



INTRODUCING  
**OCEAN YOUTH TRUST  
SCOTLAND**



*Making friends*



*Learning new skills*



*Having fun!*



*Building confidence*



**LIFE CHANGING  
VOYAGES TO INSPIRE  
YOUNG PEOPLE**

**LEADER'S  
GUIDE**



Ocean  
Youth Trust  
Scotland

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*Experience healthy living*



*Enjoying community*



*Discovering myself*



*Learning to lead*

On the following pages you will hopefully find answers to all your main questions. It would be worthwhile reading through all the questions, even if you think you know what to expect or have sailed before. You never know we might have added even more fun and adventure than before!

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# WELCOME ABOARD!

Firstly, congratulations on taking the first step to a sailing trip with OYT Scotland... finding out what it's all about! The young people you support are going to have a life changing journey.

At this early stage of your planning process you might or might not have young people already identified for the trip. You might only be at the stage of working out whether this experience is right for your young people. Hopefully after reading this guide a lot of your questions will be answered.

This guide will explain what to expect for you and your young people, and how to prepare everyone for this unique experience. We aim to cover the most commonly asked questions, however if you need any further information, simply get in touch with our friendly team and they will be happy to help.



# WHAT IS AN OYT SCOTLAND VOYAGE?

An OYT Scotland voyage is genuinely a life changing experience. Our voyages help you to discover your potential through the adventure of youth work on the waves.

Our voyages help young people to discover their full potential through the adventure of youth work on the waves.

Quite simply it is learning how to be part of a team sailing a ship (or yacht) across the sea. Rather than simply teaching which rope to pull, or how to tighten a life jacket (which we do as well), youth work on the waves is about giving people the skills needed to be part of the team, and face fears and challenges similar to those we face in real life.

Whilst young people need to learn these skills to be part of a sail training voyage, the really useful part is that they also need these skills in school, at home, when starting a job, or when at some point life takes a different path which it almost always does.

With the linking of all these skills and the qualifications we can award alongside them, OYT Scotland and your voyage is a “floating outdoor education centre” - an environment that provides young people with the qualifications and skills they need, but with the ability to remove a lot of the noise and distractions they normally face at home.


No one needs to have any sailing experience, most group leaders and young people who sail with us don't.

The voyage your young people take part in will be inherently safe. The OYTS crew will spend a lot of time making sure of this. However the unpredictable nature of a voyage, whether you are onboard for a day or much longer, presents real and honest physical, mental and emotional challenges.

Using activities both on and off the boat, we help young people to recognise the benefits of change and everyone who takes part goes home with new skills and strengths.

-  **Build self-confidence**
-  **Develop problem solving and leadership skills**
-  **Experience the need for team work**
-  **Develop social and life skills**
-  **Gain an awareness of our environment**
-  **Experience healthy living**
-  **Develop a sense of community**
-  **Make new friends**





# WHAT WILL MY YOUNG PEOPLE DO DURING THEIR VOYAGE?

While voyages might start and finish in different locations, and people might be onboard for a day or several weeks, the daily routine of a voyage is often the same. This is a sailing tradition that goes back centuries, and helps us make the most of the time onboard.

On a voyage there are a lot of different roles and jobs to be carried out. To make sure these are shared out fairly we split the crew into two teams called watches. Within each watch young people then take turns completing the required daily tasks as needed. Group leaders may also take part in this watch system, or join the vessel's staff team. What time each day starts and finishes will depend on where we are sailing so we all need to be a bit flexible.

**Normally, the daily routine will be something like this:**

**07:00** The day starts with breakfast, and each day there will be a different team of breakfast cooks who get up about 30 minutes before the rest of the group. Breakfast consists of cereal, porridge, fruit, yogurt, fruit juice, milk, tea, coffee and water.

**07:30** Breakfast is served

- enjoy and make sure you and the group fill up - we emphasise the importance of a healthy breakfast to all and accommodate all dietary requirements!

**08:00** Happy Hour - the crew on the breakfast rota wash, dry and put away the dishes while the remaining crew set about cleaning



the common areas of the boat. This isn't normally the funnest part of the day but with some music playing it doesn't normally take very long. This



is also normally when the staff and group leaders have a catch up and briefing ahead of the day.

**09:00** Get ready to set sail for the day - Depending on the weather forecast and the discussion with the staff about the plans for the day (beach bar-b-que, island hopping, wildlife watching etc.) you and the rest of the crew get dressed in either your light clothing or your waterproofs. Regardless of the conditions, everyone puts on their life-jacket when going on deck. Once the crew is ready the boat is made ready to sail, this includes getting sails uncovered and prepared for hoisting (raising).

**09:30** Set sail - This term has two parts to it, firstly we actually untie from the dock (land) and head out to sea. Everyone is needed to make this happen and one of the young people will likely be steering the boat as we leave (it's great fun). Then once the boat is away from the dock, we will actually raise the sails and "set them" so we can

start moving. The sail is very heavy so it will take everyone to get it up and working. After we start sailing safely and everything up on deck is correct we will go into our watch groups. One watch will be on duty and the other watch can go and relax or stay up on deck if they want to. After a couple of hours we will switch over.

**12:00** Lunch cooks make lunch, which is planned in advance and balanced - ie baked potatoes, sandwiches, salad, fruit etc. This is a great time to sit on the deck enjoying your lunch and the scenery. Alternatively we might eat in our watches and then we can keep sailing - like everything onboard it depends on the weather!

**14:00** Cooks clear up the dishes and the crew on lunch duty wash, dry and put away the dishes in the same way as the breakfast team did. For the rest of the afternoon if we are sailing we continue in our watch system, alternatively if we have stopped sailing we might head ashore and explore where we are visiting.

**17:00** Cooks start to make dinner. This is usually a more complex meal, curry with rice



or naan, pasta Bolognese, pizza, all with salad, bread, butter, fruit juice (or squash) and a dessert. All preparation and serving is supervised by one of the sea staff onboard.

**18:30** Dinner is served. At this time in the day, there is a good chance that the boat has been tied up for the night, so everyone can get out of their sailing gear and relax.

**19:30** Washing up is a whole boat affair.....it gets a bit wet! The whole crew and staff team arrange an evening event. This might be games around the table, or perhaps a walk ashore to stretch legs or a game of football. If the boat is tied up in a marina, this is a great time to head ashore for a nice hot shower if time allows - this is coordinated by the staff onboard.

**22:00** This is normally the time we head to our beds, some people might have gone to bed earlier (especially if we were



all up early to set sail), the first night onboard is normally a bit later as everyone adjusts to the new routine. But after the first full day of sea air and physical activity everyone normally falls asleep earlier.

Alternatively we might be sailing through the night and in which case the young people sleep in their watches. One watch will be on deck sailing for a couple of hours whilst the other watch is sleeping, then we switch over, this system means that technically the boat can sail 24/7.



# WHAT SHOULD YOUNG PEOPLE PREPARE FOR THE TRIP?



Any trip young people take part in: whether up a mountain, to a foreign country or on a boat requires preparation. But often the first question they ask is “what do I need to prepare for?”

As a group leader in our experience you are crucial to this preparation and we aim to assist you as best we can in preparing your young people. There are 3 different areas of preparation for a sail trip.

## 1 Mental Preparation

Firstly young people need to be **mentally** prepared to take part, and the most important to this is making sure they keep an **open mind**. Keeping an open mind is vital as until they actually get on board the boat they won't know how they're going to feel. Young people might think they're going to feel sea sick for example but until they start sailing they often don't actually know.



As well as having an open mind it is important to prepare them for the fact that life onboard a boat is very **different** to life at home. Boats work around a routine, and sometimes this can seem unnecessary, but it is actually very important to both the safe working of the boat and ensuring everyone has a fun time.



## 2 Physical Preparation

Sailing is a physically demanding activity. The boat is set up and adapted to make sure that everyone can get involved whether physically able or not. However ensuring young people get plenty of sleep before the voyage, eat as healthily as possible and don't get themselves injured the weekend before they sail are all important. Once onboard, the voyage will be physically demanding, and as a result they will likely find they sleep more than normal. There will be plenty of food to give them lots of energy... it's important that as staff, volunteers and group leaders we all encourage the young people to eat plenty.



## 3 Equipment Preparation

Making sure young people bring the right equipment with them on a voyage like this is very important and will make a huge difference to how much they enjoy the experience. On the next page you will see a kit list of the items to bring... and those to leave at home! In addition to this list you and your young people will get the opportunity to meet or speak with a member of the team before joining. We call this a "Pre voyage Prep". This is a great chance to have questions answered and also discuss any equipment they may not have yet. Whether it's through your organisation, or our local support groups any equipment needed can be provided.



# WHAT SHOULD I BRING?

On a boat space is limited so so encourage the young people to pack lightly, and you don't need to buy expensive sailing boots or wear special sailing clothes. Packing light is critical and often one of the biggest challenges for young people.

## We provide:

- Waterproof sailing jacket and trousers
- Life jacket and safety harness
- All food and refreshments for the duration of the voyage

Make sure that you pack your gear in a soft squashy bag, sports holdall or rucksack (without a metal frame round it), maximum of 80 litres - that's the size of one of the suitcases you see at an airport.

## What to bring with you:

IF IT HELPS, TICK THE BOXES AS YOU PACK

- Sleeping bag:** Nothing special as the boat has heating!
- 2 complete changes of clothing:** Synthetic fabrics are best (sports tops for example) Jeans are no good for sailing because our heating system isn't enough to dry them when they get wet!
- Underwear:** Enough to get you through the voyage! - and then maybe an extra pair.
- 1 warm jacket:** To wear under your waterproof jacket, it doesn't need a hood.
- 1 fleece or jumper**
  - T-shirts:** Both long sleeve and short sleeve. No football tops.
- Swimsuit:** Not for jumping off the boat, but when you are at the beach or the local swimming pool.
- Warm hat and gloves**
- Warm socks:** Several pairs as there is nothing worse than cold wet feet!



- Footwear:** Wellies are best at keeping your feet dry but walking boots will do.
- Towel:** Big enough to dry you after a shower.
- Wash kit:** Please do not bring aerosols/sprays. Roll on or stick deodorants are best.
- Sun cream, lip balm, sunglasses and moisturiser:** You will be out in the elements and wind will take its toll on your skin. We do have some sun cream on board.
- Small bag or rucksack:** For taking clothes to the showers - but a plastic bag would be fine!
- Pillow or pillowcase:** There are no pillows on the boat. If you bring a pillowcase, you can stuff a fleece inside and use it as a pillow (less to pack).
- Pocket money:** No more than £10 (there won't be many shops to spend it in!)



**Note: there is nowhere to plug in electrical items or charge mobile phones.**

Mobile phones will be collected in by the Skipper at the beginning of the voyage for safekeeping and given out during shore leave and personal time. Be aware, the signal is often extremely poor!

Medication - make sure you have enough to last the voyage. Medication should be clearly labelled with full details written on the booking form. It might be collected in by the skipper.

**LEAVE AT HOME:** Expensive electrical items, games consoles etc. Fizzy or energy type drinks and large amounts of sweets, crisps etc. There will be plenty treats onboard.



# ALBA EXPLORER



<b>Nationality</b>	British
<b>Home Port</b>	Greenock, Scotland
<b>Sail Number</b>	OYTS 3
<b>Rig</b>	Bermudan Sloop
<b>Hull</b>	Steel
<b>Size overall</b>	21.95 metres (72 feet)
<b>Beam</b>	5.45 metres (18.2 feet)
<b>Draught</b>	3.05 metres (10 feet)
<b>Mast Height</b>	28.95 metres (95 feet)
<b>Gross Tonnage</b>	38 tonnes
<b>Engine</b>	130hp Sabre Diesel
<b>Generator</b>	Northern Lights 5.5Kw
<b>Engine Speed</b>	8 knots
<b>Sea staff</b>	6
<b>Crew Berths</b>	12

## GETTING TO KNOW THE BOATS

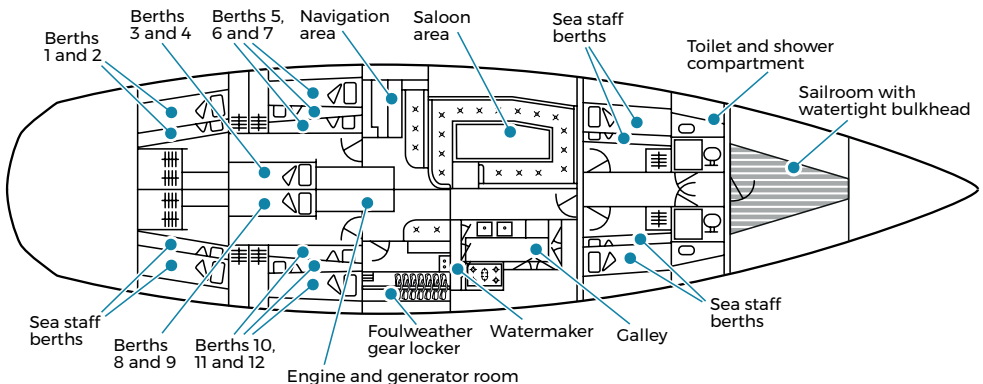
### ALBA EXPLORER

At OYT Scotland we have two boats that you could be sailing on. Alba Explorer and Alba Venturer are slightly different but both have space for 12 young people and six sea staff.

Alba Explorer was designed by Rob Humphreys and built by Devonport Yachts Ltd. in 2000. This vessel has a standard Challenge 72' hull but refitted to OYT Scotland's specifications for youth-work at sea.

Alba Venturer on the other hand was designed and built by Oyster

### Alba Explorer - Below deck layout



# GETTING TO KNOW THE BOATS

## ALBA VENTURER

Marine Ltd. in 1998 and launched in March 1999. She has a standard Oyster 70' hull but was fitted to OYT Scotland's specifications.

The funding for both of these vessels was provided by a magnificent donation by Curly & Barbara Mills (organisers of the Scottish Islands Peaks Race).

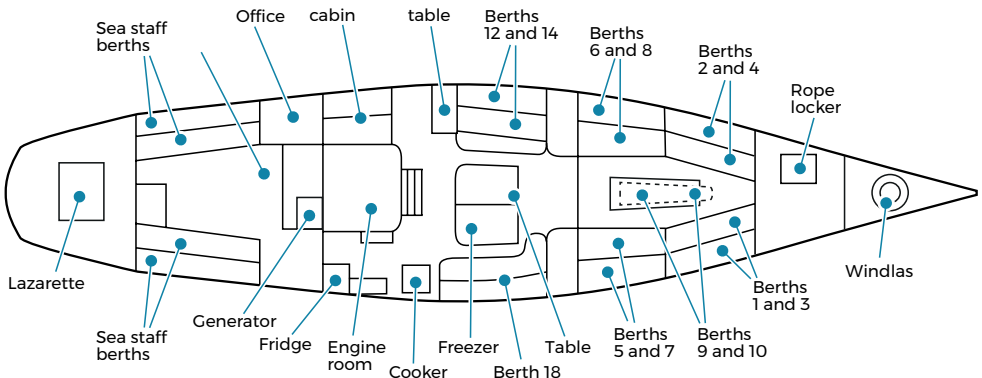
You can have a look at the two boats here, but for a better idea of what they're like, check out our website [oytscotland.org.uk](http://oytscotland.org.uk) where you can have a virtual tour around Alba Explorer.

### ALBA VENTURER



<b>Nationality</b>	British
<b>Home Port</b>	Greenock, Scotland
<b>Sail Number</b>	OYTS 1
<b>Rig</b>	Bermudan Ketch
<b>Hull</b>	GRP
<b>Size overall</b>	21.33 metres (70 feet)
<b>Beam</b>	5.27 metres (17.3 feet)
<b>Draught</b>	2.47 metres (8.13 feet)
<b>Mast Height</b>	25.53 metres (83.75 feet)
<b>Gross Tonnage</b>	58.83 tonnes
<b>Engine</b>	135hp Sabre Diesel
<b>Generator</b>	Northern Lights 5.5Kw
<b>Engine Speed</b>	8 knots
<b>Sea staff</b>	6
<b>Crew Berths</b>	12

### Alba Venturer - Below deck layout



# WHAT CONDUCT IS EXPECTED DURING THE TRIP?

OYT Scotland is committed to giving young people a rewarding experience that both you and they will never forget. We are all responsible for the safety and wellbeing of everyone onboard.

There are lots of sailing rules and instructions that at times everyone will need to follow. These will be explained to everyone on arrival. We explain to the young people whether

in school, at home or at a youth group there are always certain things we must all agree to in order to have fun. On the voyage it is no different, and the agreement is really simple:

**Be safe**

**Set goals**

**No drugs or alcohol**

**No bullying**

**Always be inclusive**

**REMEMBER THE MOST IMPORTANT THING IS TO HAVE FUN!**

**Don't show offensive behaviour or attitude**

**Take part fully in all the activities**

**Push yourself to try new things**

**Be responsible**

**Support and respect others**



Normally any issues that arise are dealt with onboard the boat, and our well trained staff and volunteers support all young people to make the most of the opportunity in front of them. However on some very rare occasions this is not possible and young people choose to leave the boat; in even rarer occasions the behaviour of young people means that they have to be sent home. We recommend any concerns you have are discussed with us in advance as if this does happen it can have a real impact on the rest of the trip.



# SHIP TO SHORE

If you, or members of your group still have questions these can be addressed in one of the following ways:

## Communication with people on shore.

Part of the success of our voyages is providing young people with the opportunity to “unplug” from social media and home life. This isn’t the easiest thing for young people, and group leaders play an important role in this matter before and during the voyage.

On normal voyages young people are asked to leave mobile phones at home or hand them in when they get onboard. With nowhere to charge phones and intermittent phone signal, we find they often cause problems! Cameras and audio devices allow young people to still make and collect memories.

However, some young people have caring responsibilities or other issues which mean being completely disconnected from home is not possible or helpful. The vessels are equipped with various communication devices to allow contact with home. This will be managed by the staff onboard in cooperation with group leaders. Equally, if parents or shore contacts need to speak with someone onboard we have a 24 hour duty contact system.

We also understand that group leaders may need to contact management or individuals onshore and may wish to retain a mobile phone. We do have charging facilities (as in a car) but all we ask is that leaders are discreet about where and when they make calls.

The vessels both have satellite tracking systems which link to our website. Parents and other folk on shore can log in at any time to see where the vessel has been. This is a great way for parents to stay connected but avoids the need to make direct contact.

**Don't forget:** share lots of photos and posts about your upcoming voyage on social media!

- Give the team a call (01475 722722) and chat through any questions. We can arrange a face to face meeting with one of the team at your convenience.
- Have a look at the Ocean Youth Trust Scotland website and our YouTube channel. There are loads of great videos and stories from other people who have already enjoyed time onboard.
- Arrange a pre-voyage prep meeting with one of our sea staff. This meeting is a great opportunity to ask questions and get a greater understanding of what will happen on your trip. The sea staff can also share their own personal experiences.



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**LEADER'S  
GUIDE**



# YOUR YOUNG PEOPLE CAN ALSO IMPROVE THEIR CVs

**OYT Scotland is committed to and believes in helping young people achieve their full potential. All our voyages will help with confidence, resilience, teamwork and leadership. However you can get them to complete a number of recognised qualifications whilst onboard.**

- RYA Start Yachting Award
- RYA Competent Crew Award
- SQA Communication Skills - Listening
- SQA Communication Skills - Reading
- SQA Communication Skills - Speaking
- SQA Communication Skills - Writing
- SQA Numeracy - Using Numbers - Measuring
- SQA Numeracy - Using Numbers - Calculation
- SQA Numeracy - Using Graphical Information
- SQA Working with Others
- SQA Problem Solving
- SQA Leadership Award - Level 5



# WHAT DOES THE TRIP COST AND HOW CAN A GROUP AFFORD IT?

**What you will PAY for your sailing trip and what the trip COSTS will likely be two different figures. A week's trip costs £1,500 per person to run, but as a charity we work hard to make sure that the trip is as subsidised as possible. On average the most groups pay is 50% of that figure.**

As a group it is upto yourselves whether you cover the cost of the trip for your young people or pass it onto them. We very much appreciate that securing the funds for the trip is often a complicated and at times lengthy process. All we ask is that you keep in touch with us about how it is going as we may well be able to provide further assistance.

Whether you are raising funds towards your voyage fee; working out how to cover the cost of some of your kit; or paying for your travel to and from the boat, there are lots of ways we can help you. Below are a list of suggestions that we have found to be successful for other groups. However, we are aware that depending on your organisation some of these may not be suitable.

## Assisted Berth Scheme

This is a fund we secure to help people who find that the cost of the trip (whether voyage fees or the extra costs involved) will stop them taking part. The fund is not large, but grants can be made for anything from £25 for a train ticket to hundreds of pounds for voyage fees. If you wish to enquire as to whether one of your group may be eligible please contact us on **01475 722 722**. An application form with guidance notes is available from our website.

## Writing letters to raise funds

Make sure you explain what you are raising money for and what you feel you will get out of it. If you are applying to a local organisation or business, emphasise that you are from the local area. You could also mention your other plans for raising funds as this demonstrates commitment and shows that you don't expect to get the whole amount from one source.

## Regional Shore Groups

Our local groups of volunteers are always keen to sponsor young people from their area. Their funds are limited but they can often help with travel costs or equipment. Links to the shore groups can be found on our website under the Volunteer section.





## Charitable Trusts and Local Businesses

As a national organisation there are a number of funds that are not available to us, however as a local organisation you may be able to apply. Local trusts and businesses will often give grants to local young people or groups. Possible organisations are:

### **Rotary International**

[www.ribi.org](http://www.ribi.org)

### **Round Table**

[www.roundtable.co.uk](http://www.roundtable.co.uk)

### **James Myatt Memorial Trust**

[www.jmtrust.org.uk](http://www.jmtrust.org.uk)

### **Andrew Simpson Sailing Foundation**

[www.andrewsimpsonsailing.org](http://www.andrewsimpsonsailing.org)

### **RYA Foundation**

[www.rya.org.uk](http://www.rya.org.uk)

## Set up a Sponsorship Page

Set up a fund raising page to advertise

what you're doing and collect sponsorship. It's really easy to donate through your page, so make sure that you use the address on any thing you send out telling people about your voyage. You could use JustGiving, VirginMoney, Social Media, or a crowd funding website.

## Local Media

Write an article explaining what your voyage involves, why you want to take part and asking people to log on to your fund raising page to support you. You could offer to do a follow up with photos after your adventure.

## Sponsored Activities and Events

Your group could do lots of small things; washing parents' cars, tidying neighbour's gardens; or organising a big event such as a Ceilidh or a quiz night.

If you are unsure whether you qualify please contact us on **01475 722 722**. An application form with guidance notes is available from our website as well as a sponsorship form you can download to help raise funds.