

# at sea

SAIL TRAINING

## VIKING ADVENTURES

INTERNATIONAL EXCHANGE - THE TALL SHIP RACE 2010  
at TALL SHIP SORLANDET

- > Sail like the Vikings at the Sorlandet
- > Climb the rigging, set the sails, become a team!
- > Open to trainees of all ages and nationalities over 16 years
- > Race 1, Antwerp (BE) – Aalborg (DK), 12-23 July, 11 days

Have you ever dreamed of sailing on a Tall Ship? 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 RACE

The Tall Ship Race 2010 starts in Antwerp! In this old and beautiful city, 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. As Sorlandet is a Norwegian ship, she is well fitted for these seas. Sorlandet was a winner in 2003, so there is a big chance the ship will win again! Together with the international trainees it will be an exiting trip on the North Sea.



## SORLANDET

Winner of the Tall Ships' Race 2003: This 82 years old vessel is still in perfect condition. In all those years she has made many miles around Norway, crossed as the first



Norwegian ship the Atlantic ocean to New York in 1933 and sailed around in the Caribbean. When the ship is not manned by cadets of the Royal Nordic Marine, you can take the rudder together with the permanent crew on board. With the popular Nordic crown princess Mette-Marit as patroness, the ship cannot wish for better vibes. Relive the ancient history!

## THE CREW

The captain and his 14 crewmates are well trained and have all been educated on a nautical college and done the STCW safety trainings. The permanent crew knows how to get in the mood for a Tall Ships Race. Under their enthusiastic guidance you will have a great time.

## ACCOMODATION

This ship is mostly in its original state, which gives it a nautical and warm appearance. Both the dayroom and crew cabins are equipped with air-conditioning. The sleeping quarters have 'fitted' bunks against the wall and for the devotee we have super relaxed hammocks.

## 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 Sorlandet 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 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 also to become a team and for you to become part of the crew like a real sailor. Your watch leader will be there to guide you, along with the duty officer, a member of the permanent crew.

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> At sea it can sometimes be quite hectic when the wind picks up or slows down, but there is also plenty of time to relax and read a book or sing together during sunset. Like a Viking, 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 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 Sorlandet (if there is room) or on other ships who are joining the next leg of the races

## VOYAGES SORLANDET 2010

**Voyage**                      **Trip**  
International Exchange  
Antwerpen (Belgium) – Aalborg (Denmark)

### 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

- > **Sorlandet- Full rigged ship- 64 meters.**
- > **70 trainees and 15 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.**

### 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! –

Start	End	Days	Price > 25 years	Price 16-25 years
12-7	23-7	11	€ 1275,-	€ 1095,-



### CONTACT

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