

Sailing Break



European School
of Sailing and Language

For European citizens aged 16 to 24 years

EUROPEAN
PROJECT
FOR YOUTH
INTEGRATION,
**LINGUISTIC
TRAINING,**
AND MARITIME
EDUCATION



Erasmus+

Enriching lives, opening minds.



Repubblica
Italiana



Co-Founded by
the European Union



OxygeneSail



Sailing Break

With the patronage of:

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Learning English on a sailing boat: an unforgettable experience.

Sailing Break is a European project for youth integration, linguistic training, and maritime education aimed at **European citizens aged between 16 and 24**. Presented to the European Commission under the public call 'Erasmus+2022,' it has been selected and co-financed by the European Union for its strong inclusive and educational value among European citizens.

In 2024, **10 scholarships will be awarded for the free participation** of highly motivated and deserving students with an Equivalent Economic Situation Indicator (ISEE) up to €15,000.00. Sailing Break takes place aboard **Grinta**, a historic vessel from the **Clipper World Race**, conceived by Sir Robin Knox Johnston: a true sailing school ship, powerful and safe, capable of inspiring limitless challenges and adventures.

The program is organized into **3 sessions** based on language proficiency and age group. Onboard, there are **three certified sailing instructors** and a **native language teacher**. All teaching activities are conducted on board, supported by multimedia and printed materials. The days are structured with a balanced mix of sailing, language study, and exploration.

Sailing Break is the result of the collaboration between Oxygene Sail s.s.d. arl and Frasi s.r.l.



Non-profit amateur sports association dedicated to the training of youth through the teaching of maritime arts, the creator of the Sailing Break project is responsible for coordinating the entire initiative.



FRASI FORMAZIONE
EDUCATING LEARNING TRAVELLING

Certified ISO 9001 by Accredia for all offered services, it hosts the St. George Institute, a renowned English language school, and specializes in organizing educational stays for children aged 6 to 12 and study trips for adolescents aged 13 to 17 at its headquarters.



Sailing Break aims to **create a small European society** aboard a 20-meter offshore sailing boat that follows an international route.

The project has three main objectives:
Socio-cultural integration among European citizens.
Teaching and **certification of the English language**.
Teaching **maritime arts**.

Socio-cultural Integration:

Sailing Break promotes integration through the formation of international crews.

Onboard a large sailing boat, a crew functions only when all members make themselves available to their teammates, aware of their qualities and limitations. Sailors must learn to self-analyze and contribute their best energies to the community. This transcends social categories, as one's socio-economic status becomes less important. Hierarchies in a crew are created based on individual skills, fostering real equality among students. The diverse European participation makes crews a **cultural laboratory**, where exchange and interaction during maritime work are key to promoting greater social cohesion.

Teaching and Certification of the English Language:

The project's primary goal is to communicate through a common language without overshadowing national languages. The maritime technical language, new to all students, is a fundamental teaching tool to expedite the learning process. Sailing Break is a course in linguistic training and maritime arts where the isolated context of the boat, combined with continuous contact between

participants due to limited space and the need to work together, forms the core of the project.

Onboard, alongside the instructor staff, there is a **certified native language teacher** who coordinates the English language course for the two weeks of navigation, providing a specific linguistic program for each student. The course is tailored to the participants' proficiency level, with a strong focus on **conversation** and **comprehension**. **All commands and briefings onboard are conducted in English**, creating an immersive language experience.

Teaching Maritime Arts:

Through the practice and teaching of sailing, participants experience teamwork dynamics at the highest level. Real team-building is characterized by collaboration, mutual respect, and the ability to solve problems with clarity and determination. All of this unfolds in the heart of the Mediterranean, offering an extraordinary adventure and continuous discovery of places, spaces, and horizons.

In the **initial phase**, the focus is entirely on **maritime techniques** to make maneuvers and navigation fluent. The pace is intense, with higher physical activity, emphasizing technique, effort, and stress management. By the end of this phase, the crew is cohesive and capable of facing the open sea.

In the **second phase**, the focus shifts to **maritime arts**, aiming to make the crew autonomous in route management and planning. Safety and smooth navigation topics are developed. The pace of maneuvers is slower, physical fatigue is minimal, and the emphasis is on concentration and patience required by natural elements. By the end of this phase, the crew will be prepared to face any challenges presented by the sea."

"Rediscovering Nature

The process of urbanization, which has continued unabated from the industrial revolution to the present day, has led our communities to disconnect from the natural context to which they belong, making the cause-and-effect relationship between the human community and the environment more obscure.

The city, offering extraordinary opportunities in the cultural, artistic, and educational realms, often deprives its inhabitants of the chance to 'gaze at the horizon'. **Those living in cities frequently lose sight of the rules governing the natural world** and, as a result, the ability to interpret the dynamics within the community critically and constructively.

Concrete examples of this disconnect include food and energy waste, pollution from waste, sedentary lifestyles, and the isolation and marginalization of minority and economically vulnerable communities.

Sailing Break welcomes students who, in most cases, live in an urban context, and reconnects them for a defined period to the natural environment. Anyone living aboard a sailing boat becomes aware of what is essential in life:

1. **Respect for nature** and its elements because our safety depends on it.
2. **Respect for natural balances** because our food and health depend on them.
3. **Respect for others** because without harmony, the boat cannot move and remains at the mercy of events.
4. **Solidarity** because material goods and social status cannot help you. The only assistance you can have is from your companions, regardless of their origin, political and religious beliefs, gender, or sexual orientation.
5. **Flexibility** because finding a synthesis between different thoughts is the basis of a community.
6. **Commitment** because without effort and sweat, results do not come, and frustration prevails."



Sailing Break



Program 2024

The program is subject to changes based on weather conditions and/or reasons of force majeure or didactic functionality. Participants undergo a **language test** to assess their proficiency level, allowing the organization of a dedicated study plan. At the end of the course, students receive a **certificate of attendance and language level**, valid for the recognition of educational credits. Those interested can take the exam with **People Cert** - valid for international certification - at a **discounted cost of 50%**.

A typical day of the English course:

Wake up: Activation of the English language mode.

Communication in the program's language for the day (breakfast is the best time).

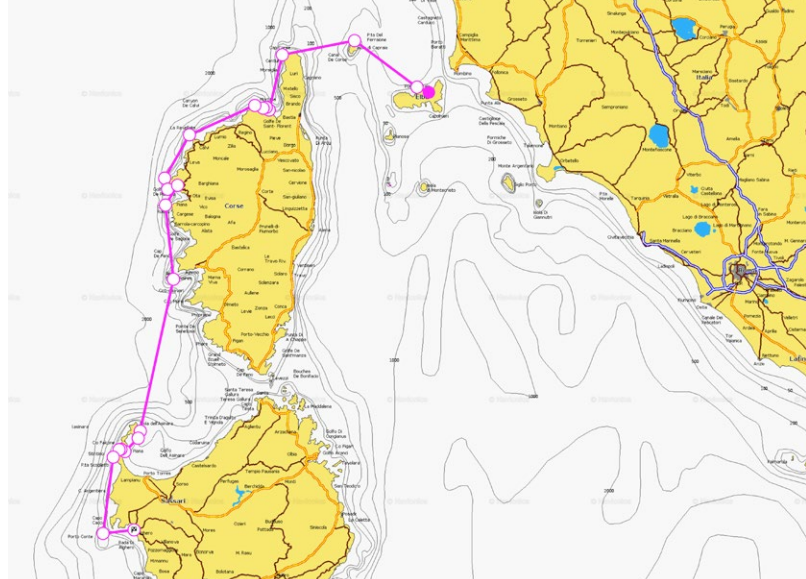
Grammar time: Specific grammar topic is covered.

Grammar practice: Thematic discussions are proposed, chosen to apply the grammar rule, or simulation of a part of the Language Cert exam.

Let's speak about: Following the day's theme and engaging in conversation.

Interactive game time: Playful activities and role-play."

- Day 1:** Boat operation; Stowage plan; Galley plan; Safety; Rigging/unrigging; Deck equipment; Knots;
- Day 2:** Wind; Handling; Points of sail;
- Day 3:** Points of sail; Tacking;
- Day 4:** Points of sail; Tacking;
- Day 5:** Sail adjustment: jib and mainsail;
- Day 6:** Reefing; Use of VHF radio equipment;
- Day 7:** Evaluative technical test; Coastal navigation;
- Day 8:** Coastal navigation; Bearings;
- Day 9:** Dead reckoning navigation; Basics of applied meteorology;
- Day 10:** Dead reckoning navigation; Emergency management: practical exercises;
- Day 11:** Full exercises; Emergency management: practical exercises;
- Day 12:** Final practical and theoretical test;
- Day 13:** Boat and equipment cleaning; Certificate delivery; Farewells and departure.



DEPARTURES

SHIFT	DURATION	BOARDING	DISEMBARKATION	ITINERARY
I	7 days 6 nights	Portoferraio 28 July	Portoferraio 3 August	Elba, Capraia, Corsica
II	7 days 6 nights	Portoferraio 18 August	Alghero 24 August	Corsica, North Sardinia
III	13 days 12 nights	Alghero 25 August	Portoferraio 6 September	circumnavigation of Corsica, Asinara, NW coast of Sardinia

BOARDING: Sunday morning by 10 a.m.

DISEMBARKATION: Friday by 6 p.m.

TO PARTICIPATE:

Email info@sailingbreak.eu or fill out the request form on the website www.sailingbreak.eu. You will automatically receive the link to take the **English test**. Await the response via email from the secretariat, which will include the **forms to be filled out and signed**, as well as the English proficiency level result and available shifts to choose from. Complete, sign, and send back the received forms to info@sailingbreak.eu, and make the **50% participation fee payment** via bank transfer. Complete the payment of the remaining fee via bank transfer **30 days** before embarkation.

PARTICIPATION FEES 2024:

I SHIFT: REGISTRATION € 100 - PARTICIPATION € 850

II/III SHIFT: REGISTRATION € 100 - PARTICIPATION € 1.787

The departure of the shift is confirmed within 30 days from the boarding date upon reaching at least 12 paying participants.

Scholarships (2 for the weekly shift and 4 for the biweekly shifts) reserved for students with an income (ISEE) equal to or less than € 15,000 will be confirmed only upon reaching the minimum number of paying participants.

THE FEE INCLUDES:

UISP membership and liability and accident insurance | 1 instructor captain
2 instructor sailors | 1 native language teacher | Linguistic and maritime educational material | 50% discount to take the European certification exam through the People Cert platform | Galley provisions | Diesel | Harbor fees
Tender and outboard motor | Full equipment

THE FEE DOES NOT INCLUDE:

Round-trip travel to/from the embarkation/diseembarkation location | Personal expenses | Towels, sheets, and pillowcases | Anything NOT included under „the fee includes“

In case of multiple requests, the following selection criteria will be applied: 1. Gender equity 2. Fair distribution among European Union countries 3. Academic performance



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Registered at the Chamber of Commerce of Rome, affiliated with the Italian Union of Sport for All (U.I.S.P.), enrolled in the Register of Recognized Amateur Sports Clubs by the Italian National Olympic Committee (CONI) with registration number L031789.

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