

## Tall Ships Races 2012 on board Kaliakra

Cruise in Company of THE TALL SHIPS RACES  
2012

Along the SPANISH and PORTUGUESE Coast

28th of July - 11th of August

Have you ever dreamed of sailing on a Tall Ship?  
At Sea Sail Training gives you a taste of life on board a Tall Ship. No experience 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 about navigation, sailing rules and manoeuvring. Enjoy teamwork whilst learning to depend on yourself, make new friends and party together at the famous Tall Ship festivals. A once in a lifetime experience!

- > Take part in the famous Tall Ships Races
- > Sail the beautiful Kaliakra, class A vessel
- > Make friends for life
- > Open to trainees of all nationalities and all ages over 15 years
- > Learn about yourself and other trainees
- > Explore new countries
- > No experience needed
- > Cadiz (SP) – A Coruna (SP), Cruise in Company
- > 28 July – 11 August 2012: 14 days
- > How to join? Please sign up via [www.atseasailtraining.com](http://www.atseasailtraining.com)

### THE TALL SHIP RACES

The Tall Ships Races are held every year in European Waters. The intent of the race is making new friends from all over the world and learn to sail. The race consists of three races over several hundred miles and a Cruise in company between the legs. At least one half of the crew of each ship has to consist of young people.

This trip will not be a race, but a Cruise in Company. It will not be about coming 1st but all about having a good time, maybe meet up with other ships to hang out together and have a good time. Maybe a friendly football match between the ships in one of the harbours. As you will not be racing, if wind and weather permit, there will be time to make some stop overs. Cruise in Company harbours will welcome the Tall Ships along their way!

### THE KALIAKRA

Take the challenge! Sailing on board Kaliakra is not a usual cruise. The spirit of adventure, partnership, team building, co-operation and maintenance can be felt all the time. Meeting people all over the world, touching different cultures and lifestyles, visiting famous places make us feel the spirit of the worlds ancient seafarers.

Working under the leadership of experienced and devoted crew helps the young volunteers check themselves, touch the life at sea in a real friendly atmosphere, feel the excitement of new challenges, start new friendships, most of which live long.





## SAILING THE KALIAKRA

Being part of the crew life, you will have an opportunity to participate in races or sail during the cruise, with other sail ships, develop personal skills and learn particular seamanship at the same time. During the sailing you will learn to set sails, knot ropes, join the watch and lookout, feel the excitement of standing a helm, participate in all kinds of competitions, feel the wind, ocean and the immense power of the sails with your heart and keep the memory of this incredible experience through all your life.

## THE CREW

The Kaliakra is run by 11 professional crew members.

The crew are trained sailors with the necessary STCW courses and complying with the international rules. On board you will be welcomed and made part of the crew, sailing a vessel with history.

## THE ACCOMODATION

Trainees live in ten two-bed cabins, one six-bed, one nine-bed, and one eleven-bed dormitories. They are divided into four watches of 8-10 trainees each. The watches will rotate in a four hours on, eight hours off watch system, combined with "galley watch", in which its all about helping out the cook and tidying the ship. On board the barquentine you will be provided with all kinds of sail training practice, coastal and ocean navigation as well as a traditional seamanship.

A great number of visitors, members of royal families, head of states, government officials and celebrities have been guests on board Kaliakra.

ADVENTURE for  
EVERYBODY



## KITLIST

- > **Papers and insurance:** You need to have a valid passport or identity card, copy 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.
- > **Clothing:** For your voyage it is important to bring warm and waterproof clothing. Although it is summer, it can be cold at night. For a full list of what to bring aboard, please check the separate packing List.
- > **More ideas:** photography and film equipment, sunglasses, hat to cover your head in the sun, personal medicines, toiletries, small backpack for port visits, musical instruments and song books. Please remember there is limited storage on the ship.

## Programme outline

- > Your Tall Ships Adventure starts on Saturday the 28th of July at 18.00 hours on board the Kaliakra in the harbour of Cadiz. When you arrive you will get to know the ship, mentors, crew and the other trainees. After a warm welcome, the Captain's introduction and safety briefing, you will have time to spend a pleasant evening on board or in port. Should your travel schedule cause you to arrive before 18.00 hours, you are welcome to store your bags aboard and have a look around the town.
- > The next morning the ship will leave the harbour and set sail in the parade of sail. After breakfast, you will be introduced to how everything works on the deck of the ship. Together with the crew, you will get the ship ready to leave the harbour and start the cruise of the Tall Ships Race 2012.
- > On board you will be divided into four watches. This means that you will also be on watch during the night. You will learn to set the sails, to steer the vessel, you will help the cook with the meals and clean the ship inside and out. You do this during your watch, but also when it is necessary outside of your watch.

On board you have to work together and take care of the ship. You will become part of the crew like a real trainee. When on watch there will be professional crew to help and guide you and a watch officer to take care of the navigation while you manage the sails.

- > Life at sea can be hectic at times when the wind gets stronger or calms down, but there is always plenty of time to relax and read a book or sing together while the sun is setting.

Life on a Tall Ship is great! Our goal is to organize group activities at least once a day – varying from playing games to singing – so everybody gets to know each other really well and feels part of one big team.

You are welcome to share your ideas! There is nothing too crazy for us.

- > In the harbour there will be lots of activities organised by the host port especially for the visiting young trainees. Open-air free concerts, city tours and parties will all be there for you! Of course you must challenge the trainees from other ships during sports competitions, and you must walk with the Crew Parade through the whole city where thousands of spectators will cheer you, because you are from a ship! Your ship could receive an award during the prize-giving ceremony and last but not least you can join the crazy crew party for everybody who took part in the Cruise of The Tall Ships Races 2012.

The port of A Coruna is looking forward to being host port in the Tall Ships Races 2012 and will make sure that you have a great time during your stay!

- > Your voyage will end on Saturday the 11th of August at 10.00 in the morning. You will look back at a life changing-experience!



## Get ready to set sail and steer the ship!



## COST AND VOYAGE

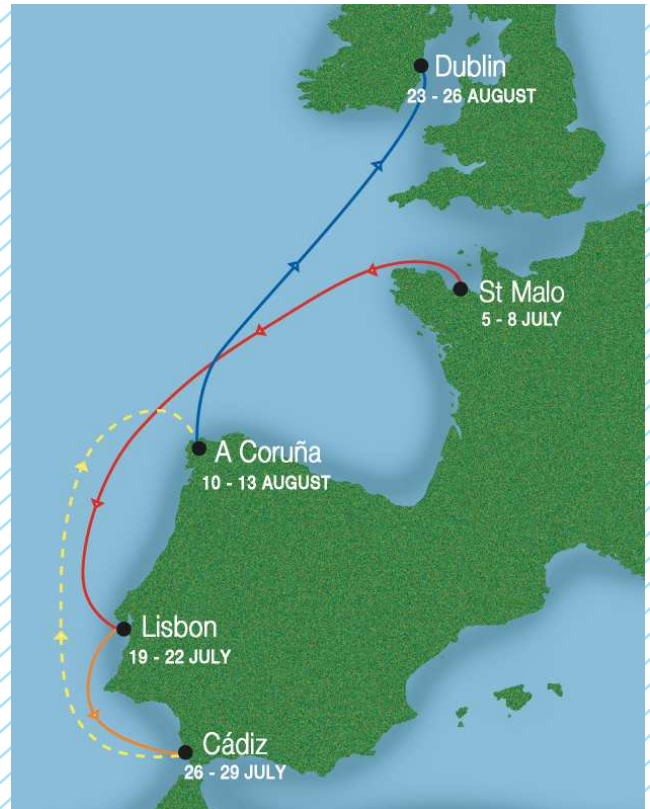
This year the voyage will start in Cadiz (SP), and will finish in A Coruna (SP). The trip takes 14 days and starts on the 28th of July and will end at the 11th of August 2012.

The normal price for this voyage is €1200,- but for people in the age between 15-25 years there is a special price of €910,-. All prices include accommodation and all meals on board.

## LOOKING FOR SPONSORS?

Are you looking for sponsors to help out with your costs for the voyage? Please contact At Sea Sail Training. With the special fundraising package we can help you find sponsors in your neighbourhood.

Become part of the AtSea Ambassadors and find sponsors for yourself and other trainees that need a little bit of help.



## KEY POINTS

- > Kaliakra; Barquentine - 52 meters.
- > 36 trainees and 11 crew!
- > Open for all ages older than 15 years
- > No sailing experience required
- > Official language aboard: English
- > One-off registration costs of €25
- > All prices include accommodation, all meals and drinks on board, excluding drinks at the bar
- > All prices are excluding transportation to and from the ports
- > Transfers need to be booked independently by participants
- > You can contact other participants using Facebook

## CONTACT

AT Sea Sail Training Team: Monique Touw / Janine Scheele

AT SEA SAIL TRAINING  
Groen van Prinsterstraat 40-3,  
1051 EN Amsterdam, The Netherlands

[www.atseasailtraining.com](http://www.atseasailtraining.com) / [info@seasailtraining.com](mailto:info@seasailtraining.com)  
Facebook and Skype: At Sea Sail Training  
Twitter: @SeaSailtraining.com