

Swimming with Dolphins

Dive deep and swim with these amazing creatures...

Your Adventure...

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Swimming with Dolphins 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 experience. 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.

Swimming with Dolphins

You're standing on deck on your beautiful, luxury yacht. It's a gorgeous day, the sky is pure blue and the sun is warm and energising. It soaks into your skin and you can feel yourself glowing from its gentle rays.

The boat is moving across the water; but it's so calm out here that you're barely aware that you're moving.

You take in a deep breath and fill your lungs with the pure air. The breeze from the water carries with it a faint salty scent that you can just taste on your tongue. It's the true feeling of being by the water and you close your eyes relaxing into the amazing day. Your shoulders drop and you feel yourself settling into peace.

When you open them again you look out across the water, over the tops of the white cresting waves and for a second you catch a flash of movement, a glimpse of something swimming in front of the boat.

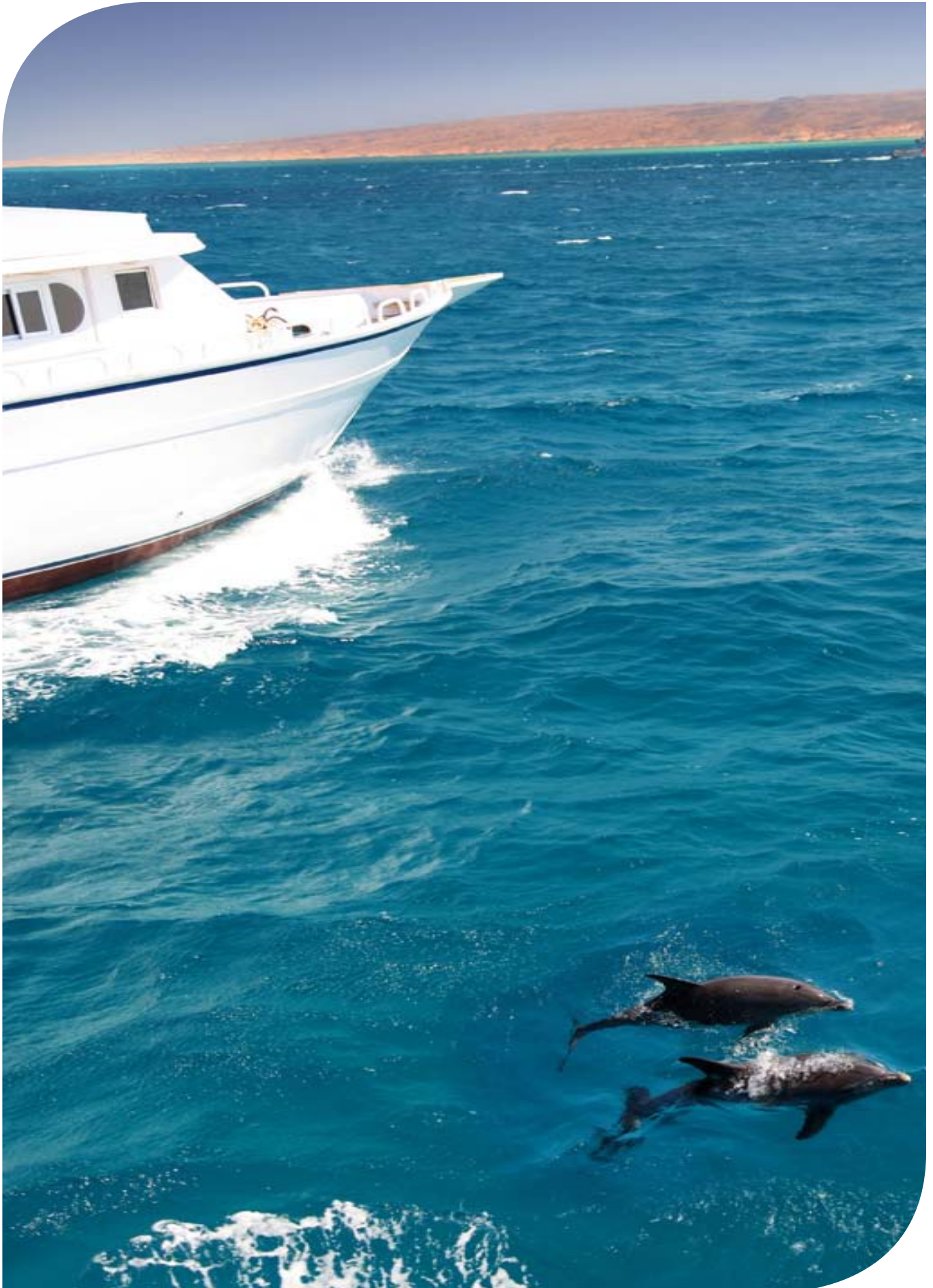
You step forward and rest your hands on the sun warmed metal rail. You peer down into the water, your eyes scanning back and forth.

Almost as you're about to give up you see a flash of grey leap up from the water and before your brain has chance to recognise it, it's disappeared back under the waves. You replay it in your mind, was it really? Could it really be? And then the grey streak reappears, this time swimming in front of the boat and you realise it's a dolphin!

You feel a wave of excitement at seeing the dolphin swimming freely around your boat. It leaps up from the waves and dives back down into the water, disappearing with a faint splash. It emerges again and again, always just ahead of the moving boat.

As if from nowhere, a second dolphin appears then a third and a fourth. It's a whole pod of dolphins and they swim alongside the boat, coming up to the surface of the water before arcing back down, disappearing back under the water. You don't turn away for a moment, not wanting to miss a thing.









They're long, thin and bigger than you imagined. Each is a slightly different shade of grey, with paler bellies; some have marks and scrapes along their sides and little nicks in their fins and tail making each one individual. They twist in the water, flicking their powerful flippers and turn so that one eye is looking up at you.

Some move ahead leaping and jumping out of the water, crisscrossing back and forth across the bow of the boat. They're swimming fast, darting around. You can't help the smile that spreads across your face at their playful antics. You watch how much fun they are having jumping up out of the water. You wish you could join them.

As if sensing your desire, the boat begins to slow and comes to a stop. You watch the dolphins, wondering if they will continue to swim on without you. You hope they stay so you can get closer to them and maybe even have a swim with them.

You slip off your clothes and reveal a bathing suit underneath; you're all ready to join them. Making your way to the back of the boat, you see a low platform and a silver ladder that leads down into the water.







You sit down on the edge of the platform and dip your feet in. The waves lap against your legs and the water is beautifully warm and inviting. You're feeling calm and relaxed with the sun shining down on you.

There is a flicker of movement and a dolphin appears just a few meters away from you and you start to get excited. Another appears just a little closer to the boat, so close you feel you can almost reach out and touch it; but these are wild dolphins and this is their home, so you leave them in peace, happy to just be near them.

Their dark grey heads bob up and down in the water, they seem to be smiling at you, inviting you to come in and join them.

One swims closer, it comes to a stop in front of you, mouth open in a big grin. You can see its row of tiny teeth and pale pink tongue. It lets out a high pitched squeaking noise and it's as if he's calling you, asking you to come in and play.

You can continue to sit on the ledge and paddle your feet or you can get into the water and have a swim. The water is so calm and the dolphins are friendly.

Deciding to join them, you get up and slowly you lower yourself down the steps. Slipping into the water, you immerse your legs, then your waist. You hold onto the ladder with one hand and float easily in the warm water. It's like being in a giant bath. You feel completely safe and relaxed, the water holds you up and you bob on the surface, perfectly supported.

One of the dolphins swims closer to you and you hear a funny clicking sound, it's the dolphin's sonar and it's sending out waves to you. You smile at the strange clicks and high pitched noises; the dolphin is obviously saying something, if only you could understand it.

You look into its small dark eyes that look back at you with an intelligence that can't be denied. You feel so safe in its presence that you're encouraged to let go of the ladder and swim a few strokes away from the boat. The dolphin swims beside you, just out of reach; but close enough that every time it flicks its large tail, it creates waves of water that you can feel nudging against your body.

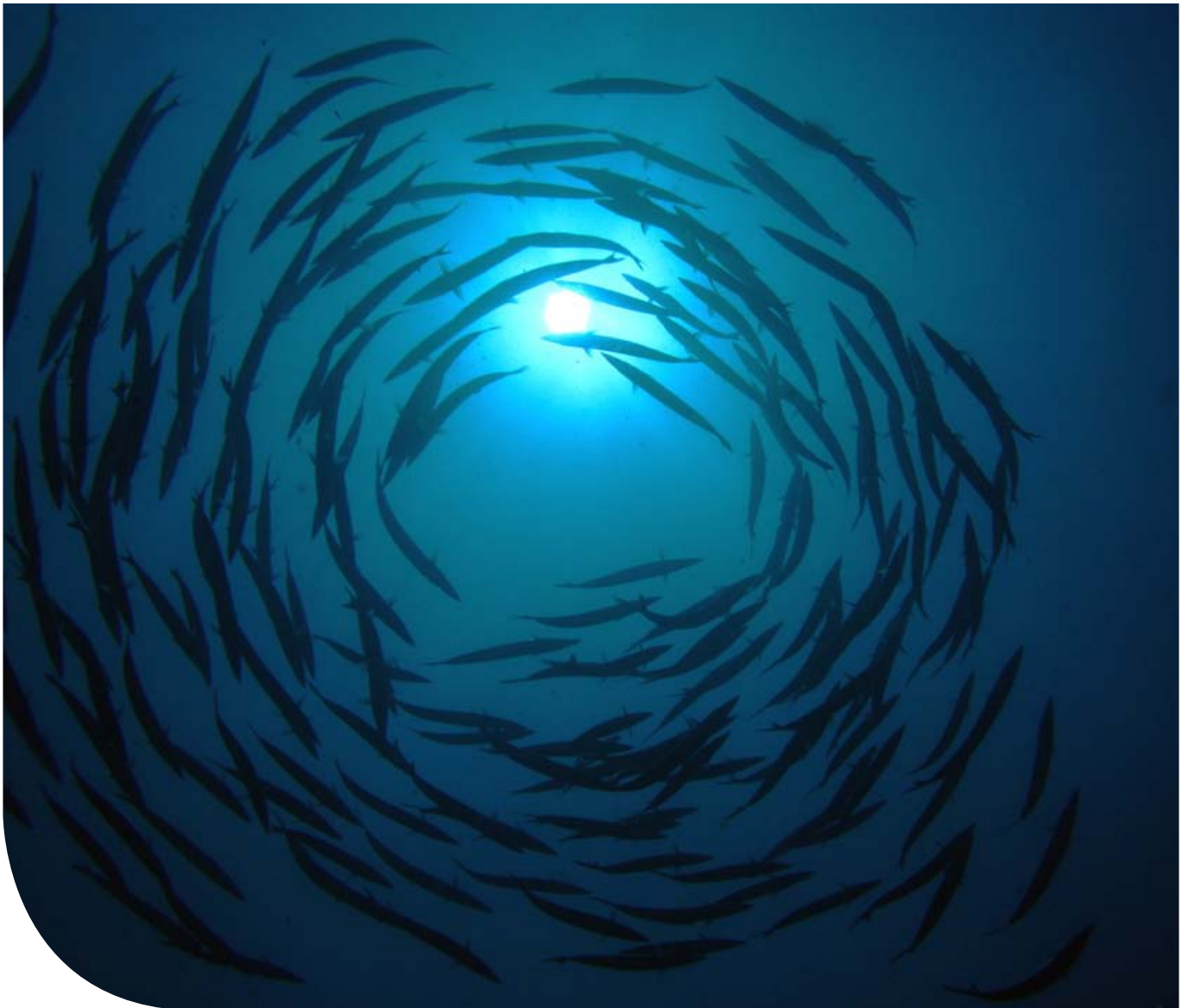
The other dolphins are waiting for you and they make their own high pitched noises as you both approach. You tread water, moving gently as you watch them bob up and down, before one twists over and with a flick of his tail dives down into the ocean beneath you.

The water here is so crystal clear that you can look down through the turquoise blue and see the dolphin swimming down to join the rest of the pod who are moving through the water beneath you. They swim together, moving in sync, their tails flicking languidly. They gracefully glide through the water, rolling, twisting and turning together, sending trails of silvery bubbles out behind them.

A few of the smaller dolphins break away and start chasing each other through the water, you let out a laugh seeing them having fun together.







Even in the water you can hear the pops and clicks as the dolphins communicate with each other, sometimes it sounds high and squeaky, other times it's like someone's running their fingernail across the teeth of a comb.

With a growing sense of confidence you float in the water, keeping your arms by your sides as you swim gently, one dolphin joins you and glides beside you. You feel a strong sense of connection and joy at this special interaction.

You can explore the dolphin's home. Let them take you for a swim. You can swim down to the bottom with them or you can stay on the surface and play with them. The dolphins are just happy you're here with them.



Dolphin Facts



- Dolphins are mammals and carnivores (meat eaters) eating fish, squid and crustaceans..
- They are part of the family of toothed whales that includes orcas and pilot whales.
- Most species live in shallow areas of tropical and temperate oceans throughout the world. Five species live in the world's rivers.
- Bottlenose dolphins are the most common and well known type of dolphin.
- Female dolphins are called cows, males are called bulls and young dolphins are called calves.
- Dolphins live in schools or pods of five to several hundred.
- Dolphins often display a playful attitude which makes them popular in human culture. They can be seen jumping out of the water called spy-hopping (rise vertically out of the water to view their surroundings) and follow ships, often synchronizing their movements with one another. Scientists believe that dolphins conserve energy by swimming alongside ships, a practice known as bow-riding. They play fight and occasionally interact with humans swimming in the water.
- Dolphins use a blowhole on top of their heads to breathe.
- Dolphins have excellent eyesight and hearing as well as the ability to use echolocation for finding the exact location of objects.
- Dolphins communicate with each other by clicking, whistling and other sounds.
- Dolphins answer to their own name.
- Some dolphin species face the threat of extinction, often directly as a result of human behaviour. The Yangtze River Dolphin is an example of a dolphin species which may have recently become extinct.



Fish in Foil Recipe



Dolphins live on a diet of fish and seafood, so you are going to join them today. Try this simple and delicious recipe for fish in foil - you can use any fish that you like, salmon, tuna, cod etc The choice is yours, just look out for responsibly sourced fish - we've got to look after the dolphins' home for them.

Ingredients - per person

- 1 fish fillet per person
- 1/2 small onion, sliced
- 1/2 tablespoon olive oil or melted butter
- 2 lemon slices
- seasoning

Instructions

1. Cut a square of aluminium foil, place it on the top and add the sliced onion rings in the centre.
2. Place the fillet on top, drizzle with oil or butter and sprinkle on seasoning, top with lemon slices.
3. Fold the foil over, creating a good seal that will keep the steam in.
4. Bake or grill at 175°C (350 °F) for about 20. minute or until the fish is cooked and flakes easily.
5. Serve with new potatoes and a selection of steamed vegetables, with a wedge of fresh lemon.



Fun Things To Do!



Swim with Dolphins

Watch these amazing videos to get closer to the dolphins

- www.youtube.com/watch?v=kwhTN3RmFgU
- www.youtube.com/watch?v=xxiGpNZfYco
- www.youtube.com/watch?v=A06L-npXvDM
- <http://explore.org/search/?q=dolphins>
- www.dolphins.org/plan_your_day?aid=5

Listen to the Dolphins

Listen to recordings of the unique noises the dolphins make.

<http://neptune.atlantis-intl.com/dolphins/sounds.html>

Music

Dolphin sound tracks are a great way to get into the mood of swimming with them - meant for relaxation purposes they can sound quite funny; but very sweet.

www.youtube.com/watch?v=yLyjRUBvUcg&list=RD02XfJPF5ViC64





Movies

- *Flipper*
- *Dolphin Tale*
- *Eye of the Dolphin*
- *Way of the Dolphin*
- *Zeus and Roxanne*
- *The Day of the Dolphin*

Books

- *The Dolphins of Pern*, by Anne McCaffrey
- *Island of the Blue Dolphins* by Scott O'Dell
- *Uplift Series* by David Brin
- *Seaquest DSV*
- *Johnny Mnemonic* by William Gibson
- *Hitchhiker's Guide series* - particularly *So Long*, and *Thanks For All the Fish* by Douglas Adams
- *Known Space*, by Larry Niven
- *Touch a Wild Dolphin* by Rachel Smolker
- *Dolphin Chronicles* by Carol J. Howard
- *Dolphin Mysteries* by Kathleen Dudzinski

More novels - www.librarything.com/subject/Dolphins%09Fiction

Crafts

Origami Dolphins - www.origami-instructions.com/origami-dolphin.html

Make your own swimming dolphin -

www.allkidsnetwork.com/crafts/animals/ocean/dolphin-craft.asp

Dolphin Cupcake Topper -

www.freekidscrafts.com/dolphin_cupcake_decorations-e1180.html



More fun awaits you with new adventures...

Tropical Beach Day

Fun on the beach, collecting shells and relaxing...

Your Day...

- ☐ TROPICAL BEACH DAY 2
- ☐ ICE LILLY RECIPES 10
- ☐ BEACH IN YOUR ROOM 13
- ☐ FUN THINGS TO DO 14



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Swimming with Dolphins

Share the sea and play with these amazing creatures...

Your Holiday...

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Hawaiian Luau

Get your Hula on...

Your Party...

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- ☐ COCONUT DRINKS 17
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Snorkelling

Dive the depths and explore a coral reef...

Your Day...

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- ☐ 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 2
- ☐ PIRATE RECIPE 17
- ☐ SEA SHANTIES 10
- ☐ FUN THINGS TO DO 20
- ☐ TALK LIKE A PIRATE 20




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Fairy Tale Castle Party in your Pad

Once upon a time...

Your Party...

- ☐ HOW IT WORKS 2
- ☐ FAIRY TALE CASTLE ADVENTURE 10
- ☐ LEARNING TO DANCE 10
- ☐ PUMPKIN SOUP 17
- ☐ CINDER TOPPER 14
- ☐ FAIRY CAKES 10
- ☐ ENTERTAINMENT 20



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