

Extreme Destination:

VANUATU

- 1 Vanuatu is an island nation in the South Pacific. It is also one of the smallest countries in the world. But for those interested in adventure and sport, there is a lot to do. Some of the best snorkelling and sea kayaking can be found here. Vanuatu's islands also offer visitors
- 5 two of the most exciting—and dangerous—activities in the world: volcano surfing and land diving.

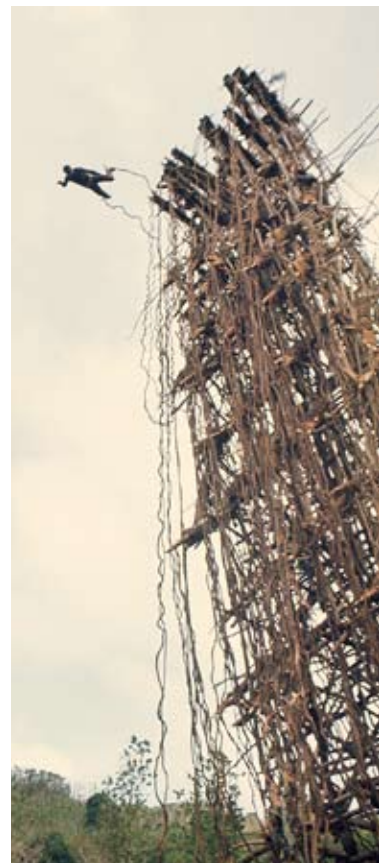
▲ Yasur Volcano, Tanna Island, Vanuatu.

Volcano Surfing

- On Tanna Island, Mount Yasur rises 300 meters (1,000 feet) into the sky. Yasur is an active volcano, and it erupts¹ almost every day, sometimes several times a day. For **centuries**, both island locals and
- 10 visitors have climbed this mountain to visit the top. Recently, people have also started climbing Yasur to surf the volcano. In some ways, volcano surfing is like surfing in the sea, but in other ways it's very different. A volcano surfer's **goal** is to **escape** the
- 15 erupting volcano—without getting **hit** by flying rocks! It's fast, fun, and dangerous—the perfect **extreme** sport.

Land Diving

- Most people are **familiar** with bungee jumping, but did you know bungee jumping started on Pentecost Island in Vanuatu and is
- 20 almost fifteen centuries old? The original activity, called land diving, is part of a **religious** ceremony.² A man **ties** tree vines³ to his legs. He then jumps head first from a high tower. The goal: to touch the earth with the top of his head—without breaking the vine and hitting the ground hard. Every spring, island **natives** (men only)
- 25 still perform this amazing test of **strength**.



▲ A man jumps from a tower on Pentecost Island.

¹ When a volcano **erupts**, it throws out a lot of hot rock called “lava.”

² A **ceremony** is a formal event such as a wedding.

³ A **vine** is a plant that grows up or over things