

Your Adventure Awaits

with Sail Training International



Sail Training International

Sail Training International

An international charitable organisation who provide experiential learning through sail training.

We offer life changing experiences for young people aged 15-25 around the world, helping them to grow in confidence, discover who they are, unlock hidden strengths, rise to challenges, overcome fears and enjoy the adventure of a lifetime.



Sail Training International is the international voice of sail training and a global, Nobel Peace Prize nominee.



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What is Sail Training?

- An exciting, fun and life-changing outdoor sailing adventure.
- A hands-on sailing experience learning about every role on board.
- Working as part of an inclusive and enthusiastic team, which includes people of all ages, nationalities and abilities.

NO PREVIOUS SAILING EXPERIENCE IS NEEDED



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ARE YOU
READY?



Life Onboard

What to expect

- **EQUAL OPPORTUNITIES**
Sailing is a great leveler. It doesn't distinguish between social status, gender and ethnicity.
- **A MULTI-CULTURAL ENVIRONMENT**
You will make lifelong friends from all different backgrounds.
- **CREW HIERACHY**
Every vessel has a chain of command. Understanding this will help with team integration.



**EXPECT THE
UNEXPECTED**



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Life Onboard

Roles and Responsibilities

- Watch duty (2-4hours)
- Cleaning the decks
- Maintenance – sanding/rigging/painting
- Sailing – steering/line handling/ climbing the mast/ hoisting the sails
- Navigation – Charting/plotting/making weather observations



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What are the Benefits?

STRENGTHEN YOUR CV - A fantastic experience that will set you apart from the rest, when writing your university personal statement.

BUILDS CONFIDENCE – Through social interaction, communication and self-esteem.

INCREASES RESILIENCE – By adapting to ever-changing circumstances, working under pressure to problem solve and facing your fears.

TEAMWORK – Recognising the strength and skill-set of each team member to collectively overcome challenges.



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What happens when the ships are in port



Ship Arrivals



Crew Parade



Host Port Activities



Prize Giving



Crew Party



Cruise-In-Company

- The chance for you to visit some smaller ports and experience what a sea region has to offer.
- There will be port stop-overs where crews are greeted with events and festivities.
- Opportunities to experience life on board and the thrill of sailing, without the pressures of racing.
- The opportunity to meet and socialise with crews from other participating ships in a more relaxed environment.



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SAIL TRAINING IS A LIFE CHANGING EXPERIENCE



"For me, the most valuable lesson I learnt was teamwork and the ability to form a close-knit and effective team from a group of people who were previously strangers".

Charlotte, 15



"I will cherish the experience and new friends for the rest of my life".

Ethel Rosenfeldt

"It's a once in a lifetime experience. I think everyone should participate because it gave me a different perspective on life. Life on board is so different, but amazing!!".

Jeremy, 23



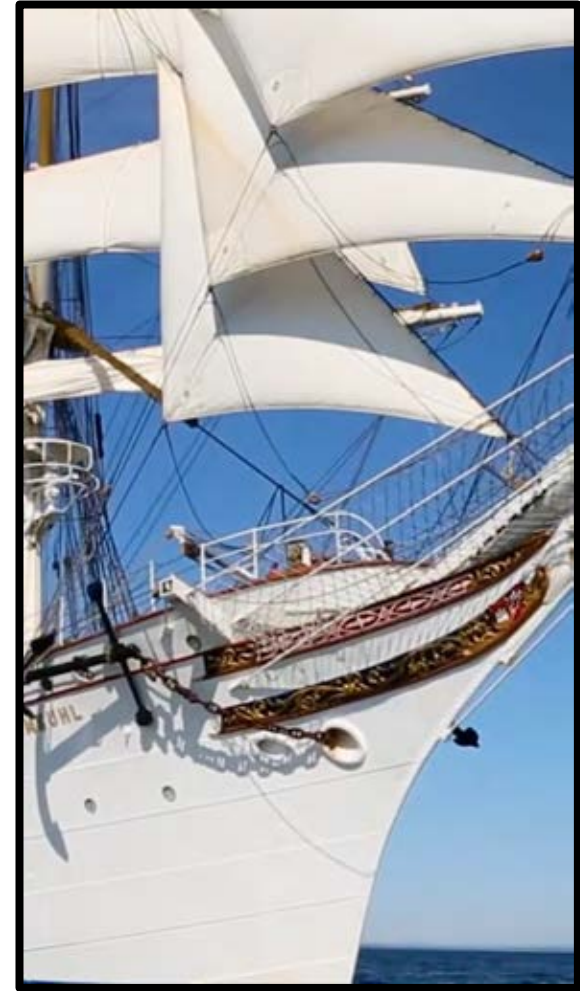
"It's like nothing else I have ever experienced. You learn a lot, but you also learn about yourself more".

Helen Crissen, 25



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SAIL TRAINING IS A LIFE CHANGING EXPERIENCE



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THE TALL SHIPS RACES 2025



RACE STATISTICS



START

LE HAVRE – France

4 July 2025 – 7 July 2025

RACE 1 – LE HAVRE TO DUNKERQUE

DUNKERQUE – France

10 July 2025 – 13 July 2025

RACE 2 – DUNKERQUE TO ABERDEEN

ABERDEEN – UK

19 July 2025 – 22 July 2025

RACE 3/CRUISE-IN-COMPANY – ABERDEEN TO
KRISTIANSAND

KRISTIANSAND – Norway

30 July 2025 – 2 August 2025

RACE 4 – KRISTIANSAND TO ESBJERG

ESBJERG – Denmark

6 August 2025 – 9 August 2025

FINISH



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THE TALL SHIPS RACES 2026



RACE STATISTICS



START

AARHUS – Denmark

24 June 2026 – 27 June 2026

RACE 1 – AARHUS TO HARLINGEN

HARLINGEN – Netherlands

3 July 2026 – 6 July 2026

CRUISE-IN-COMPANY – HARLINGEN TO
ANTWERP

ANTWERP – Belgium

11 July 2026 – 14 July 2026

RACE 2 – ANTWERP TO STAVANGER

STAVANGER – Norway

22 July 2026 – 25 July 2026

RACE 3 – STAVANGER TO AALBORG

AALBORG – Denmark

30 July 2026 – 2 August 2026

FINISH



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“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did. So, throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails.”

EXPLORE. DREAM. DISCOVER



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WANT TO SAIL WITH US?

Here's what you need to consider.....

- **WHEN and WHERE** – When would you like to go and where would you like to sail? A full list of voyages and dates can be found on the Sail Training International website.
- **WHICH VESSEL** – There are different experiences and benefits to be had when sailing on different size vessels
- **DURATION** – Voyages vary and typically last anywhere between 3-10 days.
- **FUNDING OPTIONS**
 - Bursaries** - For those of you who are unable to fund a voyage yourselves, there are various bursary schemes available to provide financial support.
 - Self-funded** - Alternatively, there are many ways in which you can raise the funds you need to take part in the Tall Ships Races and Regattas. We can help guide you through the fundraising process and of course help with ideas.



Contact us

Our team at Sail Training International will offer advice and guidance to help you plan your sailing adventure.

www.sailtraininginternational.org

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tallshipsraces



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QUESTIONS?

