

00:00:12:24 - 00:00:15:00

Coming up on FYI,

00:00:15:00 - 00:00:18:00

the aid workers trying to get supplies to the people of Gaza.

00:00:18:14 - 00:00:20:04

There was active shooting in the area.

00:00:20:04 - 00:00:23:04

A car has been hit by some bullets.

00:00:25:18 - 00:00:28:20

And I'm here at the 20th BAFTA Games Awards in London.

00:00:29:00 - 00:00:32:00

And watch out, you might even see me on stage.

00:00:38:01 - 00:00:39:17

This is FYI,

00:00:39:17 - 00:00:42:17

the weekly news show where we bring you stories that matter to you.

00:00:42:23 - 00:00:47:14

And this week, we start the humanitarian crisis in Gaza, where aid organisations

00:00:47:14 - 00:00:50:14

are trying to get supplies to people in desperate need of help.

00:00:52:23 - 00:00:54:11

The Israel-Hamas war

00:00:54:11 - 00:00:59:16

started last October when the Palestinian militant group Hamas attacked Israel,

00:01:00:03 - 00:01:02:16

killing over 1,200 people

00:01:02:16 - 00:01:05:08

and taking others hostage.

00:01:05:08 - 00:01:08:18

Israel's responded with airstrikes and an invasion into Gaza.

00:01:09:09 - 00:01:11:23

We've investigated both sides of the war.

00:01:11:23 – 00:01:14:09
For more information
on this, go to our website.

00:01:15:10 – 00:01:18:19
Over 33,000
people have been killed in Gaza.

00:01:19:14 – 00:01:22:15
And the World Food Programme
now estimates 1.1

00:01:22:15 – 00:01:25:16
million people
there are experiencing extreme hunger.

00:01:26:19 – 00:01:29:10
Many of them are children.

00:01:29:10 – 00:01:33:02
The people delivering the aid are often
exposed to huge dangers, too.

00:01:33:15 – 00:01:34:23
You might have seen in the news

00:01:34:23 – 00:01:38:00
that seven charity workers
were recently killed in the airstrike.

00:01:38:17 – 00:01:39:08
We've received

00:01:39:08 – 00:01:42:22
this report from Tess Ingram,
who works for the charity called UNICEF.

00:01:43:09 – 00:01:46:09
And they've been trying to get aid
into northern Gaza. I'm

00:01:47:14 – 00:01:50:23
going on a coordinated mission
to the north of Gaza today.

00:01:51:06 – 00:01:53:06
The plan is to go to four locations.

00:01:53:06 – 00:01:54:10
We're going to go to the Camilla

00:01:54:10 – 00:01:57:21

one hospital where we know
the children are dying from malnutrition.

00:01:58:12 - 00:02:01:07

The mission
today has a truck full of ready

00:02:01:07 - 00:02:04:20

to use therapeutic treatment
and high energy biscuits to help

00:02:05:04 - 00:02:08:06

treat these kids and prevent malnutrition
in other children.

00:02:08:18 - 00:02:11:07

We've also got a truck of fuel
that we're going to take

00:02:11:07 - 00:02:14:13

to water locations to try and help

00:02:15:01 - 00:02:17:17

bring clean water
back to the people of north Gaza.

00:02:18:19 - 00:02:19:20

It's ten past nine.

00:02:19:20 - 00:02:21:01

We just got the green light.

00:02:21:01 - 00:02:24:14

We've done a security briefing, PPE on,
and we're about to hit the road.

00:02:27:06 - 00:02:30:04

While we were waiting here
at the holding point,

00:02:30:04 - 00:02:31:20

there was active shooting in the area.

00:02:31:20 - 00:02:33:24

A car has been hit by some bullets.

00:02:33:24 - 00:02:36:24

We've decided
that we need to turn and go back to base.

00:02:37:03 - 00:02:41:02

There's some pretty clear
bullet hits here.

00:02:41:13 - 00:02:43:16
And this is the window
where I was sitting.

00:02:43:16 - 00:02:45:12
So it was right there next to me.

00:02:45:12 - 00:02:47:16
Thank goodness
we were in an armored vehicle.

00:02:47:16 - 00:02:51:04
But the biggest issue today
is that we didn't make it.

00:02:51:18 - 00:02:55:16
There's people in the north of Gaza
that are still waiting for us

00:02:55:16 - 00:02:57:03
to get up there.

00:02:57:03 - 00:02:59:16
Well, Tess joins us now. Hi, Tess.

00:02:59:16 - 00:03:00:09
How are you?

00:03:00:09 - 00:03:01:09
Hi Maya, I'm well.

00:03:01:09 - 00:03:03:05
How are you? I'm good, thank you.

00:03:03:05 - 00:03:06:02
So your job can obviously
be quite dangerous at times,

00:03:06:02 - 00:03:09:02
but do you ever think it's sometimes
just too risky to keep going?

00:03:09:09 - 00:03:11:04
Sometimes it is really dangerous.

00:03:11:04 - 00:03:13:17
But whenever I think about it
being unsafe for me,

00:03:13:17 - 00:03:15:24
I think about how unsafe it is
for the children.

00:03:15:24 - 00:03:19:02

We've been working in Gaza for decades
and we're going

00:03:19:02 - 00:03:22:02
to keep doing that for as long as we can.

00:03:22:02 - 00:03:28:06
Gaza is also surrounded by a fence,
and so the people inside can't leave.

00:03:28:06 - 00:03:32:10
And it's very difficult for us to get aid
from the outside in through that fence.

00:03:32:16 - 00:03:35:22
So how do you actually get the food
and the aid into Gaza?

00:03:36:10 - 00:03:40:02
And we load up trucks with supplies
and then try and bring it in.

00:03:40:02 - 00:03:42:20
But it's a very slow
and complicated process.

00:03:42:20 - 00:03:45:20
Right now,
we're getting in about 200 trucks a day.

00:03:45:21 - 00:03:49:17
And before the fighting escalated
in October, we were getting in 500

00:03:49:17 - 00:03:50:07
trucks a day.

00:03:50:07 - 00:03:54:11
So we need to get in far more trucks
just to meet the base level.

00:03:54:12 - 00:03:57:23
Now, as well as deliveries by road,
there's also been deliveries of aid

00:03:57:23 - 00:04:00:23
by air and sea,
can these solve the problems?

00:04:01:01 - 00:04:04:04
They are helpful because all aid is needed
in Gaza at the moment.

00:04:04:09 - 00:04:07:08

But what comes from the air
and compounds from

00:04:07:08 – 00:04:12:09
the sea is not as cost effective or
as efficient as what can come by a truck.

00:04:12:15 – 00:04:15:15
So what kind of aid
are you trying to get into Gaza?

00:04:15:16 – 00:04:17:01
So many different things.

00:04:17:01 – 00:04:21:14
Almost everything that people rely on for
their basic survival has been impacted.

00:04:21:15 – 00:04:25:08
We're trying to bring in clothes
and blankets as well as tents

00:04:25:08 – 00:04:28:21
for people to live in food,
medicine, water.

00:04:29:04 – 00:04:32:04
And it's very difficult for us
to get to the north of Gaza.

00:04:32:06 – 00:04:35:05
I met with a girl called Jenna,

00:04:35:05 – 00:04:39:05
who's seven years old, and she hadn't
had anything to eat for weeks.

00:04:39:05 – 00:04:43:04
The only food that she could find was food
that meant for farm animals.

00:04:43:04 – 00:04:45:01
And so it made her really sick.

00:04:45:01 – 00:04:46:24
And she was what we call malnourished.

00:04:46:24 – 00:04:48:23
And then other things as well,
like children

00:04:48:23 – 00:04:51:09
who might have lost their parents
because of the fighting.

00:04:51:09 – 00:04:54:04
So there's lots of problems
at the moment in Gaza

00:04:54:04 – 00:04:57:16
that we're trying to fix
by bringing in more aid in those trucks.

00:04:57:21 – 00:04:59:22
But what you do
is really it's really inspiring.

00:04:59:22 – 00:05:02:00
Thank you so much, Tess. Thank you Maya.

00:05:06:12 – 00:05:09:12
Now, what do you make of this next story?

00:05:09:13 – 00:05:13:05
According to reports we've seen, one day
we could be receiving the energy

00:05:13:05 – 00:05:17:09
we need to run our homes, schools
and cars from outer space.

00:05:18:07 – 00:05:20:19
Scientists
are apparently working on a project

00:05:20:19 – 00:05:23:17
that could see giant satellite
sent into space

00:05:23:17 – 00:05:26:23
to harness solar energy from the sun
and beam it back to us.

00:05:28:02 – 00:05:29:13
That would be amazing.

00:05:29:13 – 00:05:31:21
But is it fake news or fact?

00:05:31:21 – 00:05:34:21
Find out later in the show.

00:05:37:22 – 00:05:40:05
Now, you've probably heard of the BAFTAs,

00:05:40:05 – 00:05:43:11
the British Awards
celebrating the best in film and TV.

00:05:43:18 - 00:05:47:05
But did you know, there is also an awards ceremony for computer games, too.

00:05:47:10 - 00:05:48:08
That's right.

00:05:48:08 - 00:05:51:20
They're called the BAFTA Games Awards and Braydon was there to find out more

00:05:51:21 - 00:05:53:06
and even presents an award.

00:05:56:22 - 00:05:59:13
I'm here on the red carpet at the BAFTA Games Awards

00:05:59:13 - 00:06:02:11
to meet some of the designers of the best games of the year.

00:06:02:11 - 00:06:05:11
Let's see who we can spot.

00:06:05:21 - 00:06:06:23
The games that we're seeing

00:06:06:23 - 00:06:09:23
today will eventually become retro games, they'll become classics.

00:06:10:03 - 00:06:12:22
Is there any new technology on it and that we can look forward to

00:06:12:22 - 00:06:14:08
in the future of the gaming world?

00:06:14:08 - 00:06:16:20
I mean, the technology's always going to be advancing

00:06:16:20 - 00:06:19:06
while the consoles always kind of pushing the boundaries.

00:06:19:06 - 00:06:23:05
And I think what we've seen more than new technology is just amazing developers

00:06:23:05 - 00:06:25:14
pushing what can be done

with the existing technology.

00:06:25:14 - 00:06:28:06

What has been your favourite part of being involved with the game?

00:06:28:06 - 00:06:30:10

It was a brand new game starring Mickey Mouse, Minnie Mouse,

00:06:30:10 - 00:06:34:18

Donald Duck and Goofy, so getting to work with eyes for legendary characters

00:06:34:18 - 00:06:37:13

and that was out of this world and unbelievable.

00:06:37:13 - 00:06:41:13

The young game designers out there looking to forge a career in the gaming world.

00:06:41:20 - 00:06:42:24

What are the first steps?

00:06:42:24 - 00:06:45:24

Feel free to ignore every piece of advice you get given,

00:06:46:04 - 00:06:50:00

everyone who speaks from experience just speaking from their own experience.

00:06:50:04 - 00:06:52:14

I think for sure let go of perfection.

00:06:52:14 - 00:06:55:24

Like there will always be something that you think you could have done better.

00:06:56:07 - 00:06:59:10

But what's the most important is that you just keep trying.

00:06:59:10 - 00:07:02:20

The gaming industry has really embraced sort of like an online community.

00:07:02:20 - 00:07:06:14

So I mean, just just be engaged online for there's so much interesting

00:07:06:14 - 00:07:09:00

indie work going out there,

but just be part of that.

00:07:09:00 - 00:07:12:01
It's the idea that like it has
to have \$100 million budget, it does not.

00:07:12:18 - 00:07:14:16
I've had a great day
chatting to all the nominees,

00:07:14:16 - 00:07:16:16
but I best be off
now, or else I'm going to be late.

00:07:17:19 - 00:07:19:05
I was presenting the award

00:07:19:05 - 00:07:22:14
for the family category
with actor Inel Tomlinson.

00:07:23:08 - 00:07:24:05
Gone are the days

00:07:24:05 - 00:07:27:18
when gaming was the hobby of
just the teenage members of the family.

00:07:28:04 - 00:07:30:23
Modern gaming
is something that everyone can enjoy

00:07:30:23 - 00:07:33:23
and the BAFTA goes to.

00:07:35:10 - 00:07:38:10
Super Mario Brothers Wonder.

00:07:39:24 - 00:07:42:06
What an amazing experience.

00:07:42:06 - 00:07:45:06
Congratulations
to all the winners and nominees.

00:07:48:21 - 00:07:49:19
Thanks, Braydon.

00:07:49:19 - 00:07:51:21
And if you enjoyed that, why not check out

00:07:51:21 - 00:07:55:21
our FYI investigates
on gaming addiction at first.news/FYI.

00:07:55:21 – 00:07:59:02
Now, Maya, how do you feel about exams?

00:07:59:07 – 00:08:01:08
I mean, personally,
they freak me out quite a bit.

00:08:01:08 – 00:08:02:05
What about you?

00:08:02:05 – 00:08:05:05
I mean, I don't mind them,
but who actually likes them?

00:08:05:05 – 00:08:08:04
Well,
lots of us are going to be taking exams,

00:08:08:04 – 00:08:12:03
whether that's GCSEs, SATs
or National Fours and Five Scotland.

00:08:12:10 – 00:08:15:24
And if you're worried about them,
we've got the perfect guide for you.

00:08:24:00 – 00:08:27:00
Racing heart,

00:08:27:16 – 00:08:30:15
sweaty hands,

00:08:30:15 – 00:08:32:10
Not sleeping too well.

00:08:32:10 – 00:08:34:09
With revision books piling up high.

00:08:34:09 – 00:08:37:09
It's easy to get worried about exams
crashing towards you.

00:08:38:06 – 00:08:39:24
And what if you're no good at exams?

00:08:39:24 – 00:08:42:20
Is there anything you can do about it?

00:08:42:20 – 00:08:45:20
So what is the best way to revise?

00:08:46:02 – 00:08:49:02
I might need some back up here.

00:08:52:12 – 00:08:54:06
this is Ruby Granger,

00:08:54:06 – 00:08:57:03
who shares study tips and advice on her
YouTube channel.

00:08:57:03 – 00:08:59:23
And trust me,
she knows what she's talking about.

00:08:59:23 – 00:09:01:14
Hi, Ruby. Hi, Jeriah.

00:09:01:14 – 00:09:04:05
So what are the best ways to revise?

00:09:04:05 – 00:09:06:15
Well, the best thing you can do
is active recall.

00:09:06:15 – 00:09:07:21
So putting the things

00:09:07:21 – 00:09:12:09
that you are learning into practice,
doing flashcards or practice questions,

00:09:12:15 – 00:09:15:16
that's what's going to really
prepare you to do well in your exam.

00:09:16:11 – 00:09:19:10
The other thing is just planning ahead

00:09:19:10 – 00:09:23:13
and scheduling your revision ahead of time
so you don't get too stressed,

00:09:23:13 – 00:09:25:01
you don't get too overwhelmed.

00:09:25:01 – 00:09:29:12
Instead of doing three things
a day practice and doing one thing really,

00:09:29:12 – 00:09:32:14
really well
and schedule your study sessions

00:09:32:14 – 00:09:35:22
in 45 minute bursts because it will help
to keep you more focused.

00:09:36:08 - 00:09:39:19

So if you feel really stressed
by revising, what can you do?

00:09:40:07 - 00:09:41:24

Well, you can always talk to people.

00:09:41:24 - 00:09:44:10

Talk to teachers, friends, parents.

00:09:44:10 - 00:09:47:13

Find someone trusted that you can ask
and then they can offer you

00:09:47:13 - 00:09:48:21

the support that you need.

00:09:48:21 - 00:09:51:21

The other thing is just making sure
that you're doing things

00:09:51:21 - 00:09:53:09

other than just revising.

00:09:53:09 - 00:09:57:23

So make sure you're seeing friends
taking time to rest, doing your hobbies.

00:09:57:23 - 00:10:01:19

This will just help you
to keep your exams in perspective.

00:10:02:10 - 00:10:03:18

That seems pretty easy enough.

00:10:05:01 - 00:10:06:14

But, what if the

00:10:06:14 - 00:10:09:14

anxiety about exams still takes over?

00:10:09:14 - 00:10:12:20

Well don't forget, teachers
are there to help.

00:10:13:05 - 00:10:16:09

They want you to do well
and have loads of tips they can share.

00:10:17:04 - 00:10:20:04

Asked them what you should be covering
and get hold of past papers.

00:10:20:22 - 00:10:24:00
Staying calm and positive
all the time is a big ask.

00:10:24:06 - 00:10:27:06
But don't feel like you have to do this
all on your own.

00:10:27:17 - 00:10:28:12
Okay.

00:10:28:12 - 00:10:30:13
So the big day is here.

00:10:30:13 - 00:10:32:22
What do we do to keep our cool Ruby?

00:10:32:22 - 00:10:35:01
How do we tackle the big run up?

00:10:35:01 - 00:10:37:09
You want to make sure
you're getting plenty of sleep.

00:10:37:09 - 00:10:39:11
Get a good night's sleep the night before,
because that will mean

00:10:39:11 - 00:10:40:14
your brains will focus

00:10:40:14 - 00:10:44:12
when you come to sit in the exam
and also have a good breakfast.

00:10:44:19 - 00:10:48:11
Have something which is going to give
your brain the energy that it needs.

00:10:48:19 - 00:10:53:03
Porridge and fruit is a really good option
when you get to the exam

00:10:53:03 - 00:10:58:09
or the big thing, which lots of people
slip up on, is getting too stressed.

00:10:58:09 - 00:10:59:19
Letting yourself get too stressed.

00:10:59:19 - 00:11:01:23
Try not to think about the exam.

00:11:01:23 - 00:11:03:08

Agree with your friends ahead of time.

00:11:03:08 – 00:11:05:06

You're not going to talk about it.

00:11:05:06 – 00:11:09:15

What you could do is bring a book
and read a few pages of that beforehand,

00:11:09:15 – 00:11:10:13

which should just help to

00:11:10:13 – 00:11:13:14

calm you down, get you relaxed,
ready to go in and set the exam.

00:11:14:07 – 00:11:17:06

So we get inside, the clock starts.

00:11:17:06 – 00:11:18:23

Do you have any advice?

00:11:18:23 – 00:11:22:07

So the first thing you want to do
is look through the exam paper,

00:11:22:13 – 00:11:25:18

flick through
and see where the highest questions are,

00:11:25:18 – 00:11:27:03

because sometimes
these will be at the back

00:11:27:03 – 00:11:29:02

and you want to make sure
you give time for them.

00:11:29:02 – 00:11:31:00

But also you can be thinking
about your answers

00:11:31:00 – 00:11:32:14

while you doing the rest of the paper.

00:11:32:14 – 00:11:36:11

So the other thing is,
if you come across a question

00:11:36:11 – 00:11:40:24

that you don't know the answer to
that is particularly challenging.

00:11:41:18 – 00:11:42:24

Don't panic.

00:11:42:24 - 00:11:45:09

Circle it, move
on. You can come back to it later.

00:11:45:09 - 00:11:48:12

You've got the whole rest of the exam
to show the examiner what you can do

00:11:48:17 - 00:11:50:06

and how much you know.

00:11:50:06 - 00:11:53:01

What if I don't get the grades
I was hoping for?

00:11:53:01 - 00:11:57:00

Well, because of the school exam system,
we've all become fixated on grades.

00:11:57:06 - 00:11:59:11

But grades aren't the end points.

00:11:59:11 - 00:12:01:12

And grades also don't determine

00:12:01:12 - 00:12:05:00

how intelligent somebody is
or how successful they're going to be.

00:12:05:07 - 00:12:08:02

Some of the most successful
people didn't do well in school,

00:12:08:02 - 00:12:11:04

like Richard Branson,
Ed Sheeran and Bill Gates.

00:12:11:14 - 00:12:15:14

So just because you don't
get the grades in these exams

00:12:15:19 - 00:12:17:13

doesn't mean you're
not going to be successful.

00:12:20:04 - 00:12:20:24

Now, this

00:12:20:24 - 00:12:23:24

next story definitely made us go O M G.

00:12:24:20 - 00:12:27:01

a French athlete called Anouk Garnier

00:12:27:01 – 00:12:31:17
recently attempted to set a rope
climbing world record by hauling herself

00:12:31:17 – 00:12:34:20
up to the second floor
of the Eiffel Tower in Paris.

00:12:35:19 – 00:12:38:10
The climb is 110 meters high.

00:12:38:10 – 00:12:41:10
That's 14 metres
taller than Big Ben in London.

00:12:41:18 – 00:12:44:10
And she did it in just 18 minutes.

00:12:44:10 – 00:12:47:10
Incredible.

00:12:49:03 – 00:12:51:03
And in a few months, Paris will be homes,

00:12:51:03 – 00:12:56:13
all kinds of superhuman achievements
when it hosts the 2024 Summer Olympics.

00:12:56:21 – 00:12:57:05
Yeah.

00:12:57:05 – 00:13:00:13
And this week marked 100 days
to go into the start of the games.

00:13:00:16 – 00:13:03:17
And the Olympic torch began
its epic journey from ancient

00:13:03:17 – 00:13:06:03
Olympian Greece to Paris.

00:13:06:03 – 00:13:10:02
Well, someone who's already been involved
in the build up to the Olympics is Team

00:13:10:02 – 00:13:12:04
GB's mini mascot. Dora.

00:13:12:04 – 00:13:14:17
So, Dora, you're one of six mini mascots.

00:13:14:17 - 00:13:16:00
But what is the role actually involve?

00:13:16:00 - 00:13:21:04
It involves going to see the athletes
get their kit and maybe meeting

00:13:21:04 - 00:13:25:19
some of the athletes and waving them off
when they're going to Paris.

00:13:26:01 - 00:13:28:11
So how did you become a mini mascot?

00:13:28:11 - 00:13:29:20
To become mini mascot?

00:13:29:20 - 00:13:33:06
20,000 people applied
and we had to go through

00:13:33:06 - 00:13:38:00
rounds of selection and the last round
we had to make a video of

00:13:38:00 - 00:13:41:08
how we loved sport in the Olympics
and the best videos got through it.

00:13:41:17 - 00:13:43:22
That's pretty impressive. Congratulations.

00:13:43:22 - 00:13:46:22
So will you get the chance to meet
any of the UK athletes?

00:13:47:06 - 00:13:50:24
Yes. We met Mallory Franklin,
a silver medalist.

00:13:51:06 - 00:13:54:05
She's a canoeist
and we got to hold her silver medal.

00:13:54:05 - 00:13:55:18
Really? That's really fun.

00:13:55:18 - 00:13:59:01
Now, the Team GB kit was launched
this week and looks really cool.

00:13:59:10 - 00:14:01:23
And you're actually going to be going
to the event with athletes

00:14:01:23 - 00:14:03:24
given the kits for the games, right?

00:14:03:24 - 00:14:07:24
Yes. And hopefully we're going to get
some signatures from the athletes

00:14:08:05 - 00:14:09:17
and some photos.

00:14:09:17 - 00:14:12:07
And who are you most looking forward
to getting a picture with?

00:14:12:07 - 00:14:15:09
Adam Peaty
because I really like breaststroke.

00:14:15:13 - 00:14:16:08
Hey, me too.

00:14:16:08 - 00:14:19:04
And are there any other sports
you're looking forward to?

00:14:19:04 - 00:14:22:02
yes. I quite like the athletics
and the 100 meters.

00:14:22:02 - 00:14:26:01
But me and you are going to have to race
because I love the 100 meters.

00:14:26:07 - 00:14:28:20
Do you think you're going to beat me? Yes.
Well, we'll have to see.

00:14:28:20 - 00:14:30:06
Thank you so much for joining us.

00:14:30:06 - 00:14:32:23
And I hope you enjoy being
a mini mascot. Thank you.

00:14:36:09 - 00:14:38:17
Now, what did you make of the story

00:14:38:17 - 00:14:42:05
that we could one day
be using solar energy captured in space?

00:14:42:15 - 00:14:45:15
Well, it's facts.

00:14:45:16 - 00:14:50:10
Yet the UK government announced
they are providing over £1 million

00:14:50:10 - 00:14:54:21
in funding to support a British company
who are developing brand new space tech

00:14:56:01 - 00:14:58:21
giant satellites
will be able to capture solar energy

00:14:58:21 - 00:15:02:23
from the sun and beam it by microwave
back to huge antennas on earth.

00:15:03:21 - 00:15:05:21
But it's very early days.

00:15:05:21 - 00:15:08:15
Experts think this technology
won't be fully in use

00:15:08:15 - 00:15:11:15
until the 2040s.

00:15:13:17 - 00:15:14:19
Are you sure that's fact?

00:15:14:19 - 00:15:16:02
I still can't believe that's true.

00:15:16:02 - 00:15:18:15
I know it's like something out of a sci
fi movie.

00:15:18:15 - 00:15:20:16
Well, that's all we've got time for today.

00:15:20:16 - 00:15:23:19
And we'll see you next week
for more top news stories bye.