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Explorer becomes first woman to reach highest and lowest points of the planet

By Sadie Whitelocks

metro.co.uk — Vanessa O'Brien has boldly gone where no woman has gone before: to the highest and lowest points on the planet. Years after reaching the top of Everest on 14 May 2012, British-American explorer Vanessa O'Brien completed her submersible dive to the bottom of Challenger Deep, in the Western Pacific Ocean, on 12 June 2020, hitting a record depth of 10,925 metres. She spent 11 hours crammed in a tiny submarine as she journeyed into the deep, dark and cold waters.

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Volunteer in Syrian state of Rojava says men are more respectful here than in UK

By Sadie Whitelocks

metro.co.uk — Dani Ellis from London is based in northeastern Syria as a volunteer and electrical engineer (Picture: Dani Ellis) Men, particularly young men, are much more respectful here and in one year I've had less catcalling and harassment in the street than I'd get in one week in the UK,' Dani Ellis tells us from her base in northern Syria during lockdown.

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What it's like to go to a naked sauna in the Netherlands

By Sadie Whitelocks

metro.co.uk — What's it like to go to a naked sauna? (Picture: Getty/Metro.co.uk)'Try not to stare, you know, down there,' was my boyfriend's only tip before we ventured to a sauna in the Netherlands pre-corona. You see, unlike in the UK, saunas in the land of windmills and tulips operate a no-swimwear policy. My boyfriend warned me, worried that I might get distracted by other men, that the one faux pas you can commit is to ogle other bodies.

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