

New Zealand's Southern Alps are ready to welcome international snow-sport athletes to the 2018 Winter Games.

The Games have become the highlight event of the southern hemisphere ski-season calendar, offering world-class competition and high-energy spectator sports in one of New Zealand's most popular adventure destinations, Wanaka.

*media.newzealand.com, 2018*

## File 9 p. 90 • Ki o Rahi is taking off

The revival of this traditional Maori game started 10 years ago with 40 kids playing the game at a school in Kerikeri.

Today it has 50,000 players in New Zealand, a dedicated playing field at Waitangi, and teams springing up in Europe.

Ki o Rahi is a ball game that has elements of a variety of sports, including touch<sup>1</sup>, rugby and handball. It is a mixed-sex game, with eight a side on the field, evenly split between male and female.

“But it is not just a sport and there is a strong cultural influence to it,” tournament manager Simon Hirini said. “It has a legend to it and that legend is embedded<sup>2</sup> in the values of the game.”

The Maori legend tells the story of Rahi whose wife was kidnapped by the fairies<sup>3</sup>. “It is based around all the obstacles that Rahi came up against as he looked for his wife.”

Adapted from *www.stuff.co.nz*, 2014

1. another traditional ball game    2. integrated    3. *fées*

**File 9 p. 92 • Juuuump!**

Hands were shaking uncontrollably. My heart was throbbing rapidly. Safety checks performed. Harness snugged around my body. Even the pep talk<sup>1</sup> by the bungee jumping instructor couldn't scare away my fears. With both legs bound together, I started walking toward the edge like a penguin.

I was at the ledge<sup>2</sup> when the jump instructor gave his final set of instructions. The countdown started... "1...2...3...Jump!" I wanted to turn back, but didn't. With arms stretched out, I leaned forward and JUMPED!

My free-fall had taken me to a different world, where nothing was stable or familiar. Wind caressed my tresses at jet speed. My anxieties had vanished into the thin air. I surrendered myself to the surroundings instead of controlling them – and that was the moment when I started to enjoy bungee jumping. I was free falling – head down, feet up! I got the roller-coaster<sup>2</sup> feeling in my stomach. I screamed with excitement. Suddenly, I was pulled up by the bungee. I went to the top again and the free-fall continued.

Alas! All good things must come to an end. Yes, I had done it. I had faced my fears. There's no better feeling than winning over your fear.

If you love an adrenaline rush, are not afraid of free-falling, and want to overcome your fear of heights, you should try bungee jumping.

Archana Singh, [www.mikesroadtrip.com](http://www.mikesroadtrip.com)

- 1.** motivating speech    **2.** *près du rebord*    **3.** *montagnes russes*

**File 9 p. 93 • Triathlon Holiday Specialists**

Every year, the IronMan in Taupo draws thousands of tourists and up to 1,200 competitors from over 50 countries. This Ironman is one of the oldest in the world and has a reputation for being the most iconic one. TriAdventuresNZ offers a range of tours adjusted to your specific needs. From race and accommodation packages to longer guided-tour itineraries. We act as travel agent and guide and can accommodate most requests – from flights and accommodation to adventure activities and race entry.

*[www.triadventurenz.co.nz](http://www.triadventurenz.co.nz)*

**Our vision**

An inclusive New Zealand.

**Our mission**

To enhance the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation.

## File 9 p. 99 • Packrafting in Rees Valley

This secret corner of the Rees Valley feels a world away from the bungy jumping tourist bubble of Queenstown – yet we're only an hour's drive north.

99.9% of people who've been in this valley haven't seen this spot, because you can't get here without a boat.

The aim is to spend the first day hiking (or tramping as Kiwis call it) 13km into the bush<sup>1</sup>, set up camp, then use our packrafts to return by river. My backpack holds 20kg of tent, stove<sup>2</sup>, food, warm clothes, wetsuit and my secret weapon: folded into a pillow-sized bag and weighing just over 2kg, my packraft.

Soon we're making the first of many river crossings, wading<sup>3</sup> through fast-flowing, knee-high water. Hikers used to view these rivers as a barrier, but with packrafts, rivers and lakes become part of the journey and open up new places.

In a packraft you can lie back and simply feel a place as it drifts by. I see it with fresh eyes. Occasionally we have to carry our boats around fallen wood or shallow sections – but the water quickly gathers momentum<sup>4</sup>, and so do we. Panic turns to pleasure as I bounce over splashing rapids, adrenaline racing. And it's all the more thrilling because we're seeing parts of New Zealand most tourists don't get to see.

Adapted from Ellie Ross, *The Guardian*, 2016

1. wild, remote areas in Australia    2. *réchaud de camping*  
3. walk (through water or long grass)    4. *prendre de la vitesse*