Extreme Environment Adaptations: Emperor Penguins

You should cover some / most / all of the following:

* Feathers
* Fat
* Legs
* Nasal passages
* Bones
* Predator avoidance
* Courtship
* Fishing technique
* Incubation
* Colony behaviour
* Vocalisation
* Heat exchange
* Oxygen use / transport
* Timing ability

**HOW** do these adaptations enable these birds to survive in this extreme environment?