



#2

# Snorkelling

Dive the depths and explore a coral reef...

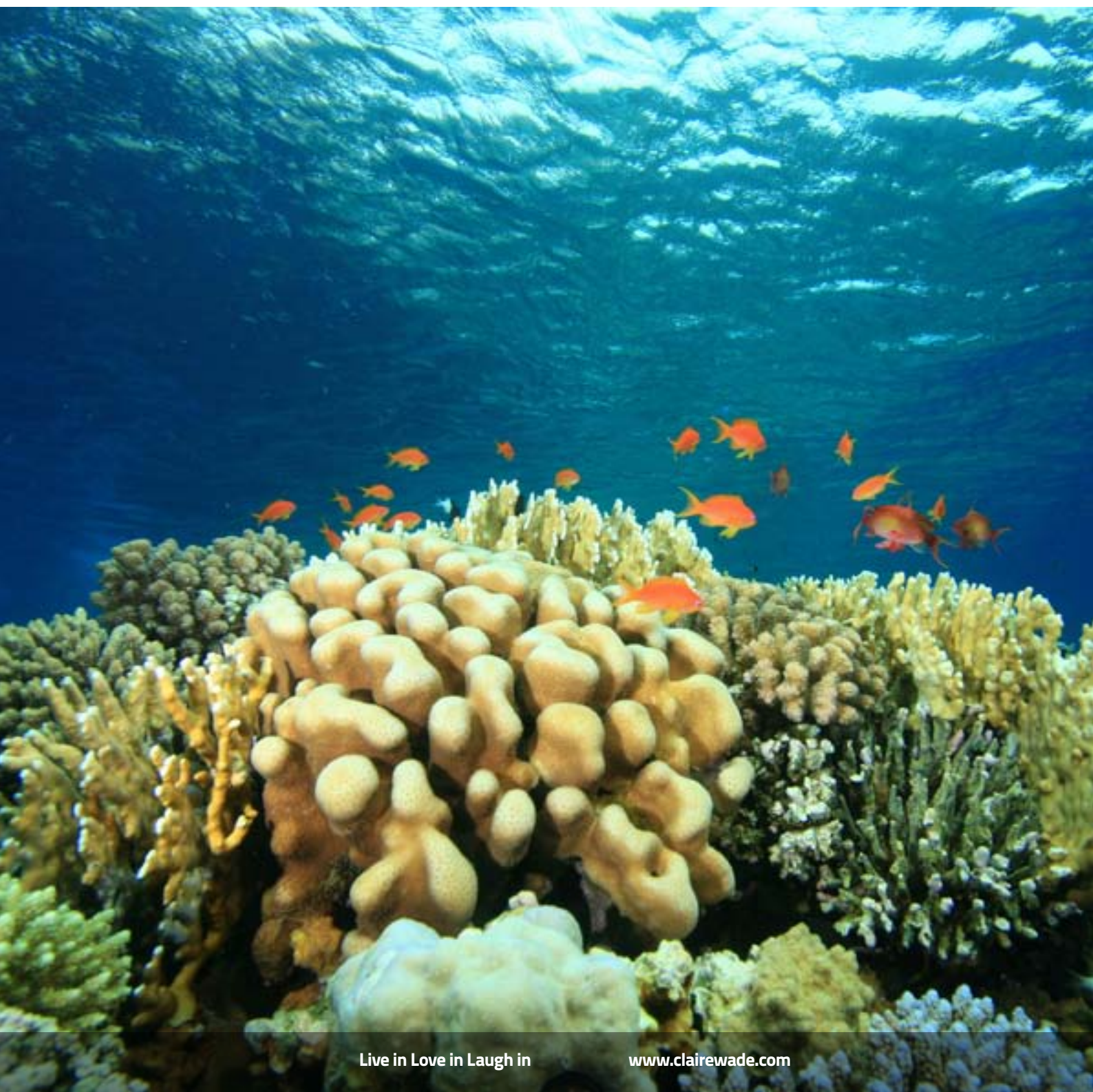
Your Day...

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# Your Virtual Adventure



Hi, come in, come in...

*Welcome to the Virtual Adventure! I am so pleased you can join me and the other virtual travellers from around the world. Whether you've never been on a virtual adventure before or you're a seasoned virtual traveller, you are in for a lot of fun.*

*It can feel a little surreal at times; but just go with it. If you relax and let yourself be whisked away on the journey, then you're going to have a great time and make lots of special memories.*

## Coming up with the idea...

*My very first virtual experience was a party for my 19th birthday. I was bedbound and feeling really low and lonely. I sent out little chocolate teacakes and candles for my friends to light and sing Happy Birthday! I felt surrounded by them, even though they were miles away. It turned what could have been an awful day into one I really enjoyed.*

*From there I went on to creating Holidays From Home and then Live in Love in Laugh in. The parties have grown so much over the past ten years and now are all singing and dancing - okay more like audio and cool e-magazine; but they have become what I first imagined. I'm so pleased I get to share them with you now.*

*I've had so much fun with the virtual adventures, parties and vacations, trying new things, seeing new sights and meeting lots of amazing people. I love having something to look forward to, especially when I feel so left out hearing what other people are up to.*

*I have my own social life for the first time in years and that is so amazing - and exciting!*

*Okay so let's get down to the juicy details, how does this Virtual Adventure thing work?*





## Where to start?

*First step is to download the complete party. There's an e-magazine and an mp3 audio.*

*Can't spend much time on a computer? Me either, so just download them to your electronic device of choice: laptop, smart phone or notebook. Then you can print them off, load them onto your mp3 player, or just browse as and when you are able.*

## Audio or Magazine?

*The mp3 has the virtual experience, recorded in my own dulcet (kind of) tones. You can listen to it while relaxing, either with your eyes shut, to help you imagine it or while looking through the magazine where you'll find accompanying photos. If you find visualising a challenge then this makes it much easier.*

*The magazine also has the written version along with the photos, as well as the recipes and activities you can do to help bring your virtual adventure to life.*

*You can do as much or as little as you are able: feel free to customise it to your own needs. Do the things you like the sound of and adapt them to your abilities. You don't have to fit it all into a single day, you can spread it out over days or weeks.*

## Share your adventures and make new friends...

*We have a virtual hang out for all the virtual travellers. You can find us on Facebook Pop in and say hi. <https://www.facebook.com/groups/liveinloveinlaughin>*

*Introduce yourself, jump into conversations, add comments, share any fun ideas you have had for your virtual adventure that others might enjoy too. Don't feel nervous or shy, it's natural, I get like that too; but everyone is warm and friendly. We are all here to have a fab time and sharing the party with others is a huge part of that!*

*You can also Tweet, Facebook or Instagram your experiences with [#virtualadventure](#)*

*If you do, you'll get a 20% discount code off your next virtual adventure, because there's just so many to choose from, who wants to do just one?*

*Let me know how you're getting on by tagging [@clairerwade](#)*

## Remember...

*This is your party - it's all about you having a great time, so do what feels good, adapt it to suit your needs and abilities and most importantly....*

*Have fun!*

*Claire x.*

*L.*

# Snorkelling!

*You wake up in your large, comfy double bed and can hear the sound of the waves lapping against the hull of the boat. It's so soothing and relaxing that you don't feel inclined to move; but the sunshine peeping in through the curtains calls to you with the promise of a glorious day. You stretch and get up gently, changing into your swimming costume before slipping on a light T-shirt and shorts over the top.*

*Heading downstairs to the boat's main living room, you see the table has been laid with platters of fresh fruit for you to enjoy for breakfast. There's also a pot of tea and one of coffee, as well as a jug of fruit juice. Help yourself to whatever you fancy and then carry your plate out onto the table on the deck, the perfect place to eat and enjoy the view.*

*Your yacht is moored just off a beautiful looking island. You can see the golden sandy beach and lush greenery from your spot on the deck.*

*It's a beautiful day and the sun is already high in the sky. The light sparkles on the water, reflecting back from the tips of the gentle waves and looking down you can see through the clear turquoise water, to the seabed below.*

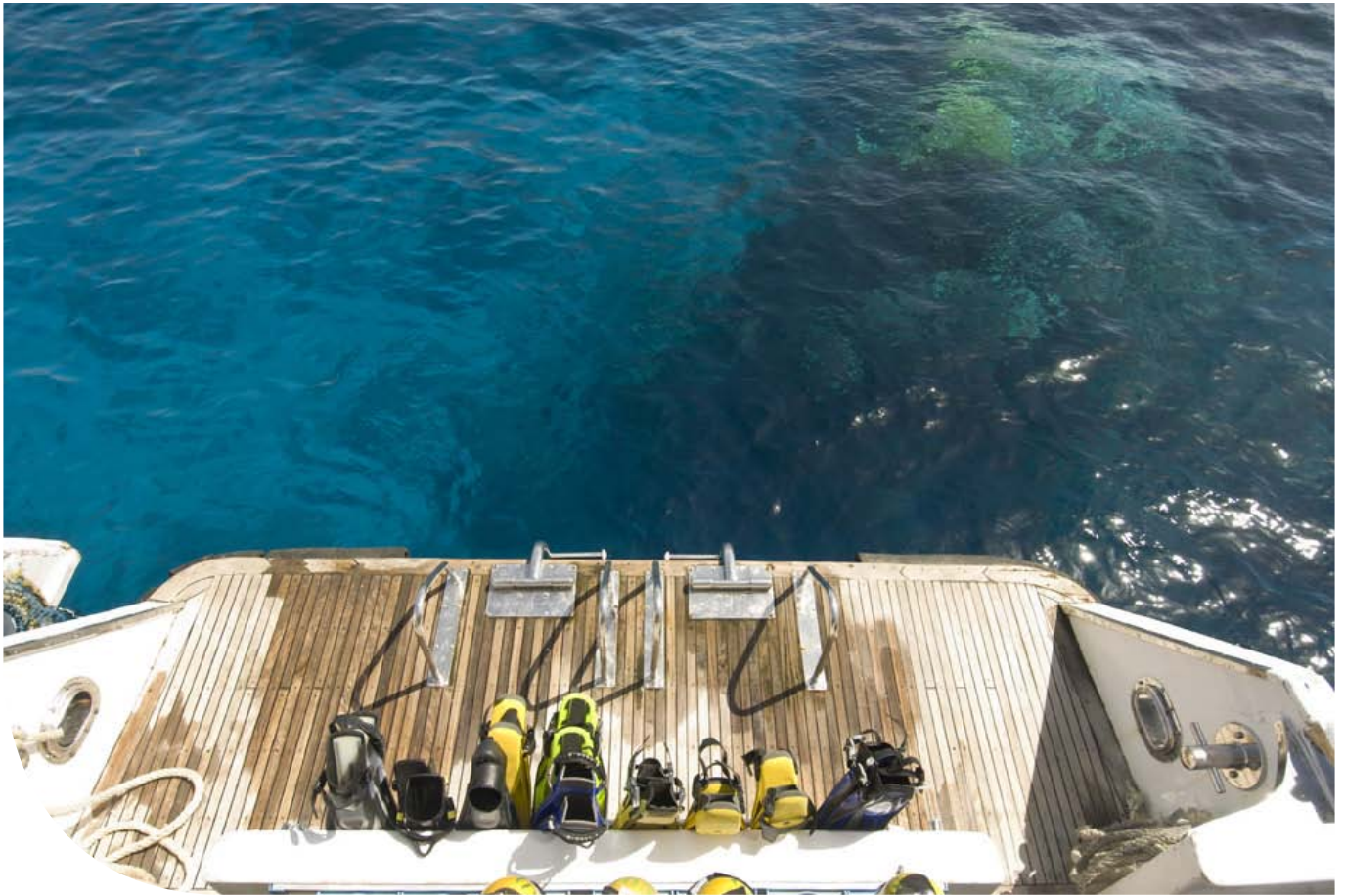
*You can clearly see fish swimming back and forth around the boat, darting here and there. They look like they're having a great time, they're free to explore the ocean and go wherever they please.*

*You feel the warmth of the day soaking into you and the cool water looks so inviting, you can't resist going in for a dip. You remove your clothes to reveal your bathing suit and then move to the edge of the boat, where there is a lowered platform that gives easy access into the water.*

*There are snorkels and masks sitting on one side and you pick a set up before sitting down on the platform to put them on. You dangle your feet into the warm water and feel the waves gently washing against you, feeling like a giant bath.*

*You slip the mask on and adjust the rubber strap, fitting it to your head. The world looks strange through the window of plastic that is now attached to your face.*







*Everything seems very far away; but you know you'll be glad of it when you can look underwater without getting salty sea water in your eyes.*

*Looking down, you can see a shoal of tiny fish swimming past and you watch them go before lowering yourself down into the ocean. You naturally float, bobbing up and down. It's so easy to tread water; but you realise that the sandy ground isn't far below you, in fact you're so close to shore that you only need swim a short distance and you could easily stand with your feet on the bottom.*

*You slip the snorkel into your mouth and hold it between your lips. It feels alien and you're unsure how to breathe through it. It takes courage to lean forward and dip your head into the water the first time; but the view makes you gasp and in doing so you draw in a lungful of air through your snorkel.*

*You quickly get the hang of breathing in and out through your mouth; but are amazed at how loud the noise of the air going through the snorkel sounds. It seems to dominate in the quiet stillness of the day.*

*You lay on your front floating in the water, staring down at the sandy bottom. You can make out a dark shadow beneath you and for a second your heart lurches, then you realise it's your own shadow. You let out a laugh which comes out as an explosion of bubbles around your mouthpiece. You stand up and your feet instantly touch the bottom, sinking into the gritty sand.*

*You take out the mouthpiece and it feels good to take a normal breath; but your attention is captured by the most beautiful rainbow fish just to your right. You can't resist having a closer look, so you replace the mouthpiece and dip your head back under, so that you can swim over.*







*You kick your legs gently, worried that you might scare it away; as you are carried forward to swim behind the fish, you realised it's paying you no real attention. It seems happy gliding through the water and you don't mind following behind.*

*You turn your head and notice a shoal of tiny silver fish that are moving together, catching the light as they turn in one motion, before turning again. It's as if these individual are really part of one much larger creature. You swim closer; but they scatter, darting off in all directions before returning to their shoal a short distance away.*

*You decide to leave them in peace and look around you for something new to explore. You see a gentle movement of rainbow colours, reds, pinks, blues, oranges and greens – you swim across and realise that these plants floating in the current are part of a coral reef.*

*Among the fronds of plants that grow on the reef, your eyes focus on the hundreds of fish that are swimming around it.*

*They are all shapes and sizes, some large and round, others long and thin. There are all the colours you can imagine, bright rainbow shades of pink, red and orange, as well as more muted shades of brown, black and grey. These camouflaged fish are harder to spot as they prefer to hide in the darker shadows nears the sand. They tuck themselves away in the coral and can be almost invisible.*

*One black fish pops its head out as you go past, looking like a nosey neighbour seeing what's going on.*











*You catch a scuttle of movement and see a crab dart across the seabed before falling still as the shadow of a fish swims over it. You look up to see a bright orange and white clown fish swim so close to you that you could almost reach out and touch it. It swims up to a piece of coral which looks like a stone brain, the undulating ridges make it perfect for the clown fish to hide in.*

*The fish all swim in and out of the coral, appearing then disappearing, before emerging once again. You float on top of the water, looking down at them, watching the way they move together and dart apart. It's hypnotic and very relaxing and times passes quickly.*

*Spend as long as you want snorkelling, follow the reef and see what other fish you can see. You're free to return to your yacht whenever you want.*



# Fruit Punch Recipe



*After a dip in the ocean, you need a refreshing drink to sit and sip on deck. Enjoy this delicious Fruit Punch recipe.*

## Ingredients

- 1 cups cranberry juice
- 2 cups lemonade
- 1/2 cups orange juice
- handful of maraschino cherries
- 1/2 litre ginger ale
- 1/2 orange (sliced in circles)

## Instructions

1. In a large jug, combine cranberry juice, lemonade, and orange juice. Stir in the maraschino cherries. Refrigerate for 2 hours or more.
2. When ready to serve, pour in the ginger ale. Garnish each glass with an orange slice.



# Fun Things To Do!

## Deep Sea Exploration

How to snorkel... [www.youtube.com/watch?v=pDzXYJAe5yU](http://www.youtube.com/watch?v=pDzXYJAe5yU)

Snorkelling with fish and dolphins [www.youtube.com/watch?v=QCbH9TPY-SE](http://www.youtube.com/watch?v=QCbH9TPY-SE)

Beneath the Waves, A Relaxing Coral Reef Journey  
[www.youtube.com/watch?v=gxAfmS0iUIM](http://www.youtube.com/watch?v=gxAfmS0iUIM)

See the Reef - Webcam  
<http://explore.org/#!/live-cams/player/pacific-aquarium-tropical-reef-camera>

## Music

Let's here it for Sebastian in Little Mermaid's Under the Sea...  
[www.youtube.com/watch?v=NPQVrjnC1jo](http://www.youtube.com/watch?v=NPQVrjnC1jo)

## Movies

- *Finding Nemo*
- *The Little Mermaid*
- *Madagascar 3*
- *Jaws - the only sharks you'll see!*
- *The Life Aquatic With Steve Zissou*
- *20,000 Leagues Under the Sea*
- *The Abyss*
- *Ghosts of the Abyss - Titanic documentary*
- *IMAX Deep Sea*

## Books

- *The Paradise Room* by Belinda Jones
- *The Reef* by Nora Roberts
- *Time Kissed Destiny* by Constance O'Day Flannery



# Make a CD Fish!



Decorate your room with these fabulous CD fish - bring the rainbows into your room

## You will need...

- An old CD or a cheap blank CD - the ones that go wrong when you're trying to record a data disc are perfect!
- Coloured card
- Glue or double sided tape
- Googly Eyes
- Stickers and other decorations
- Ribbon or string

## Make your fish...

1. Take a CD and lay it with the rainbow / holographic side down.
2. Cut a tail out of coloured card and stick it to the non-holographic side of the CD - either with double sided tape or glue.
3. Turn the fish over and attach a Googly eye.
4. Decorate your fish with stickers and anything sparkly that will catch the light.
5. Attach a length of ribbon by threading it through the centre hole and tying a knot. Make a loop and then hang the fish somewhere that will catch the light.





# More fun awaits you with new adventures...

**Tropical Beach Day**  
Fun on the beach, collecting shells and relaxing...

**Your Day...**

- ◉ TROPICAL BEACH DAY 1
- ◉ ICE LOLLY RECIPES 10
- ◉ BEACH IN YOUR ROOM 12
- ◉ FUN THINGS TO DO 14

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**Swimming with Dolphins**  
Share the sea and play with these amazing creatures...

**Your Holiday...**

- ◉ SWIMMING WITH DOLPHINS 2
- ◉ DOLPHIN FACTS 12
- ◉ FISH IN POOL 13
- ◉ FUN THINGS TO DO 14

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**Hawaiian Luau**  
Get your Hula on...

**Your Party...**

- ◉ HAWAIIAN LUAU 2
- ◉ SPEAKING HAWAIIAN 15
- ◉ COCONUT DRINKS 17
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**Snorkelling**  
Dive the depths and explore a coral reef...

**Your Day...**

- ◉ SNORKELLING 2
- ◉ FRUIT PUNCH RECIPES 10
- ◉ FUN THINGS TO DO 10

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**Pirate Adventure**  
Search for buried treasure on a deserted island...

**Your Party...**

- ◉ PIRATE ADVENTURE 1
- ◉ HARBORTRICK RECIPE 11
- ◉ SEA CHARITIES 10
- ◉ FUN THINGS TO DO 10
- ◉ TALK LIKE A PIRATE 10

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**Fairy Tale Castle Party in your Pad**  
Once upon a time...

**Your Party...**

- ◉ HONEY MOON 1
- ◉ FAIRY TALE CASTLE ADVENTURE 11
- ◉ LEARNING TO DANCE 10
- ◉ PUMPKIN SOUP 10
- ◉ CHOCOLATE TOPPER 10
- ◉ FAIRY Cakes 10
- ◉ ENTERTAINMENT 10

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