

# Who Is Liv Arnesen?

Liv Arnesen is a Norwegian woman. Liv was born on June 1, 1953 in Bærum, outside of Oslo, the capital of Norway. She has a degree in Norwegian language and literature, history, sport, and counseling. Liv has also been teaching in Oslo and helping people who are addicted to drugs. She has been a teacher and coach for more than 20 years.

Liv loves the outdoors and has competed and coached cross-country skiing. She has also spent many of her summer holidays in the Arctic at Svalbard as a tour guide. In 1992, Liv led a team of women on the first unsupported (without help) women's crossing of the Greenland Ice Cap. In 1994, she became the first woman to ski solo (alone) and unsupported to the South Pole. She skied 745 miles (1200 km) in 50 days. Liv has also participated in expeditions to Mt. Everest, where she has reached within 6200 feet (1900 m) of the summit, and in Norway, Tibet, and Nepal.

In 1995, Liv wrote a book about her expedition to the South Pole. It is called *Snille piker går ikke til Sydpolen* (*Good Girls Do Not Ski to the South Pole*). She speaks to groups of children and adults around the world about her expeditions.