



Information Pack 5 Day Youth Voyage

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The start of a journey of discovery...



*“.....Imagine being at the wheel of a tall ship, under a night sky, the ship surging over the waves and wind in the sails. Join the crew in the workings of the ship, keeping watches at sea, handling sails and much more. No sailing experience is necessary, as we will teach you the “ropes”. A **youth voyage** is packed with adventure so you can push your limits and gain the rewards in over coming the challenges, create new friendships and fun!”*



What is a Youth Voyage?

Sailing aboard the *STV One and All* is a dynamic personal development program during which lifelong skills are learnt through challenge and adventure. It is an intensive work and social experience, where trainees are presented the challenge of acquiring skills to operate a Tall Ship, safely, at sea. Meeting the challenge conveys a sense of achievement and self-worth.

The program's objectives are to develop:

- Self-esteem through confidence and a healthier respect for one's self.
- Sensitivity to others as well as the physical environment.
- Team skills through an awareness of the inter-dependent nature of a community, and
- Maturity and a positive attitude through self-discipline, setting and achieving goals.

The key element is; one cannot walk away from a challenge at sea. Meeting the challenge is a highly motivating experience.

Each voyage reflects a broad cross section of the community, trainees becoming part of the crew, joining one of the three watches tasked with keeping the ship operational 24 hours a day.

A *STV One and All* Officer and a Watch Leader leads each watch; their objective is to give the trainees skills to be able to contribute to the safe operation of the ship. These involve sail handling, basic navigation, cleaning, assisting with cooking, steering the ship, standing watches, setting sails and going aloft to loose sails just to name a few. This is achieved through leadership and the Training Crew's example where a "learning environment" is created.

The Training Crew's ultimate objective is to pass on to the trainees the responsibility of operating the ship under loose supervision and taking command of the ship on the last two days at sea. Safety is paramount on board and this is reflected in our excellent record. Full body harnesses are worn whenever the trainees are on watch, and they are clipped onto a safety system whenever there is rough weather or they leave the deck. Wet weather gear is also provided.

The *STV One and All* carries a Class 1A certificate of Survey issued by the Australian Maritime Safety Authority and instruction is provided by our professional crew, including Captain, Chief Officer, Second Officer, Engineer, three Watch Leaders, Bosun and Cook supplemented with experienced volunteers.

Catherine Rogers BBSoc. completed a thesis evaluating Youth Development Sail Training aboard the One and All, for her Honors Degree in Behavioural Science at Flinders University. This is an extract from her Summary:

"It was found that the Program provided the framework for personal development through participant interaction with the sailing environment. Participants were responsible not only for themselves, but for the care and safety of others; thus the intensity of the interdependent community led to a strong social experience. Key elements in the success of the Programme included the restricted physical environment and hence the inability to walk away, the development of the learning environment by the crew, and specifically the recruitment of crew through the volunteer association, thereby selecting for enthusiastic, committed people with the personality types most suited to facilitation and guidance."

Note: youth on the ship is referred to as trainees



The Extra Benefits...

Duke of Edinburgh Award

Benefit to any youth that if they undertake a Duke of Edinburgh Award, a 5 day youth voyage can be used towards the program. Duke of Edinburgh Award also has the combined opportunity to be used for SACE credits in a schooling year. The Award is nationally & internationally recognized by employers as an indicator of a young person's commitment to the activities, the community and their attention to detail.



Life after a Voyage

We encourage all youth to reinvest their experiences on our voyages by inviting them to become volunteers. This is a great way to pass on what they have learnt onto others in their age group. We have regular training days for them to build up extra skills, step up to be assistant watch leaders and record their sea time should they look for a career in the maritime industry. An added benefit to volunteering on *One And All* is that it looks great on a CV when applying for schools, colleges, universities and future jobs!

What's Next?

Give the power to change a life and create better citizens of tomorrow in our community – Simple: encourage a student, daughter, son or grandchild to join this voyage!

Youth Voyage \$1,150pp

(age group 15-18 years)

Voyage event will include

- Voyage sailing 5 Days from Port Adelaide
- All meals and accommodation on board
- *STV One and All* Voyage handbook
- Sail handling, navigation & ship husbandry training
- Team activities & challenges
- Use of heavy wet weather clothing protection and safety harnesses
- Event shirt & Achievement Award certificate
- Award presentation on deck of ship at end of voyage



STV One and All – Still Sailing her Magic after 30 Years!

The ship, STV One And All, has provided over 30 years of service to the community. Commissioned on 5th April 1987, she has been actively providing opportunities to all levels in the community, with approx. 10,000 students that have experienced the unique youth development programs to date.

Voyages for youth between the ages of 15 – 18 are able to experience a challenging and rewarding life changing adventure. The aim is to bring together these youth that come from individual locations and backgrounds, that will have the opportunity to forge new friendships, teamwork, learn life skills and be challenged at their own boundaries.

All social media and personal devices will take a break from their daily lives, so that the skills of looking, listening, and communicating to their fellow adventurer become central. This will become very important in the survival and teamwork needed to get the ship moving and respecting “Mother Nature” at work on the high seas.

The Organization behind STV One And All

The Friends of the One And All Sailing Ship Inc. is a registered not-for-profit community organization whose members are dedicated to the operation of South Australia’s sailing tall ship, STV One And All. Our aim is to support the continued activities of the ship and to maximize the benefits that the ship brings to people of South Australia, and across the wider Australian community. The biggest impact the ship can bring is from our youth voyage programs.





Personal Account from the previous Youth Voyager

....I am in Year 10 at Ceduna Area School and was a participant on the One and All that sailed from Ceduna to Adelaide in October. I was fortunate enough to see the advertisement on the Ceduna Community event page on Facebook about the opportunity to gain a passage on the Sailing ship called the One and All.

I am someone who is passionate about my sailing, although tall ship sailing is definitely not what I am familiar with. I have experience on smaller sailing vessels such as 420s. I knew this was going to be a brand new experience for me, as well as a lot of other young people. I applied immediately and once I was notified that I had been selected to be part of the crew on the One and All I have to admit that the nerves did kick in.

The fact that a group of teenagers were up before dawn and ready should speak volumes about just how excited we really were, as you know teenagers don't usually like to wake before midday. Nerves had well and truly kicked in and the weather had decided to blow up just to add to the atmosphere.

I think the butterflies in my stomach stayed with me until half way through the first day. Until I realized that I did know some things about sailing and knowing the other teenagers on board helped a lot too.

Some of the highlights of the trip were:

- Friendships. I personally made some amazing friendships that I will value and continue to respect throughout my life. It was an opportunity to see people in very different ways, away from our community and having to rely on each other.*
- One of the other things I was really nervous about was climbing to the top of the ship. Up until now I never realised that I had a fear of heights, what a great time to realise when you are half way up the mast.*
- Between the swaying and the fact that it felt like it was growing like Jacks Magic Beanstalk I wasn't sure I would ever reach the top. But I did it!! To the others who did it also, well done!!*
- Teamwork was another highlight for me, being able to get to know other people who I hadn't known well previously in a way like the One and All allows, was a huge positive.*
- The skills and knowledge that I was able to learn while performing my duties and participating in the games and activities were valuable, not rubbing it in but our team did win most of the games.*
- On a lighter note, a personal highlight for me was the fact that I got to enjoy the sea breeze, while not hanging over the edge of the One and All hurling into the ocean 24/7.*
- I felt for those of you who suffered on board the ship, seasickness is cruel and I most definitely know the smell is something I will never forget.*
- Participating in this experience has provided me with some valuable lessons and insights that I would like to share.*
- Everyone has the opportunity to be good at something, whether it is physical or mental, everyone has a strength.*
- There are times in life that you need to get along with people, this means putting aside personality differences for the benefit of the whole group/team.*
- Opportunities come along in life that you need to jump at, because they might just be a chance to surprise yourself with what you can truly do.*
- Also, it was an opportunity to understand how difficult transport was when these tall ships were used commonly in years passed.*

To the organizers, the selectors, and the crew of the One and All, thank you for providing this once in a lifetime opportunity, and for understanding the value it would have to those of us who were fortunate to be selected.

Thankyou also goes to all the parents and caregivers who supported our decision to participate in the trip from Ceduna to Adelaide on the One and All.

Thank you and Happy Sailing.