

# Freeze Frame

historic polar images

## Resources

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### Explore:

Find out more about the environment of the polar regions.

Read about the people and expeditions from which the Freeze Frame images are taken.

[Expedition Summaries](#)

[Biographies](#)

[A History of Polar Photography](#)

[Survival in Extreme Environments](#)

[Northern Peoples](#)

[Changing Britain and the Heroic Age](#)

[Environmental Change](#)

[Further Reading and Additional Material](#)

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