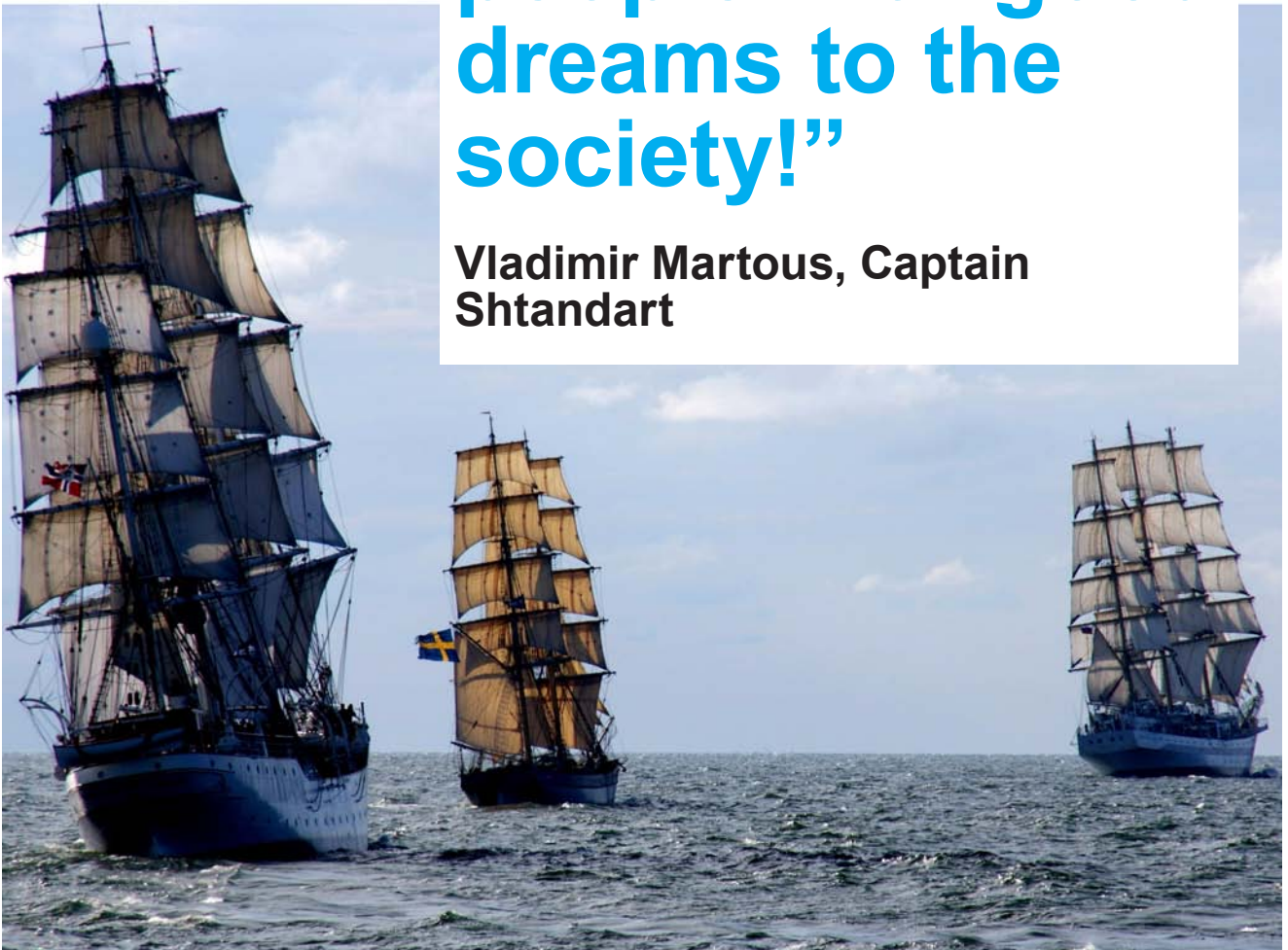


**“We sell dreams
to young people
and young
people with good
dreams to the
society!”**

**Vladimir Martous, Captain
Shtandart**



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at sea SAIL TRAINING

Ian Lerner

Sail Training Co-ordinator Gordonstoun School



A sail training programme is intended to introduce young people to the sea and further their personal development through participation in the challenge of offshore sailing.

For many, the chance to experience life at sea on board a large sailing vessel and to face the elements in the raw may be a life changing experience. The discipline of a common aim to be achieved in testing circumstances increases the participants' confidence in their own ability to face up to new challenges and to cope with difficulties. Teamwork, leadership and commitment are qualities that are essential at sea, where new and very real problems have to be faced on a daily basis.

Offshore sailing is a rewarding but challenging activity that relies on the teamwork and commitment of all on board, and sail training vessels are run with the expectation that all members of the voyage crew participate in sailing and other duties as the experience of working together as part of a team towards clear objectives can be expected to achieve a number of positive outcomes.

Opportunities for developing leadership and communication skills

present themselves daily on board a sail training vessel as does the need for a contribution from all on board – this often under challenging circumstances. Overcoming personal fears and physical difficulties are proven ways of developing confidence and raising self-esteem and the need to work effectively and live co-operatively with others helps to improve interpersonal skills.

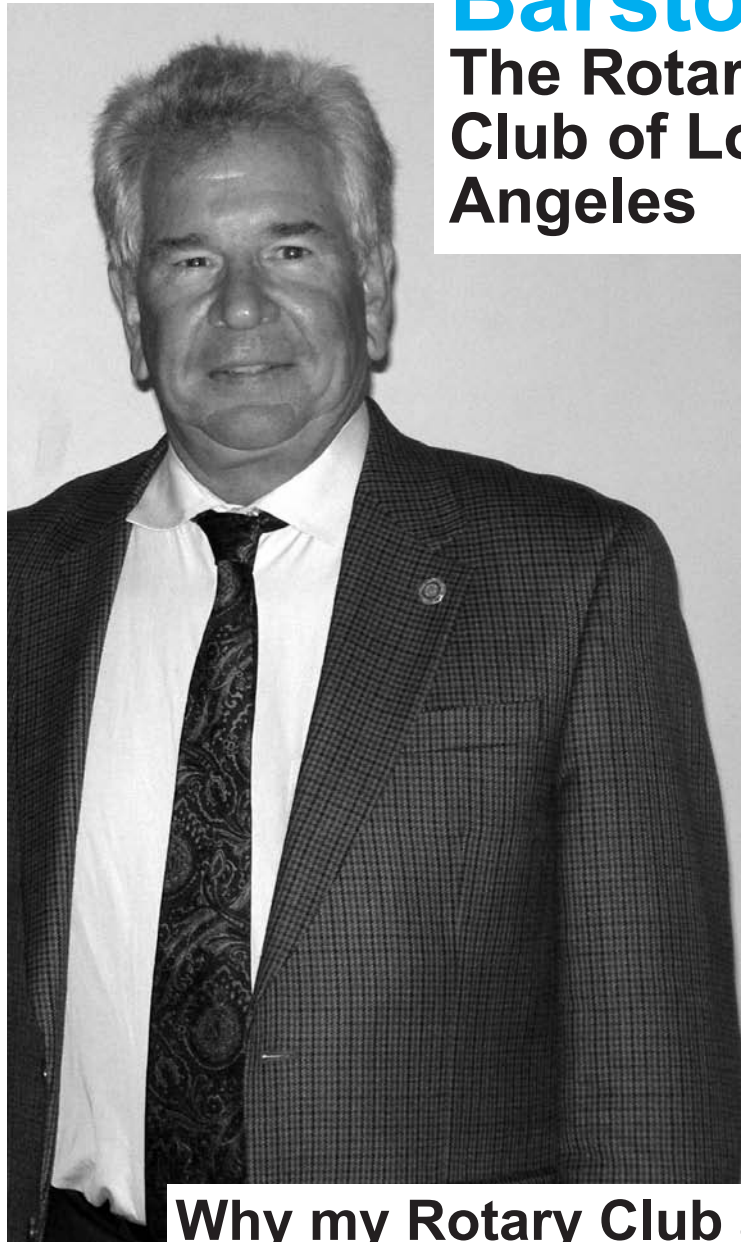
Participants are frequently able to apply many of the lessons learned at sea to other aspects of their life and it is common for them to re-evaluate their personal potential in light of their achievements on board. Sail Training has a long and proven track record for providing real and long lasting benefits that enable its participants to become better citizens in an ever changing world.



At Sea Sail Training is specialized in sail training. The voyages are organized the whole year around with a emphasis on the Tall Ships' Races in the summer holidays. During the Races many International Youth Exchanges are organized. The International Exchanges give the youngsters not only the benefits of sail training, but also a opportunity to build international friendships (and get to understand each other!). The voyages are for youth between 16-25 years. No prior sailing experience is required. At Sea Sail Training works closely together with Sail Training International (STI) and its National Member organizations. More information via info@seasailtraining.com, +31 (0)20 688 0462 or www.atseasailtraining.com.

Hal Barstow

The Rotary Club of Los Angeles



at sea SAIL TRAINING

The mission of At Sea Sail Training is: *“to inspire young people to explore the sea, themselves, each other and the world”*. We do this by organizing Sail Training voyages and International Youth Exchanges on Tall Ships. Sail Training means to be an active member of the crew, climb the rig, trim the sails, steer the ship and be the look-out. All this is taking place in an international team on board, so participants meet new friends from all over the world.



Why my Rotary Club and I Support Sail Training

The members of the Rotary Club of Los Angeles, the fifth oldest Rotary club in the world, know that the Los Angeles Maritime Institute's (LAMI) character-building TopSail Youth Program is one of the most worthy recipients of funding by our club's Community Service Grants program.

Sail training provides a unique experience that gets the TopSail kids motivated to remain in school and become productive members of society. The LAMI saying, “we don't train youth for lives at sea, but use the sea to educate youth for life,” summarizes what the Rotary Club of Los Angeles believes to be the likely outcome from participation in the TopSail Youth Program sail training experience.

I strongly urge all Rotary Clubs to consider youth sail training organizations as entities worthy of their financial support.

By Hal Barstow, the Rotary Club of Los Angeles
Contact Hal at: halbar45@earthlink.net
Hal is also a double “Paul Harris Fellow”.

Each year 3000 young people from all over the world join the Tall Ships Races during summer holidays. In 2010 the Tall Ships will race against each other in the North Sea from Antwerp (BE) to Aalborg (DK) to Kristiansand (NO) to Hartlepool (UK) and Amsterdam (NL). Tall Ships Races are organized by Sail Training International. Sail Training International is a charity with members in more than 20 nations.

Arild Klemsdal

The Rotarian Club Frederikstad



Ragnar Utne (far left) and Arild Klemsdal with Anette Lie and Jonas Haug, far right harbor director Gunnar Umbach Hansen. Arild Klemsdal and his group have been working since 2004 to recruit and finance trainees for the Tall Ships Races.

Rotary International and Sail Training International have joined forces for the benefit of bringing young people together on the decks of sailing ships. The aims of working together are to provide Rotary International with an opportunity to add an exciting new dimension to its youth exchange programme, and to enable young people to benefit from the support Rotary can give them in helping them achieve their dreams of taking part in The Tall Ships' Races.

Supporting young people taking part in The Tall Ships' Races is in keeping with the spirit of Rotary International whose aims also include youth development and international friendship and understanding. The Races offer the possibility of providing exciting new projects for clubs and members.

Contact: arild@klemsdal.no





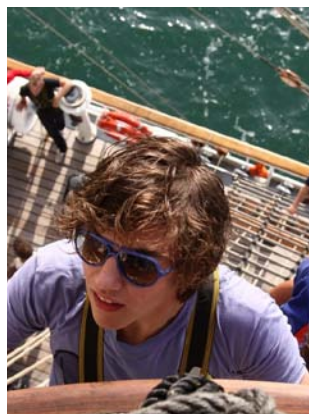
Christer Samuelsson, Chairman Tall Ships Races (Europe) Limited, part of Sail Training International

Sail Training International is a registered charity (not-for-profit organisation) with worldwide membership and activities. Its purpose is the development and education of young people regardless of nationality, culture, religion, gender or social background through the sail training experience.

Sail Training International achieves this purpose through a range of activities and services. These include conferences and seminars, races and other events for sail training Tall Ships, publications and DVD presentations, international research, the Class A Tall Ships Forum (whose members are the operators of circa 70 of the world's largest square-rigged sail training vessels) and the International Youth Forum (whose members are under the age of 26 and represent the interests of young sail trainers around the world).

I personally support sail training as I enjoy the magnificent changes in the youngsters. The atmosphere on board a vessel is so different after the voyage! When the trainees have overcome the challenges of the seas, grown and set new goals for their future.

Contact Christer at: christer.samuelsson@sailtraininginternational.org



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