

Tall Ships Youth Trust
Young People First

Education and Personal Development

Improving Self Confidence, Lifelong Learning

Helping Young People Help Themselves,
Changing Young People's Lives

Learning to Work as a Team, Nurturing Talent

Developing Global Citizens

The Power of Sailing, 'Waypoints in Life'



Tall Ships Youth Trust Background Information

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The Tall Ships Youth Trust is the world's oldest and largest sail training charity dedicated to the education and personal development of young people aged 14 to 25 through the crewing of ocean-going sail training vessels.

Formed in 1956, over 95,000 trainees have sailed 1.8 million nautical miles on the Trust's fleet – a 60m square rigged brig Stavros S Niarchos, four 22m Challengers, a 19m Tall Ships Cat – and the previous fleet which included 37m schooners Malcolm Miller and Sir Winston Churchill.

Around 70% of the young people sailing with the Tall Ships Youth Trust are disadvantaged and disabled and the Trust takes over 3,000 individuals to sea each year.



The Tall Ships Youth Trust's mission is to help young people to develop their confidence and life skills, and to promote a healthier and more active lifestyle through the excitement and challenge of learning to sail.

Young people leave the voyages with competence-based certificates and often with formal qualifications which complement those gained in formal education. These add another dimension to their capabilities which can help them progress more easily to further and higher education and employment.

Tall Ships Youth Trust voyages deliver the outcomes outlined in the Every Child Matters framework and encourage the young people who take part to understand the responsibilities of the communities they live in.

The Trust's vessels are operated by a small complement of permanent crew supported by some 1,500 volunteers from across the UK. The vessels are regulated by the Maritime and Coastguard Agency (MCA) and are operated to the highest standards.

Through teaching a wide variety of skills and techniques that will help them throughout their lives and guiding them through the challenges they face whilst on board, the Tall Ships Youth Trust works tirelessly to put young people first.



For more information visit the Tall Ships Youth Trust website at www.tallships.org or phone **023 9283 2055**

Learning

“The Tall Ships experience complements our teaching in the classroom, giving students real-life situations where they can put their own integrity and problem solving to the test. In addition to having fun, young people come away with a real sense of achievement.”

Penny Teacher, East London

Young People First Improving Self Confidence, Lifelong Learning

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Reaching potential

The Trust's fleet provides a unique residential setting, a level playing field for young people regardless of economic, social or cultural background. The structure of the voyages, the need to work in teams to provide 24/7 cover on deck and the resulting disruption of sleep patterns – all are totally foreign to the novice. Those who have been previously told they can't achieve anything suddenly find that they can in this environment. Those who consider themselves high achievers reaffirm their skills and learn new ones. As a result, young people are more likely to secure work and reach their potential back on land.



Learning for life

Young people on the Trust's voyages don't just learn about life at sea – they learn about life itself.

The sea is an excellent classroom. After a voyage:

- 95% of young people report increased self-esteem and self-confidence
- 90% say they are better team players
- 80% say they are better communicators
- 78% have gained greater self-reliance
- 70% improved problem solving skills

Loughborough University: “There is strong evidence that participation in TSYT voyages influences young people's general life aspirations.”

Respect

“During those first couple of weeks back on dry land, I would have given anything to be back on board and I'm now just looking forward to the next time! I've decided that if I can cope with a voyage, I can cope with anything. Thank you for the faith you have in me and have given to me.”

Kelly (19, High Wycombe)



Self Discovery

“The voyage was the best thing I’ve ever done and it helped me with my ADHD (Attention Deficit Hyperactivity Disorder). I think I only lost my temper twice but not badly and that’s a massive change for me. After all my training I would like to hopefully get a job in sailing. I play football but I enjoyed sailing even more than football.”

Paul (20, Lancashire)

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Young People First

Helping Young People Help Themselves, Changing Young People’s Lives



Development – Before and After a Voyage

Tall Ships Youth Trust’s work with young people goes far beyond the voyages. With the help of its volunteer support groups across the UK, young people are supported as they prepare for their voyage. This is the start of the development process – well before the voyage begins. After the voyage, young people are offered support in the way most appropriate to their personal circumstances. Some go on to complete a Duke of Edinburgh’s Award. Others return as young volunteers on the Trust’s vessels, paying back the benefits they have gained by helping to lead the next group of young people. The Tall Ships Youth Trust aims to keep in touch with young people for a number of years after the voyage.

Healthier, More Active Lifestyle

Trainees return home fitter and healthier with a new enthusiasm to do more physical activity. The Tall Ships Youth Trust’s voyages provide a unique, physically and mentally challenging environment. There’s energetic work above and below deck and unpredictable weather and sea conditions requiring all hands on deck at short notice. All involve physical and mental challenges which are new to the young people who sail with the Trust.



Seeing the Difference

“What a significant impact the voyage had on Hollie’s life, presenting her with so many first time experiences and helping her to open her eyes to what lies beyond her previous experience and understanding of life. She’s more confident with more self belief and preparing to take the next step in life.”

Mike, Young Peoples Advisor, Barnardo’s

Direction

“John, a 17-year old from London, had dropped out of school after incessant bullying. He was so quiet and shy. The change when he returned from his voyage was remarkable. Working with his watch had really helped him come out of his shell and given him back faith in his own peer group. Now he’s taking GCSEs at college and considering further education.”

Simon, Youth Worker

Young People First Learning to Work as a Team, Nurturing Talent

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Team Work

The Tall Ships Youth Trust brings together a cross section of young people of all abilities and from all walks of life to work and live together in a physically and mentally challenging environment. Young people work together in teams, taking responsibility for themselves and others. This develops a level of mutual respect, social-cohesion and friendship not often seen in such a short space of time. It doesn't take long before young people realise that the more effort they put into a task, the more they get out of it.

Tall Ships Academy

The Trust's training and development programme for young people encourages them to return as volunteers and mentors to help the next group of young people. Endorsed by the Royal Yachting Association (RYA) and Maritime and Coastguard Agency (MCA), the Tall Ships Academy is a world first. It gives young people a path from their first experience as trainees to volunteering on the ships and then, for those who wish it, onto a career at sea. The programme formalises the existing on board training for volunteers – working with young people, vessel familiarisation and safety training – and adds to it the syllabus of the RYA Watch Leader Certificate and the MCA Yacht Rating Certificate. Assessment uses a Training Record Log Book which tracks competencies, defined in a detailed Instruction Manual.



Power of Sailing

“I saw a huge change in my daughter when she came home. She had a sense of responsibility in her that I had never seen before and actually said ‘thank you mum’ – unusual for my teenager!”

Diane, Single Mother



Being Part of a Global Community

“We are of many nationalities, religions and beliefs, but after this voyage there is one heart amongst us all true friends.”

Aaron (19, Israel)

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Young People First Developing Global Citizens

Breaking Down Barriers

“What is most overwhelming for me is the understanding that we are all one. It doesn't seem to matter where we have come from or what has brought us here together. Ancient political anger and cultural differences, even language barriers fade away. At the end of the day we sit together...as though being together is the most natural thing in the world. I think it is.”

Imran (19, UK)



Voyages of Understanding and Diversity

The voyages mix young people from different backgrounds and with different abilities. This encourages them to challenge their own preconceptions and prejudices. Typically around half are disadvantaged and disabled. Virtually none of them have sailed before. The Voyages of Understanding are multi-national/cultural/faith diversity voyages which have seen Palestinians sailing with Israelis and Americans, Muslims from Bali with Christians from the UK, Turkish Cypriots with Greek Cypriots.

Volunteering and Citizenship

On board, young people take responsibility for themselves and others. Working in their team, they achieve self-confidence, social and moral responsibility. At the end of a voyage, over 20% are recommended to come back to help with subsequent voyages. This they do as volunteers, giving freely of their time to help the next group of young people. Others go back into their schools and local communities as community volunteers, helping to raise money so that even more young people can experience the magic of the voyages.



Understanding Society

“Tall Ships voyages are an ideal way for groups from different racial backgrounds to engage with one another and work together to achieve a greater understanding of the diverse groups and cultures that make up our society.”

Anusha, Social Cohesion Project Co-ordinator



Confidence Building

“I’m always being told that I’m trouble. That I’m not good at anything – but my voyage changed all that. I’ve learnt how to work in a team, that discipline gets things done and above all, that I can do all sorts of things I didn’t know I could.”

James (16, Nottingham)

Young People First The Power of Sailing, ‘Waypoints in Life’

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Shaping Lives

Throughout young people’s lives, there will be times and events that shape who they will become – ‘Waypoints in Life’. Sailing with the Trust can be one of the most significant points in young people’s lives. Helping them focus on the future, giving them direction and a purpose, opening their minds to previously unthought of opportunities. Disadvantaged young people in particular benefit as they become aware of a whole new world of opportunities.



Navigating Through Life

The Tall Ships Youth Trust provides a unique and physically challenging education and development setting; a close living residential community in which young people learn about life at sea and about life itself. Young people learn to work in a team, to take responsibility for themselves and others. They learn that the more effort they put into tasks, the more they get out of them and the more likely they are to realise their own potential in life. As a result, their self confidence and their levels of achievement increase. For most it is a turning point in their young lives.



Real Life – Real People

“This is the first time Ellie has been assessed on her ability, not her disability. From the moment she stepped on board she was accepted as part of the crew. It truly changed her life.”

Jill, whose daughter has Down’s Syndrome



Sponsorship

“ We have sponsored young people on sail training voyages for years. They have benefited greatly from the experience. This is front line youth work and our bursaries are worth every penny. ”

Charlie Harris, Director of Youth Projects, The Rank Foundation

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Young People First Accreditation and Endorsements



The Tall Ships Youth Trust is a national youth organisation providing good quality services for young people. Its high standards are delivered through rigorous, young people focused practices and policies. It has a strong reputation amongst education and youth work professionals and a successful track record of developing new initiatives in a structured and measured way.

The Trust is supported by the Dept. for Education. The outcomes it achieves with young people reflect the Every Child Matters priorities as well as Ofsted's criteria for effective youth work. Voyages of four or more nights qualify for the residential module of the Gold Duke of Edinburgh's Award.

The Trust's work is endorsed by numerous organisations which send their young people on voyages. These arrangements often involve formal contracts supported by detailed service level agreements.

Examples of significant and rolling annual contracts of this kind include Liverpool City Council, Newcastle City Council, HSBC Global Education Trust and the Rank Foundation. The Trust also works directly with numerous youth organisations representing young people not in education, employment or training (NEET), those from black, Asian and minority ethnic (BAME) backgrounds as well as local authorities and youth offending teams across the UK and internationally.



The Tall Ships Youth Trust is often used as an example of Best Practise by professional bodies. For example, a Charities Aid Foundation Director describes the Trust as one of the most professionally run charities he has come across. Meanwhile, the Maritime and Coastguard Agency has designated the Brigs as Auxiliary Coastguards Afloat, an honour only given to a few vessels by the MCA and reflecting the high professional standards on board. This means that as well as an intensive schedule of voyages and port visits, the vessels are regularly asked to help rescue fellow seafarers.

The Tall Ships Youth Trust is the Royal Yachting Association's single largest provider of certificated Competent Crew.

The Trust is the world's oldest and largest sail training charity for young people.



Challenging but Fun

“The voyage was absolutely incredible.....having this experience reinforced my feelings about wanting to be a youth worker. It is challenging but also a huge amount of fun.”

Laura (20, Bristol)

Young People First Tall Ships Youth Trust Policies

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The Trust focuses considerable resources on developing its youth work policies, practises and procedures. Regular reviews include such areas as safeguarding, child protection, codes of conduct, risk assessments, staff and volunteer training. As a result, the Trust's professional reputation continues to strengthen and it is receiving an increasing number of invitations to engage with other national and international bodies.



In addition the Trust regularly invites third party reviews and there are robust reporting procedures.

All responsible adults – staff, crew and volunteers – undergo a rigorous screening process including enhanced CRB checks, references and comprehensive training on topics such as dealing with challenging behaviour and meeting young people's needs.



Young People First Certificates and Evidence

Young people leave the Tall Ships Youth Trust voyages with various certificates and evidence which complement their National Record of Achievement:

- **Tall Ships Certificate.** This confirms that a young person has successfully completed their voyage together with a record of their achievements against their personal development targets.
- **Individual Assessment Form.** This is a personal assessment of major achievements written by the young person's watch (team) leader with additional input from the Captain/Skipper.
- **Duke of Edinburgh's Gold Award.** Voyages of four or more nights qualify for the residential section. The Trust provides evidence of this to the young people whether they are already following the award or not. This often encourages young people to find out about and sign up to the Duke of Edinburgh's Award.
- **RYA Start Sailing Certificate and Competent Crew Certificate.** All young people should achieve the Start Sailing Certificate and a high proportion also complete the Competent Crew Certificate.
- **Curriculum and Qualifications Evidence.** Young people can use the Trust's voyages as evidence/points towards the National Curriculum Qualifications Framework, AS/A level, ASDAN, BTEC, NVQ and NQF qualifications.



A Rush of Excitement

“It is so much fun climbing up. You are so high up and the boat is rocking. You feel like you are on top of the world. I always get a little rush when I climb out onto the yards. These past couple of days has been so much fun! I wish it could last longer...”

Daniel (18, USA)

The Vessels

Stavros S Niarchos is a magnificent 60m square rigged Brig purpose built for the Tall Ships Youth Trust in 2000. She is designed to sail anywhere in the world and can take up to **48 young people** on board at any one time.

The Trust's fleet of four 22m steel-hulled round-the-world Challenger Yachts are exceptionally sturdy and have been given the highest safety rating by the Maritime and Coastguard Agency. Like Stavros, they can sail anywhere in the world and each yacht takes up to **12 young people**.



The Crew



The salaried and volunteer crews working on board the Brig and Challenger Yachts are professionally qualified and undergo extensive and continued training to ensure that their knowledge remains current and up to the highest industry standard.

The crew on board Stavros S Niarchos consists of six permanent and up to thirteen experienced volunteer crew, and the crew on board the Challenger Yachts consists of one or two permanent crew and up to five experienced volunteer crew. This means that the responsible adult to young person ratio is always 1:3 or higher.

On all youth voyages there will be at least one Youth Mentor, a professionally qualified teacher or youth worker.

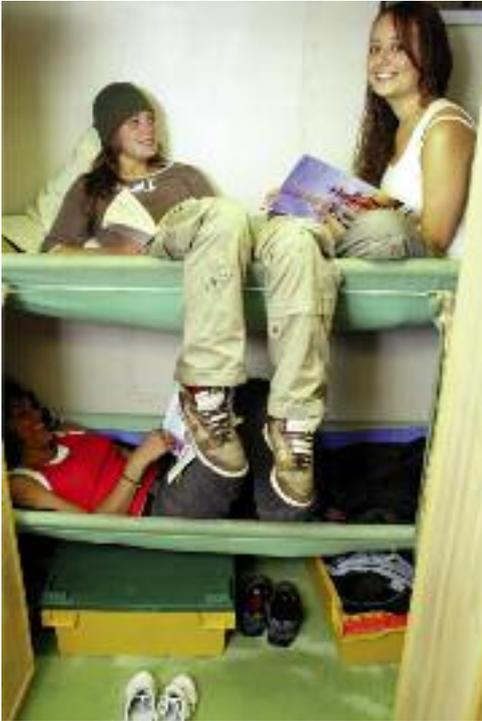


It Changed My Life!

“I'd had a lot of pressure from Mum to get a job but couldn't decide what I wanted to do – until I joined the voyage. It changed my life! I went round all the volunteer and salaried crew, absorbing their information and stories they told like a sponge. Now I'm totally focussed and committed. I've applied for three cadetships and I've never been happier.”

Sue (19, Northampton)

Life On Board



When young people join the Brig or a Challenger they are given time to acclimatise to their new surroundings and get to know each other, the crew and the vessel.

Most young people who sail with Tall Ships Youth Trust are unfamiliar with the environment and with each other. Because of this and the need to take responsibility for themselves and work closely together, team bonds and mutual respect form very quickly. This means that the young trainees begin to feel comfortable in their environment and quickly adapt to the vessel's routine.

The vessels need to be manned 24/7 so trainees are divided into teams called 'watches' and are assigned a Watch Leader who guides them through the learning process and instructs them in the tasks they need to fulfil. While each team is on watch they are responsible for running the vessel, which may include helming (steering), setting or stowing the sails, keeping lookout, assisting with the vessels entering or leaving port, helping in the galley and Happy Hour (cleaning).

All food and drink is provided whilst onboard and drinks and snacks are always available.



Safety On Board



All voyages start with a thorough safety briefing and basic training to prepare the trainees for their adventure at sea. This ensures that the trainees are familiar with safety and emergency procedures before the vessels ever leave the port.

Risk assessments on training activities are conducted regularly. The Trust's vessels operate to very strict operating guidelines, including:

- The MCA code of practice of safe working for merchant seaman.
- The MCA code of practice for large sailing vessels.
- The MCA certificate of safety.
- The Trust's child protection, drug and alcohol policies and codes of conduct.

A Safeguarding Policy, Child Protection Policy and Codes of Conduct are in place to ensure that all on board are safe, comfortable and have boundaries within which to operate. All are regularly reviewed, evaluated by the relevant statutory authority and updated.



Young People First

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