

# Voyage Feedback



I took away a huge sense of achievement and a lot of personal growth. I made great friends from different countries, learned so much about sailing and teamwork, and had an adventure that I'll never forget. It has definitely made me want to step outside of my comfort zone more!

I am not good at talking to people I don't know but despite that I still managed to make friends and I think I am starting to find it easier to talk to new people.

The Tall Ship Races was the most exhilarating and exciting experience of my life so far! A real eye opener in to what the world has to offer!

This voyage had a positive impact on my overall wellbeing because while we were on this trip for nearly 2 weeks, a lot of the time when we were at sea meaning we didn't have any internet, so we didn't have the option to go on our phones. When we were ashore we were busy doing so many activities that we never wanted to go on our phones. This time away from the internet and social media taught me how important it is to be present in the moment and how good it feels to be out in nature.

I think the practical skills from sailing are something I will be able to use in the future, as well as the communication skills I gained too. I would love to travel with my career when I'm older too, and the skills I learnt about communicating with people from around the world will stay with me forever.

My social skills have improved, along with overall confidence. My mindset seems to be that if I did two weeks on a Tall Ship, other things can't be that hard!

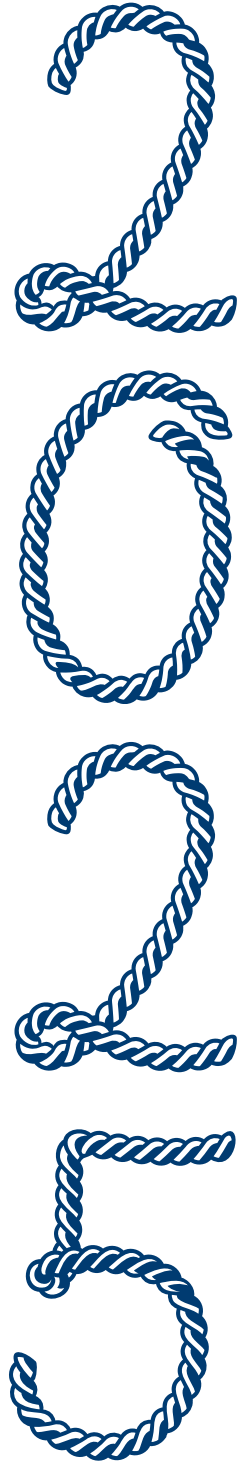
I have a greater sense of independence and teamwork. It has helped me realise I don't need help for a lot of things but also made me realise when I DO need help from a friend in a task. The experience helped me settle into university faster I think as I know my capabilities better and how to step out of my comfort zone to try new things.

I would say my overall wellbeing has been great since my trip. The perspective an experience like that gives you allows for a totally different view on life and opens your eyes to how big the world is and how much there is to explore and how many people there are to meet.

I have made connections with so many people onboard the ship- I have definitely made new friendships which will last a lifetime. I felt so proud to represent Shetland while on the voyage too, which I feel will continue in other aspects of my life going forwards.

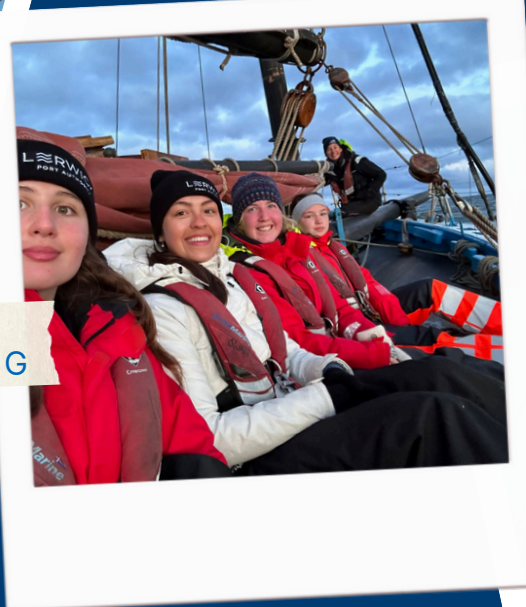
The voyage was a big personal challenge. I'd never sailed before and for my first voyage to be in rough seas was tough! Trying to help out on the ship despite feeling seasick was challenging but I was able to power on through with help from the others onboard- I feel really proud of myself and so grateful to the new friends I made.

It has made me more happy and confident in myself, as well as appreciating the more simple things which I've definitely taken for granted at home!





LIFE CHANGING



INSPIRING



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SO FUN



EYE OPENING



ADVENTURE