

## International Exchange on board Lord Nelson

A SPECIAL EUROPEAN UNION  
INTERNATIONAL EXCHANGE

DISCOVERING HISTORIC EXPLORERS:  
Columbus meets da Gama

4 August - 12th of August 2012

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!

- > A Special European Union Exchange
- > 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
- > 5 Participating countries: Portugal, United Kingdom, France, Spain, Netherlands
- > Porto (P) – A Coruna (SP), Cruise in Company part
- > 4 August – 12 August 2012: 8 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 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.

Joining in the Cruise in company, you will be sailing from Porto in Portugal to La Coruna in Spain, next to hundred other ships. It will be an exciting trip beginning with the amazing sail out of Porto. Together with international trainees from 5 European countries (Portugal, Netherlands, UK, France and Spain), it will be an exciting adventure. While sailing you will learn more about yourself, maybe discover some unknown talents, and above all have a great time.

### 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.



Georgie Clarke Photographer

## YOUR TEAM

Besides the professional crew, 7 trainees per country can participate with all kind of different physical disabilities. A total of 35 trainees with nationalities from Portugal, France, Spain, the United Kingdom and the Netherlands will board the Lord Nelson to experience this special trip together.

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. As well as sailing, you and the other trainees will organise games, national meals, European song festivals, or anything else you would like to do. Meet people from other cultures, enjoy the similarities and differences between the countries. You may even make friendships that last for a lifetime.

## THE ACCOMODATION

This vessel is built 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 CRUISE IN COMPANY

Cruise in Company is not about getting 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.

## 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.



ADVENTURE for  
EVERYBODY



## Program outline

> The international exchange voyage starts at 15.00 hours on board the Lord Nelson in the harbour of Porto. 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 her cruise in company. 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.

> During the Cruise in Company the Tall Ships will be sailing along the coast of Portugal and Spain. You will have the opportunity to see a few of the fishing towns. Here the Tall Ships Crews can meet up for a barbecue or sports.

> At sea you will be divided into three watches; the watches will be made up from members from different nationalities. You will need to speak a little bit of English! Your language skills will improve every minute. The watches take turns to look after the ship including during the night. You will learn to set the sails, to steer the vessel, to help cook the meals and to clean the ship inside and out. You do this during your watch, and at other times when necessary. It is fun to work together and take care of the ship. It is a challenge to do well in the race but just as important to have a good atmosphere and fun on board.

> 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 Cruise in Company of The Tall Ships Races 2012.

The port of La Coruna is looking forward to being the last port in the Cruise in Company 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!



Hilde Kertesz

## What is so SPECIAL about an International Exchange?!

This is a special programme, organised in collaboration with the European organisation 'Youth in Action'. As well as sailing the vessel, you will decide for yourselves which extra activities you would like organised on board and in the ports. Prior to the race, all the participants in each country will meet in May to prepare the day to day programme and you can start getting to know each other.

On board you will organize special games and evenings where you will be able to share national foods, talk about national traditions and learn about other cultures. There will be mentors on board to help with ideas.



## COST AND VOYAGE

This year the voyage will start in Porto (P), and will finish in A Coruna (SP). Depending on weather, tides and wind the ship may visit another port. The trip takes 8 days and starts on the 4th of August and will end at the 12th of August 2012.

There is a special price of €1025,-.

The price includes food and accommodation on board. Excluding transfers. 70% of the transfer costs will be sponsored. This means your costs of getting from home to the ship in Porto and from La Coruna back home. This can be train, plane, bus etc.

## STRUCTURE COST AND SPONSORSHIP

This special project coordinated by At Sea Sail Training is funded by the EU programme Youth in Action. This programme promotes cultural exchanges between young European people. They do so by covering a daily fee and 70% of the travelling costs.

Together with money from other funds we are able to offer you this programme at a reduced price. The price includes food and accommodation on the ship but excludes drinks at the bar and transportation to and from the ports. Transfers are available by way of discount airlines.



## KEY POINTS

- > Lord Nelson; Barque – 42,8 meters
- > 35 trainees from 5 different countries
- > 5 Participating countries: Portugal, United Kingdom, France, Spain, Netherlands
- > Special ship accessible for people of all physical abilities
- > Open for all ages older then 16 years
- > Age 16-25 years, buddies can be older
- > No sailing experience required
- > Official language aboard: English
- > One-off registration costs of €25
- > 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
- > Information about the vessel you can find [www.jst.org.uk](http://www.jst.org.uk)

## CONTACT

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