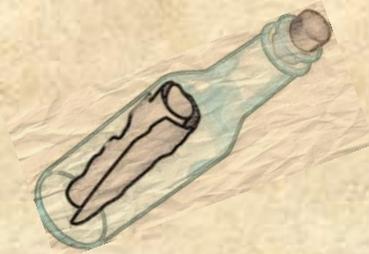


# **"Message in a Bottle"**



**Youth in Action 3.1 Training Course**

**12 – 19 October 2013**

**Sinop, Turkey**

# Acknowledgements

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Sinop Açıkdeniz Yelken Kulübü (SAYK),  
(Sinop Offshore Sailing Club)  
Turkey  
Hosting Organization

Association of Former United Nations Interns (AFUNI), Azerbaijan  
Youth Association DRONI, Georgia  
We Go Project, Lithuania  
Youth Generation, Moldova

Scientific and Research Association for Art, Cultural-Educational Programmes and Technology EPEKA, Slovenia  
Donetsk city youth centre of arts "EkoArt", Ukraine  
Eğitim Programları ve Evrensel ve Kültürel Aktiviteler Derneği EPEKA, Turkey



# Working team of the training course



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# Introduction



One day anyone has to take initiative as a manager, boss, president, judge, principal, or a captain on a ship. To take risks, prevent crisis, manage a crowd of people and ensure if everything is going quite well requires some competences. Lacking of these competences will lead the working team frustration and the consequences of the work will be failure. "Message in a Bottle" training course aims to provide leadership skills for its participants with Non-Formal Education methods and techniques. When you sail, you are alone on the sea. You have to decide what to do and you are responsible for your safety. You take initiatives for yourself. Sea and sailing are the great elements to practice the leadership skills and develop participants' competences. To do this, we aim to give them some basic techniques on sailing, scuba diving, kayaking and how to form of the boat by making model boats.

In this handout, we would like to share our group building activities and risk management tools associated with sea and sailing in the "Message in a Bottle" training course.



Irem Ebru Kuru  
Trainer



# Get to know each other

## Sea Cards



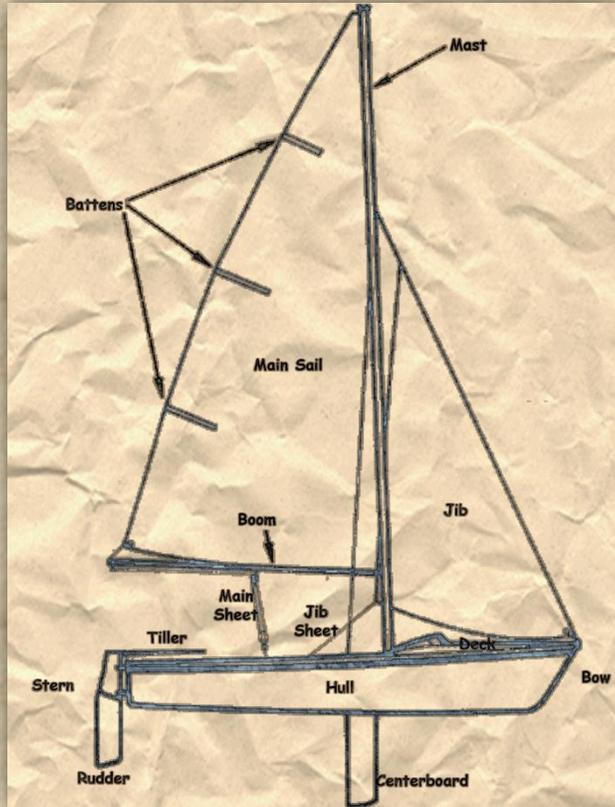
Flash cards related to sea are laid on the floor and participants are asked to choose and pick the ones which associate with their character. Then they are asked to sit down in their chairs and explain why those cards in their hands best match with their character.

The cards: anchor, aquarium, boat, buoy for children, buoy, captain, captain hook, compass, cruise ship, fish, ghost ship, harbor, iceberg, island, life buoy, life jacket, life guard, light house, mermaid, navy soldier, pirate captain, pirate ship, Popeeye, Poseidon, sailor, sail boat, sand castle, scuba diver, seagull, seashell, shark, ship, Sponge Bob, starfish, steering wheel, submarine, treasure, treasure island, etc.



# Team Building Games

## Parts of the sail boat



Parts of the sailboat are shown as in the picture to the participants.

Then the functions of these parts are explained to them.

Brief info: At sea, something can go wrong at any time. So it is really important that everything aboard can be clearly identified and described. Using the words 'left' and 'right' could be confusing on a boat, because these change depending which way you are facing.

Port = left (both short words with 4 letters)

Starboard = right (both longer words)

Then the new sailboat picture without the names of the parts is shown. The participants are divided into four groups to draw their own sailboat. When the pictures are drawn, the list of the names of the parts of the sailboat is distributed to the groups. They are asked to write the names in the correct parts in two minutes. When the time is over, the pictures are checked if they are correct.

# Team Building Games

## Sea Signs

| International Code Flags            |  |                                 |  |                             |  |   |  |                              |  |   |  |
|-------------------------------------|--|---------------------------------|--|-----------------------------|--|---|--|------------------------------|--|---|--|
| <b>Alpha</b><br>♦                   |  | <b>Bravo</b><br>♦♦♦♦            |  | <b>Charlie</b><br>♦♦♦♦      |  | <b>Delta</b><br>♦♦♦                             |  | <b>Echo</b><br>♦             |  | <b>Foxtrot</b><br>♦♦♦♦♦                   |  |
| Diver down                          |  | Dangerous cargo on board        |  | Affirmative-Yes             |  | Keep clear                                      |  | Turning to Starboard         |  | I am disabled. Communicate with me        |  |
| <b>Golf</b><br>♦♦♦♦                 |  | <b>Hotel</b><br>♦♦♦♦            |  | <b>India</b><br>♦♦♦         |  | <b>Juliet</b><br>♦♦♦♦                           |  | <b>Kilo</b><br>♦♦♦           |  | <b>Lima</b><br>♦♦♦♦                       |  |
| I require a pilot / Hauling nets.   |  | Pilot on board                  |  | Turning to Port             |  | On fire keep clear                              |  | I wish to communicate        |  | Stop your vessel                          |  |
| <b>Mike</b><br>♦♦♦                  |  | <b>November</b><br>♦♦♦          |  | <b>Oscar</b><br>♦♦♦         |  | <b>Papa</b><br>♦♦♦                              |  | <b>Quebec</b><br>♦♦♦         |  | <b>Romeo</b><br>♦♦♦                       |  |
| My vessel is stopped                |  | Negative - No                   |  | Man Overboard               |  | I am proceeding to sea / My nets are stuck fast |  | I request free pratique      |  |   |  |
| <b>Sierra</b><br>♦♦♦                |  | <b>Tango</b><br>♦♦♦             |  | <b>Uniform</b><br>♦♦♦       |  | <b>Victor</b><br>♦♦♦                            |  | <b>Whisky</b><br>♦♦♦         |  | <b>X Ray</b><br>♦♦♦                       |  |
| My engines are in astern propulsion |  | Trawling keep clear             |  | You are running into danger |  | I require assistance                            |  | I require medical assistance |  | Stop your intentions and watch my signals |  |
| <b>Yankee</b><br>♦♦♦                |  | <b>Zulu</b><br>♦♦♦              |  | <b>1st Substitute</b>       |  | <b>2nd Substitute</b>                           |  | <b>3rd Substitute</b>        |  | <b>Answering Pendant</b>                  |  |
| I am dragging my anchor             |  | I require a tug / Shooting nets |  |                             |  |   |  |                              |  |   |  |
| <b>1</b>                            |  | <b>2</b>                        |  | <b>3</b>                    |  | <b>4</b>  |  | <b>5</b>                     |  | <b>Skysail Training</b>                   |  |
|                                     |  |                                 |  |                             |  |   |  |                              |  |   |  |
| <b>6</b>                            |  | <b>7</b>                        |  | <b>8</b>                    |  | <b>9</b>  |  | <b>0</b>                     |  |   |  |
|                                     |  |                                 |  |                             |  |   |  |                              |  |   |  |
|                                     |  |                                 |  |                             |  |   |  |                              |  |   |  |

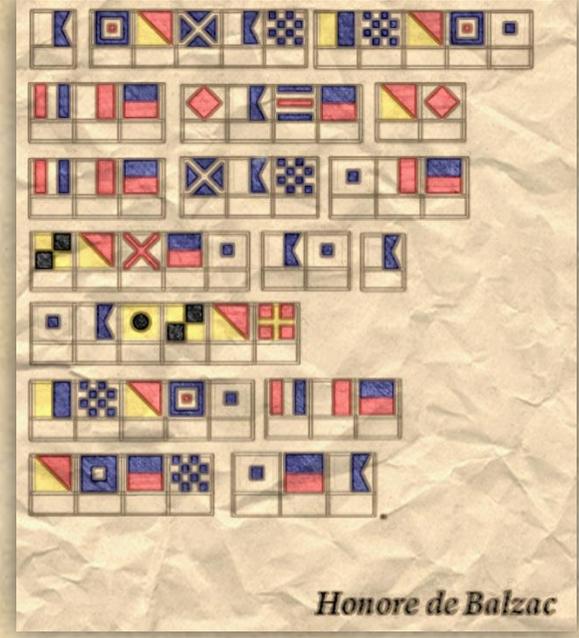
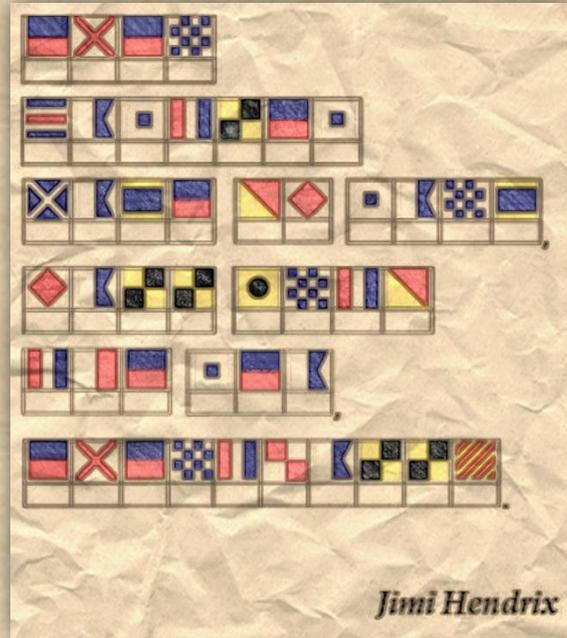
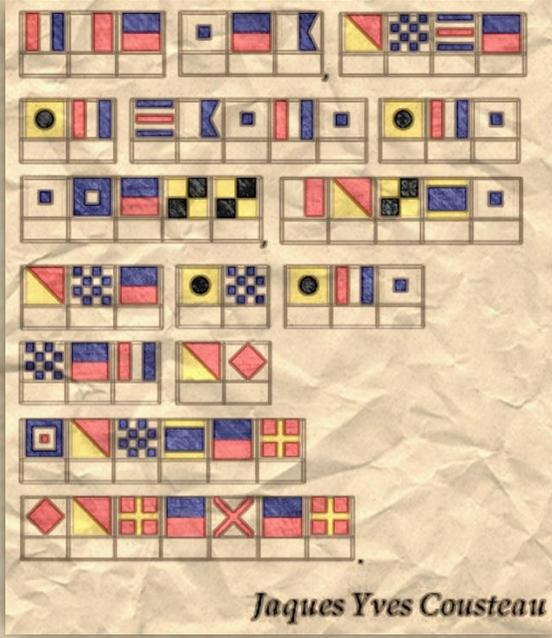
Sea signs are introduced to the participants by giving the Wikipedia information below:

*"The purpose of the International Code of Signals is to provide ways and means of communication in situations related essentially to safety of navigation and persons, especially when language difficulties arise." It has done this by first establishing a standardized alphabet (the letters A to Z, and the ten digits), along with a spoken form of each letter (to avoid confusing similar sounding letters, such as 'b', 'p', and 'v'), and associating this alphabet with standardized flags. Combinations of these alphanumeric characters are assigned as codes for various standardized messages. For instance, the master of a ship may wish to communicate with another ship, where his own radio may not be working, or the other ship's call sign is not known, or the other ship may not be maintaining a radio watch.*

Later the participants are divided into groups to:

- 1<sup>st</sup>: decode the quotes of the famous people. (the quotes are printed in the next page)
- 2<sup>nd</sup>: write each other message by drawing and coloring the flags.
- 3<sup>rd</sup>: spell the messages aloud by using the codes





The sea, once it casts its spell, holds one in its net of wonder forever.

Even castles made of sand, fall into the sea, eventually.

A woman knows the face of the man she loves as a sailor knows the open sea.



# Team Building Games

## Sailor's Song

Participants are divided into groups. One of the sailor songs in YouTube is played. The below link of the song is recommended by the trainers.

<http://www.youtube.com/watch?v=nPlcwFKrTus>

Then the list of the sailing terms is distributed to the participants in order to produce a sailor song by using the words as lyrics.

The sailing terms are printed in the next page.



## Sailing Terms

**Abaft:** Behind

**Abate:** Become less intense or widespread: the storm suddenly abated.

**Abeam:** 90° (perpendicular) to the side of the boat.

**Aft:** Towards the Stern or rear of the boat.

**Ahead:** Towards the front of the boat.

**Aloft:** Towards the top of the mast.

**Astern:** Actually behind the boat. (Aft can mean on the boat but at the rear)

**Backwinding:** Deflect a flow of air into the back of (another sail or vessel).

**Bailer:** A bucket or scoop used to remove water from the cockpit.

**Becalmed:** Leave (a sailing vessel) unable to move through lack of wind.

**Bend Sail:** Is to affix it to its proper yard, mast or stay.

**Block:** Nautical word for pulley.

**Centerline:** An imaginary line from the bow of the boat, to the center of the stern.

**Draft:** The depth of water required to float your boat. On a small sailboat, draft can vary from the length of the centre board (or daggerboard) to a few inches if the boat outfitted with a movable centre board (or removable daggerboard) and a kick-up rudder.

**Displacement;** The weight of water displaced by a floating vessel, thus, a boat's weight.

**Ease:** To let out the sails.

**Give-Way Vessel:** The boat which changes course because it does not have the right of way.



## Sailing Terms

**Go About:** Turning a boat

**Heel:** The degree of sideways tilt caused by wind on the sails or balance of weight in the boat.

**In Irons:** If the boat attempts to tack with a slow initial speed, or otherwise stops forward motion while heading into irons (front of the boat is facing the wind), the boat will coast to a stop and the lack of water flow over the rudder will cause the sailor to lose the ability to steer the boat.

**Leeward:** Away from the wind (downwind).

**Lee shore:** Shore the wind is blowing toward

**Let Fly:** Sails out of control.

**Luffing:** The flapping of the sail when not properly trimmed or when the boat is in irons.

**Luff Up:** To turn the boat's head right into the wind.

**Reaching:** Sailing on a tack with the wind roughly abeam, all sailing points between running and close-hauled.

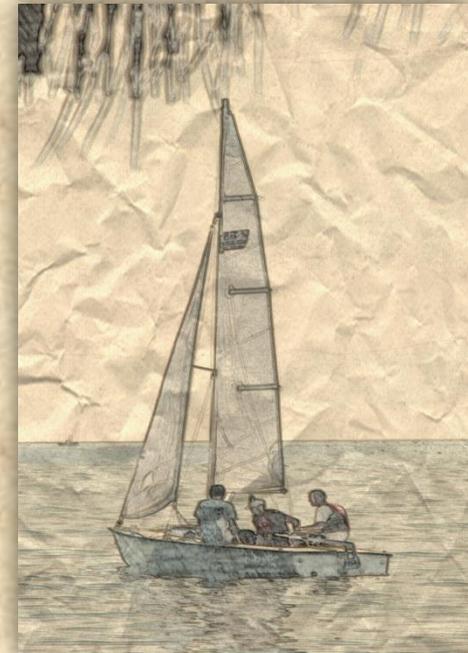
**Running Free:** To sail with the wind aft and with the sheets eased out.

**Stand-On-Vessel:** The boat which does not change course because it has the right of way.

**Trim:** To pull the sails in towards the wind.

**Weather Shore:** The shore from which the wind is blowing.

**Windward:** Towards the wind (upwind).



# Team Building Games

## Risks and Crisis on the Sea



Brief information about the buoys and risks are given from the Sail Safe.

<http://sailsafe.rmg.co.uk/buoys.html>

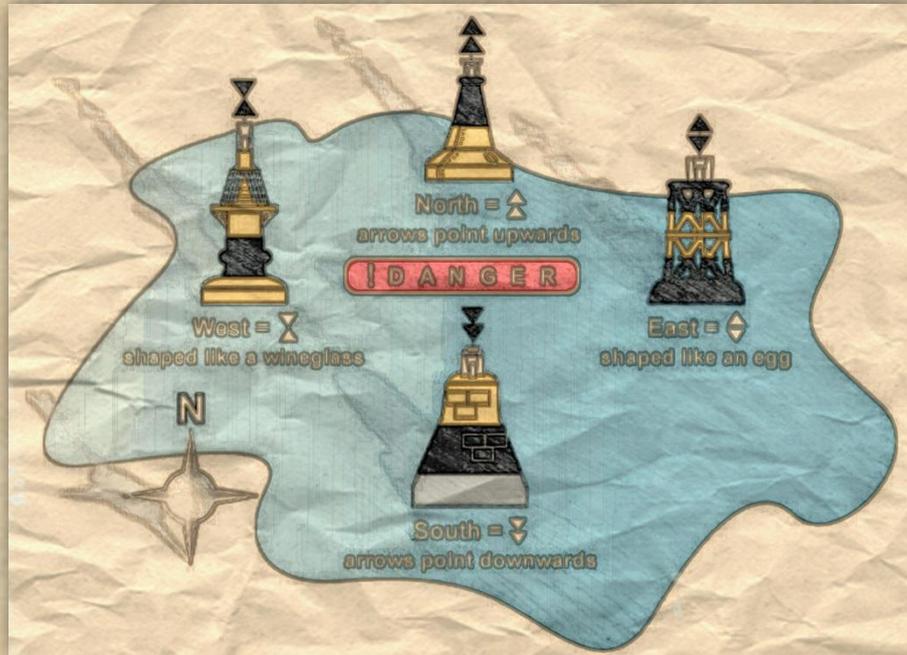
When you drive in a car there is a clear road to follow. When you are out at sea, it is not possible to see a safe passage because some of the dangers are hidden below the water. Buoys act like road signs. They are important markers and if you do not fully understand them you might run aground.

Lateral marks are used to mark out a channel like a roadway in the water. Port cans are red can-shaped buoys and starboard cones are green cone-shaped buoys.

When you are entering a harbor the port can should be on your left and the

starboard cone should be on your right. When you leave the harbor this is reversed.





## Cardinal Buoys

Cardinal buoys show areas of danger and they are based on the points of a compass. The arrows on top of the buoys show which side is the safe passage. So, the west cardinal buoy tells you to sail on the westerly side of the buoy as there is danger to the east.

## Don't Crush

The sea and harbors can be busy places, it is very important you know how to avoid other boats. Always remember to tell someone where you are going.

## Keep a Good Look Out

Collisions nearly always happen because the crew on the boats were not keeping a good look out. Look out and listen for danger all around your boat at all times. Beware of blind spots caused by sails and spray. Try to keep well clear of all other boats, but in some situations you will need to cross the path of another vessel.

## Avoid Other Sail Boats

If another sailing boat is coming towards your boat, you need to know

who is supposed to give way. This will depend upon the tack of both boats.

## Avoid Non-Sailing Boats

If possible keep out of the way of big ships. Remember other vessels may not be able to maneuver as easily. A motor boat in general gives way to a yacht under sail.

## Make Your Own Harbor

Participants are divided into four groups to make their own harbor by trying to match the pictures with their texts about warnings. Pictures are from Sail Safe: <http://sailsafe.rmg.co.uk/seasense.html>



Keep your boat in good order – Keep your distance from other craft, especially ships – Wear a life jacket or buoyancy aid – Always have an emergency plan in case of bad weather – Keep noise down in marinas and near moorings, in conservation areas and close to shore – Don't disturb wildlife such as dolphins and seals – Always keep track of your position. Don't get lost! – Always take plenty of food and water to drink with you – Be considerate to other water users such as fishermen and anglers – Keep clear of yacht, dinghy and power boat races – Stay warm at all times – Keep a good lookout – Keep your eye on the weather, if it gets worse return to shore – Keep clear of bathers

# Team Building Games

## Sea Story Acting

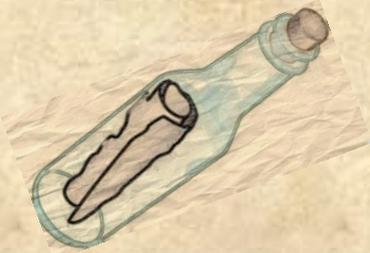


Participants are divided into groups. Each group is responsible to create and act their own sea story each night after dinner about 5 or 10 minutes. They can use any object as a stage property.



# Evaluation

## Message in a Bottle



**M**essage in a Bottle is also a metaphor used as a tool to evaluate the training course daily. Every day participants are asked to write messages about their thoughts about the training course and put them in the bottle introduced as a tool. After dinner every night, the messages are drawn one by one by the participants

are read them aloud. The comments about the messages are taken by the participants.

It is a tool to evaluate the training course anonymously and to give personal and sincere feedback for the training course.



# Evaluation

## Captain's Diary



In the beginning of the training course, notebooks are distributed to the participants. Participants are asked to draw their own ships / boats in the front page of the notebook and give her a name. When everybody draws their own picture, they are asked to share the picture and information about her.

Then the purpose of the notebook is introduced. The notebook is associated with the captain's diary. Participants are the captains of their own ships and the training course is their voyage.

In the notebook delivered is the captain's diary to be kept as a secret and to be taken back to their home to remember the competences they gain during the training course.