



## **SAIL TRAINING – *Action and adventure at sea!***

The sail-training program will introduce you to the sea and furthers your personal development through participation in the challenges of offshore sailing. Basically it means that you will become a crewmember on a *Sailing Ship at sea* and together with the permanent crew and other trainees you will sail a ship!

Sailing the ship as a trainee means manoeuvring, watch keeping, enjoying sunsets on open water, climbing the yards, setting the sails, helping in the kitchen and steering the vessel! You will be introduced to all aspects of sailing at sea. Don't worry if you don't have any experience on the water: a professional crew will teach you everything about navigating, sailing rules and manoeuvring. You will experience teamwork in an international environment and have a lot of fun with your (new) friends! It is the opportunity to experience the real sailor's life for real!

The main events for Sail Training occur in summer: *The Tall Ships' Races*.

Races at sea, activities in and around ports, cultural visits in towns, sport tournaments for the crew, crew parades and crew parties bring along a lot of excitement and sensation! Check out *At sea Sail Training on Facebook* for an extensive collection of pictures and video impressions.

Do not hesitate and *get yourself on board* of one of the greatest *Sailing Ships* in the world! *Funding programmes and sponsorships* are there to make the unforgettable experience of Sail Training accessible for everybody. *At Sea Sail Training* is experienced in raising funds for participants and is very helpful in *finding you a sponsorship* for your trip!