ADVENTURE ISLANDS

A Vanuatu is a **nation** of small islands in the South Pacific. It is 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 swimming, snorkeling, and sea kayaking can be found here. Vanuatu's islands also offer visitors two of the most exciting—and dangerous—activities in the world: volcano surfing and land diving.

Volcano Surfing

B On Tanna Island, Mount Yasur rises 300 meters into the sky. Yasur is one of Vanuatu's few **active** volcanoes. It erupts[1] **almost** every day, sometimes several times a day. For **centuries**, both locals and tourists 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 erupting volcano—without being **hit** by flying rocks! It's fast, fun, and dangerous—the perfect extreme sport.[2]

Land Diving

C Most people are **familiar** with bungee jumping. But did you know that bungee jumping started on Pentecost Island in Vanuatu almost 15 centuries ago? The **original** activity—called land diving—is part of a religious ceremony.[3] A man **ties** two tree vines[4] around his ankles. He then climbs a wooden tower around 20 to 30 meters high, crosses his arms, and jumps headfirst. The goal is to touch the earth with the top of his head—without breaking the vines or hitting the ground hard. Every spring, local boys and men still perform this amazing test of **bravery**. Women are not allowed to dive, but they support the divers by dancing and singing at the bottom of the tower. Many tourists come to the island every year to watch this ancient tradition.

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1 When a volcano **erupts**, it throws out hot rock called lava.

2 An **extreme sport** is a sport that is dangerous and exciting, such as skydiving or bungee jumping.

3 A **ceremony** is a formal event, such as a wedding.

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

LIVEWORKSHEETS

Exercise 1: True or False (Правда чи брехня)
Визначте, чи відповідають ці твердження тексту. Напишіть T (True) або F (False).

Vanuatu is one of the largest countries in the world. ____
Mount Yasur erupts almost every day. ____
Volcano surfing is exactly the same as surfing in the sea. ____
Bungee jumping has its roots in Vanuatu. ____
In land diving, men use modern rubber ropes to jump. ____
Only men and boys are allowed to do land diving. ____

Exercise 2: Fill in the Blanks (Заповніть пропуски)
Використовуйте слова з тексту, щоб доповнити речення.

Слова: active, tradition, goal, ceremony, bravery, extreme.
Mount Yasur is one of the few ___ volcanoes in Vanuatu.
Volcano surfing is considered the perfect ___ sport.
Land diving is not just a sport; it is part of a religious ___.
The ___ of a land diver is to touch the earth with his head.
Land diving is an amazing test of ___ for local men.
Many tourists visit Pentecost Island to watch this ancient ___.

Exercise 3: Vocabulary Matching (Знайдіть відповідники)
З'єднайте англійські назви активностей з їхнім описом.

Activity	Description
1. Sea kayaking	A. Jumping headfirst from a wooden tower with vines.
2. Snorkeling	B. Moving across the water in a small, narrow boat.
3. Volcano surfing	C. Swimming near the surface with a mask and tube.
4. Land diving	D. Sliding down a volcano while avoiding flying rocks.

Exercise 4: Grammar Practice (Present Simple & General Facts)
Оберіть правильну форму дієслова, щоб речення відповідали фактам із тексту.
Vanuatu (consist / consists) of many small islands in the South Pacific.
People (climb / climbing) Mount Yasur to see the eruptions.
A volcano surfer (tries / try) to escape flying rocks.
Tree vines (is / are) used for land diving instead of ropes.
Women (don't dive / doesn't dive), but they sing and dance.

LIVEWORKSHEETS