

## **Adventures and exciting meetings in a classic archipelago environment**

What fun that you have chosen to sail with us on Marstrand this summer. Here you get some information about the course so that you can prepare in the best way.

During the week we will teach you all the steps in sailing. Except sailing, we teach you good seamanship and we touch on areas such as navigation, safety, mooring, boat maintenance etc. After the course you will feel like a confident and competent sailor.

### **Who are we?**

GKSS - has worked with sailing for 150 years. You will be taken care by highly competent instructors of different ages with different sailing backgrounds. For more information, visit our website [www.gkss.se](http://www.gkss.se).

### **What do we do on the course?**

During the course, theory and practice are mixed with focus on sailing. We also try to introduce you to all the challenges of boat ownership. We sail two passes a day with a lunch break ashore. You will sail an Elan 310 with four other students and one instructor.

### **Elan 310**

In this boat we sail with 4 students and one instructor. We take turns guiding, trimming the mainsail, trimming the seal and taking care of unloaders and falls in the cockpit. In short, we practice all parts of sailing but also talk about seamanship, boat maintenance, navigation, mooring and safety.



Konstruktör: Rob Humphreys

## **Practical details**

## Times

Gathering takes place on Friday at 2 pm in GKSS clubhouse Korvetten in Marstrand. The course ends on Sunday at 4 p.m in Marstrand.

## Food

Lunch is included in the course but not breakfast and dinner. At Korvetten there is access to a kitchen and to make breakfast and dinner. It is also possible to make breakfast in the boats. However, it is important that we do not become too many who make it at the same time, the instructors will remind you of this during the week. You can also have dinner at one of Marstrand's restaurants but this is not included in the price. Lunch is included and is ordered in portion packages from a restaurant. Feel free to bring a snack (fruit or other)

## Accommodation

### **We live at our clubhouse "Korvetten" .**

Most rooms are double rooms with bunk beds.

Everyone helps to keep order !

Showers and toilets in the corridor.

There are living rooms and a large well-equipped kitchen if you wish to cook your own!

Free WiFi in most rooms!

## Find here

For those of you who drive

There are good directions at [www.kartor.eniro.se](http://www.kartor.eniro.se).

Select "directions" and fill in "start", "destination" is "Hamngatan 41 Marstrand".

There is long-term parking on the way down to the ferry terminal.

## Packing list

- Seawear, or rainwear
  - Sheets & Pillowcase NOTE! Sleeping bag is not allowed) Duvet and pillow available.
  - Earplugs (we live next door to a nightclub)
  - Sleek flexible shoes with light soles and boots
  - Sunscreen and sunglasses, cap and water bottle
  - Life jacket
  - Warmer clothes and hat for windy days
  - Sailing gloves, for you with sensitive hands
  - Toiletries
  - Seasickness tablets if you know you are sensitive.
- (We sail quite short and intense sessions so most people do well. But if you know that you are extra sensitive, there are seasickness tablets to buy at the pharmacy.)