

# at sea SAIL TRAINING

## SAIL THE SEA GODDESS TOUR INTERNATIONAL EXCHANGE - THE TALL SHIP RACE 2010 at TALL SHIP THALASSA

- > Challenge as the sea goddess Thalassa the race
- > Enjoy the international trainees and cities!
- > Race 1, Antwerp (BE) – Aalborg (DK) – 12-23 July 2010, 11 days
- > Open to trainees of all nationalities and ages 15 – 25

Have you ever dreamed of sailing on board a big vessel? At Sea Sail training can give you a taste of life 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 REGATTA

Thalassa will sail one leg, be part of that one and only change to win the Tall Ships' Race in 2010! The race starts in the beautiful old town of Antwerp. Following the coast to the north, the race leads us along the coast of Netherlands, Germany and Denmark. The finish and sail in will be in Aalborg. The trip can be quiet with eastern wind and rough with northwest wind. On Thalassa, named after the sea goddess in the Greek history, you see why that name fits this ship so beautiful.



### THALASSA

The Baltic is the Thalassa's home ground, but this ship is more than capable to sail every imaginable sea. This 3-masted vessel is super strong and seaworthy and can sail up to 13 knots. Besides that, this barkentine is also a real eye-catcher with a total of 14 sails, adding up to a grand total of 800 square meters. As a Barkentine it has the maximum possibility to sail as a square-rigger as a normal ship.

### THE CREW

The captain and his 3 crewmates are well trained and all have been educated on a nautical college and done the STCW safety trainings. The captain has been a sailor for many years on the Thalassa and makes always sure that everybody is having a good time.

### ACCOMODATION

This vessel is equipped according to the latest safety-regulations and comfort. The cosy saloon and reading corner are warm and welcome. In the well equipped galley and a spacious bar you can have a drink. You sleep in luxurious two-person cabins (18), each fitted with a private shower and wash basin. The lavatories (9) are communal. In total, 36 trainees can board the Thalassa.



### 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. Next to the sailing you will organize together with the other trainees games, national dinners, European song festivals, or whatever you like to do with the others. Meet people from other cultures, enjoy the differences and see the familiarities between the countries. You will make friends for the rest of your life!

> The international exchange starts at 18.00 hours when you will board Thalassa and get to know the ship, permanent crew and your fellow voyage 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 store 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 there will be a good mood on board and you will become part of the crew like a real trainee. Your watch leader will be there to guide you, along with the duty officer, a member of the permanent crew.

> At sea it can be sometimes quite hectic when wind comes up or slow 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.

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> 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 3<sup>rd</sup> 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 Thalassa (if there is room) or on other ships who are joining the next leg of the races!

## VOYAGES THALASSA 2010

Voyage	Trip	Start	End	Days	Normal Price	Special Youthprice 15 25 years
<b>The Tall Ship Race 2010</b>						
Race 1	Antwerp (BE) – Aalborg (DK)	12-7	23-7	11	€ 1155,-	€ 990,-



### HOW TO JOIN?

Please sign up via [www.atseasailtraining.com](http://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.

### – SEE YOU AT SEA! –

### CONTACT

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### 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.

### KEY POINTS

- > **Thalassa- Barkentine - 47 meters.**
- > **36 trainees, 4 permanent crew!**
- > **No sailing experience required!**
- > **Different nationalities.**
- > **Age 15-25 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.**