

## RELIVE THE GREEK LEGENDS

### - 2010 GARIBALDI RACE AND HISTORICAL SEAS RACE at TALL SHIP ASTRID

- > Sail the Race with a warm family ship
- > Become number 1 on the smallest square rigged ship
- > April, May and June 2010, Italy- Greece - Bulgaria – Turkey
- > Open to trainees of all ages over 15 years

Have you ever dreamed of sailing on a Tall Ship? At Sea Sail training can give the chance to get on board of a Tall Ship and no experience is needed! Together with your teammates from all over Europe, you will be introduced to all aspects of ocean-sailing. A professional crew will teach you everything you need to know about navigating, sailing and manoeuvring. Enjoy working in a team, pushing yourself, making new friends and then partying together at the famous crew parties. There will be adventure and action at sea!

## TWO TALL SHIPS REGATTA'S

Astrid will, like previous years, take part of the Tall Ships' Race. In 2010 the Garibaldi Race will follow the Italian coast to mark the 150th anniversary of Giuseppe Garibaldi's successful expedition from Genoa to Sicily. You will be brought alive the legend by sailing along the coast of Italy and see beautiful islands, while racing against other Tall Ships.

The next regatta that Astrid will take part of is the Historical Seas Tall Ships Regatta, which starts in Volos (Greece). The old Greek myths will be brought alive. Like the Greeks, Astrid will go to Varna (Bulgaria), to Istanbul (Turkey) and the finish off the whole Regatta is in Lavrion (Greece) along the same route as that of the mythical ancient Greeks. Will you join the Astrid?



## ASTRID & CREW

The Astrid is a family run brig, the smallest Class A Ship in this race. Downwind Astrid is a fast sailor, and can easily compete with the fastest ships. The atmosphere on board is cosy, family like and warm. A great place to learn how to sail a square rigger!

The Astrid was built in 1918 as a freight logger in a Dutch shipyard. The ship was sold due to the decease of the Swedish Captain Albert Edmund Frohm and the diminished demand for coasters of this size. In the eighties the Astrid was completely renovated and equipped with the impressive brig rigging she has today. If you want to know more about her history, the Captain will tell you all about her on board. With the help from the permanent crew of 5 members, she offers plenty of space and room to learn in a fun and fast way and after this trip, climbing a mast or trimming a square sail will be a piece of cake for you.

## ACCOMODATION

The Astrid has lovely cabins, each for 2 persons. Each bed has a reading light and in every cabin is a sink with warm and cold water. The corridor has 5 showers and 5 toilets. Next to the cabins is the well-equipped galley. On deck is the bar and salon situated where you really feel the history of sailing and the Astrid. This is a perfect place to play some games with your watch members or organise some other activities. Everybody feels welcome.



## THE CREW

The captain and host Pieter de Kam sails the ship together with his wife Ineke, who is the cook and host. Pieter, Ineke and the other 3 crewmembers are well educated and have their STCW safety training. The daughters of Pieter and Ineke are the shore managers.

## PROGRAM

> Each trip starts at 18.00 hours when you will board Astrid and get to know the ship, permanent crew and your fellow trainee crew members. After a warm welcome during the Captains introduction and the safety briefing, it is time to have a nice evening on board or in the city. There is always a lot to see and to do in the Tall Ship Regatta Harbour's. Should your travel schedule mean that you arrive before 18.00 hours, you may be able to store your bags aboard and have a look around in town (please check first).

> After a hearty breakfast the next day, the first deck instructions will be given. Together with the crew the ship will be made ready for leaving the harbour. The sails will be set for the Parade of Sail. A lot of people will be on the quay and in little boats to wave to you and wish you luck.

Of course the start of the Race is spectacular with all the Tall Ships going over the starting line together. This is an exciting but challenging moment, which needs a lot of concentration from the crew and the trainees.

> On board you will be divided into three watches. This means that you will also be on watch during the night sometimes. You will all learn to set the sails, to steer the vessel, to help the cook with the meals and to clean the ship inside and out. You do this during your watch, but also when it is necessary outside of your watch. It is good to work together and take care of the ship. It is a challenge to set a good racing time, but also to become a team and for you to become part of the crew like a real sailor. Permanent member of the crew will be there to guide you.

> The finish can be spectacular when there are other ships around, or quiet because you are the first! If there is enough time, the captain will search for a nice anchorage to enjoy the last evening at sea before sailing into the next Tall Ship Regatta harbour.

> In the harbour there will be a lot of activities organized by the town. There will be all kinds of music, sometimes a fair and there will also be a cultural program. There will also be an opportunity to challenge the crew from other ships through sports, walk the crew parade through the whole city, get a prize (winning, friendship, etc) during the prize giving ceremony and last but not least, there is a crew party for everybody in the Tall Ship Regatta harbour.

> On the 3<sup>rd</sup> day in harbor the voyage will end at 09.00 hour. You will look back on a once in a lifetime experience! For people who want to race or sail again, there are even more possibilities; either on Astrid (if there is room) or on other ships who are joining the next leg of the races!



## VOYAGES ASTRID 2010

Voyage	Trip	Start	End	Days	Price > 25 years	15-25 years
<b>Garibaldi Regatta</b>						
Race	Genoa (Italy) – Trapani (Sicily - Italy)	10-4	18-4	8	€ 840,-	€ 720,-
<b>Historical Seas Regatta</b>						
Race 1	Volos (Greece) – Varna (Bulgaria)	11-5	23-5	12	€ 1260,-	€ 1080,-
Race 2	Varna (Bulgaria) – Istanbul (Turkey)	23-5	29-5	6	€ 630,-	€ 540,-
Race 3	Istanbul (Turkey) – Lavrion (Greece)	29-5	06-6	7	€ 735,-	€ 630,-

## KITLIST

**Papers and insurance:** You need to have a valid passport or identity card, photocopies of insurance papers (health insurance and travel insurance). Insurance: we expect each participant to have his or her own liability insurance and medical insurance valid in your country. We also expect every trainee to have travel insurance. For Turkey you might need a visum, [click here for information](#).

**Clothing:** For your voyage it is important to bring warm and waterproof clothing, although it is the Mediterranean. For a full list of tips what to bring aboard, [please click here for the separate Kit List](#). **More ideas:** photo and film equipment, sunglasses, hat to cover your head in the sun, personal medicines and toiletries, small backpack for in the harbour, musical instruments or music.

## KEY POINTS

- > **Astrid; Brig – 41.65 meters.**
- > **Totally 24 participants and 5 crew.**
- > **No sailing experience required!**
- > **Minimum age: 15 years old.**
- > **Official language aboard: English.**
- > **One-off registration costs of €25.**
- > **All prices exclude transport to and from the ports.**
- > **All prices include accommodation, all meals and drinks on board, excluding drinks at the bar.**
- > **Transfers needed to be booked separately.**
- > **You can contact other participants by Facebook to travel together.**

## HOW TO JOIN?

Please sign up via [www.atseasailtraining.com](http://www.atseasailtraining.com)

You will get a contract and invoice by email. As soon as we get the signed contract and down payment, you will be sure of your place on board.

## - SEE YOU AT SEA !-

## CONTACT

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