

ADVENTURE AND ACTION onboard TALL SHIP - LORD NELSON

Have you ever dreamed of sailing on a big ship? At Sea Sail Training gives you a taste of life on board a Tall Ship. No experience needed! Nowhere in the world can you find a Tall Ship like the Lord Nelson. Thanks to the genius design, this ship enables people of all physical abilities to go on great sailing adventures. 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 navigating, sailing rules and manoeuvring. Enjoy teamwork yet depend on yourself and make new friends. A lifetime experience!



- > Special European Union Exchange, Youth in Action at Sea
- > Special ship accessible for people of all physical abilities
- > Make friends for life
- > Learn about yourself and other trainees
- > Explore new countries
- > No experience needed
- > Trainees from 5 participating countries: Belgium, France, Ireland, The Netherlands and United Kingdom
 - > From Aberdeen (UK) – Amsterdam (NL) – Brugge (BE) - Hartlepool (UK)
- > 30 July to 12 Aug 2011 (13 days)
- > Age 16-25 years, buddies can be older
- > How to join? Please sign up via www.atseasailtraining.com

LORD NELSON and CREW

The Lord Nelson is a pioneer in the Sailing 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 sailed with this ship. The permanent crew are highly trained and skilled and there is a medical office on board during the voyage.

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 Belgium, France, Ireland, 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 sail and do more! As well as sailing, you and the other trainees will organise games, national dinners, European song festivals, or whatever you would like to do. Meet people from other cultures, enjoy the differences and see the similarities between the countries. You may make friendships to last for the rest of your life.

ACCOMMODATION

This vessel is built in such a manner 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!

PROGRAMME OUTLINE

> The voyage starts 30th of July 2011 around 16.00 hour on board the Lord Nelson in the harbour of Aberdeen, United Kingdom. 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 the safety briefing, you will have time to spend a pleasant evening on board or in the city of Aberdeen. If you arrive too early, you are welcome to store your bags aboard and have a look around the town.

> The next morning the ship will leave the harbour to start your voyage to Hartlepool (United Kingdom). 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 dock side. After a couple of days of fantastic sailing you will end up in Amsterdam, The Netherlands.

> The ship will stay in the harbour of Amsterdam over night. During the stay in Amsterdam you can enjoy everything the city offers. Amsterdam is the capital and largest city of the Netherlands. There is always something to do! You can take a walk through the centre of the city or take a tour through the canals. During the stay in the harbour different activities will be organized in town to get to know each other and explore the towns. The participants of the Netherlands will organise a special program in Amsterdam with a Nautical theme.

> After a short stay in the harbour of Amsterdam it's time to move on. The trip will continue to Hartlepool, but first it will call in at another port Bruges (BE) before your voyage ends. The ship anchors here overnight and there will be enough time to have a look around on shore.

> At sea you will be divided into four watches; the watch members will be from different nationalities. You will need to speak good English on the ship and your language skills will improve each minute. The watches take turns to look after the ship for 24 hours - including 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 happy hour and during the watch when necessary. It is fun to work together and take care of the ship.

> Life at sea can be hectic at times especially when the wind gets stronger, but there is usually 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!

> Your voyage will end on Friday the 12th of August in the port of Hartlepool in the United Kingdom. **You will then hopefully look back at a life changing-experience!**



COST AND VOYAGES

This year the voyage will **start in Aberdeen (UK)**. From there the voyage will **continue to Amsterdam (NL) and Brugge (BE)** and will **finish in Hartlepool (UK)**. Depending on weather, tides and wind the ship may visit another port. The trip takes 13 days and starts on the **30th of July** and will end at the **12th of August 2011**.

The normal price for this voyage is **€ 1675** but for people aged between 16-25 years there is a **special price of € 1195**. The price includes food and accommodation on the ship. Excluding transfers.

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: photo and film equipment, sunglasses, hat to cover your head in the sun, personal medicines and toiletries, small backpack for port visits, musical instruments or song books. Please remember there is limited storage on the ship.

STRUCTURE COST AND SPONSORSHIP

This special project coordinated by **At Sea Sail Training** is funded by the EU programme Youth in Action. Youth in Action 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 and **At Sea Sail Training** is more than willing to provide you with the best advice.

KEY POINTS

- > **Lord Nelson; Barque – 42,8 meters**
- > **35 trainees from 5 different countries**
- > **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 from and to the ports**
- > **Transfers need to be booked separately by participants**
- > **You can contact other participants using Facebook**
- > **More information about the vessel you can find at the website www.jst.org.uk**





HOW TO JOIN?

Please sign up via www.atseasailtraining.com. After booking, any disabled people will initially receive a health-form to filled in which will be checked out by the ships doctor of the Lord Nelson. When this is confirmed you will get a contract and invoice by email. As soon as we get the signed contract and down payment, you will be guaranteed a place on board. With your contract you also get the information about the funded travel costs. If you have any questions, just let us know!

- SEE YOU AT SEA! -

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