

A YOUNG PERSON'S JOURNEY



EXPLORE!

- Four-night voyage
- Inshore / coastal waters
- RYA Start Yachting
- Mostly day sailing
- Short distance between ports

EMPOWER!

- Five to seven-night voyage
- More challenging itinerary
- RYA Competent Crew
- Some overnight sailing
- Fewer stops / less time in marinas

LEAD!

- More than seven nights
- Offshore waters / overseas
- Passage making
- Overnight watch systems
- Onboard decisions made by the youth crew

KEY BENEFITS

Build positive relationships

Manage feelings

Develop confidence and self-esteem

Improve social and communication skills

Practice the five steps to wellbeing / vitamin sea

Build independence

Set goals for the future and consider aspirations

Develop resilience

Learn to lead and make decisions as a team

Embrace challenges and develop positive attitudes

Develop leadership skills

Learn about your own strengths and weaknesses

Consider career pathways

Understand the challenges to ocean health

Influence your communities and make positive change happen

About Tall Ships Youth Trust

Tall Ships Youth Trust (TSYT) is a vibrant **youth development outdoor learning charity** that offers life-changing experiences to young people aged 12-25, onboard our iconic vessels.

Our mission is to **empower young people**, particularly those from disadvantaged backgrounds, to realise their full potential, **supporting them on their journeys to adulthood** and for some, careers in the maritime sector and the blue economy.

To achieve this, we operate our fleet of **four 72ft Challenger yachts and a 55ft ketch all-year-round**, providing around 1,000 young people from across the UK with a life-changing experience.



Our Challengers are famous for having sailed twice round the world against prevailing winds as part of the Global Challenge races in 2000/2001 and 2004/2005.

Our **three-voyage programme** is tailored to young people's needs and journeys to adulthood. They start with a four-night voyage of **exploration**, before moving on to our longer and more challenging voyages of **empowerment** and **leadership**.

Our vessels provide a **unique, outdoor residential learning environment** that enables young people to **develop life skills, confidence and self-esteem**, which they can take back to their communities and thrive.

We divide the crew into two teams (known as 'watches'), to give everyone the opportunity to take part in:

- Steering the vessel (onboard we call this 'helming')
- Raising and adjusting the sails ('hoisting' and 'setting' them)
- Operating the winches
- Food preparation and domestic duties (e.g. washing up)
- General maintenance and 'Happy Hour' (that's cleaning!)

SCAN ME



Voyaging experiences with us have consistently shown that young people feel they have **better resilience** and are more able to **manage their feelings and solve problems** after they leave the vessel.

On our voyages, young people can work towards and achieve various qualifications including the **RYA Start Yachting or Competent Crew**, as well as completing the **residential and expedition** components of the **Duke of Edinburgh's Award Scheme**.

We offer sailing experiences for individuals and groups including schools, youth zones, Scouts, Girlguides, Cadets and many more. For more information about our youth voyages, email: info@tallships.org or call **02392 832055**.