



Frequently Asked Questions

Sail Training Program 2021 Tall Ship Youth Adventure Sea Expedition 15 days

Explore the Mediterranean from 03.07 - 17.07.2021 MALTA - ITALY

- [What is sail training?](#)

When you come onboard there will be a general familiarisation with ships rules, a safety briefing including emergency drills and basic seamanship. You will also be placed into a watch rotation and sailing teams. Over the next two weeks experience and knowledge will be gained through hands on training. You will not be required to go up in the rigging. Those trainees that would like too, will be provided with a safety harness and instruction. English is the spoken onboard.

- [Do you need sailing experience?](#)

No experience is required. As mentioned above you will receive training from our permanent crew.

- [How much do we sail?](#)

When the wind and weather allow us.

- [Who will be on board?](#)

The family Haynes- Captain Ron, his wife Nicole, their daughters Jaden and Amber and ship's dog Bosun. There is also two professional seafarers. Two experienced guides for shore excursions and a doctor of Marine Biology. Trainees are between the ages 14-20 years of age.

- [How often do we go onshore?](#)

Generally speaking once a day. On longer passages or in heavy weather this may not be possible.

- [When and where to I board and disembark the ship?](#)

You will join ship on 3/7/21 in Sliema, Malta where the ship will be berthed in front of the Fortina Hotel. You will leave Florette on 17/7/21 in Vibo Marina, Calabria.

- [What about rough seas and seasickness?](#)

Some people feel uncomfortable on the first day or in rough weather but this feeling normally passes. If you have had motion sickness before ask a medical professional for advice.

- [What are the berths/ cabins like?](#)

Accommodation will be assigned upon arrival. Each trainee will either be provided a bunk in a shared cabin or a traditional sailors hammock. You will need to bring a sleeping bag if you wish to sleep on deck.

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- [How many toilets and showers are there onboard?](#)

There are three ship styled toilets and showers below decks. One deck shower for rinsing off after swimming.

- [Do you offer vegetarian or special diets?](#)

We can cater for special diets and food allergies when given enough notice. Healthy meals are prepared with locally sourced and seasonal produce.

- [Can I charge my phone, camera, and/ or laptop?](#)

Your electrical devices can be charged in your cabins when the generator is running. The generator normally runs a few hours a day.

- [Can I bring my musical instrument?](#)

We have a guitar onboard. Please ask about bringing your instrument when registering.

- [Do I need money on the trip? How much?](#)

All the expenses for the trip are clearly outlined. We recommend 200.- for personal pocket money.

- [What are the physical and mental health requirements?](#)

You should be in good health, physically fit and know how to swim. Any concerns please speak with us.

- [What do I take with me?](#)

- Collapsible suitcase or bag
- Backpack or small bag for day excursions
- Sleeping bag and/ or sleeping mattress if you want to sleep outside
- Personal snorkelling gear
- Towels
- Sunglasses
- A good hat
- Toiletries including sun lotion
- Personal medications/ seasickness tablets
- Deck shoes or trainers which will be required while sailing
- Flipflops
- Water bottle
- Flashlight or head lamp (some islands do not have street lights)
- Camera
- Clothing such as:
 - Waterproof jacket
 - Warm jacket, sweater or hoodie.
 - T-shirts and one or two long sleeved t-shirts
 - Shorts
 - Swimwear
 - Comfortable pants
 - A dress or shirt
 - Hiking boots
- ID card and/or passport, travel insurance and any required travel documents for COVID

- **COVID safety precautions**

Please ensure that you carry your own personal face masks, gloves and hand sanitisers. All trainees/ crew members onboard have their temperatures checked daily and results are recorded in a logbook. If a trainee or crew member shows any symptoms or is not feeling well, they will be isolated and tested with one of the tests that we carry onboard. We will seek medical advice and act accordingly. As a Maltese flagged ship we always have the possibility of returning to home waters to quarantine.