

## Adventures and exciting meetings in a classic archipelago environment

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?

Day 1: We meet at 14.00 in Långedrag and begin with a short presentation of instructors and course participants and subsequent introduction of the weekend's activity. After we have stowed the boats with food and materials, we leave. We start with simpler boat handling when the boat goes for engine and then we set sail.

Everyone can try to shoot and steer. Back in the harbor, we talk about how it went.

Day 2-3: The day starts with a review of charts and easier navigation before departure from the bridge. The idea is that the course participants take care of everything under the supervision of the instructor. We drive 30 minutes in each position and rotate so that everyone can do everything. When stopping for lunch, there will also be extra training on addition. On Sunday, we also finish by training additions for a while before we round off and sum up the weekend's experiences.

### 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:**

Friday: Gathering at 2 p.m outside GKSS clubhouse in Talattagatan 12 Långeredrag - approx. 5.30 p.m

Saturday: Departure at 9 a.m - approx. 5 p.m

Sunday: Departure at 9 a.m - approx. 4 p.m

### **Food**

Lunch is included in the course but breakfast and dinner are not included. If you have reported that you need to sleep in the boat, buy breakfast yourself and cook it in the boat.

Lunch is ordered in portion packs from a restaurant.

Feel free to bring a snack (fruit or other)

### **Accommodation**

If you come from another place, it is possible to sleep in the boat if space allows.

You register accommodation by boat by contacting us via email in good time before the course start: [seglarskolan@gkss.se](mailto:seglarskolan@gkss.se)

### **Find here**

#### **For those of you who drive**

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

Select "directions" and fill in "start", "destination" is "Talattagatan 12 Långeredrag".

There is long-term parking next to the Nimbus House

#### **For those of you who travel by public transport**

From Gothenburg you can travel by tram 11 to stop Långeredrag, see [www.vasttrafik.se](http://www.vasttrafik.se) and more info.

### **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
- 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.)