**Adapting to constraints**

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|  | **Hot Desert** | **Cold Desert** | **Island** | **Mountain** |
| **What are the constraints?** | Aridity: drought due to a lack of precipitation  Warmth: very high temperatures | Aridity: drought due to a lack of precipitation  Cold: very low temperatures | Isolation and distance from other places  Space: limited space available | Slope: difficult to build on  Cold: progressively lower temperatures with altitude |
| **How have people adapted to these constraints?** | Nomadic lifestyle: populations move around an area  Irrigation: for farming  Clothing: clothes that are adapted to the heat | Nomadic lifestyle: populations move around an area.  Clothing: clothes that are adapted to the cold | Development projects: construction of infrastructure such as airports, ports and roads. | Development projects: constructions of road and tunnels.  Agriculture: adapted techniques to cope with the slopes |
| **Constraints transformed into advantages** | Resource exploitation: gas, minerals  Tourism | Resource exploitation: gas, minerals  Tourism | Tourism | Tourism: ski stations, green tourism |

**Summary of living in a space with constraints**

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| --- | --- | --- | --- | --- | --- |
|  | Location | Constraints | Living Conditions | Human activities | Development projects |
| Alps, Europe |  |  |  |  |  |
| Saharan Desert |  |  |  |  |  |
| Guadeloupe |  |  |  |  |  |