

# 2024 Feedback



I took away a newfound sense of confidence and resilience from overcoming challenges, whether it was climbing the rigging, adapting to the routines of ship life, or navigating language barriers.

I feel incredibly grateful to have had the opportunity to have sailed as part of the tall ships races, I haven't laughed as much as I did on this trip in a long time!

It definitely pushed me out of my comfort zone but it was so worth it!

I'm not too great with heights but made a point of taking myself high up the masts on several occasions and what a buzz I got. It was a very freeing experience, and a fantastic self-trust exercise.

The journey gave me a stronger sense of adventure and a renewed appreciation for the sea, as well as invaluable life skills that I will carry with me long after the voyage.

Living closely with so many people forces you to drop any façades and just be yourself. Once I let go of my inhibitions, I ended up laughing more than I ever had before. This newfound openness and sense of freedom will carry over into my everyday life.

This experience has helped me become more adventurous, less self-conscious, and more in tune with the moment, and I believe these changes will positively affect my everyday life.

I have gained a heightened sense of grounding through self-belief and confidence of being in challenging situations