

14.000 Kilometer







Neumayer-Station





Neumayer-Station











Kälte

Wind

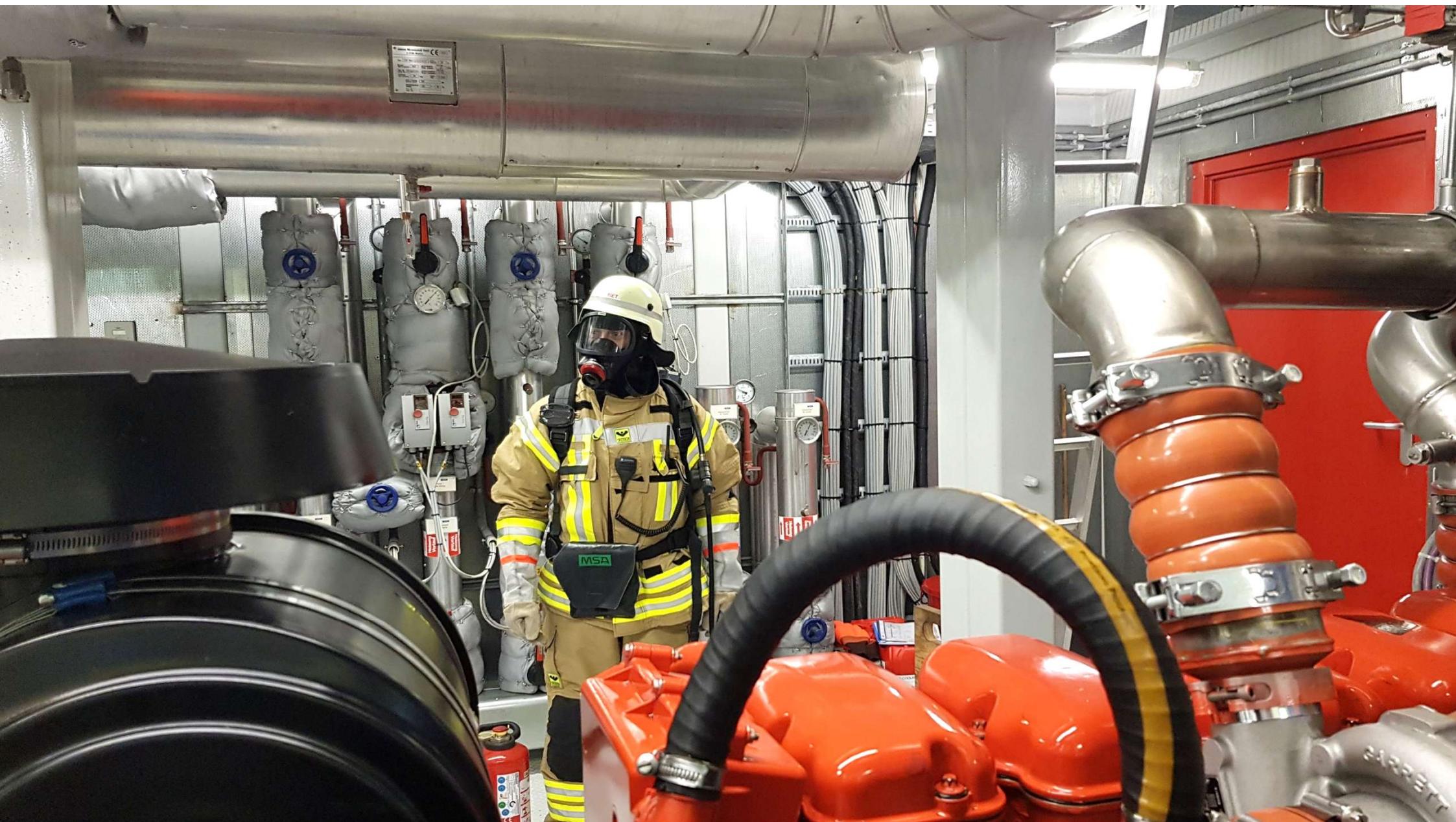
Isolation

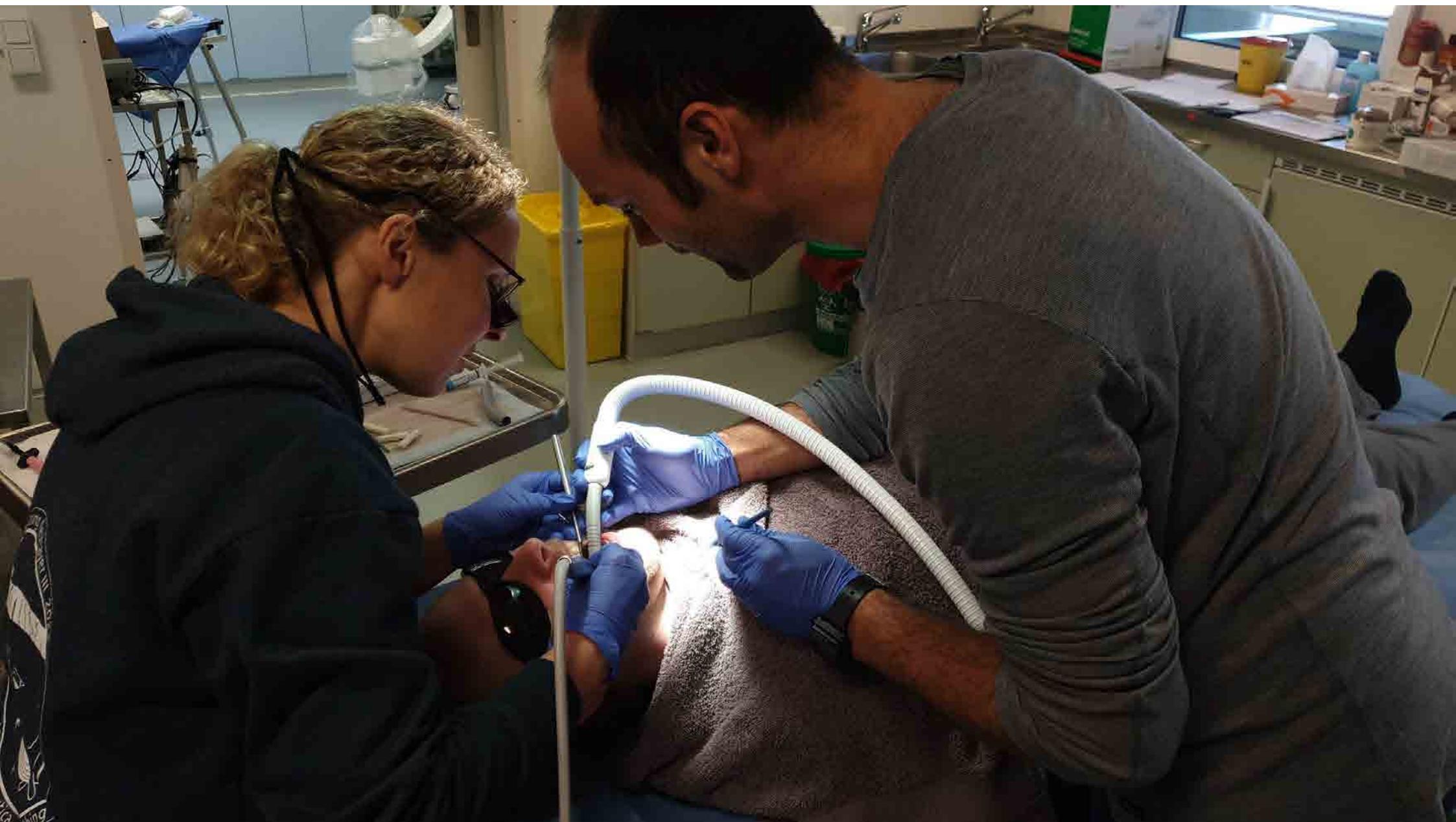










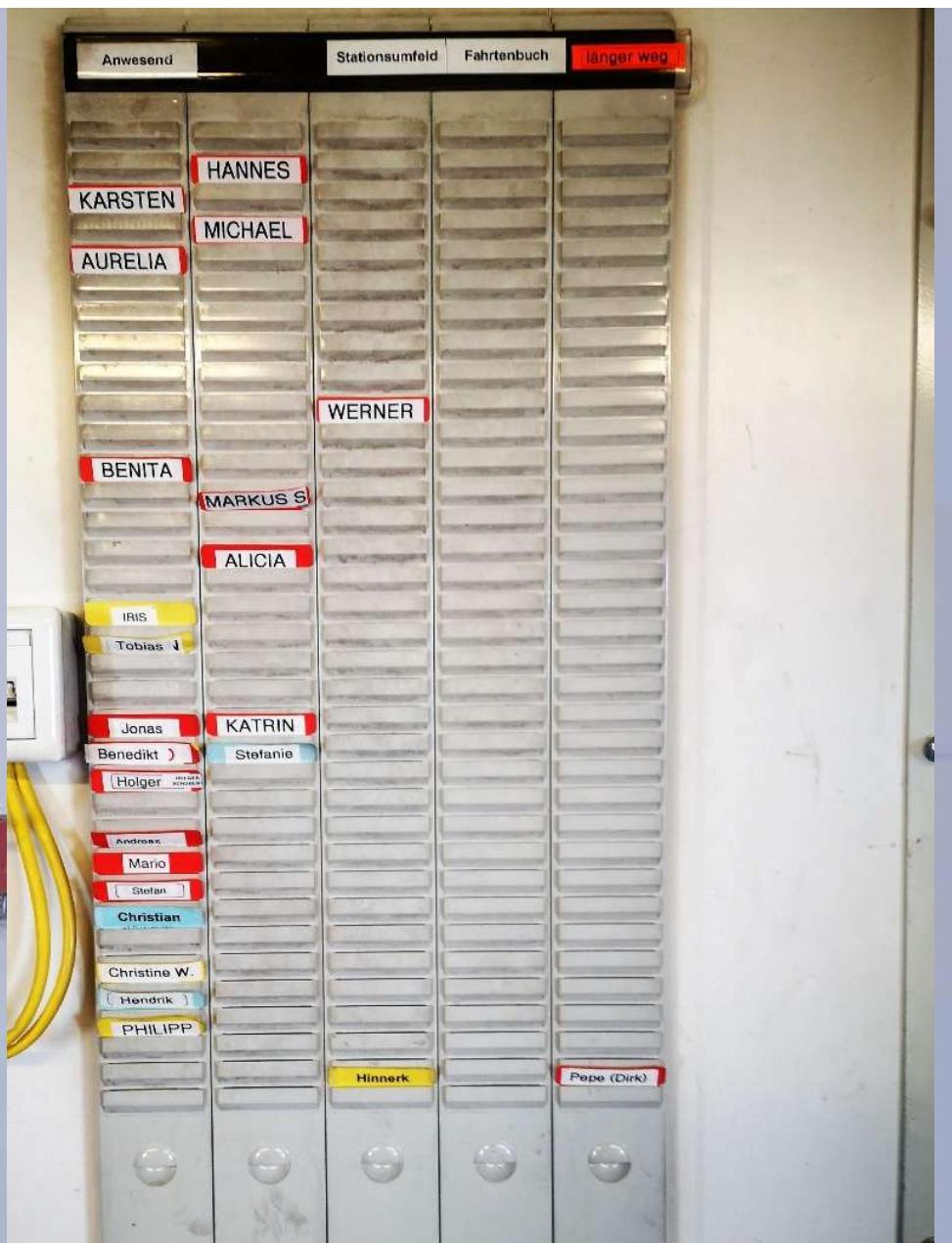


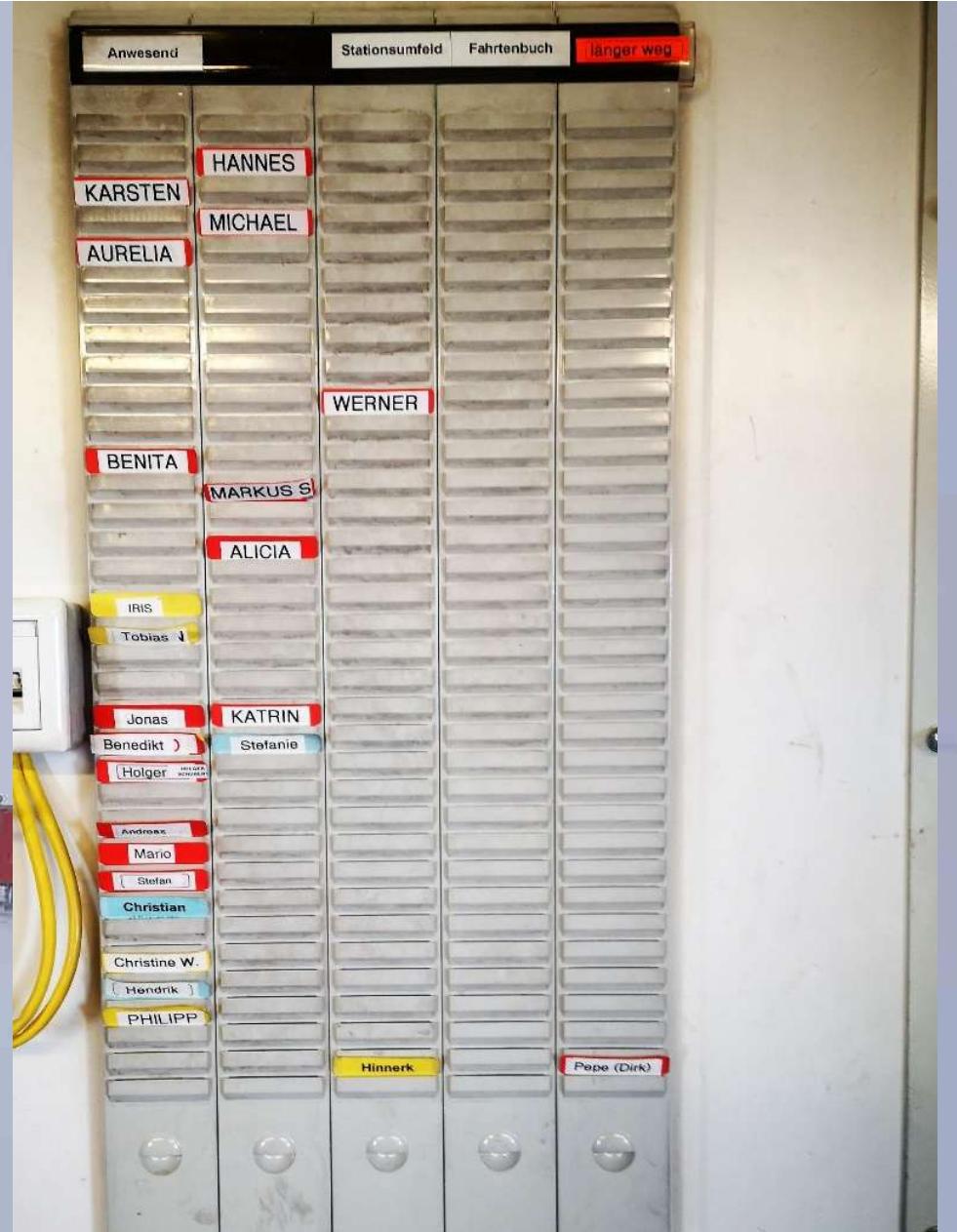


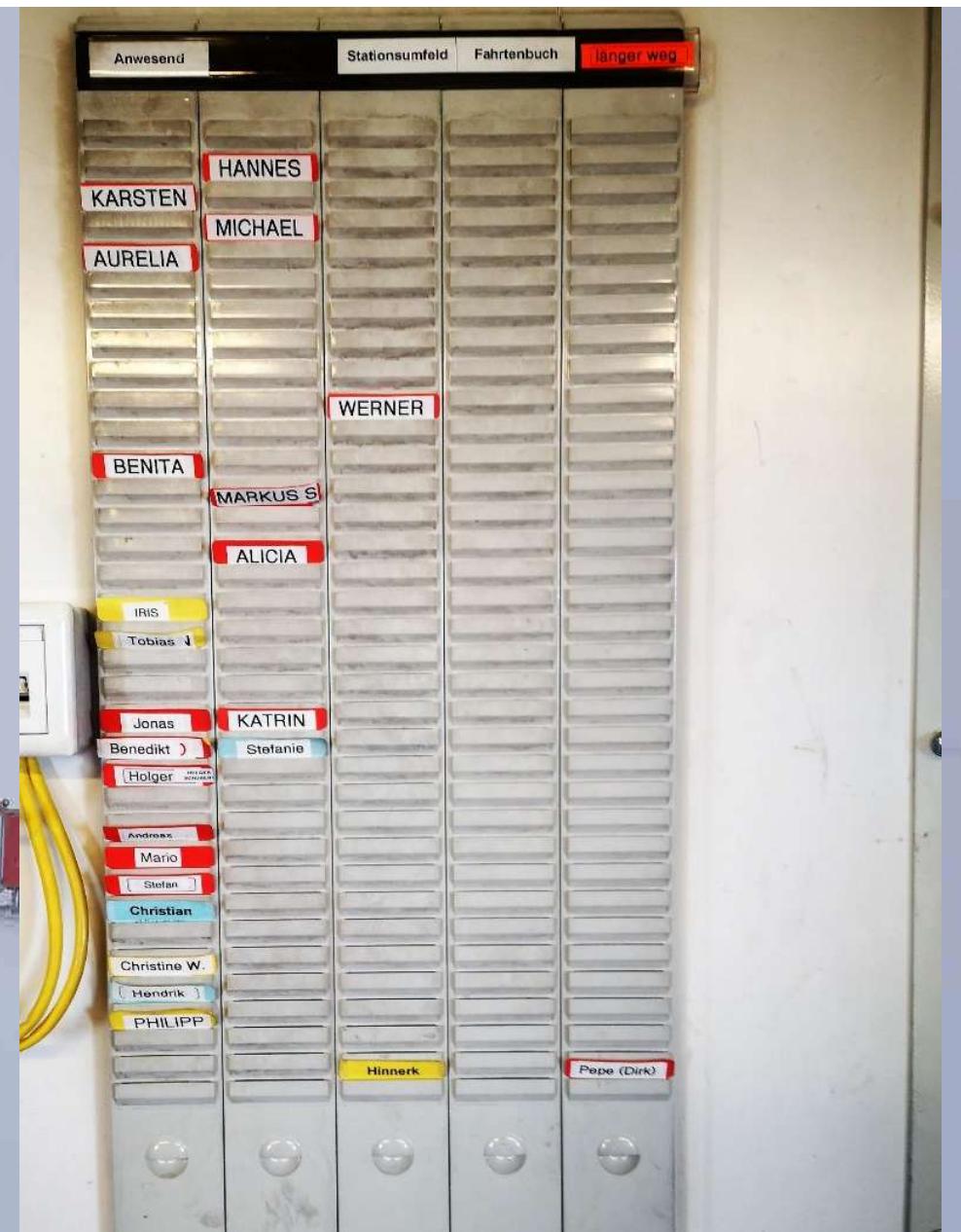
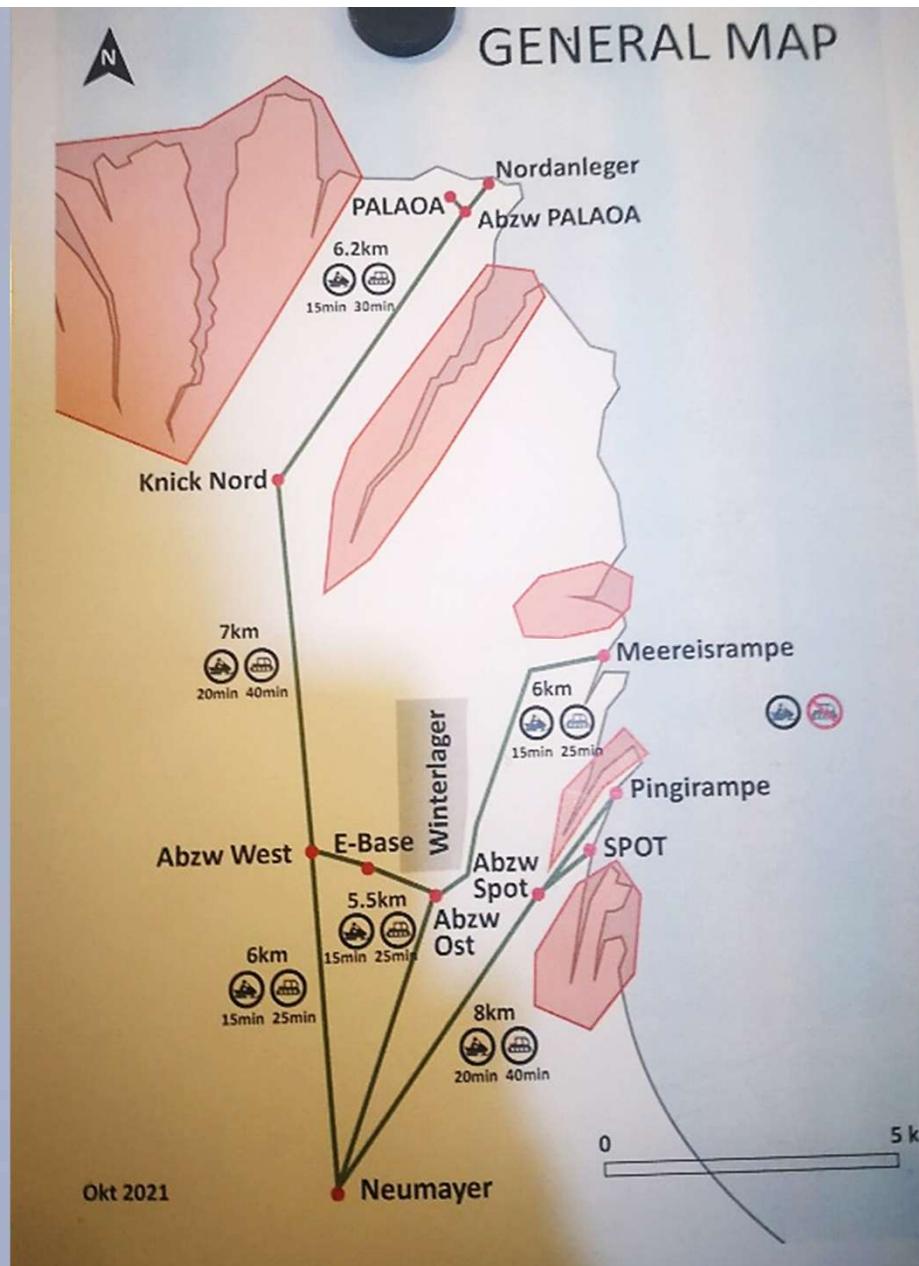
- 1 Leitung / Chirurg
- 1 Koch
- 3 Ingenieur
- 4 Wissenschaftler

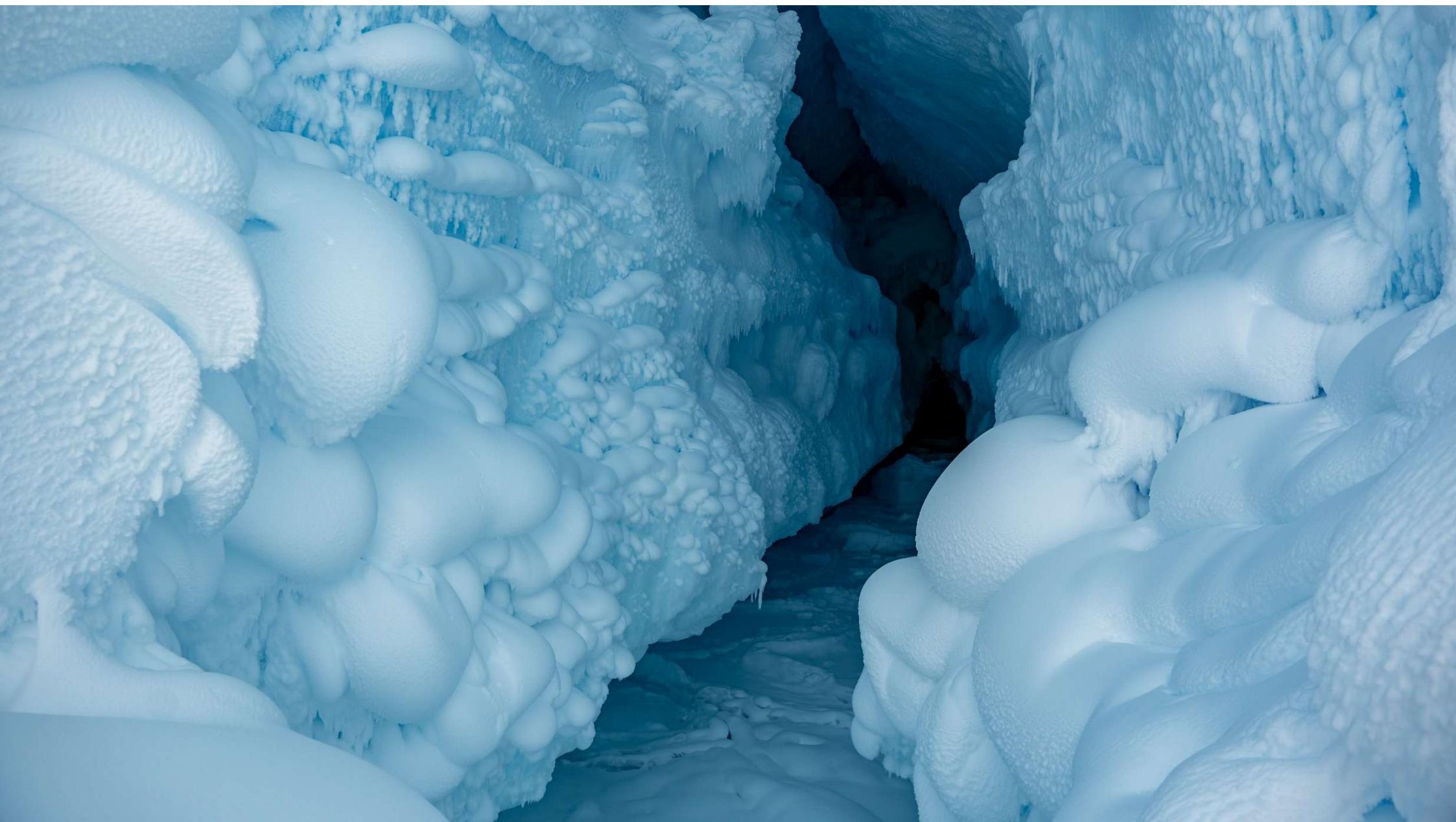




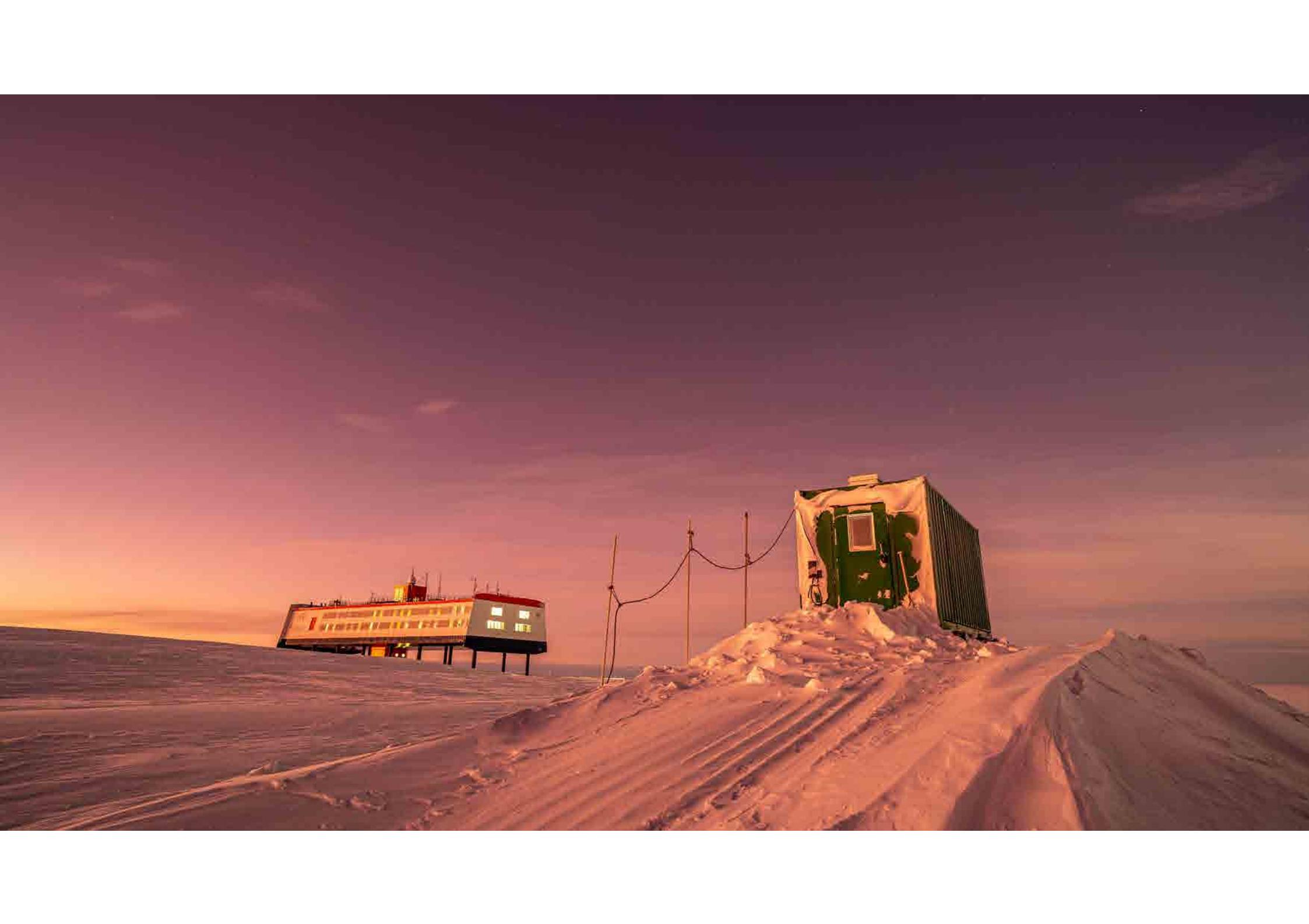




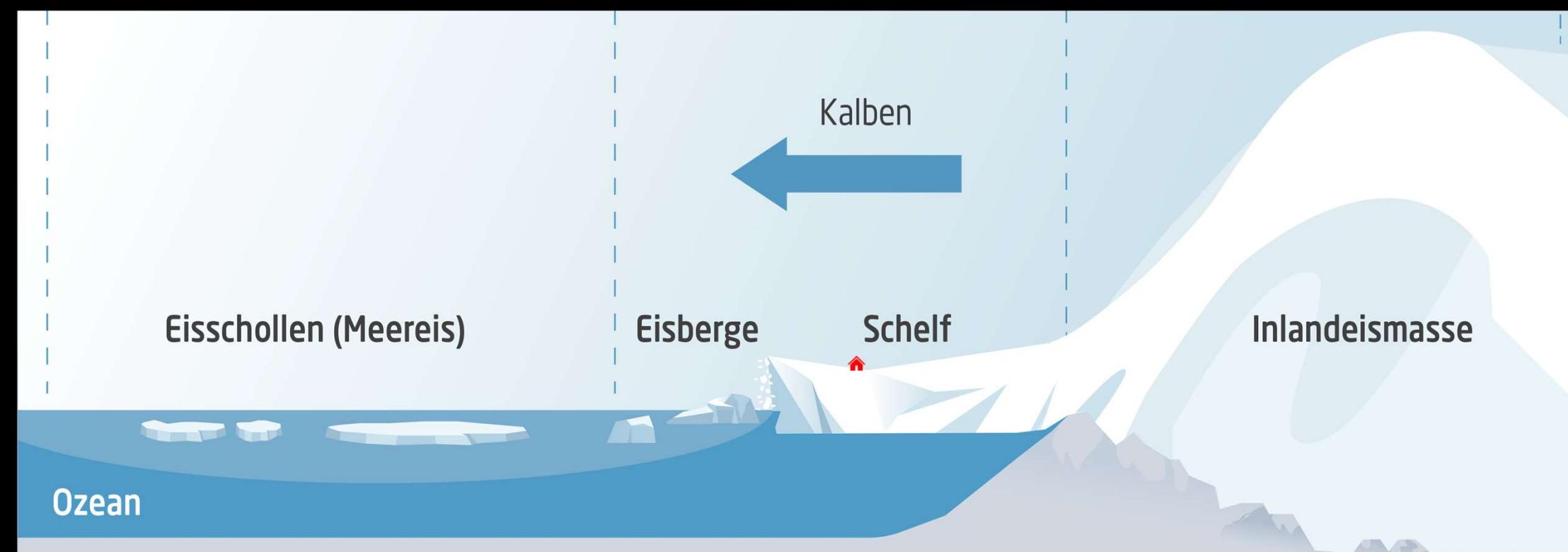
















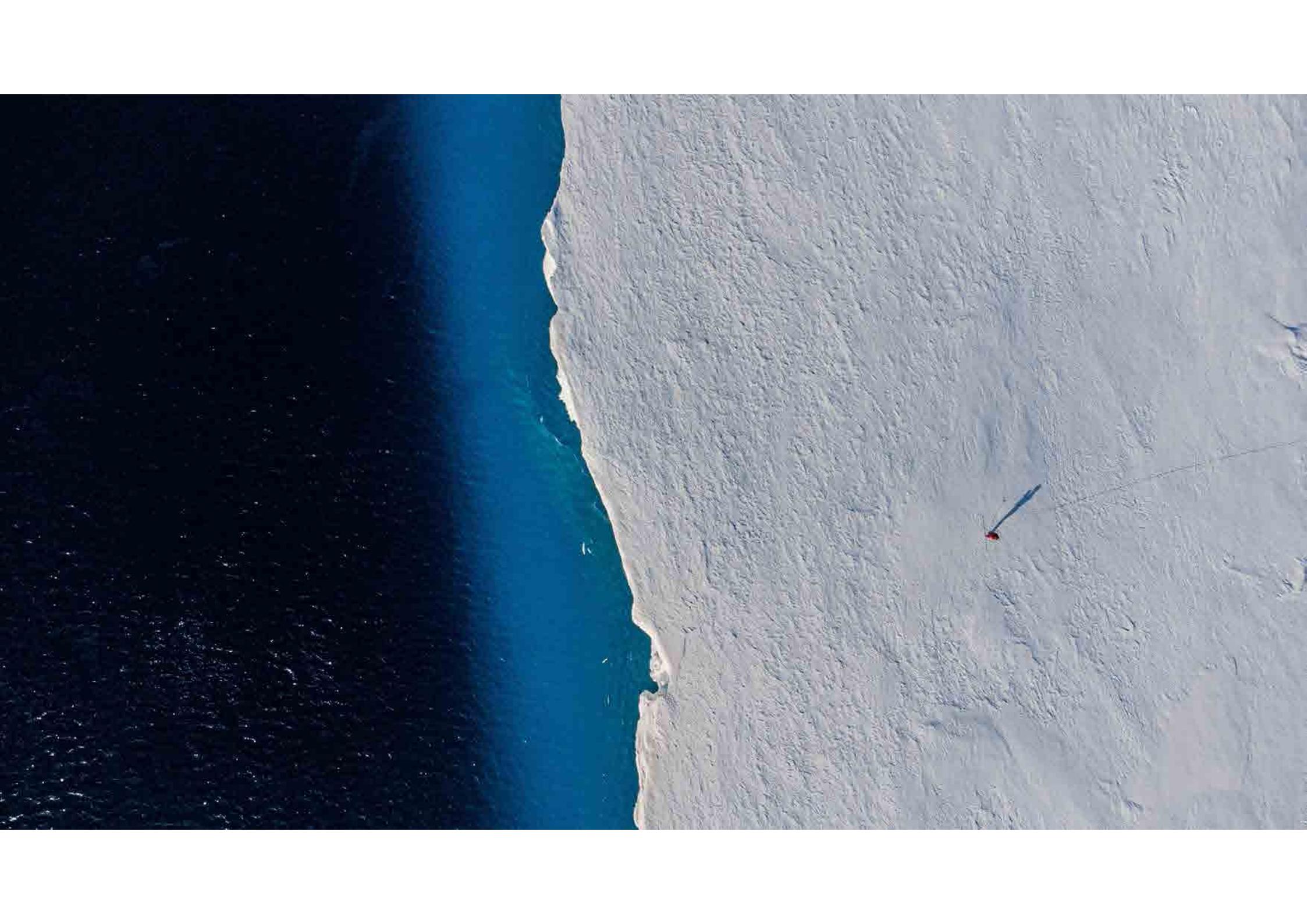






















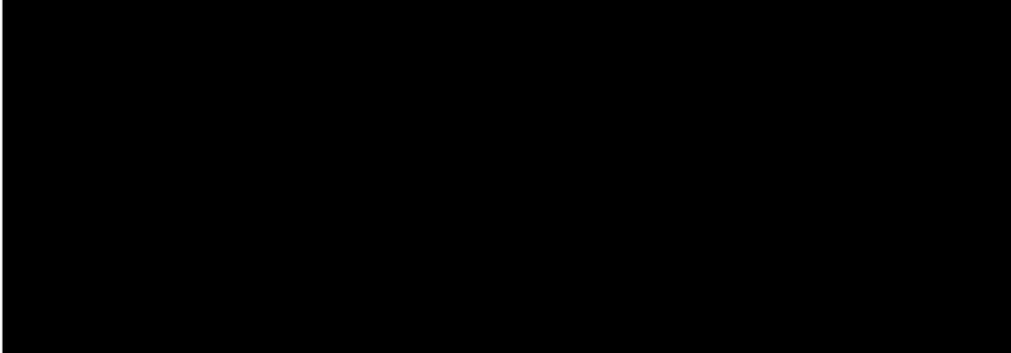






Übersicht Unfallstelle Hubschrauber Nr. 1

Fotos (2): Halter



Übersicht Unfallstelle und Schaden Hubschrauber Nr. 2



Fotos (2): Reederei

Hubschrauber verunglückt an der deutschen Neumayer II-Station in der Antarktis



Zwei Tote und drei Verletzte



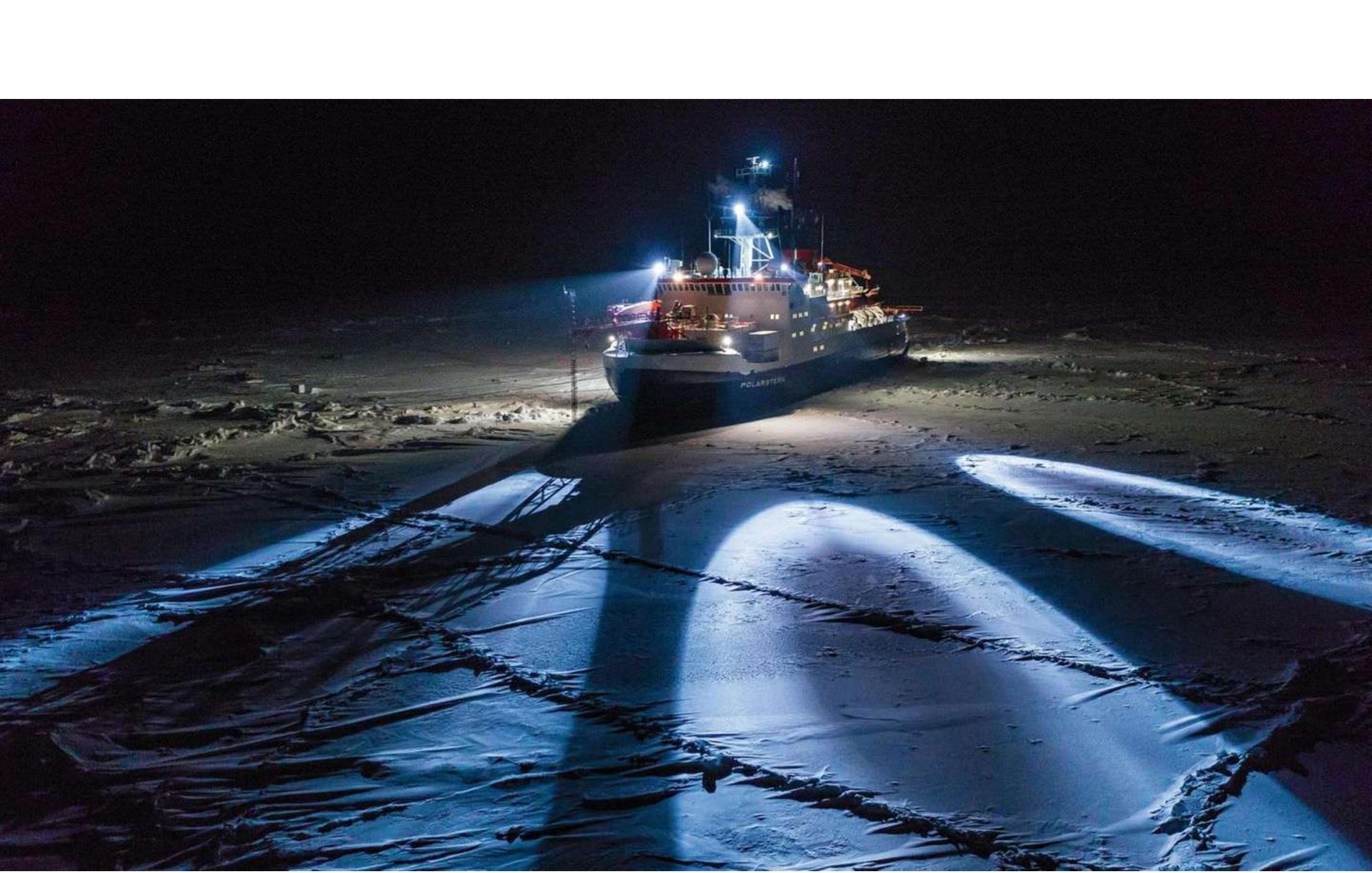












Winter-over-syndrome

Symptome

- Zerstreutheit, Hirnfetzen
- Schlafstörungen
- Depressionen
- Tiefenangst
- Teufelskreis: bis zum „Antarctic stare“



University of Tasmania
<https://www.utas.edu.au/articles> · Diese Seite übersetzen :

Antarctic bases are hotbeds of stress and violence. Space ...

vor 6 Tagen — We research Antarctic governance and crime in isolated, confined and extreme environments such as Antarctic and space stations. Rebecca ...



DLR | Matthias Maurer

Cerebrum homo sapiens
antarcticus überwinterus



Sommer



Herbst



Winter



Frühling

Winter-over-syndrome: Therapie

Therapiemöglichkeit:

- Winterende
- Verlassen der Polargebiete

Was hilft uns denn dann?

Alles, was gut tut



- Soziale Wärme in der Gruppe
- Zusammenhalt
- Spaß
- Sport
- Aktivitäten



Einander vertrauen



Geselliges Beisammensein



© Katrin Wiggins

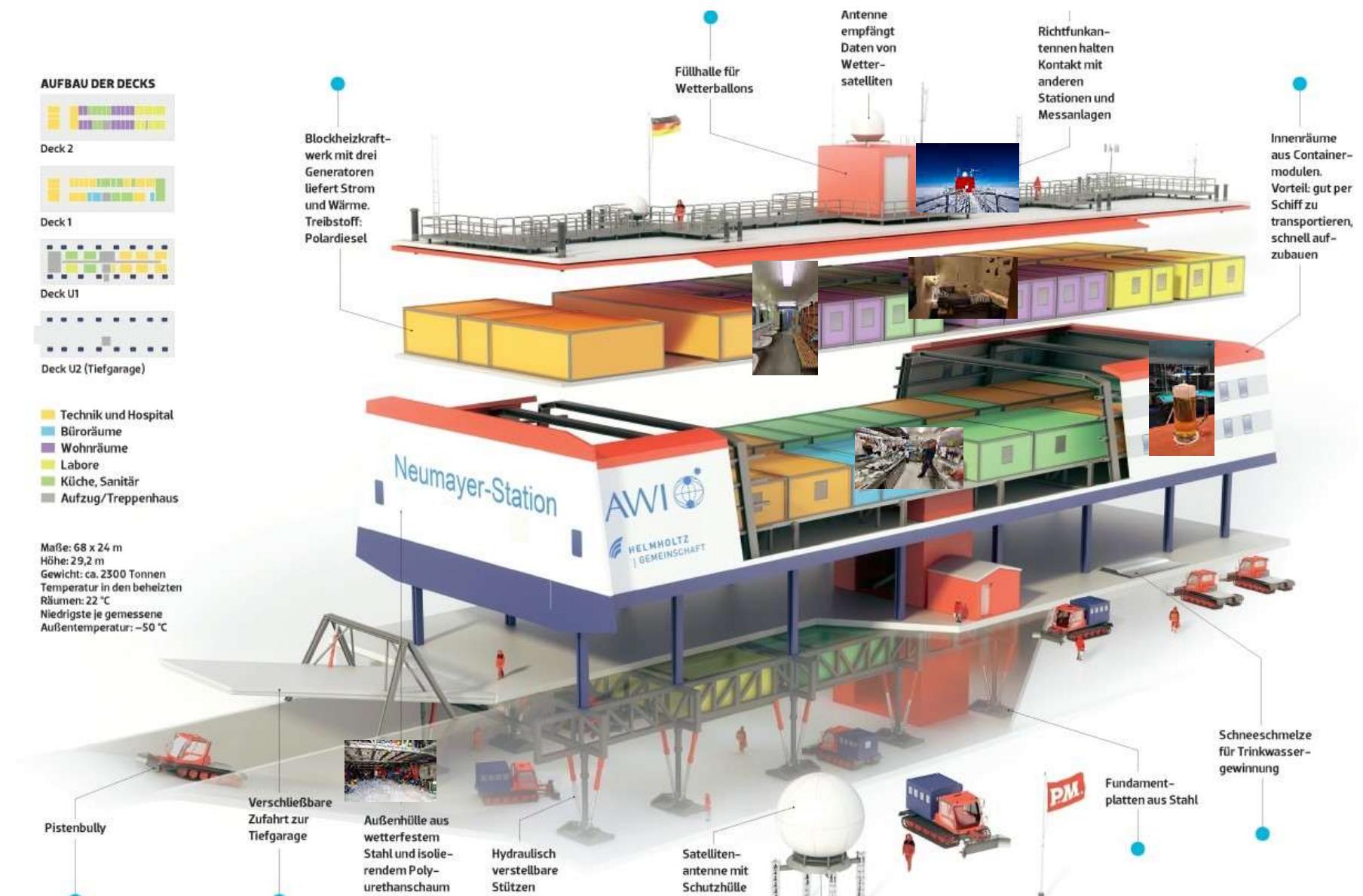
Kreativ sein



Freunde und Familie sein

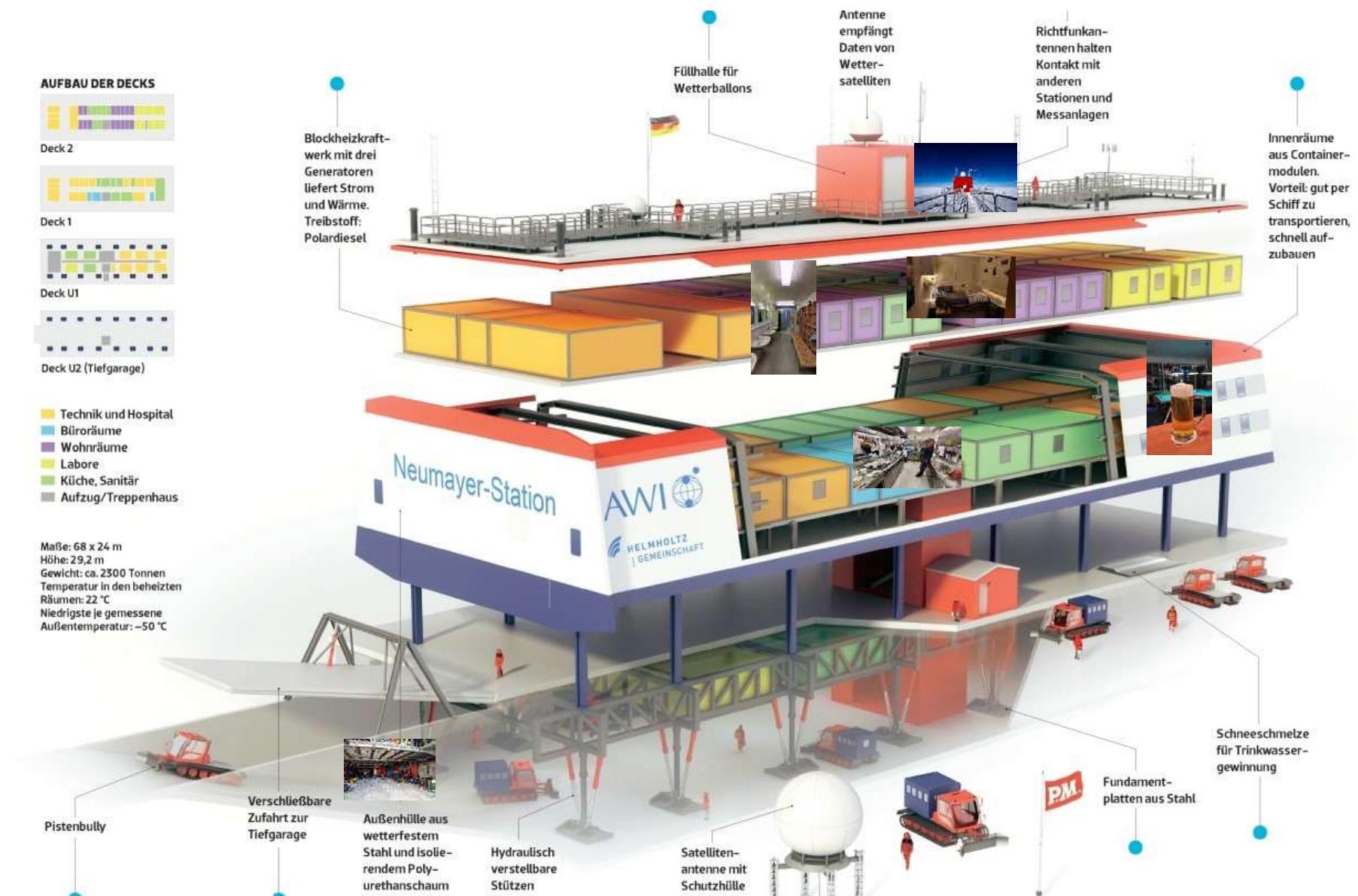






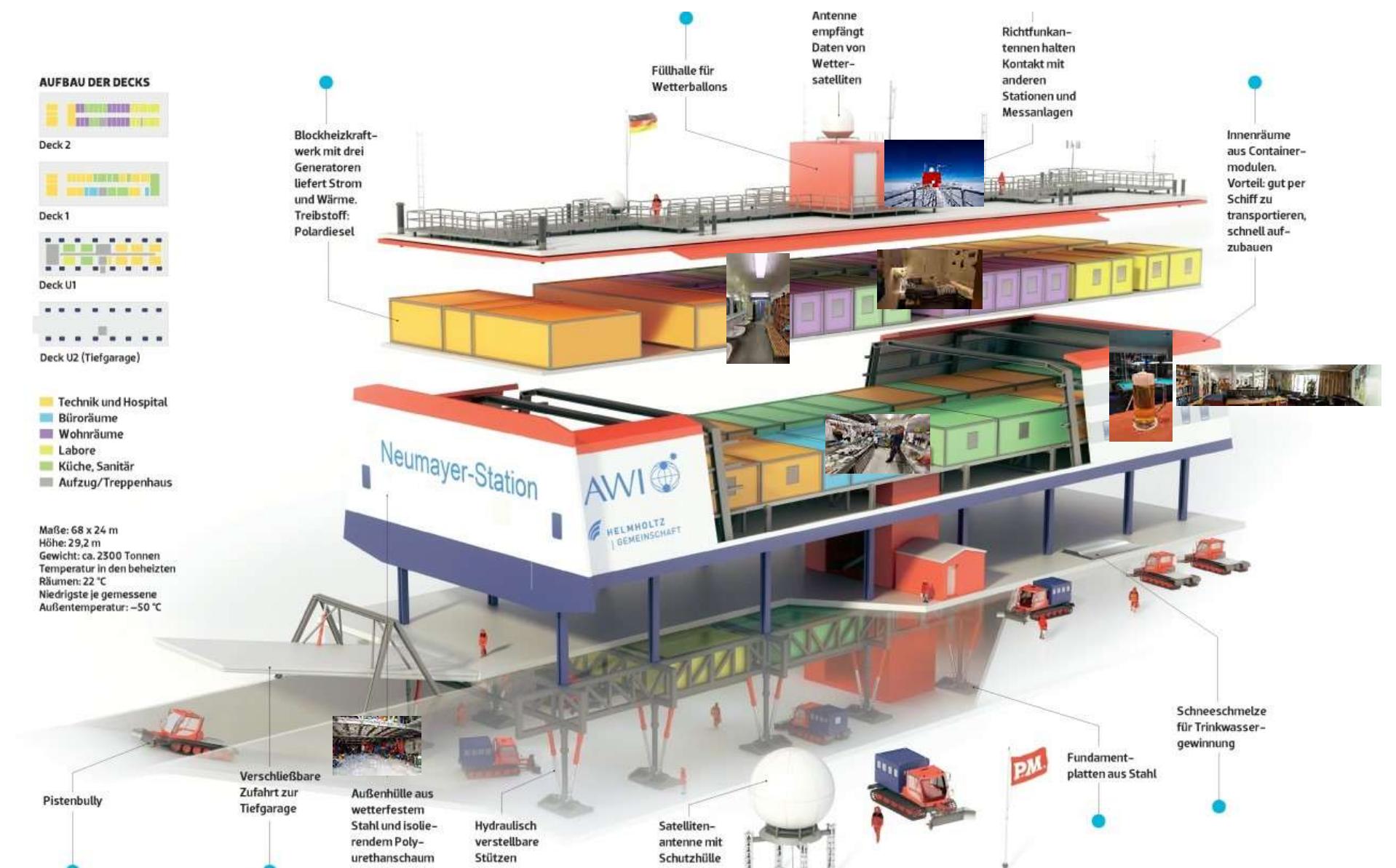


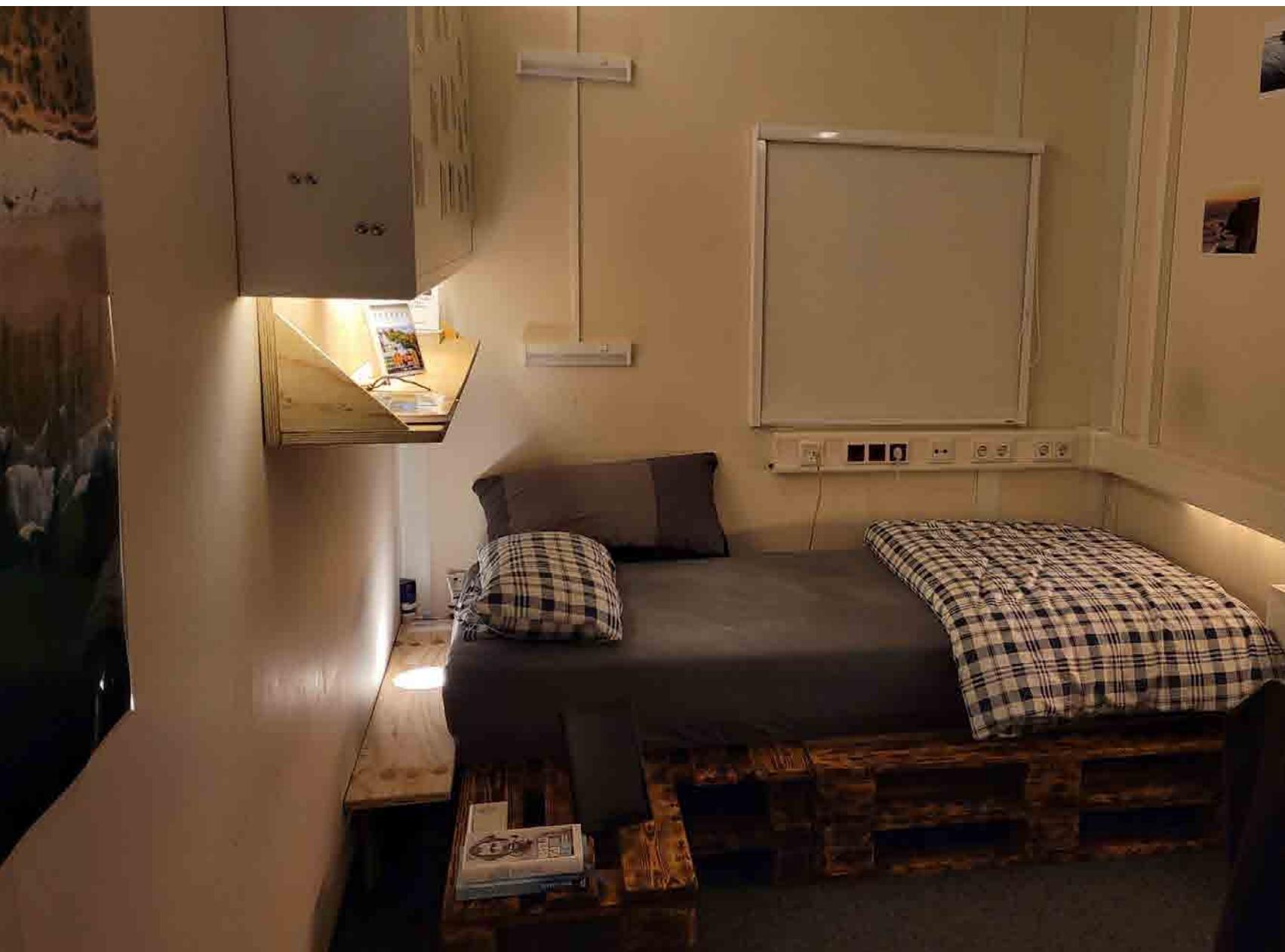
















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