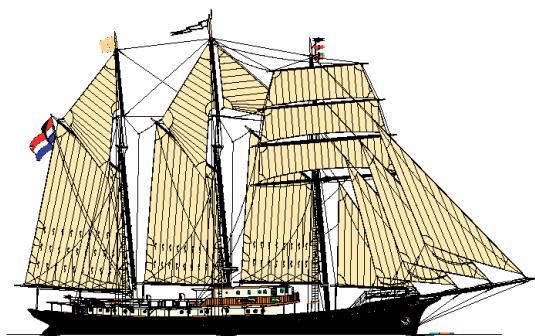


LION KINGS AT THE NORTH SEA INTERNATIONAL EXCHANGE FROM BELGIUM TO DENMARK – THE TALL SHIP RACE 2010 at TALL SHIP GULDEN LEEUW

- > Fight like a lion at the Gulden Leeuw
- > Challenge the first race ever with this fierce new Tall Ship
- > Race 1, 12-23 July from Antwerp (BE) to Aalborg (DK), 11 Days
- > Open to trainees of all nationalities and all ages over 15

Have you ever dreamed of sailing on a Tall Ship? At Sea Sail training can give you the chance to get on board of a Tall Ship and no experience is 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 everything you need to know about navigating, sailing and manoeuvring. Enjoy working in a team, pushing yourself, making new friends and then



partying together at the famous crew parties. There will be adventure and action at sea!

THE TALL SHIP RACE

The Tall Ship Race 2010 starts in Antwerp! It will be the first Tall Ship Race of the Gulden Leeuw, the big sturdy Sailing Ship. Because of his length it will be an impressive view. In the old and beautiful city of Antwerp, there are a lot of events to get in the mood for a great journey!

From Antwerp to Aalborg is a challenging trip along the Dutch, German and Danish coast, which can be quiet with eastern wind and rough with northwest wind. Together with the trainees from different countries it will be an exiting trip and we all will race like a lion to win the first price.

PROGRAMME OUTLINE

> During the international exchange you will meet trainees from all over Europe. Together you sail and do more! From each country there will be a few participants. There will be mentors to support the group. Besides sailing you will organize games, national dinners, European song festivals, or whatever you like to do, together with the other trainees. Meet people from other cultures, enjoy the differences and see the familiarities between the countries, make friends for the rest of your life!

> The international exchange starts at 18.00 hours when you will board Gulden Leeuw and get to know the ship, permanent crew and your fellow trainee crew members. After a warm welcome during the Captains introduction and the safety briefing, it is time to have a nice evening on board or in the city. There is always a lot to see and to do in the Tall Ship Regatta Harbour's. In the evening there will be fireworks. Should your travel schedule mean that you arrive before 18.00 hours, you may be able to stop your bags aboard and have a look around in town (please check first)..

> After a hearty breakfast the next day, the first deck instructions will be given. Together with the crew the ship will be made ready for leaving the

harbour. The sails will be set for the Parade of Sail. A lot of people will be on the quay and in little boats to wave to you and wish you luck.

Of course the start of the Race is spectacular with all the Tall Ships going over the starting line together. This is an exciting but challenging moment, which needs a lot of concentration from the crew and the trainees.

> On board you will be divided into three watches. The watch participants will be from different nationalities. Therefore you need to speak a little bit of English! Your language skills will improve each minute The watch will also be during the night sometimes. You will all learn to set the sails, to steer the vessel, to help the cook with the meals and to clean the ship inside and out. You do this during your watch, but also when it is necessary outside of your watch. It is good to work together and take care of the ship. It is a challenge to set a good racing time, but also to become a team and for you to become part of the crew like a real sailor. Permanent member of the crew will be there to guide you.

> At sea it can be sometimes quit hectic when the wind pickes up or slows down, but there is also plenty of time to relax and read a book or sing together during sunset. Like a lion, relax when possible and be active when it is needed. Life on a sailboat is great! Our goal is to organize group activities at least once a day – varying from playing hints to singing – to get to know each other. There is nothing too crazy for us, you're welcome to share your ideas!

> The finish can be spectacular when there are other ships around, or quiet because you are the first! If there is enough time, the captain will search for a nice anchorage to enjoy the last evening at sea before sailing into the next Tall Ship Regatta harbour.

> In the harbour there will be a lot of activities organized by the town. There will be all kinds of music, sometimes a fair and there will also be a cultural program. There will also be an opportunity to challenge the crew from other ships through sports, walk the crew parade through the whole city, get a prize (winning, friendship, etc) during the prize giving ceremony and last but not least, there is a crew party for everybody in the Tall Ship Regatta harbour.

> On the 3rd day in harbor the voyage will end at 09.00 hour. You will look back on a once in a lifetime experience! For people who want to race or sail again, there are even more possibilities; either on Gulden Leeuw (if there is room) or on other ships who are joining the next leg of the races!



GULDEN LEEUW

The Gulden Leeuw is restored in 2010, built as a big, sturdy sailing ship reminiscent of the 30's and with the deck layout of a classic yacht. In combination with the chosen rigging it will become a fast, robust ship that can really sail. The "Gulden Leeuw" will be a three-masted topsail schooner. This very versatile rigging combines the advantages of a square-sailed ship and a fore-and-aft rigged ship. The magnificent ambience is the 30's style, rich materials, often hand-crafted, decorative and luxurious, sought with simple, functional forms.

THE CREW

The captain and his crew are professionally prepared to act as sailing tutors. The 8 crewmates are well trained and all have been educated on a nautical

VOYAGES GULDEN LEEUW 2010

Voyage **Trip**
Race - International Exchange
 Antwerp (Belgium) – Aalborg (Denmark)

Start	End	Days	Price > 25 years	Price 15-25 years
12-7	23-7	11	€ 1265,-	€ 975,-



KITLIST

Papers and insurance: You need to have a valid passport or identity card, photocopies 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. For a full list of tips what to bring aboard, [please click here for the separate Kit List](#). **More ideas:** photo and film equipment, sunglasses, hat to cover your head in the sun, personal medicines and toiletries, small backpack for in the harbour, musical instruments or music.

HOW TO JOIN?

Please sign up via www.atseasailtraining.com

You will get a contract and invoice by email. As soon as we get the signed contract and down payment, you will be sure of your place on board.

college and done the STCW safety trainings. The two captains that relieve each other through the season, have both an other ship. The Swaensborgh and the Hendrika Bartels. They know how to sail a race.

ACCOMODATION

The deckhouse is connected to the enormous deck with folding doors, several benches are placed in the gangways. The captains VIP lounge is beautiful. The trainees will sleep all together in the saloon in hammocks or in bunks. This will be like the old days, a real experience on a beautiful ship. There are 4 showers and several toilets.

KEY POINTS

- > **Gulden Leeuw- Threemast Top Sail Schooner- 70 meters.**
- > **56 trainees and 12 crew!**
- > **Different nationalities!**
- > **No sailing experience required!**
- > **Minimum age: 15 years old.**
- > **Official language aboard: English.**
- > **One-off registration costs of €25.**
- > **All prices exclude transport to and from the ports.**
- > **All prices include accommodation, all meals and drinks on board, excluding drinks at the bar.**
- > **Transfers needed to be booked separately.**
- > **You can contact other participants by Facebook to travel together.**

– SEE YOU AT SEA!–

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