

Sail training key messages

What is sail training?

- Sail training is a great fun, outdoor adventure activity for people of all ages and abilities.
- Sail training uses the experience of being at sea as a means to help people learn about themselves, discover hidden strengths and talents and understand the value of working as a team.
- Participants are required to confront demanding challenges, both physical and emotional.
- It is an activity that inspires self-confidence and personal responsibility.
- It promotes an acceptance of others, whatever their social or cultural backgrounds, and develops a willingness to take controlled risks.
- Those who undertake sail training on Tall Ships generally find it a positive life-changing experience.
- Sail Training has a record of considerable success in developing men and women of character and ability for the challenges of life.

What does sail training involve?

- Sail training takes place all over the world and in many different types of vessel.
- It includes instruction in all aspects of sailing, but its purpose goes far beyond this.
- Voyages on small vessels benefit from the intimacy of working on board within a small team.
- Different challenges confront those who undertake sail training on the square-rigged ships, with much demanding work aloft as well as on deck.

In some programmes today it forms the setting for much wider aspects of education at sea.

Who provides sail training?

Most sail training vessels are owned and operated by charities or foundations, schools or universities, governments or other institutions. They generally seek to reflect the breadth of social backgrounds in society at large in the crews they attract. Many have funding programmes to subsidise the participation of those who could otherwise not afford it. Some also run special programmes for those with physical, mental or social difficulties.

Sail training is an adventure activity for people of all ages and abilities. It includes instruction in all aspects of sailing, but its purpose goes far, far beyond this. Sail training uses the experience of being at sea principally as a means to help people learn about themselves, discover hidden strengths and talents and understand the value of working as a team. In some programmes today it forms the setting for much wider aspects of education at sea.

The cost of sail training differs from one organisation or ship or country to another. Bursaries and funding are available through Sail Training International and many of the National Sail Training Organisations, so contact them directly to find out more.

Who organises the Tall Ships Races and Regattas?

Sail Training International (STI) – a registered charity established to develop and educate young people – regardless of nationality, culture, religion, gender or social background – through the sail training experience.

STI works with the world's sail training Tall Ships, national sail training organisations and host ports, to help young people benefit from the sail training experience. It is the world's leading provider of Tall Ship races and events and other services for the international sail training community.

Who can take part in Tall Ships Races and Regattas?

People of all abilities can take part, including those with mental and physical disabilities, providing they are over the age of 15. Trainees may join for all or part of the race series, and all ships entering the Regattas are encouraged to recruit trainees between the ages of 15 and 25.

How can someone take part in sail training?

Trainees interested in joining a ship can contact their country's sail training organisation, or if they know the vessel they would like to sail on, they can contact them directly.

Many ships take all nationalities, so it is worth trying organisations and ships based in different countries from your own.

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