



# Nordic Sail 2012

## What our trainees want you to know...



**Tough, testing but incredibly fulfilling.**

**I've learned to take more responsibility and to have fun at the same time.**

**I feel the experience has given me more confidence in myself.**

**It's an incredible opportunity to learn new skills, visit different countries and learn about their cultures.**

**Exciting, brilliant, fun, completely different experience.**

**The whole programme was very well organised by the Nordic countries with the games they had organised for all the crews being a highlight.**

**I would like to thank all the sponsors and organisers who made my trip possible. I had an amazing time and wonderful experience. Thank you.**



**I have a stronger desire to take sail training further and hope to join a sailing club next year at University or try sailing on a longer voyage in the future.**



**I thought the atmosphere of Nordic Sail was very relaxed and I enjoyed the close knit feel of the ports we stopped in.**



**It's ok to feel really nervous but you'll definitely come back a more confident person.**

**I also learned how to work alongside strangers from foreign countries and make friends, despite language barriers.**

**Trip of a lifetime, absolutely amazing!**

**I learned to cope independently and I am able to go away and enjoy it without worrying about anything.**

**Definitely going to challenge myself more! One of the best decisions I've made!**

**For me, I enjoyed the crew change because I was able to meet new people and I was able to experience how a different boat worked compared to the Swan.**

**The whole journey was an adventure from the start...**





## The Tall Ships Races 2012

### What our trainees want you to know...



**Do not hesitate,  
go sailing!**

When we got the chance to go up the rigging, it was amazing. I was absolutely terrified and didn't make it to the top, but I got to the first platform and it was high enough for me! Went up twice—once out at sea with the sails up—amazing view and once on our way back from Cadiz coming into Lisbon Harbour—also a fantastic view!

We baked 200 Scottish scones for everybody to taste and taught everybody to say Shetland words and phrases.

I felt I gained confidence in speaking to people I had never met and who were from different countries.

It was an amazing experience to be part of such a large crew and it was interesting to try and learn the different languages spoken onboard. I enjoyed the whole atmosphere onboard and all the new things we learned and experienced each day.

Thank you to everyone at Sail Training Shetland for making this amazing experience possible.

# Lifechanging...



There were many memorable experiences such as climbing the rigging, peeling tatties in the mess at 2am and working with the sails. Being at the helm while over 20 dolphins swam alongside the ship was amazing and also leaving Lisbon in the Parade of Sail.

Thanks again for all the work done to make my trip possible.



I loved being part of the crew—I didn't know what to expect but it was absolutely fantastic.

Every day there is a new challenge to rise up to, with many laughs along the way. It is an amazing experience from start to finish and I cannot recommend it highly enough.

Definitely going to challenge myself more!  
One of the best decisions I've made!

## Trip of a lifetime, absolutely amazing!

It is such an amazing opportunity and young adults should be made more aware of exactly what they could be doing.

Quote from Captain of Alex II:  
“So it remains to me to have pleasant memories of the three of you, Kristen, Michelle and Emma as charming kind young ladies”.