

# Listening

Listen to the recording and complete the text with the missing words.

It was the Polynesians who (1) \_\_\_\_ on the greatest voyages by sea when they (2) \_\_\_\_ up on some of the remotest islands on the planet. These were sailors used to island hopping, (3) \_\_\_\_ over for a while before carrying on. But around 1200 BCE, the Lapita (4) \_\_\_\_ off on a journey east. Some settled down in the Santa Cruz Islands, but others (5) \_\_\_\_ for new undiscovered islands. They (6) \_\_\_\_ it as far as Tonga, where they stayed for a few hundred years. Eventually, the Polynesians (7) \_\_\_\_ the Cook Islands; navigators used a combination of 'wayfinding' skills to (8) \_\_\_\_ across the ocean.

Much of the Pacific was within their reach in their fast canoes. If they needed to (9) \_\_\_\_ back, they could just let the wind bring them home to safety.

