

**Where is the UK?**

The UK is an island nation in Western Europe just off the coast of France. The mainland areas lie between latitudes 49°N and 59°N and longitudes 8°W to 2°E. The UK is bordered by four seas:

* to the South by the English Channel, which separates it from continental Europe
* to the East by the North Sea
* to the West by the Irish Sea and the Atlantic Ocean

 Northern Ireland shares a 360 km international land boundary with the Republic of Ireland. The UK has a total area of nearly 245,000 square kilometres.

The **United Kingdom** is composed of: England, Scotland, Wales & Northern Ireland.

**Great Britain:** England, Scotland & Wales

**British Isles:** The UK plus Eire (Southern Ireland)

**Factsheet**

**Lesson One: UK – Building a picture**

**UK Capital Cities:** England (London); Scotland (Edinburgh); Wales (Cardiff) & Northern Ireland (Belfast)

**LESSON ONE: THE UK: BUILDING A PICTURE**