

# GCSE English for CCEA Revision Book

Practical session 2.2.1 (pp. 50–51)

## TREASURE FORTRESS

THIS THRILLING EXPERIENCE IS BEST DESCRIBED AS 'CRYSTAL MAZE MEETS WHO WANTS TO BE A MILLIONAIRE'. IT IS A STIMULATING HIGH-TECH TREASURE HUNT SET IN AN ASTOUNDINGLY REAL CASTLE ENVIRONMENT.

PLAYERS IN GROUPS OF TWO OR MORE MOVE AROUND THE MANY THEMED CASTLE ROOMS COMPLETING A QUIZ TRAIL HIDDEN IN SECRET PORTALS. THIS HIGH-TECH TREASURE HUNT WILL SUBJECT TO EACH PLAYER'S SKILL ALLOW YOU TO COLLECT ENOUGH 'MAGIC' TO PASS THE SPELLBOUND PORTALS AND USE POWERS OF FABULOUS SPANISH TREASURE.

THIS ATTRACTION HAS BEEN BROUGHT TOGETHER USING THE LATEST ADVANCED TECHNOLOGY RESULTING IN ONE OF THE MOST DYNAMIC ENTERTAINMENT ATTRACTIONS.



## TURBO TOURS

OUR TURBO TOUR RIDE EXPERIENCE IS ONE OF LIFE'S GREAT ADVENTURES PACKED WITH MIND-BLOWING ACTION AND OUTRAGEOUS IMAGERY AND SOUND WITH MOVING SEATS SYNCHRONISED TO SOME OF HOLLYWOOD'S MOST ACTION-PACKED FILMS.

WE CALL IT THE TWARKS TURBOKIBE. MOST OF OUR PASSENGERS CALL IT 'UNBELIEVABLE'.

CALL THE HOTLINE 028 7882 4444 FOR SHOW TITLES.





FINN McCOOL  
ADVENTURE PLAYGROUND



THE TREASURE FORTRESS



TURBO TOURS

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Practical session 2.2.2 (pp. 52–53)

**"BUT I KNOW ALL THE RISKS"**

**BUT YOU ALSO HAVE TO THINK ABOUT THE POSSIBILITY OF:**

- HURTING OTHERS**  
You've Got Problems !??  
HAVING Arguments and problems because you use drugs can lead to family rows and breakdowns. You may become Violent and hurt other people.
- Personal problems:** relationships can be destroyed, and friendships lost if you come to need drugs more than you need people.
- Money Problems:** using drugs can be expensive, some people get involved in crime to pay for their drugs.
- Legal Problems:** The use of some drugs is illegal and being arrested means embarrassment to family and friends. If convicted a criminal record makes it harder to get a job.
- ILL HEALTH:** Effects can range from minor side effects to serious illness.
- addiction:** There is a possibility of coming to feel the need of drugs, to become physically or mentally dependent on them, and not being able to cope with life without them.

It's hard to be different

But it's easier if you feel:

GOOD about yourself  
WHAT you think matters  
that PEOPLE care about you  
able to MAKE your own decisions  
LOveD  
Able To dO Things

If you don't feel like this you can do something about it by Making **CONTACT** with us on:

TEL 01232 456654

IT'S A FREE CONFIDENTIAL COUNSELLING AND INFORMATION SERVICE FOR YOUNG PEOPLE. CALL IN, WRITE OR TELEPHONE (WE WILL RETURN YOUR CALL) OR IF YOU JUST WANT TO TALK TO SOMEONE YOU CAN CONFIDE IN, TELEPHONE US.

**CONTACT YOUTH**  
25 RIBBLE STREET  
BELFAST BT4 1HW  
TEL (01232) 457844

## Drugs... So What?

ECSTASY

CANNABIS

ALCOHOL

SOLVENTS

COCAINE

HEROIN


LSD / ACID

DRUGS AFFECT HOW WE FEEL AND HOW WE ACT

Could they affect my life?

## FINN McCOOL

ADVENTURE PLAYGROUND



## FINN McCOOL

### ADVENTURE PLAYGROUND

FINN McCOOL'S ADVENTURE PLAYGROUND IS A THREE FLOOR THEMED AND ZONED INTERACTIVE GAME ENVIRONMENT SET IN A PLAY STRUCTURE WHERE VISITORS CAN PLAY A VARIETY OF FUN GAMES EITHER ALONE OR IN GROUPS.

EACH FLOOR FEATURES A VARIETY OF DIFFERENT ZONES EACH PRESENTING THE VISITOR WITH A NUMBER OF DIFFERENT CHALLENGES AND METHODS OF MOVEMENT BETWEEN AREAS. SOME GAMES ARE VERY PHYSICAL INVOLVING ACTIVITIES LIKE CLIMBING WHILE OTHERS ARE PASSIVE GAMES PLAYED AT TOUCHSCREEN TERMINALS.

FEATURES INCLUDE: TOUCHSCREEN GAMES, ECHO WELL, PINBALL, BALL SWAMP, SHADOW CAVE, OBSTACLE COURSE, ZIPLINE, FREE YOUR OWN WEATHER, 3D TWISTER, HOP SCOTCH, CLIMBING WALL, TODDLER AREA AND MUCH MUCH MORE!

FINN McCOOL'S ADVENTURE PLAYGROUND OFFERS A TRUE RANGE OF INTERACTIVE GAMES FROM SIMPLE PUZZLES TO COMPLEX PHYSICAL CHALLENGES FOR A BROAD SPECTRUM OF AGES.

... IT IS A 'ONE OF A KIND' DYNAMIC PLAY ENVIRONMENT.

**LIVE THIS REMARKABLE 'NOT TO BE MISSED' ADVENTURE**

I'm being told that they make you feel so good, so what's it all about?

No matter what any of your mates tell you, nobody can really know how any drug will affect YOU.

IT ALL DEPENDS ON:

- Your height and weight
- What drug you're taking
- How much you take
- How you feel at the time
- Where you are
- What you expect to happen
- Your own body's physical reaction
- What other drugs you have been taking
- How often you take drugs
- How long you have been taking drugs
- How you take the drugs

WELL IF THEY'RE AROUND AND MY MATE'S DOING IT, WHY DON'T I?

AT FIRST THEY MAKE YOU Feel Relaxed and happy

**BUT,**

If you are not completely in control of your actions the odds are higher that you may become:

- Over confident
- ACCident prone
- Irresponsible
- moody
- aggressive

DRUGS AFFECT HOW WE FEEL AND HOW WE ACT

Depending on the type of drug used you run the risk of:

AN OVERDOSE CAN HAPPEN, BECAUSE YOU ARE INEXPERIENCED YOU DON'T KNOW THE AMOUNT OF THE DRUGS YOUR BODY WILL TOLERATE

Poisoning or overdose from not knowing what you're taking

Flash backs can happen without warning and can be dangerous and frightening

Mixing different substances can be fatal

Casual sex with possible unplanned parenthood, Sexually transmitted diseases (STD) AND/OR BECOMING INFECTED WITH THE H.I.V. VIRUS



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### Is it right for me?

To benefit your health, activity doesn't need to be vigorous. Moderate activity and beginning gradually is the way to progress.

If you enjoy good health and do not suffer from heart, bone or joint problems or pains in the chest, you can gradually build more activity into your life without consulting your doctor.

However, always check with your GP if you have had an illness, have any worries about your health, or if you have been inactive for a long time. You can improve your health by becoming more active even after a major illness, such as a heart attack, but you will need to do so under your doctor's guidance.

### Local views

*"Physical activity has helped me overcome individual inhibitions and lack of confidence."*  
Participant in Get Active in the Community Grant scheme, Banbridge

*"Since becoming involved... I have made new friends and I have lost 1½ stone in weight."*  
LH, Nitty 80s Club, Portlough

get a life get active

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Photographs manufactured courtesy of the British Heart Foundation.

# Make the first move

### You're never too old to feel the benefits of physical activity. In fact, being active can be an important factor in staying healthy and keeping your independence as you get older.

As well as helping your heart and lungs to work efficiently, maintaining a healthy weight and keeping your muscles and bones strong, regular physical activity can:

- help control high blood pressure and diabetes;
- slow down the loss of bone density that can lead to fractures;
- help you maintain your mobility and independence;
- reduce your risk of a serious fall by improving your posture, balance, flexibility and coordination;
- help you cope with everyday tasks;
- reduce stress, help you relax and improve your sleep;
- help you get out and about and make new friends.

### 30 minutes a day

Just 30 minutes a day of moderate activity such as brisk walking can make all the difference to your health as you get older.

If this sounds a lot, try building up gradually. For example, start with a gentle walk or by trying a new activity for just 10 minutes at a time.

The majority of people, whatever their age or condition, can benefit from physical activity. The greatest benefits are gained by inactive people who start to take part in regular physical activity. You will notice the difference as soon as you begin.

Different types of activities can provide different benefits. For example, you could try:

- walking for strength;
- swimming for flexibility;
- tai chi for balance;
- dancing for coordination.

### Getting started

- ✦ **Be more active every day**  
Build physical activity into your daily routine. Walk to the shops or put a little extra effort into housework or gardening.
- ✦ **Gently does it!**  
Start any new activity gradually and progress at your own speed. Don't overdo it - you should still be able to hold a conversation while you're exercising.
- ✦ **Try different things**  
Find out what's on near you and choose some activities you enjoy. Vary the activities you do to maintain interest.
- ✦ **Make it a social event**  
Join a class or group, or go with a friend. There are physical activity classes especially tailored for older people - try your local leisure centre or phone 028 9024 5729 to find out about the Actively Ageing Well initiative in your local area.