



INTRODUCING  
**OCEAN YOUTH TRUST  
SCOTLAND**



*Making friends*



*Learning new skills*



*Having fun!*



*Building confidence*



**LIFE CHANGING VOYAGES  
TO INSPIRE YOUNG PEOPLE**



Ocean Youth Trust Scotland

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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! You are going to have an amazing time.

It's quite normal at this point to have a number of different feelings about the prospect of a trip:

I'm feeling really excited and can't wait to get started with the adventure

Everything I've heard sounds awesome but I've never been on a ship before.

I'm excited but I really don't know what to expect.

Maybe you're feeling some part of all of these! The most important thing to remember is that these are perfectly valid feelings but at the same time these feelings can change.

The aim of this guide is to help answer some of these questions

and explain what you can expect when you step onboard.

If by the end of this guide we haven't answered all your questions, simply get in touch with the team using the contact details on the back cover and we will be happy to help.





# WHAT IS AN OYT SCOTLAND VOYAGE?

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

## But what is “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 you which rope to pull, or how to tighten your life jacket (which we do as well), sail training is about giving you the skills needed to be part of the team, and face fears and challenges similar to those we face in real life.

Whilst you need to learn these skills to be part of a youth work on the waves voyage, the really useful part is you also need these skills in school, at home, when you start a job, or when at some point life takes a different path which it almost always does.

You don't need to have any sailing experience, most people who sail with us don't.

The voyage you take part in will be 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 you 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 CAN I EXPECT TO DO DURING MY VOYAGE?

While voyages might start and finish in different locations, and you 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.

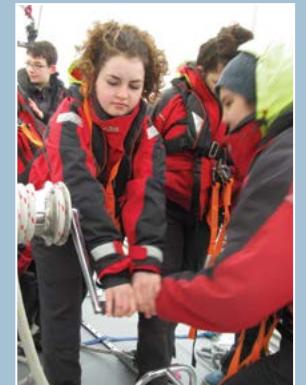
On a voyage there are a lot of different roles and jobs to be carried out. To make sure these are shared out fairly we split the crew into two teams called watches. Within your watch you then take turns completing the required daily tasks as needed. What time each day starts and finishes will depend on where you 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 fill up!

**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.



**09:00** Get ready to set sail for the day - Depending on the weather forecast and the discussion with the staff about your plans for the day (beach barbecue, 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 you 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 you start sailing safely

and everything up on deck is correct you will go into your 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 you will switch over.

**12:00** Lunch is planned in advance and cooked by a team. It's balanced with all the essential food groups ie baked potatoes, sandwiches, salad, fruit etc. This is a great time to sit on the deck enjoying your lunch and the scenery. Alternatively you might eat in your 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.

**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 and it gets a bit wet! The whole crew and staff team arrange an evening event. Usually games around the table, or perhaps a walk ashore to stretch their 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.

**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), even if you normally go to sleep later you'll likely find you fall asleep quickly after the first night.

Alternatively we might be sailing through the night and in which case you sleep in your 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 I DO TO PREPARE FOR THE TRIP?



There are 3 different areas of preparation for a sail trip.

Any trip you take part in, whether up a mountain, to a foreign country or on a boat, requires preparation. But often the first question is "what do I need to prepare for?"

## 1 Mental Preparation

Firstly you need to be **mentally** prepared to take part and the most important thing is to ensure you keep an **open mind**. This is vital as until you actually get on board the boat you won't know how you're going to feel. You might think you're going to feel sea sick for example but until you start sailing you don't actually know. So always stay positive,



keep an open mind and remember, **HAVE FUN!**

As well as having an open mind it is important to prepare yourself for the fact that life onboard a boat is very **different** to life at home. Boats work on 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 boats are set up to make sure everyone can get involved whether physically able or not. However ensuring you get plenty of sleep before the voyage, eat as healthily as possible and don't get yourself injured the weekend before you sail are all important. Once you are onboard the voyage will be physically demanding, and as a result you will likely find you sleep more than normal. There will be plenty of food to give you lots of energy – make sure you eat it!



## 3 Equipment Preparation

Making sure you bring the right equipment with you on a voyage is very important and will make a huge difference to how much you 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 will get the opportunity to meet or speak with a member of the team before you join. We call this "Pre-voyage Prep".

This is a great chance to have your questions answered and also discuss any equipment you may not have. Whether it's through your group leaders, or our local support groups, any equipment you need and don't have can be provided.



# WHAT SHOULD I BRING?

On a boat space is limited so PACK LIGHT, and you don't need to buy expensive sailing boots or wear special sailing clothes.

## We provide:

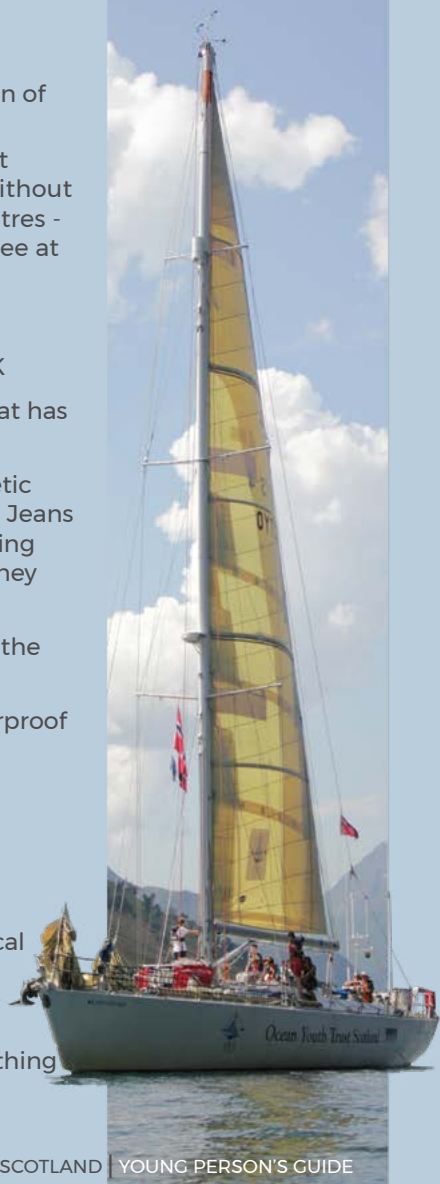
- Waterproof sailing jacket and trousers
- Life jacket and safety harness
- All food and refreshments for the duration of the voyage

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, often the signal isn't great!

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 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).

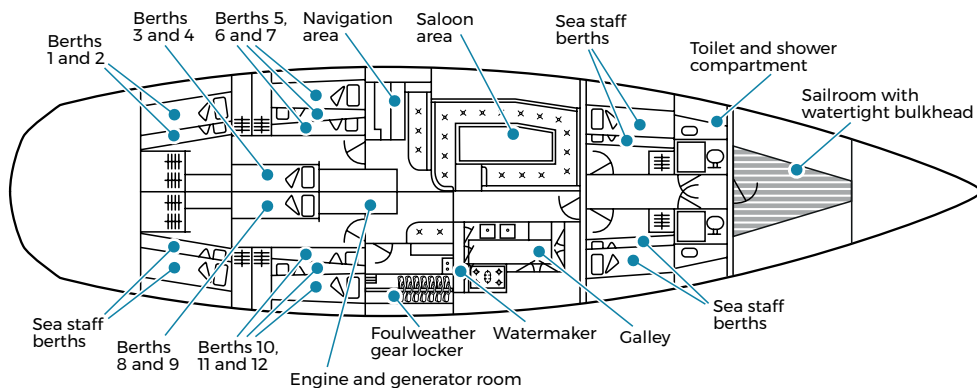
You can have a look at the two boats here, but for a better idea of what they're like, check out our website [oytscotland.org.uk](http://oytscotland.org.uk) where you can have a virtual tour around Alba Explorer.

## ALBA VENTURER

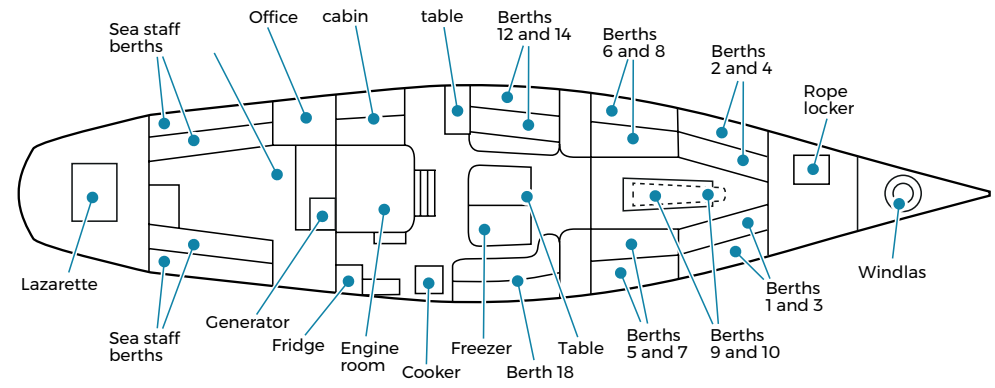


<b>Nationality</b>	British
<b>Home Port</b>	Greenock, Scotland
<b>Sail Number</b>	OYTS 1
<b>Rig</b>	Bermudan Ketch
<b>Hull</b>	GRP
<b>Size overall</b>	21.33 metres (70 feet)
<b>Beam</b>	5.27 metres (17.3 feet)
<b>Draught</b>	2.47 metres (8.13 feet)
<b>Mast Height</b>	25.53 metres (83.75 feet)
<b>Gross 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 Explorer - Below deck layout



Alba Venturer - Below deck layout



# ARE THERE INSTRUCTIONS I NEED TO FOLLOW DURING THE TRIP?

OYT Scotland is committed to giving you a rewarding experience that you will never forget.



We want you to have fun and learn. To do so safely there are times when you will need to follow instructions from your Skipper and the crew.

These will be explained to you, and don't worry, the staff onboard won't expect you to remember all of the

instructions, all of the time.

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 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**

# WHAT IF I HAVE MORE QUESTIONS?

Deciding to come on a trip with us is a big step. It takes courage, but this will definitely not be a decision you regret!



Even after reading through this booklet it's perfectly normal to have questions or be a bit unsure. If you're uncertain, here are a few suggestions:

- 1 Take some time to think about all the advantages of such a trip - don't make a final decision until you really have to.
- 2 Give the team in the office a call to chat about any questions you have.
- 3 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 on-board.
- 4 Attend a pre-voyage preparation meeting with one of our sea staff. If you're part of a group then a meeting will be arranged where one of our friendly sea staff will come and discuss the voyage with you. This meeting is a better opportunity to ask more questions and get a much greater understanding of what will happen on your trip. The sea staff at your meeting can also share their own experiences and pictures from their trips.

"Only those who will risk going too far can possibly find out how far it is possible to go."

**T.S. ELIOT**

Life often involves us stepping out of our comfort zones. Only once you do that do you realise that you can actually do even more than you thought possible. Don't miss the opportunity to realise you can achieve even more than you thought possible!

**Have an amazing time on your trip**





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