has become an essential tool for those involved in the design, construction, operation and risk analysis of construction projects. Whole-life costing: risk and risk responses offers a thorough grounding in both the theory and practical application of WLCC. Part I deals with the fundamentals, providing the general background to appreciate WLCC concepts and whole life risk management techniques at the key decision-making milestones through a project's life. Part II covers the design stage, including service life forecasting and environmental life-cycle assessment techniques in WLCC. Practical frameworks both for assessing whole life risks and risk responses, as well as guidance on developing WLCC budget estimates are also developed. In Part III, the authors consider WLCC during the construction and operations stages, with a strong emphasis upon risk analysis methods and dynamic WLCC assessment. With its mixture of established theory, best practice and innovative approaches, this book will help you make more accurate assessments of the long-term cost effectiveness of projects by: providing a thorough grounding in the theory of WLCC demonstrating how decision-making uncertainty can be reduced by

basing choices on sound risk management principles identifying a systematic approach to planning the post-occupancy costs.

Edition 48 for 2016. The app links to charts, aerial photos, embedded videos, every marina, email support group, all port authorities, the wind charts, every anchorage, worldwide harbors, the tides, engine troubleshooting, all the weather, local knowledge, every dive site, every seabird, every pelagic fish, how to catch fish, animated knots, tips, Cruisers Forum, suggested itineraries, the nav rules, the ocean currents, all safety information, USCG, outboard engines, vessel traffic services, the radio frequencies, videos, every dock, every fuel supply, food, restaurants & supermarkets, every lighthouse, repairs, marine parks, general knowledge, your safety & security, sightseeing, the dive sites, all necessary books, USCG accident reports, safety check, Facebook group, Pinterest, Instagram, the nightlife, Crewfinder, Tumblr, Scuttlebutt, Snapchat group, Tripadvisor, environmental issues, all warnings, Chatbot, Live cams, Livestream, Events, Regulations, Wikipedia, put up your photos & videos, email group, Cruisers Forum, BoatBuzz, Top 20 sailing blogs, Links to all Gov agencies, official alerts & warnings and more... +The app on your phone, tablet and computer ready for any situation. + Link to First Aid and Sea Survival. + Phone and email out of the app. + Your screen can become a full screen weather radar.

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+ See the surrounding ships in real time on your screen with a link to AIS. + View updated charts using online chart viewer. + Before departure download and print current charts in booklet form. Topics in this Pilot include channel descriptions, piracy, safety, anchorages, cloud cover, local winds, humidity, temperatures, bridge and cable clearances, dangerous waves, currents, tide and water levels, prominent features, visibility, cyclones, storms, fog, precipitation, pilotage, towage, weather, ice conditions, wharf descriptions, dangers, routes, traffic separation schemes, small-craft facilities, and Federal regulations applicable to navigation. GENERAL INFORMATION This is a huge resource on the app with hundreds of useful links to Government, USCG, Wikipedia etc. Chapter 2. NAVIGATION REGULATIONS The complete online updated Code of Federal Regulations is linked in the app. Chapter 3. California, Oregon, and Washington Chapter 4. San Diego to Point Arguello, California Chapter 5. CHANNEL ISLANDS. This chapter describes the eight Channel Islands They include the four islands of the southern group-San Clemente, Santa Catalina, San Nicolas, and Santa Barbara; Chapter 6. Point Arguello to San Francisco Bay, California Chapter 7. San Francisco Bay, California. Chapter 8. San Francisco Bay to Point St. George, California. This chapter describes Bodega Bay, Tomales Bay, Noyo River and Anchorage, Shelter Cove, Humboldt Bay. Chapter 9. Chetco River to

Columbia River, Oregon This chapter describes 200 miles of the Oregon coast from the mouth of the Chetco River to the mouth of the Columbia River. Chapter 10. Columbia River, Oregon and Washington This chapter describes the Columbia River from its mouth at the Pacific Ocean to the head of navigation above Richland, Chapter 11. Columbia River to Strait of Juan De Fuca, Washington This chapter describes the Pacific coast of the State of Washington from the Washington-Oregon border at the mouth of the Columbia River Chapter 12. Strait of Juan De Fuca and Georgia, Washington. This chapter includes the Strait of Juan de Fuca, Sequim Bay, Port Discovery, the San Juan Islands and its various passages and straits, Deception Pass, Fidalgo Island, Chapter 13. Puget Sound, Washington This chapter describes Puget Sound and its numerous inlets, bays, and passages, and the waters of Hood Canal, Chapter 14. HAWAII The Hawai'ian Islands an archipelago, consist of eight large islands, plus many islets, reefs, and shoals, strung out from SE to NW for 1,400 nautical miles in the north-central Pacific Ocean. Chapter 15. PACIFIC ISLANDS

This book gathers the proceedings of the Multidisciplinary International Conference of Research Applied to Defense and Security (MICRADS), held at the Military Engineering Institute, Rio de Janeiro, Brazil, from 8 to 10th May 2019. It covers a variety of topics in systems, communication and defense; strategy and

political-administrative vision in defense; and engineering and technologies applied to defense. Given its scope, it offers a valuable resource for practitioners, researchers, and students alike.

"The Seafarers Handbook for Australian Waters (AHP20) is an official nautical publication providing mariners with a description of the Australian physical and jurisdictional maritime environment. It is a first stop reference for international mariners and is popular with Australian commercial mariners because it combines important maritime information from various Australian government agencies under the cover of one nautical publication."--Website.

The book contains 12 contributions that explain the current state of China's cruise industry and future development. Dating from the 1960s and with the rapid development of over 50 years, the modern cruise industry has developed into one of the fastest growing industries with the most remarkable economic benefits in the global tourism and hospitality industry, known as a "golden industry on the golden waterway". In recent years, with the gradual saturation of international cruise market and the eastward-moving trend of the center of cruise market, China has become a strategic emerging market with which international cruise lines have been competing. A number of international cruise lines, including Costa Crociere, Royal Caribbean Cruises, Princess Cruises, MSC Cruises, Star

Cruises, Norwegian Cruise Line and Dream Cruises, have entered the cruise market in Mainland China.

This textbook provides the reader with a foundation in policy development and analysis and describes how policy, including legal mechanisms, is applied to marine environments around the world. It offers a systematic treatment of all aspects of marine policy, including environmental protection, fisheries, transportation, energy, mining and climate change. It starts with a biophysical overview of the structure and function of the marine environment with a particular emphasis on the challenges and opportunities of managing the marine environment. An overview of the creation and function of international law is then provided with a focus on international marine law. It explores the geographic and jurisdictional dimensions of marine policy, as well the current and anticipated challenges facing marine systems, including climate change-related impacts and resource over-exploitation. The book should appeal to senior undergraduate and graduate students and form a core part of the curriculum for marine affairs, science and policy courses. It will also provide supplementary reading for students taking a course in the law of the oceans, but is not aimed at legal specialists.

Practice Wisdom: Values and Interpretations brings diverse views and

interpretations to an exploration of what wisdom in professional practice means and can become: academically, practically and inspirationally.

Advances in Safety, Reliability and Risk Management contains the papers presented at the 20th European Safety and Reliability (ESREL 2011) annual conference in Troyes, France, in September 2011. The books covers a wide range of topics, including: Accident and Incident Investigation; Bayesian methods; Crisis and Emergency Management; Decision Making Edition 45 / 2015. This book was uploaded in 2015 with latest updates. An interactive pdf is free with this book. Point your QR scanner on your phone at the code and the document will download. The pdf gives real time links to port authorities, marinas, USCG, AIS (see the ships on your screen), updates, Code of Regulations, warnings, wind charts, Wikipedia, weather, Facebook forum, cruisers forum, photos, videos, accident report, safety check, and useful information. The United States Coast Pilot consists of a series of nautical books that cover a variety of information important to navigators of coastal and intracoastal waters and the Great Lakes. Issued in nine volumes, they contain supplemental information that is difficult to portray on a nautical chart. Topics in the Coast Pilot include channel descriptions, anchorages, bridge and cable clearances, currents, tide and water levels, prominent features, pilotage, towage,

weather, ice conditions, wharf descriptions, dangers, routes, traffic separation schemes, small-craft facilities, and Federal regulations applicable to navigation. Coast Pilot 1 covers the coasts of Maine, New Hampshire, and part of Massachusetts, from West Quoddy Head in Maine to Provincetown in Massachusetts. Major ports are at Portsmouth, NH and Boston, MA. Coast Pilot 2 covers the Atlantic coast from Cape Cod to Sandy Hook, embracing part of the Massachusetts coast and all of the coasts of Rhode Island, Connecticut, and New York. Coast Pilot 3 covers the Atlantic coast from Sandy Hook to Cape Henry, including the New Jersey Coast, Delaware Bay, Philadelphia, the Delaware - Maryland - Virginia coast, and the Chesapeake Bay. Coast Pilot 4 covers the Atlantic coast of the United States from Cape Henry to Key West. Coast Pilot 5 covers the Gulf of Mexico from Key West, FL to the Rio Grande. This area is generally low and mostly sandy, presenting no marked natural features to the mariner approaching from seaward. so covers Puerto Rico and the Virgin Islands. Coast Pilot 6 covers the Great Lakes system, including Lakes Ontario, Erie, Huron, Michigan, and Superior, their connecting waters, and the St. Lawrence River. Coast Pilot 7 covers the rugged United States coast of California, Oregon and Washington, between Mexico on the south and Canadas British Columbia on the north. Coast Pilot 7 also includes Hawaii and other

United States territories in the South Pacific. Coast Pilot 8 covers the panhandle section of Alaska between the south boundary and Cape Spencer. In this volume, general ocean coastline is only 250 nautical miles, but tidal shoreline totals 11,085 miles. Coast Pilot 9 deals with the Pacific and Arctic coasts of Alaska from Cape Spencer to the Beaufort Sea. General ocean coastline totals 5,520 nautical miles, and tidal shoreline totals 18,377 miles. Coast Pilot 10 consists of excerpts taken from other coast pilots with reference to the Intercoastal Waterway

Edition 13 of the FISH FINDER sees more fishing information, more aerial photography maps and updated information. The maps and GPS data in this book illustrate thousands of spots to fish and dive around Australia. All states are covered with over 160 maps and aerial photographs showing depths, fishing marks, navigation marks, marine parks and a plethora of additional vital information for the angler, boater and diver. In addition there is an extensive fish guide, hints on fishing tactics, choosing lures, tackle guide, weather information and heaps of information on barramundi. Book of fishing maps

Human error is implicated in nearly all aviation accidents, yet most investigation and prevention programs are not designed around any theoretical framework of human error. Appropriate for all levels of expertise, the book provides the

knowledge and tools required to conduct a human error analysis of accidents, regardless of operational setting (i.e. military, commercial, or general aviation). The book contains a complete description of the Human Factors Analysis and Classification System (HFACS), which incorporates James Reason's model of latent and active failures as a foundation. Widely disseminated among military and civilian organizations, HFACS encompasses all aspects of human error, including the conditions of operators and elements of supervisory and organizational failure. It attracts a very broad readership. Specifically, the book serves as the main textbook for a course in aviation accident investigation taught by one of the authors at the University of Illinois. This book will also be used in courses designed for military safety officers and flight surgeons in the U.S. Navy, Army and the Canadian Defense Force, who currently utilize the HFACS system during aviation accident investigations. Additionally, the book has been incorporated into the popular workshop on accident analysis and prevention provided by the authors at several professional conferences world-wide. The book is also targeted for students attending Embry-Riddle Aeronautical University which has satellite campuses throughout the world and offers a course in human factors accident investigation for many of its majors. In addition, the book will be incorporated into courses offered by Transportation Safety International and the

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Southern California Safety Institute. Finally, this book serves as an excellent reference guide for many safety professionals and investigators already in the field.

This is edition 46 for 2016. The descriptions are from the official United States Coast Pilot updated to Sept 2015. Additional information is included with a free app on your phone or tablet, Apple or Android. Cape Henry to Key West. Cape Henry to Cape Lookout Cape Lookout to Cape Fear Cape Fear to Charleston Harbor Charleston Harbor to Savannah R. Savannah River to St. Johns River St. Johns River St. Johns River to Miami Miami to Key West :Intracoastal Waterway There is a QR code for a free installation of an app to your phone or tablet. Every Island, Every Tour, Every Anchorage, Every Walk, Every Dive, Every Animal, Every Regulation, Every Camp site, Every Boat, Every Room, Every Fish, Every Restaurant, Every Snorkel, Every Danger, Every Bird, Every Activity, Every Thing, Every Price, EVERY THING. * Videos * Photos * Maps * Sketches * Notes * Hyperlinks * Things To Do * Opinions * Blogs & Reviews The file contains links to thousands of useful pieces of information. Everything from the weather, the winds, Utube, the formalities and regulations, to blogs and photos, things to do, events, anchorages, the people, costs, the pilot charts, pirates, marinas, google earth, camping, cell phone coverage, walking, flights, ferries,

nightlife, boatyards, history, repairs, currency, addresses, communications, repairers, snorkeling, fishing workshop, diving, flora, the animals, online charts, updates, the parks, local food, the restaurants, hotels and accommodation, Wikipedia, Noonsite, sailing guides online, diesel engine troubleshooting & repair, your float plan, every Gov Dept., the Nav Rules, Sailing Directions, etc. Using your phone or tablet you can email out of the book to the editors. Instantly see the actual site on google earth. And more..... Your phone or tablet screen will display the current weather radar. Also your screen can display surrounding shipping using links to AIS technology. Coast Pilot 1 covers the coasts of Maine, New Hampshire, and part of Massachusetts, from West Quoddy Head in Maine to Provincetown in Massachusetts. Major ports are at Portsmouth, NH and Boston, MA. Coast Pilot 2 covers the Atlantic coast from Cape Cod to Sandy Hook, embracing part of the Massachusetts coast and all of the coasts of Rhode Island, Connecticut, and New York. Coast Pilot 3 covers the Atlantic coast from Sandy Hook to Cape Henry, including the New Jersey Coast, Delaware Bay, Philadelphia, the Delaware - Maryland - Virginia coast, and the Chesapeake Bay. Coast Pilot 4 covers the Atlantic coast of the United States from Cape Henry to Key West. Coast Pilot 5 covers the Gulf of Mexico from Key West, FL to the Rio Grande. This area is generally low and mostly sandy, presenting no marked

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This book offers a comprehensive overview of the intellectual developments in urban conservation. The authors offer unique insights from UNESCO's World Heritage Centre and the book is richly illustrated with colour photographs. Examples are drawn from urban heritage sites worldwide from Timbuktu to Liverpool to demonstrate key issues and best practice in urban conservation today. The book offers an invaluable resource for architects, planners, surveyors and engineers worldwide working in heritage conservation, as well as for local

authority conservation officers and managers of heritage sites.

"This second edition maintains the book's basis on fundamentals, whilst including experience gained from the rapid growth of renewable energy technologies as secure national resources and for climate change mitigation, more extensively illustrated with case studies and worked problems. The presentation has been improved throughout, along with a new chapter on economics and institutional factors. Each chapter begins with fundamental theory from a scientific perspective, then considers applied engineering examples and developments, and includes a set of problems and solutions and a bibliography of printed and web-based material for further study. Common symbols and cross referencing apply throughout, essential data are tabulated in appendices. Sections on social and environmental aspects have been added to each technology chapter." -- back cover.

New- 12th Edition of U.S. Chart No. 1, Symbols, Abbreviations and Terms used on Paper and Electronic Navigational Charts Please read the following information regarding this new edition. All Dealers are now required to sell only copies of the U.S. Chart No. 1 edition 12, in order to insure that mariners have the most up-to-date information. Covers of the Paradise Cay Publications (PCP) previous edition may be returned to us for full credit. Contact us for more

information New in Edition 12: ECDIS Symbols and Other ECDIS Information Symbology for displaying Electronic Navigational Charts (ENC's) on an Electronic Chart Display and Information System (ECDIS) has been added to U.S. Chart No. 1. See the Preface and Introduction for more details. In addition to the ECDIS symbols shown in the traditional lettered sections of U.S. Chart No. 1, there are now several special pages devoted exclusively to providing important details about ECDIS. These pages are distinguished by the ECDIS icon, as shown below. The ECDIS pages are also listed in the table of contents in italic type. Lists useful books, magazines, and products related to science, land use, architecture, health care, economics, travel, crafts, parenting, communication, and education

Mariner's Handbook for Australian Waters (AHP20)

Globalisation and the rapid increase in world trade in the past decade have contributed to greater demand for international transport and logistics and, consequently, the expansion of the maritime industry. The dramatic changes in the mode of world trade and cargo transportation make it more important than ever to have a clear understanding of the way in which freight is transported by sea and the role of ports in this exchange. At the cutting edge in its assessment of the industry, Maritime Logistics covers the whole scope of maritime logistics and examines latest logistical developments within the port and shipping industry. With a range of new international contributors, this new edition has been thoroughly revised and updated.

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There are new chapters on port centric logistics, hinterland logistics and global supply chains, maritime transport and logistics as a trade facilitator, and future trends and developments. Written by a team of international experts with over fifty years' experience in the field, Maritime Logistics provides a truly global perspective. The book covers everything that students of logistics, as well as those working within the industry, need to know about maritime logistics, including shipping lines, containers, tankers, dry bulk, port-centric logistics, and much more. The book includes contributions from leading practitioners and academics in the field. The new edition includes a variety of new contributors, including: A. Michael Knemeyer, Associate Professor of Logistics, Fisher College of Business, The Ohio State University; John P. Saldanha, Assistant Professor of Logistics, Fisher College of Business, The Ohio State University; Prof. Dr. Michele Acciaro, Assistant Professor of Maritime Logistics, THE KLU, Hamburg; Prof. Dr. Joern Meissner, Professor of Supply Chain Management & Pricing Strategy, THE KLU, Hamburg.

This is edition 45 for 2015. An interactive pdf is free with this book. The pdf gives real time links to port authorities, marinas, USCG, AIS, updates, Code of Regulations, warnings, wind charts, Wikipedia, weather and useful information.-- . The Great Lakes St. Lawrence River Above St. Regis Lake Ontario . Lake Erie . Detroit River . Lake St. Clair . St. Clair River . Lake Huron . Lake Michigan St. Marys River Lake Superior Hudson River, New York Canals, and Lake Champlain. The United States Coast Pilot consists of a series of nautical books that cover a variety of information important to navigators of coastal and intracoastal waters and the Great Lakes. Issued in nine volumes, they contain supplemental information that is difficult to portray on a nautical chart. Topics in the Coast Pilot include channel descriptions, anchorages, bridge

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and cable clearances, currents, tide and water levels, prominent features, pilotage, towage, weather, ice conditions, wharf descriptions, dangers, routes, traffic separation schemes, small-craft facilities, and Federal regulations applicable to navigation. Coast Pilot 1 covers the coasts of Maine, New Hampshire, and part of Massachusetts, from West Quoddy Head in Maine to Provincetown in Massachusetts. Major ports are at Portsmouth, NH and Boston, MA. Coast Pilot 2 covers the Atlantic coast from Cape Cod to Sandy Hook, embracing part of the Massachusetts coast and all of the coasts of Rhode Island, Connecticut, and New York. Coast Pilot 3 covers the Atlantic coast from Sandy Hook to Cape Henry, including the New Jersey Coast, Delaware Bay, Philadelphia, the Delaware - Maryland - Virginia coast, and the Chesapeake Bay. Coast Pilot 4 covers the Atlantic coast of the United States from Cape Henry to Key West. Coast Pilot 5 covers the Gulf of Mexico from Key West, FL to the Rio Grande. Also covers Puerto Rico and the Virgin Islands. Coast Pilot 6 covers the Great Lakes system, including Lakes Ontario, Erie, Huron, Michigan, and Superior, their connecting waters, and the St. Lawrence River. Coast Pilot 7 covers the rugged United States coast of California, Oregon and Washington, between Mexico on the south and Canadas British Columbia on the north. Coast Pilot 7 also includes Hawaii and other United States territories in the South Pacific. Coast Pilot 8 covers the panhandle section of Alaska between the south boundary and Cape Spencer. In this volume, general ocean coastline is only 250 nautical miles, but tidal shoreline totals 11,085 miles. Coast Pilot 9 deals with the Pacific and Arctic coasts of Alaska from Cape Spencer to the Beaufort Sea. General ocean coastline totals 5,520 nautical miles, and tidal shoreline totals 18,377 miles. Coast Pilot 10 consists of excerpts taken from other coast pilots with reference to the Intercoastal Waterway

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This book addresses the importance of human factors in optimizing the learning and training process. It reports on the latest research and best practices, and discusses key principles of behavioral and cognitive science, which are extremely relevant to the design of instructional content and new technologies to support mobile and multimedia learning, virtual training and web-based learning, among others, as well as performance measurements, social and adaptive learning and many other types of educational technology, with a special emphasis on those important in the corporate, higher education, healthcare and military training contexts. Gathering contributions to the AHFE 2020 Virtual Conference on Human Factors in Training, Education, and Learning Sciences, held on July 16–20, 2020, the book offers a timely perspective on the role of human factors in education. It highlights important new approaches and ideas, and fosters new discussions on how to optimally design learning experiences.

Kawaii Origami has everything you need to make your very own Kawaii origami creations—from an origami ice cream cone to an origami cat—all in one pack! With 50 sheets of adorable origami paper and 25 Kawaii-style origami projects with step-by-step instructions from Paper Kawaii expert Chrissy Pushkin. Jump right in and start folding your way to cute with these Kawaii origami creations—from a multi-flavored ice cream cone to a super cute kitty cat—everything you need to get started is included in this pack! From the creator of the popular website Paper Kawaii, author Chrissy Pushkin combines two beloved Japanese art forms, Kawaii pop-art style and origami, in this book and paper pack. With a tutorial on basic folds, 25 easy-to-follow and illustrated projects, and 50 colorful origami papers to get you started, you will be creating stunning and unique origami pieces like a pro in no time, like a traditional bento box, a shimmering twinkle star, a mini drawer to stash your stuff, and an origami trash bin,

which received 3 million YouTube views alone!

This volume focuses on the intangible elements of human cultures, whose relevance in the study of archaeology has often been claimed but rarely practiced. In this book, the authors successfully show how the adoption of ethnoarchaeological perspectives on non-material aspects of cultures can support the development of methodologies aimed at refining the archaeological interpretation of ancient items, technologies, rituals, settlements and even landscape. The volume includes a series of new approaches that can foster the dialogue between archaeology and anthropology in the domain of the intangible knowledge of rural and urban communities. The role of ethnoarchaeology in the study of the intangible heritage is so far largely underexplored, and there is a considerable lack of ethnoarchaeological studies explicitly focused on the less tangible evidence of present and past societies. Fresh case studies will revitalize the theoretical debate around ethnoarchaeology and its applicability in the archaeological and heritage research in the new millennium. Over the past decade, 'intangible' has become a key word in anthropological research and in heritage management. Archaeological theories and methods regarding the explorations of the meaning and the significance of artifacts, resources, and settlement patterns are increasingly focusing on non-material evidence. Due to its peculiar characteristics, ethnoarchaeology can effectively foster the development of the study of the intangible cultural heritage of living societies, and highlight its relevance to the study of those of the past.

According to the World Health Organization: The UK is the second most obese nation on the planet [the US is the first]. One in five British adults is obese Two-thirds of men and half of women are overweight 31,000 British deaths a year are obesity-related Obesity costs 500

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million to the NHS and 2 billion to the economy each year. Yet health and fitness clubs are booming, with 6 million members in Britain, while millions more are dieting. The Hungry Gene takes an unflinching look at the spread of obesity, the most vexing scientific mysteries of our time. Acclaimed science journalist Ellen Ruppel Shell reveals the existence of a gene that causes obesity and meets the scientists working to isolate it. She looks at how medicine is dealing with the fat crisis with radical surgical techniques and takes aim at the culture behind the crisis - suburban sedentary lifestyle and the fast-food market that preys on the jammed schedules of today's two-income families. Weaving cutting-edge science, history and personal stories, the narrative builds to a powerful conclusion that reveals how we can beat obesity before it flattens us. Gripping and provocative, The Hungry Gene is the unsettling account of how the western world got fat - and what we can do about it.

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