



Europe's longest cycle tunnel



Pictured: Bergen, Norway Source: Canva

Bergen, a city on Norway's southwestern coast has announced that it will be opening Europe's longest cycle and pedestrian tunnel next month. The purpose-built, temperature controlled tunnel (constantly at 7 degrees Celsius) will link residential areas with the city. As the area is surrounded by mountains and fjords, it is hoped that the 2.9km tunnel will encourage people to leave their cars behind to use more environmentally friendly modes of transport. Project manager, Arild Tveit,

says that it will take 8-10 minutes to travel through the tunnel on a bicycle and 35-45 minutes on foot. The Fyllingsdalstunnelen, which cuts through the Løvstakken mountain, will also be the world's longest tunnel, specially built for this purpose. The Fyllingsdal tunnel will have a grand opening with a tunnel race and a parade. The tunnel has well-lit rest areas, colourful dynamic lighting, sculptures, and artwork along its route.

Would you like to travel through a really long tunnel?

Youngest yoga instructor

Praanvi Gupta, from Dubai, has been declared the world's youngest yoga instructor. She was 7 years 165 days old when she completed her teacher training. She is now certified by the Yoga Alliance Organization, after completing their 200-hour Yoga Teacher Training Course. She was inspired to start learning yoga after watching, and then joining, her mother at the age of four. She then attended classes and was quickly encouraged by her teacher to train to lead her own classes. Praanvi said, 'My yoga journey has not been an easy one. I have had to attend regular

school, beside keeping pace with my academics and extra-curricular activities. But I have not given up on yoga. It is my love and passion. I am so happy I passed the teacher's training programme. Now I can teach my friends and other children who want to learn yoga.' Praanvi believes that yoga can be useful to increase flexibility, focus, and concentration in people of all ages, leading those who practice it to a healthier and happier life. Her advice to other children is, 'Dream big and believe in yourself!'

Would you like to learn a skill to teach others?



Pictured: Praanvi Gupta teaching yoga Source: Learning with Praanvi, YouTube

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Wild Isles Wildlife



Pictured: A puffin Source: Canva

National treasure, Sir David Attenborough, has released a new collection of programmes filmed solely in the UK, which celebrate its wildlife and wild areas. 'Wild Isles' is a set of five programmes, the result of a collaboration between the RSPB, WWF, and The Open University, working with the BBC and filmmakers, Silverback Films. This is the first time the renowned conservationist has made a series set entirely in Britain and Ireland. Sir David, who has worked at the BBC for over 70 years, said, 'In my long lifetime, I have travelled to almost every corner of our planet. I can assure you that in the British Isles, as well as astonishing scenery, there are extraordinary animal dramas and

wildlife spectacles to match anything I have seen on my global travels.' The series, which took three years to film, aims to highlight the UK's varied and precious wildlife, and inspire the public to help protect it. The programmes explore the lives of a large variety of amazing creatures, including killer whales, foxes, wild horses, golden eagles, and puffins. Series producer, Alastair Fothergill, said, 'I have always wanted to cover the British Isles and our natural history with a similarly ambitious and epic approach. I hope the audience will be genuinely surprised by the richness of our natural history. At the same time, I hope they will recognise how fragile and precious it is.'

Last week's topic:

Could you do more to protect your local area?

Yes because nature deserves as much treatment as we do and it has been around much, much longer than we have. Mother Nature deserves praise as we are part of her!

Gabriel



Yes because we could go litter picking out of school.

Caitie

Yes as we can stop littering and we can also maybe plant nature. We also can try not hurt the animals.

Eliza

Yes, since even if you're protecting one type of species does not mean can't protect others

Toby

Let us know what you think about this week's news?

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How important are guide dogs for those in need?



In the news this week

Sight loss charity, The Guide Dogs for the Blind Association, has launched an appeal for volunteers to help raise and foster guide dogs. Guide dog users rely on their companions for help inside and outside the home, and for many, for their independence. In a recent documentary shown on the BBC, journalist Sean Dilley told of his relationship with his guide dog, Sammy, who recently retired. After the programme aired, the charity had close to 5,000 people stepping forward to volunteer. Before the Covid 19 pandemic in 2020, there were over 4,800 guide dog partnerships and now there are 3,695. More than one in five people who had a guide dog before then now do not.

Things to talk about at home ...

- Have you seen a guide dog? How did you know it was a guide dog?
- In what ways do you think a guide dog will help someone who is blind or partially sighted?
- Why do you think lots of people volunteered to help raise guide dogs?

Please note any interesting thoughts or comments

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