

# Australia NZ & the Pacific



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著者:Isabelle Young

出版者:Lonely Planet Publications Ltd

出版时间:2000年02月

装帧:平装

isbn:9781864500523

I. Designed to accompany Lonely Planet guidebooks, the "Healthy Travel" guides provide readers with much more than just the basics. With a clear, user-friendly design, augmented by simple, easy-to-follow diagrams and tables, they are packed with answers to all the common health questions travellers ask.

II. Getting the most out of your travels means staying healthy. Healthy Travel Australia, New Zealand & the Pacific is a user-friendly guide to minimising health risks and dealing with problems while on the road.

- 1.tailored advice for travellers of all ages and needs
- 2.how to deal with common travel health problems, from diarrhoea to swimmer's ear
- 3.avoiding wildlife hazards, from crocs to snakes and spiders

4.first aid and wilderness safety

5.guide to alternative therapies and traditional medicine

## Australia

A commonwealth comprising the continent of Australia, the island state of Tasmania, two external territories, and several dependencies. The first British settlement, a penal colony at Port Jackson (now part of Sydney), was established in 1788. The present-day states grew as separate colonies; six of them formed a federation in 1901. In 1911 Northern Territory joined the commonwealth and the Capital Territory, site of Canberra, was created. Canberra is the capital and Sydney is the largest city. Population: 19,900,000 .

## New Zealand

An island country in the southern Pacific Ocean southeast of Australia. Maori groups probably migrated to New Zealand from Polynesia beginning before A.D. 1400. Discovered by Abel Tasman in 1642, the islands were visited and explored by Capt. James Cook four times between 1769 and 1777. The British established their first permanent settlement in 1840 and claimed the region as a crown colony. New Zealand received dominion status in 1907, and became fully independent in 1931. Wellington is the capital and Auckland the largest city. Population: 4,030,000.

## The Pacific Ocean

Body of salt water extending from the Antarctic region in the south to the Arctic circle in the north and lying between the continents of Asia and Australia on the west and North and South America on the east. It occupies about one-third of the surface of the earth and is by far the largest of the world's oceans. Its area, excluding adjacent seas, is approximately 63,800,000 sq mi (165,250,000 sq km), twice that of the Atlantic Ocean and more than the whole land area of the globe. Its mean depth is 14,040 ft (4,280 m). The western Pacific is noted for its many peripheral seas.

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