

NORDIC SAIL 2017

AALBORG | DENMARK

VAGBERG | SWEDEN

FREDRIKSTAD | NORWAY

WE TOOK PART IN MANY ACTIVITIES, BUT MY FAVOURITES WERE PROBABLY MEETING THE CREWS FROM OTHER BOATS, PLAYING GAMES AND DOING SHETLAND DANCING WITH THEM. I ENJOYED THIS AS IT FELT LIKE A BIT OF HOME AND MEETING NEW PEOPLE WAS GREAT AS WELL. WE ALSO TOOK PART IN WATER FIGHTS WITH SOME OF THE OTHER BOATS WHICH I FOUND FUN AND A GOOD LAUGH.

I FEEL LIKE
I HAVE BECOME
A STRONGER PERSON

FUNNY
SCARY
LIFE CHANGING

I FEEL I PERSONALLY GAINED MORE CONFIDENCE AROUND NEW PEOPLE AND JOBS/PLACES. WHICH IS A POSITIVE THING FOR ME AS I CAN FEEL MYSELF BEING MORE CONFIDENT IN EVERYDAY LIFE.

INDUBITABLY THE BEST EXPERIENCE OF MY LIFE THUS FAR!

FOR MORE INFORMATION, VISIT
WWW.SAILTRAININGSHETLAND.COM



**THIS EXPERIENCE HAS HELPED ME MAKE DECIDE
ON THINGS I WOULDN'T HAVE DONE BEFORE**

**PUSH YOURSELF AND GO FOR IT
AS IT IS A VERY SPECIAL AND
VALUABLE EXPERIENCE**

**MEMORABLE, FUN AND
ENCOURAGING**

**IN SWEDEN AND DENMARK WE TEAMED UP WITH THE
JENS KROGH TO PLAY TEAM GAMES AND SHOWED THEM
A FEW SCOTTISH DANCES.**

**I ALSO GAINED A LOT MORE CONFIDENCE THROUGH MAKING FRIENDS AND MEETING
NEW PEOPLE WHICH WILL BE A GREAT BOOST TO ME GOING FORWARD.**

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