

International training course "SAIL4youth"

Time: 10 – 19 June 2016

Venue: on two sail training yachts;
in the Baltic sea and on coast of Latvia &
Estonia (see the route in next page)

Arrivals in Ventspils, Latvia
(on 10 June before 16.00) and
departures on 19 June morning
from Liepāja, Latvia.

Organizer:

Sail Training Association Latvia in collaboration
with Sporto Klubas Ostmarina (Lithuania)

***Partners:**

Yacht Club of Poland Warsaw (Poland);
Simuna Naisteklubi (Estonia);
Olde Vechte (the Netherlands) ;
Fundação Bracara Augusta (Portugal);
Outward Bound (Croatia).

The training is funded by:



Profile of participants (20 in total):

- age 18+ and resident of one of partner countries*;
- actively involved in youth work on daily basis (youth worker, leader, educator or trainer);
- some sailing experience or/and high motivation to improve these skills is required;
- ready to accept simple living conditions on a boat (together with other crew) and sailing in rough weather (it is still a bit cold in the Baltic Sea in June);
- ready for active participation in the whole training;
- willing to contribute in guidelines' development;
- willing to develop local or international youth project involving practical sailing, experiential, adventures and non-formal education.

Team:

- 2 captains^ (LV & LT) + 1 coordinator
- 2 non-formal education trainers

#SAIL4youth is the next step after the training STA Latvia and partners did in 2015 – [SAIL4entrepreneurSHIP](#)

The objectives of the training:

- **to learn to combine practical sailing experience with non-formal education, experiential and adventures education and use it in youth work;**
- to gain the knowledge, skills and attitudes that are needed to sail safely in a team and support others aboard;
- to learn how to design and implement both the learning program and logistics for youth projects with sailing activities;
- to learn, adjust and create non-formal education methods for youth sailing projects;
- to discover sailing as personal development tool for themselves and working with youth;
- to map sailing opportunities for youth;
- to collect the existing experiences and develop the guidelines for youth workers and sailors on how to organize local and international sailing youth projects.

The project will also train participants' flexibility and project management skills and will encourage future collaboration for youth sailing projects in Europe.



PRACTICALITIES

Accommodation. Participants will have an individual sleeping space in bunk bed in the shared “room” on one of the sail training yachts. You need to bring your own sleeping bag, pillow, towel as well as warm underwear.

The meals will be mainly prepared by participants themselves on the yachts after common shopping. There is gas-stove on each yacht, basic cooking equipment, plates etc. Several ready-meals on coast will be also provided during the training.

Sailing is essential part of the training and one of the learning tasks. Participants will have a unique opportunity to be a member of the crew (not a passenger!) The team will be split in watch-groups and they will do sailing duties in shifts following captain’s instructions. Every crew member will have an opportunity to learn to steer, hoist the sails, work with maps etc. It is planned to sail ~350 nautical miles during the training that means ~70 hours spent in the sea, including night sailing shifts and one challenging leg of sailing for 1,5 day (if the weather conditions will allow). For everyone’s safety respecting the commands of the captain is a must.

Weather in June is not warm in the Baltic Sea (sometimes as low as +12 C), it can rain too, so the participants should be prepared for that. In very challenging weather conditions the captains will take a decision to cancel or shorten some sailing legs; the training program will be then adjusted to continue on the coast.

Equipment. Clothes for both warm and cold, windy and wet weather are needed – winter skiing clothes are recommended, especially for sailing during the night. The sport shoes with white soles is a must. The sailing gloves and warm hat are recommended. The life-jackets for safe sailing will be provided.

Insurance. Participants need to provide their own travel insurance that covers sailing activities (not included in regular travel insurance policy).

Expenses. Travel, accommodation (on yacht) and food will be fully covered by Erasmus+: YiA program. **There is a participation fee of 50 EUR per person.**

Travel expenses (to training and back) will be reimbursed by bank transfer to participant’s personal bank account after the project (original travelling documents need to be provided). Participants are encouraged to use the most economic transportation means for their travels and they should NOT buy any tickets before the approval by organizers. Suggestions for best ways of travel will be provided.

APPROXIMATE ROUTE

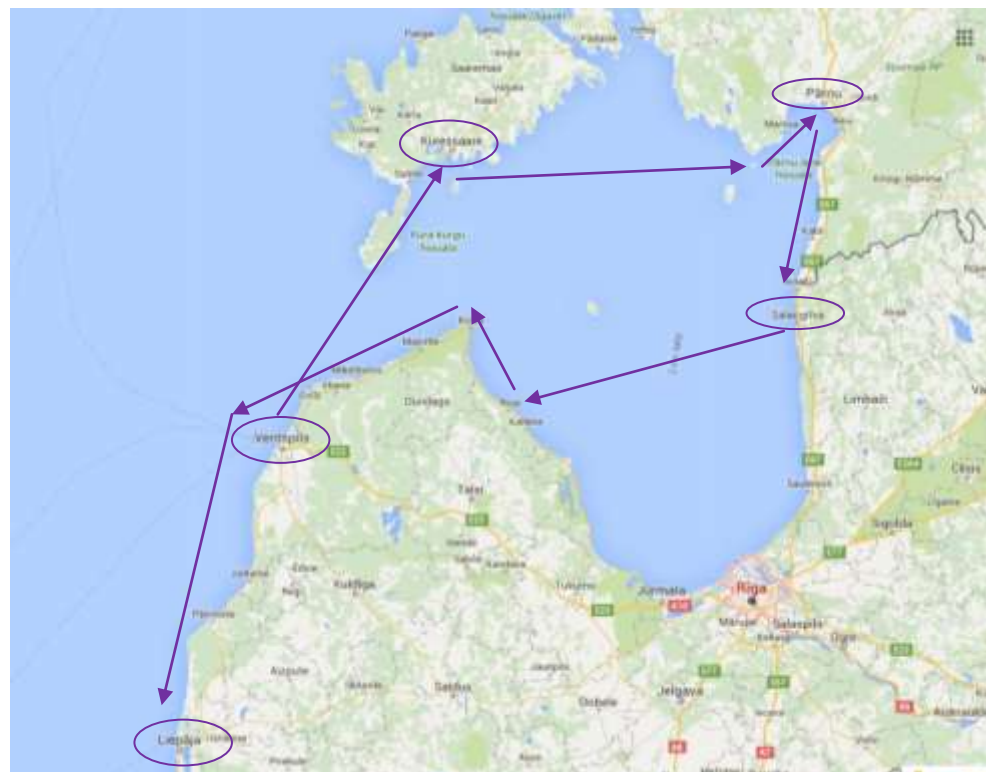
Ventspils (LV) → Roomasaare (EE, 50 nmi) → Pärnu (EE, 70nmi) → Salacgrīva (LV, 30nmi) → Roja/Mērsrags (LV, 60 nmi) → Liepāja (LV, 130nmi)
= ~350 nautical miles / ~70 h of sailing

The distances are in nautical miles (1 nmi = 1852 meters).

Speed: 5 knots is the average speed – nautical miles per hour. Depending on the wind, the boats can reach the destination a bit sooner or later than in program draft. The training program then will be adjusted to the real conditions.

IF YOU WANT TO PARTICIPATE, APPLY HERE: <http://ej.uz/sail4youth>

The deadline for applications is 9 May 2016.



SAIL4youth → TRAINING PROGRAM DRAFT → in the Baltic Sea & coast

Day	0) 10 June	1) 11 June	2) 12 June	3) 13 June	4) 14 June	5) 15 June	6) 16 June	7) 17 June	8) 18 June	19 J
Place/time	Ventspils, LV	Ventspils, LV	Ventspils, LV – Romasaare, EE	Romasaare – Parnu EE	Parnu, EE	Salacgrīva, LV	Roja/Mērsrags, LV	Liepāja, LV	Liepāja, LV (tbc)	Home
Morning session starts at 9:30 (or earlier in sailing days)		GETTING “ON THE SAME WAVE”	THE WORLD OF SAILING	GROUP DYNAMICS & LEADERSHIP	OPPORTUNITIES	TOOLS & PRACTICE		CHALLENGE BY CHOICE	EVALUATION & FUTURE	
	Arrivals in Ventspils (until 16.00)	Expectations & motivations	<u>Ventspils – Roomasaare</u> <u>7:00-17:00=50 nautical miles</u> <u>=10 hours</u>	<u>Roomasaare – Parnu</u> <u>5:00-19:00=70nmi=14h</u>	Logistics	Evaluation of 3 rd sailing & learning	Logistics	→→→→→→→ 5 th sailing & learning exp.	Free time	Day 10: Cleaning up the boats, departures
13:00 LUNCH		Training approach & non-formal education	1 st sailing & learning experience →→→ Focus: →→→→→→→ Learning to sail, sailing to learn→→→	2 nd sailing & learning exp. Focus: Group dynamics & leadership →→→	2016 – Year of Maritime Culture in Estonia Sailing & learning opportunities in NFE & Erasmus+	Work on guidelines development Planning sailing & learning activities for youth	Group works: Food challenge Media group work Preparation of yacht	Focus: challenge by choice in action →→→→→→→	Evaluation of 5 th sailing challenge Final work on guidelines	
Afternoon Session starts at 15:00		Safety on water Discovering the team & yachts	1 st sailing & learning experience →→→→→ continues until ~17:00	2 nd sailing & learning exp. (continues)	Preparation for 3 rd sailing & learning exp.	Practice I: sailing & learning activities for youth in Salacgrīva	Practice II: sailing & learning activities for youth in Roja	→→→→→→→ 5 th sailing & learning exp. Focus: networking & future project development →→→→→→→	Future project development Final evaluation Youth Pass	
19:00 DINNER	Getting to know each other	Group building Roles & rules	Evaluation Preparation for evening	→→→→→→→ Preparation for evening	3 rd sailing & learning exp.	Feedback	Feedback			
Evening session	Welcome evening Food challenge 1	International evening	Talent show	Evaluation of 2 nd sailing & learning exp.	Work on guidelines →→→→→→→ <u>15:00 – 23:00 (Parnu - Salacgrīva = 40 nmi&8h)</u>	4 th sailing & learning: Focus: Night sailing → <u>20:00–8:00 (Salacgrīva- Roja/Mērsrags=60nmi&12h)</u>	→ 5 th sail & learn F: Challenge by Choice <u>Roja/Mērsrags to Liepāja</u> <u>(140 nmi/30 h) →→→</u>	<u>24:00 Arriving in</u> <u>Liepāja</u> Free time	Farewell party	
Night	In port (Ventspils)	In port (Ventspils)	In port (Roomasaare)	In port (Parnu)	In port (Salacgrīva)	Night sailing	Night sailing	In port	In port	

* The route is approximate and created based on the average speed of yacht in the normal weather conditions. There can be changes in the schedule because of the weather.

