



Benefits of Sail Training

Sail training is one of the most effective tools in our repertoire for turning around some very challenging young people. An ocean-going vessel gets trainees away from their day-to-day problems, brings them into contact with the forces of nature and other people from different backgrounds, and demonstrates very immediately the importance of teamwork, tolerance, and respect for the natural environment. It is an extremely powerful way of inculcating confidence, trust in others, self esteem, and responsibility, especially if intelligently integrated into a longer term programme of youth work where lessons can be applied in everyday life.

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www.wheatsheaftrust.org