

CHALLENGE WALES

Her Cymru

ADVENTURE
DISCOVERY
LEARNING

The helmsman shouts 'ready!' and the crew, all in position at various winches in the cockpit with ropes in-hand, reply 'ready!' The anticipation grows as the helmsman shouts 'Lee-ho' and the boat tacks, turning 90 degrees on a new course. The sails pound the air sharply before being winched in tighter, tighter and tighter. You may think this was a professional crew of yachtsmen but in fact it is a group of people who until today had never sailed before.

Come and continue the story with us.....



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Challenge Wales

A 72 foot round-the-world racing yacht

is now an exhilarating opportunity for young people throughout Wales to experience, helping to broaden their horizons, develop their personal and social skills and improve their future employability.

You and your team/class will be involved in all aspects of sailing the boat. A boat can't work with a hungry crew, so from keeping up to 18 crew fully fuelled, planning the sailing passage, helming, changing sails, learning about the technology in the navigation station to hoisting up almost half a ton of mainsail...you will be taken out of your comfort zone while remaining in a safe, exciting and challenging environment.

Useful things to know...

- Wet weather clothing (trousers/jackets) provided
- Challenge Wales sails with up to 6 experienced, skilled crew on board
- Food included (breakfast, lunch, dinner, supper, refreshments)
- 18 berth accommodation
- Staying overnight? Remember to bring a sleeping bag and pillow
- Sailing trips will usually depart Penarth, Cardiff, Swansea, Pwllheli, Holyhead or Milford Haven
- Length of sailing trips can be tailored to your requirements
- You will need to arrange your own transport to and from the boat
- Challenge Wales has third party and public liability insurance

Skills everyone can gain

- Teambuilding
- Communication
- Responsibility
- Respect for others
- Developing thinking through planning and reflecting
- A 'can do' and positive attitude
- Working in a routine
- Improve self-esteem and confidence for employability
- Achieve Competent Crew certification (RYA)

All you need to do to get involved is have a group of up to 10 young people (minimum age 12) and 2 group leaders. No previous sailing experience is required to take part.

Cooking

The food for your trip is supplied by Challenge Wales but feel free to bring your own snacks or treats. If you have any dietary requirements you will need to tell us when you book. However, there is no cook on board so everyone is expected to lend a hand in menu planning, preparing & serving meals and washing up afterwards. To add to the catering challenge the boat could be leaning over at 30 degrees!

The saloon

The saloon area sits 10 comfortably around the table. As some crew members tuck into lunch or relax, others are up on deck working. But don't worry, once lunch is finished you will find yourselves taking over on deck to allow the other crew members to eat. On longer trips you will find this is a place to sit and relax, catch up with other crew mates or write your postcards home.

Showers

There are two toilets (called heads) on board and each one is also equipped with a shower. But remember, the water you use onboard is in tanks and there is limited supply so you need to think the best way of using minimal water during your trip.

Sleeping

Snuggle down at night in the stern of the vessel in bunks designed with high sides to ensure you stay in them. Your wardrobe is a single plastic crate so you must choose what you bring very carefully. On longer trips you will be part of a team, working in shifts throughout the night, either on watch keeping the boat sailing and safe, or just as importantly – sleeping!

The Accommodation



Sailing Opportunities

- Variety of sailing trips; 1 day, overnight, or up to 5 days (trips tailored specifically to your school or group)
- Taster trips available (approx 4 hours)
- An adventurous activity - Ideal for school activity weeks
- Field trips with a difference – e.g. Geography, Physics, Maths, Business Studies, Environmental Studies
- BTEC Diploma in Sport with Outdoor Education
- Duke of Edinburgh's Award: Skill, Service or residential (coming soon)
- Volunteer and be part of a community charitable project

The value of sail training and outdoor activity

- Promotes the growth of group identity
- Enables achievement and success
- Places everyone on a level playing field
- Presents challenging experiences
- Places young people in a stimulating natural environment
- Fosters relationships and understanding between teachers/group leaders and students

Team building with a difference for teachers and group leaders

Challenge Wales is ideal for teambuilding activities, so why not work together in a unique and challenging environment. The experience can be used to develop leadership skills as well as teamwork. Who knows...you may enjoy it and remember, no sailing experience necessary!

Next Steps...

- Call Challenge Wales on 029 20 705749 to discuss activity ideas and to check availability.
- Make appointment to meet the skipper and view the boat (if necessary or attend a free preview day)
- Confirm dates, complete booking form and send 20% deposit
- Make final payment prior to sailing

“ The young people who sailed on Challenge Wales came back full of praise for the boat and its crew. The young people, who have challenging behaviour, applied themselves to the duties they carried out. The desired outcomes of improved self-esteem, working together, and responding positively to instructions were all completely achieved. I would recommend Challenge Wales to anyone looking to provide a unique experience which will benefit the lives of young people. ”

Matthew Burns, Principal, Headlands School, Action for Children.

Sample Itinerary

1 day Challenge Experience - After initial training on board, a day sailing experience will normally depart and return to the same port; Cardiff, Penarth, Holyhead, Pwllheli, Milford Haven or Swansea.

1.5 day The Overnighter - Join Challenge Wales the evening before your full sailing day and spend time learning about the boat and planning your sailing trip. Leave port as early as possible to make the most of your Challenge Experience day.

3 day Island Discovery - From Cardiff, sail down channel to Lundy Island and anchor off for the night. The following day will be spent exploring the island with the assistance of the Lundy Island Warden learning about environmental and conservation issues. On the last day remember to watch out for dolphins on your return sail!

5 day Teambuilder - Longer trips enable the team to work in watches and will start off as a 3 day Island Adventure trip and will include another port of call such as Milford Haven, Skomer Island or an ongoing sail to the Scilly Islands. **RYA Option:** This trip may qualify you for an RYA Competent Crew qualification, enquire for details.

The only thing preventing ordinary people doing extraordinary things is the opportunity



Based in Wales



About Us

Challenge Wales is a Welsh based charity, run entirely by volunteers with passion and enthusiasm. The charity aims to support Welsh young people (aged 12-25) to learn life skills through sail training regardless of their background, social circumstances, experience or ability to pay.

“ The day Team 97 spent with Challenge Wales was truly magical. My team members had never been on a 72ft yacht before. Our day spent on Challenge Wales, in the Bristol Channel, with the crew made my team realise that they can do anything and we have also got a couple of new volunteers that have very excitedly signed up with you...I cannot wait to bring my next team on board and thanks for a truly special day!

Dionne Ford, Princes Trust Team Leader, c/o South Wales Police & South Wales Fire Service working in partnership in the community

Get Involved & take the Challenge

Ask us about Fundraising

Help us fundraise from trekking the Himalayas or the Great Wall of China to sponsored skydiving and abseiling to raising funds by shopping online, collecting printer ink cartridges for us or join us for a gala dinner.

Ask us about Corporate Hospitality

Need a high profile yacht to entertain clients or looking for an alternative way to incentivise and reward staff? Maybe you want to see your sales team sail and put the boardroom on the water.

Ask us about Volunteering

From shore side to crewing opportunities, from marketing to maintenance. Volunteers are required in all local authority areas throughout Wales.

Ask us about other Sailing Opportunities

To generate funds Challenge Wales offers big boat sailing experience days. No need to go to the Solent when Challenge Wales is closer than you think. No sailing experience necessary and ideal as an unusual gift for yourself or someone else...

To arrange a visit or to discuss a trip please contact the Challenge Wales team:

Email: sailtraining@challengewales.org

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