

Tall Ships Races 2012 on board Lord Nelson

**RACE 3 OF THE TALL SHIPS RACES 2012
Between SPAIN and IRELAND**

**SAIL TRAINING for DISABLED
and ABLE bodied persons**

12th of August - 25th 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
- > Special ship for disabled AND able bodied people
- > Make friends for life
- > Learn about yourself and other trainees
- > Explore new countries
- > No experience needed
- > Open to trainees of all nationalities and all ages over 16 years
- > A Coruna (SP) - Dublin (IE), race 3
- > 12 August – 25 August 2012: 14 days
- > How to join? Please sign up via 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 sailing. The race consist 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.

The Tall Ships Races 2012, race 3 will start in A Coruna, in the North of Spain. A city where the waves of the ocean end. A Co-runa is a city to be lived and discovered. The race will bring you to Ireland, Dublin. The Irish welcome and humor is know over the whole world. And as last city in the Tall Ships Races 2012, you can expect a very good ending party!

THE LORD NELSON

The Lord Nelson is a pioneer in the Sail Training community. The Tall Ships Lord Nelson and Tenacious are the only two tall ships worldwide that are designed and built with the purpose of enabling people of all physical disabilities to sail side-by-side on equal terms.

Since the launching in '86, more than 36.000 trainees have sailed on this ship. The permanent crew are highly trained and skilled and there is a medical officer on board during the voyage.



George Clarke Photographer



YOUR TEAM

Besides the professional crew, 35 trainees from different nationalities will board the Lord Nelson to a once in a lifetime sail training experience.

During this trip you'll be sailing with trainees from all over Europe. Together you will learn to sail and live aboard a working Tall Ship facing daily challenges and adventure. Meet people from other cultures, enjoy the similarities and differences between the countries. You may even make friendships to last for a lifetime.

The crew are trained professionals with the necessary STCW courses and complying with the international rules. On board you will be welcomed and made part of an amazing crew and sail the ship.

THE ACCOMODATION

This vessel is built in to enable people of all physical and sensory abilities to take an equally active role in sailing the ship. Some of the features on board that enable this to happen are; signs in Braille, lifts between decks, wide aisles, vibrator pads fitted to the bunks to alert in the event of an emergency, power assisted and 'joystick' steering and a speaking compass.

Eight of the cabins accommodate wheelchair users, being more spacious and disabled toilets are equipped with features like seated showers. Lord Nelson offers a sailing adventure for everyone!

The Lord Nelson was constructed in Wivenhoe, Essex with the sponsoring of several funds and officially launched two years later after quite a few detours. Interesting detail: Prince Andrew and Sarah Ferguson performed the naming ceremony.

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 also 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, a small backpack for port visits, musical instruments and song books. Please remember there is limited storage on the ship.

Programme outline

> The international exchange voyage starts at 15.00 hours on board the Lord Nelson in the harbour of Lisbon. 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 15.00 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 start race 3 in the Tall Ships Race. 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.

> On board you will be divided into three 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. It is a challenge to set a good racing time, there will be a good mood on board and 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.

There is nothing too crazy for us; you are welcome to share your ideas!

> 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 to enjoy! 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 race of The Tall Ships Races 2012.

The port of Dublin 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 at 09.00 in the morning of the third day in harbour. You will look back at a life changing-experience!



Get ready to set sail and climb the mast!



COST AND VOYAGE

This year race 3 will start in A Coruña (SP), and will finish in Dublin (IE). The trip takes 14 days and starts on the 12th of August and will end at the 25th of August 2012.

The costs of the voyage €1455.
The price includes food and accommodation on board. Excluding transfers. This means your costs of getting from home to the ship in Lisbon and from Cadiz back home.

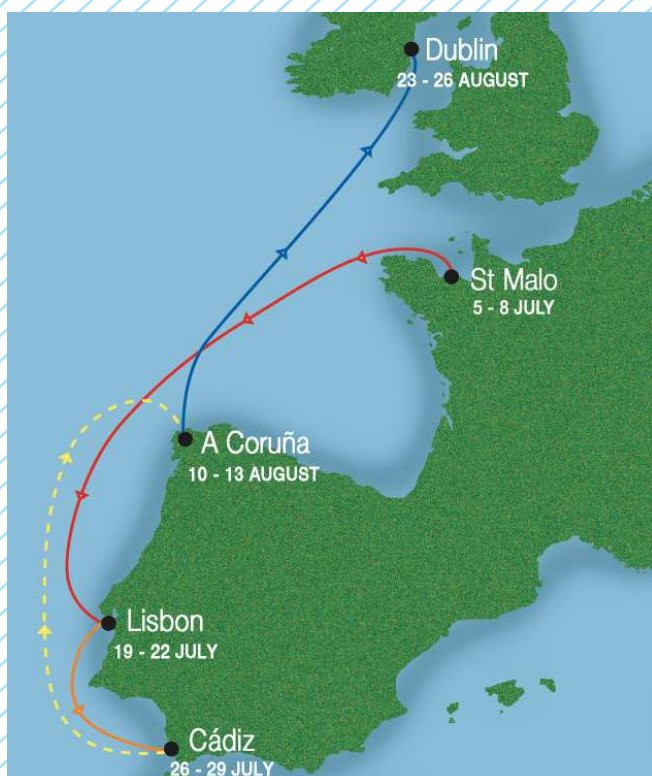
LOOKING FOR SPONSORS?

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.



Georgie Clarke Photographer



KEY POINTS

- > Lord Nelson; Barque – 42,8 meters
- > 35 trainees from different countries
- > Special ship accessible for people of all physical abilities
- > Open for all ages older then 16 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
- > More information you can find at the website www.jst.org.uk

CONTACT

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