









NEIC Sail Training Voyages 2022



Finally, after a two-year delay due to the Covid Pandemic, the third NEIC Sail Training project took place this Summer. Thirty people from the North East Inner City of Dublin took part in the NEIC Sail Training Voyages aboard the tall ship Pelican of London and the Dublin based vessel Brian Boru.

The participants were offered the amazing opportunity to become trainees on a tall ship to experience exciting voyages starting in Dublin and visiting Wales before returning to Dublin. This opportunity was made possible by funding support from Dublin City Council and the Northeast Inner City (NEIC) Programme Office with trainee recruitment coordinated by Sail Training Ireland.

In addition, the participants took part in a unique new leadership training programme for young people. The programme combines classroom-based learning at Tangent's modern facilities in Trinity College Dublin, with real life experiential learning on a tall ship at sea. Over the course of eight days, thirty young people learned five essential leadership skills that will help them in all aspects of their life and also open opportunities for further study via Trinity's Access Programme. This collaboration between Tangent, Trinity's Ideas Workspace and youth development charity, Sail Training Ireland, was run as a pilot programme that we hope to roll out on their other voyages.

This is the third running of the NEIC Sail Training Voyages following on from the project in 2018 and 2019. This year's project involved two voyages one for 14-17-year-olds to the one for the Over 18's group.





NEIC

The NEIC is a major Government initiative to oversee the long term social and economic regeneration of the area. This involves a huge range of projects, including this unique sail training project.



WHAT IS SAIL TRAINING

Sail Training is a self-development & non formal educational training programme, which is run on board tall ships. The experience provides an excellent environment for personal and social development. It is not so much learning to sail, as learning from sailing, from the vessel, the sea, fellow crew members and perhaps most importantly from the trainees themselves. Skills such as confidence, communication, leadership, teamwork, understanding of diversity, and resilience are learnt. The group start the voyage as a collection of strangers but end it as a tight knit crew. A trainee's first voyage can often prove to be a turning point in their lives.

Sail Training Ireland are the national Sail Training Organisation and were responsible for organising the trainee project, which involved the recruitment of 30 people from the NEIC area to take part and placing them on training programmes on three voyages aboard two ships.



RECRUITING THE TRAINEES

A process was put in place whereby community and youth organisations in the NEIC nominated people to participate in the project. The following organisations put forward nominations:

- · Swan youth service
- Intercultural ambassadors programme
- Bradog Youth Service / Amy Collins
- Daughters of Charity Henrietta Street Dublin 1
- · The Cavan Centre

- · East Wall Youth
- · Lourdes Youth & Community Services
- Richmond Cottages and District Residents Community
- · Number of Individual Nominations
- Tusla



THE VOYAGES



Over 18's Voyage

The first group to set sail from Dublin Port following on from the shore-based training in Tangent, Trinity College on the 20th of June 2022. The ship sailed around the Irish Sea including a visit to the UK taking in Lundy Island and Newport before docking back in Dublin on the 26th of May.





Big 5 Leadership Skills Training in Tangent, Trinity College Dublin

A new aspect to this year's project was a shore-based element to the training. The trainees on the Over 18 voyage got the opportunity to take part in a unique new leadership training programme for young people called "The Big 5 Leadership Skills". This pilot programme was a joint initiative between Sail Training Ireland and Tangent, Trinity College. It combined classroom-based learning at Tangent's modern facilities in Trinity College Dublin, with real life experiential learning on a tall ship at sea. The trainees learned five essential leadership skills that will help them in all aspects of their life and also open opportunities for further study via Trinity's Access Programme.

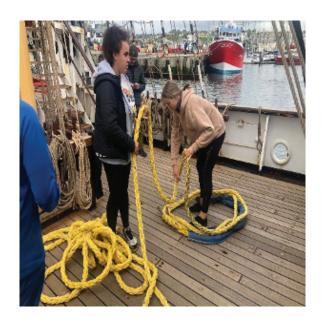




Under 18's Voyage

The second group to set sail departed Dublin on the 27th of June. Despite being nervous and somewhat overwhelmed upon joining the vessel, it was not long before this all changed. Having completed their onboard safety training, then they were faced with the up and over challenge (climbing the mast). It was wonderful to see the young people encourage each other to overcome their fears in a very positive and supportive way. Once familiar with the ship and settled into their watches, they started to gel as a team with the sole purpose of sailing the ship to the next port. As their confidence grow they were given more responsibility, helming the ship, hoisting the sails, out on the yards, taking their turn cooking in the Galley, they became fully immersed in the programme. If and when seasickness hit the rest of their team rallied to support.

The ship arrived into Cork on the 3rd of July 2022 following a visit to Wales.









AWARDS CEREMONY



Photo Above: shows trainees having received their certificates.

On September the 7th an awards ceremony was held in St Agatha's Hall for all the participants. The trainees were awarded with Sail Training Ireland certificates in front of family members and friends.

Thanks, was given to North East Inner City Project, the Department of Defence, Dublin City Council and Dublin Port Company. In particular, STIRL extended their gratitude to Ursula Donnellan and Michael O'Riordan of the NEIC.

As ever the highlight of the evening was hearing four of the participants speak on how the voyages had impacted them. The following all spoke brilliantly about their experiences.

- Craig Byas
- · Graham Gallagher
- Joe Tracey
- Mark McGrael

TRAINEE COMMENTS

A sample of trainee Feedback from NEIC participants:

"This voyage reinforced qualities such as resilience and leadership while giving me ample opportunity to further develop interpersonal skills with a new group of people in a challenging environment."

"This was not just a sailing week; this was a people week"

"Do it in a heartbeat, but don't think it's a pleasure cruise.

Bring an extra fleece."

"It gives and reinforces universally applicable skills."

"The mind is strong, and we are in control. There is a balance in nature, to experience the brightest moments, sometimes you need to go through the darkest times. I was really inspired by the others, in their good characters and kindness towards me and the others. The open mindedness of many encouraged me to do so too."

"To overcome adversity, times may be tough like the weather, nature's natural state, how we perceive the challenge is our perspective. The earth needs the elements to maintain the balance, so there is always more than one sides to something. to see things from other perspective."

"If you would like a challenge, then go for it."

"I used this journey to help me identify how I may possibly change my career and living habits. To explore the sea and nature and dig deep into what I want to really do at different stages of my life. I have many interest in life and sometimes I need to identify which one I should prioritize."

OUTCOMES/BENEFITS

Several positive outcomes were achieved by the NEIC Sail Training Project:

- 30 people participated on potentially life changing voyages.
- Inclusion of people from all backgrounds and abilities regardless of financial, social, or other circumstances.
- Inclusion of people with a range of additional needs.
- Development of life skills and employability.
- Positive social impact in the local community.
- Improvement in essential skills.
- Big 5 Leadership Skills Training and learning about the Trinity College Access Programme.

KEY FIGURES

Here are a few key facts and figures from the project.

- A total of 29 trainees from the NEIC went on four voyages on two different vessels.
- They ranged in age from 14 70.
- The trainees were nominated by over 10 local organisations. These were from diverse organisations such as Youth Clubs, Community Groups, Addiction Recovery services, HSE Social Workers, Homeless Charity, Unemployment Groups, and Garda Diversion Projects.
- One trainee has expressed an interest in pursuing a maritime career and we have supported this by getting them places on two other voyages this year.
- Three trainees have signed up to Sail Training Ireland's Mentor training programme.
- The voyage participants were made up of mixed abilities.

Sail Training Ireland

6 St James Terrace, Offices Rear Basement, Malahide, Co. Dublin, K36 Y972Tel:

Phone: 01 871 1745

Email: info@sailtrainingireland.com Website: www.sailtrainingireland.com

f www.facebook.com/sailtrainingirelandforyouthSailTrainingIreSailtrainingireland

Patron: Michael D. Higgins, PRESIDENT OF IRELAND