

# Tall Ships Races 2023 – Cruise in Company



Ocean Youth Trust North is a charity based in the North of England specialising in the personal development of young people through the unique medium of ocean sailing. It offers a safe but exhilarating experience that changes lives and inspires futures.



## Sail Training Vessel James Cook (Ocean Youth Trust North)

FREDRIKSTAD (Norway) to LERWICK (UK)

17 July – 28 July



### Do I need to be able to sail?

*No, all training will be provided on board.*

*You do **not** need any prior experience or specific levels of fitness. Ocean Youth Trust regularly works with young people with disabilities including those who are visually impaired or blind. If they can sail, so can you!*

### Will I get seasick?

*Possibly. Some people do, some don't. But it doesn't ruin the trip and only lasts for the first day or so. If you do get seasick, the staff on board will help you get over it as quickly as possible.*

### Do I need my own specialist equipment?

*No, all safety equipment and wet weather clothing is provided on board. You will just need some warm clothes, sensible footwear and sleeping bag and pillow.*

### How old do I need to be?

*16-17 years*

## What will I get out of the trip?

*The trip is a great adventure and a challenge to sail a boat and its crew over 500 miles across the North Sea from Norway to Shetland in company with other Tall Ships. You will take responsibility for all aspects of sailing an ocean-going yacht and acquire a range of transferable skills, some specific to sailing, that apply to your wider life and which you can mention when applying for a university place, an apprenticeship or in applications for employment.*

*You will visit ports in Norway and Shetland, be part of a team, make new friends and become a member of the Ocean Youth Trust North family.*

*Host ports will lay on organised activities such as BBQ's and other social events where you will have the opportunity to meet the crews of other vessels of different nationalities.*

*All in all, you will have a great time!*



## How much will it cost?

***We are offering this 12-day voyage for half price at £660 per person. You will need to pay for travel to and from the boat and personal travel insurance.***

*The cost is usually £1260 per person, plus the cost of travel to and from the boat.*

***For more information or to apply please email [development@oytnorth.org.uk](mailto:development@oytnorth.org.uk) or call 0191 257 1212***

*We recommend flying to Oslo (approx. £120) on 16<sup>th</sup> July. There will be a 2-hour train journey (approx. £25) to reach Fredrikstad and you will require hotel accommodation in Fredrikstad (approx. £100) before joining our vessel James Cook on 17<sup>th</sup> July.*

*The journey home involves an overnight ferry from Lerwick to Aberdeen (cost £27, already booked) arriving on 29<sup>th</sup> July and our minibus back to the North East and Hull areas.*



Ocean Youth Trust North is a Royal Yachting Association (RYA) approved sea school, a member of the Association of Sail Training Organisations (ASTO) an associate of RYA Sailability the national body for disabled sailing and a Duke of Edinburgh (DofE) approved activity provider.

*The vessel is under the command of a commercially qualified skipper and mate in compliance with the Maritime & Coastguard Agency's Code of Practice for Sail Training Vessels*

