



InnoSeil summer course

LOOK UP

SAILING IS FOR EVERY BODY

"SAIL 3: SOCIAL INCLUSION"

Photos: Raul Mee, Oleg Hartsenko, Raul Harro, Oskar Kihlborg,
Saamuel Rammo, Postimees/Scanpix

Design and layout: Saamuel Rammo

Projects, texts coordinating and editing: Külli Haav, Emma
Hallen, Iakovos Kikianis, Volodymyr Vladymyrov

 **Nordic Council of Ministers'
Office in Estonia**



"I think these people are really brave. Some have quite a high level of disability and are not really experienced in sailing and yet they are doing something almost like a contact sport. They still jump into boats and race, it shows the great accessibility of sailing."

- Jyrki Järvi -

Sailing Olympic Gold medalist and a Coach



“Sailing brings me adventure, freedom and a welcoming, friendly community and relaxed lifestyle. It also thought me independence and responsibility Along side that I learnt to respect the environment and never to under estimate the power of the sea.”

- Ingrid Puusta -

Olympic Windsurfer



11 REASONS WHY WE SHOULD ENGAGE OURSELVES AND KIDS IN SAILING

WHAT SKILLS SAILING DEVELOPS?

1 INDEPENDENCE

Nothing can compare with the feeling of control of a sailing boat let the age be 13 or 70 years. Riding a bike is one thing, skillful boat handling and independent mooring is completely different. Any physical activity develops, but the sailing course can give the most diverse training both mentally and physically.

2 SPATIAL THINKING

When a person acquires the skills of manoeuvring a boat in a narrow space, when they learn to avoid crashes, masterfully approach the shore starting line at competitions, they develop spatial thinking, which in turn will give them the necessary confidence in any activity where coordination is important. For example, car management.



3 FEELING OF DIRECTION

Independent sailing gives good orienteering skills. Remembering the direction, the orientations on the landmarks, and the understanding of how to return back - all this rapidly shapes self-consciousness. This experience is very helpful using the space.

4 UNDERSTANDING THE WEATHER CONDITIONS

Do you know where the thunder front usually comes from? What time does the wind change? If child is engaged in sailing, he or she knows it for sure. The knowledge of weather conditions comes by itself both on the water and on the shore.

5 HABIT OF ORGANIZING

Students of the sailing course learn themselves to rig and unrig the sailing boat. New sailors and children learn to attach sheets etc to the place and correctly adjust the sail of the dinghy during the exits to the water. Sometimes an assistant, dad or mom won't be able to give their child these skills, but they can help out following the instructions.



6 ENDURANCE

Everybody who decides to go out on the sea to challenge the elements, either it's day sailing or racing, are really strong and made tough. The weather can cause tricky situations. But even when the kids cannot come ashore for their hot chocolate or lunch burger, they enjoy the ride and/or compete- they don't complain about difficulties. (After completing the lessons or races, everybody will take care of their boats, change and get warm).

7 CARDIOVASCULAR FITNESS

Sailing can also improve your cardiovascular health and reduce the risk of hypertension, obesity and some heart illness. This is because of the large amount of oxygen uptake that happens when you engage in intense activities outdoors in clean air.

8 RESPONSIBILITY AND TEAM SPIRIT

Control of the boat develops a sense of responsibility of life and equipment in all its actions. People who sail for pleasure or young sailors must constantly control the situation and must independently take responsibility for all their possible mistakes. Also depending on each other in the team and protecting and backing each other up in strongest of all - the forces of nature.



9 THE ABILITY TO ANTICIPATE THE RESULT

Fine handling, rigging and trimming the sails and other parts of the sailing yacht definitely affects the results of the seafaring or races. This important quality develops as a result of sailing classes. The ability to learn and control many different parameters affects positively the performance in school, in work, in business and in life.

10 COURAGE

Sailors move the limits of the fear. Many people are afraid that the boat will capsize. Many are afraid of the strong wind or waves. They are still learning to trust the boat, coaches, teammates enough to train in the strong weather. It is the coach's work to control the situation, but in the end, it's the sailor who overcomes the fear and makes decisions.

11 PATIENCE

Spending a whole day waiting for the wind fills the sails requires incredible patience and endurance.



THE SEA IN THE HEART

by **SILVIA VIIDIK** - wheelchair user, holder of two *cum laude* diplomas from Tallinn Technical University

The sea's been coded deep in Estonians' genetic heritage, quite obviously. Most of us enjoy (read: love) the sea, coastline, legends of the sea, songs about it and riding boats/sailboats.

On Saturday, there was the day/night of Ancient Lights (little bonfires lighted at the coastline to show the way home to fishermen late in the evening darkness) and I was given a chance to enjoy sailing in the bright sunshine and the sea breeze once again in the company of "Special Sailors" (people with special needs – different kind of disabilities). The event taking place on the evening of bonfires wasn't intentional, I believe.

I arrived in the popular port a bit early, that also gave me a chance to meet with a dear ex colleague of mine, the photographer Raul (he pointed out that life doesn't seem to bring us together any other time than this marvellous annual summer event by the sea, quite accurately).



I was in the middle of enjoying the wonderful weather when the charming head organizer Külli Haav floated by my side like a pink fairy-tale-butterfly. It's truly amazing how precisely this young woman can manage all the complicated aspects of this event – all the performers, members of the city government, accomplished sailors, helping team for the disabled people, people with different disabilities, celebrity sailors, foods-drinks, security equipment, agreements for the great weather (she hasn't revealed me the amount of the bribery but it really cannot be modest by any means) and so on (my list is incomplete). She's able to keep track of everything somehow – truly amazing!

A very professional-looking man walked around the port before the beginning – in his speech, the deputy mayor's pointed him out quite proudly as a gold medallist of the Summer Olympics in Sydney in 2000, the Finnish Jyrki Järvi – I started my sailing day in the sailboat of winners, quite obviously.

Apart from sailing with a true professional, I enjoyed the ride for totally other reason – I could speak Finnish again after such a long time of no Finnish people in my life. Given that I didn't manage to drown us completely, it could be that I understood his instructions quite correctly.

As I really really enjoy sailing to a certain point, I popped into several other boats there. First, I got a chance to speed up and beat the winds with a speedboat (a rescue boat, officially) – during the ride, I got reminded why wearing glasses at sea wasn't such a great idea after all. After that crazy ride, I could sail with more traditional sailboats calmly across the waves. Once I was even given a chance to pull the strings that direct the sails and maneuver the sailboat in the surprisingly heavy traffic of different boats and sailboats.

When quite often it seems to me that the recovery is on and I'm not that lousy any more, then the situation of getting on and off a floating boat to and from a floating port, accompanied with a bit of a "stage fright" reveals the truth in an astonishing honesty – I almost pushed my helper Kalev in the cold sea water by accident quite a number of times. Well, luck was on his side this time... we'll see about it next year.

Enjoy the little joys of life whenever you are presented with one – they make life worth living.

SILVIA'S TIPS: DISABLED WOMEN SAILING

1 If life usually makes your stomach turn the other way when sailing or otherwise on the waves (towards what I had a very strong fear), I'd suggest you not be afraid at least - strangely enough I didn't even remember to throw up when sailing - everything else occupied my mind - the sun, warm wind and the salty sea air (that's supposed to be extremely good for one's lungs);

2 If your heart is gripped by the reasonable fear that a disability has no place in a sailing boat, think again - there are a number of young handsome men helping you in every step while getting in the boat and out of it again after the adventurous trip on the water. So, no need for any hesitation, I promise;

3 If you have rather long hair, it's suggested to wear it in a ponytail (otherwise you'll have lots of fun untangling it afterwards);

4 It is suggested to wear pants instead of romantic skirts (the wind might reveal a bit more than planned);

5 Don't forget your camera home or hire a photographer (the second suggestion is much better if you'd like to be on some pictures yourself) - although no one can take your memories, it's very satisfying to show off with the sailing accomplishment.



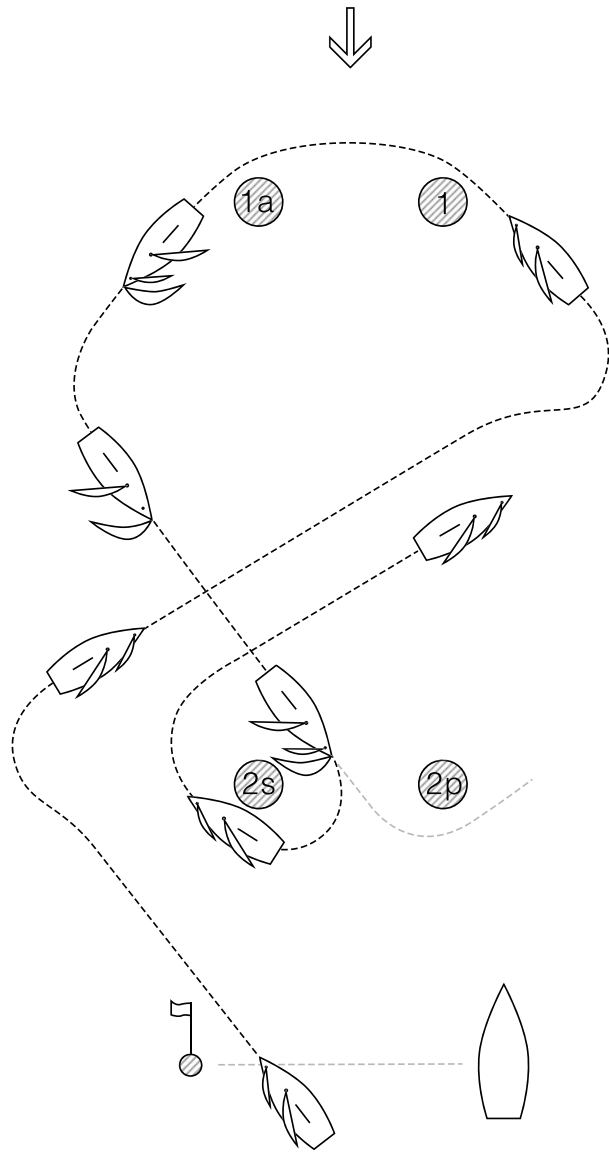
AHOY, WELCOME ONBOARD!

HOW TO CALL WHAT:

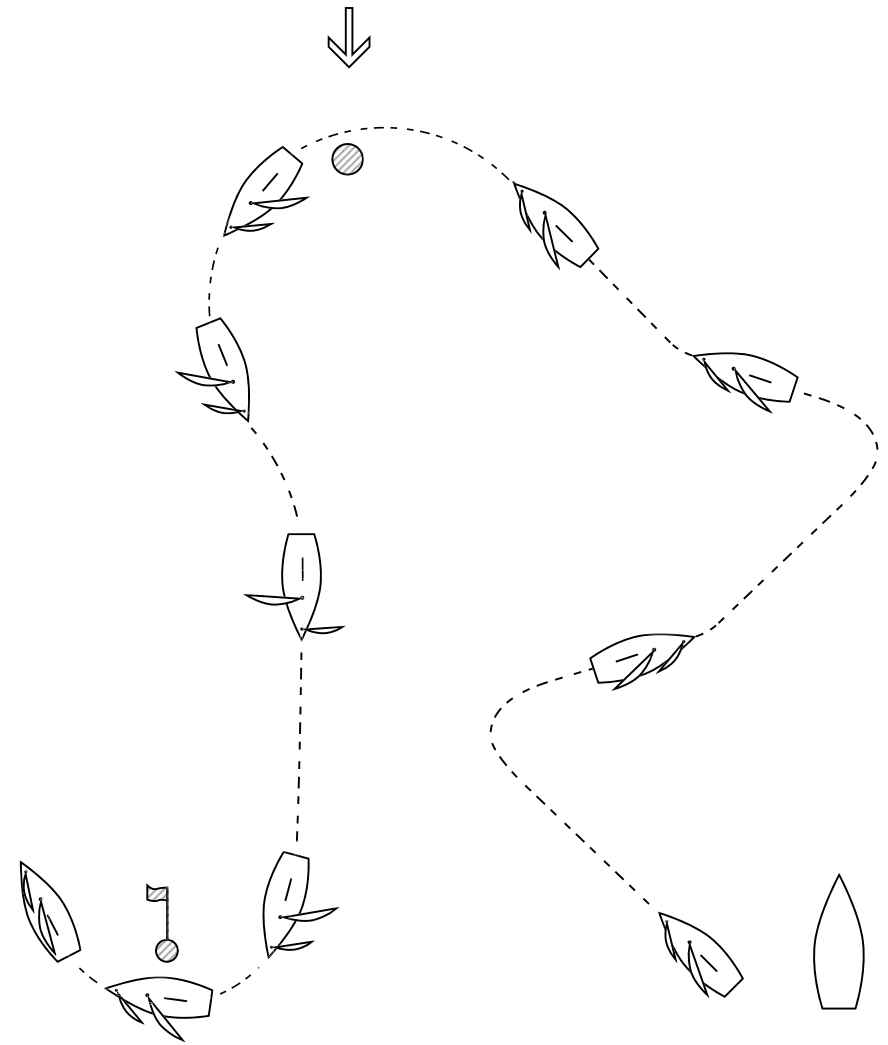
ENG	EST	SWE
hull	kere	skrov
bow	vöör	för
aft	ahter	akter
mast	mast	mast
foresail/jib	eespuri/foka	försegel/fock
mainsail	grootpuri	storsegel
boom	poom	bom
rudder	rool	roder
sheets	soot/soodid	skot
halyard	vall	fall
sail	puri	segel
telltails	nõidurid	telltails
daggerboard	svert	centerbord
trolley	käru	vagn
tack	paut	slå (stagvända)
starboard tack	parem halss	styrbords halsar
port tack	vasak halss	babords halsar
gybe	halss	gippa
upwind	vastutuult	bidevind
beam reach	lee, pooltuul	halvvind
reaching	pakstaaktuul	slör
downwind	allatuult	läns

LAT	LTU	UA
laivas korpuss	korpusas	корпус
laivas priekšgals	foras	носова частина човна
laivas aizmugure	laivagalio link	задня частина човна
masts	stiebas	щогла
foks, mazā bura	priekinė burė	фок-щогла
grotbura	grotas/didburė	грот-щогла
bomis	gikas	гик
stūre	vairas	стерно
šotis	šotas	мотузки
falle	falas	фал
bura	burės	вітрило
vēja diegi	vēja diegi	сигнальний хвіст вітрила
šverts	švertas	шверт /кіль
laivu rati	priekaba	візок для човна
pagrieziens (halze)	vendas	галс
pagrieziens pa labi	dešinysis halsas	правий галс
pagrieziens pa kreisi	kairysis	лівий галс
ahterhalze	halsas	поворот через фордевинд
kreice	kilti/sukti į vėją	підніматись проти вітру
tiešais sānu vējš	bimsai	бакштаг
sāna vējš	šoninis vėjas	галфінд
pa vējam	plaukti pavėjui	фордевінд

RS VENTURE COURSE



HANSA 303 COURSE



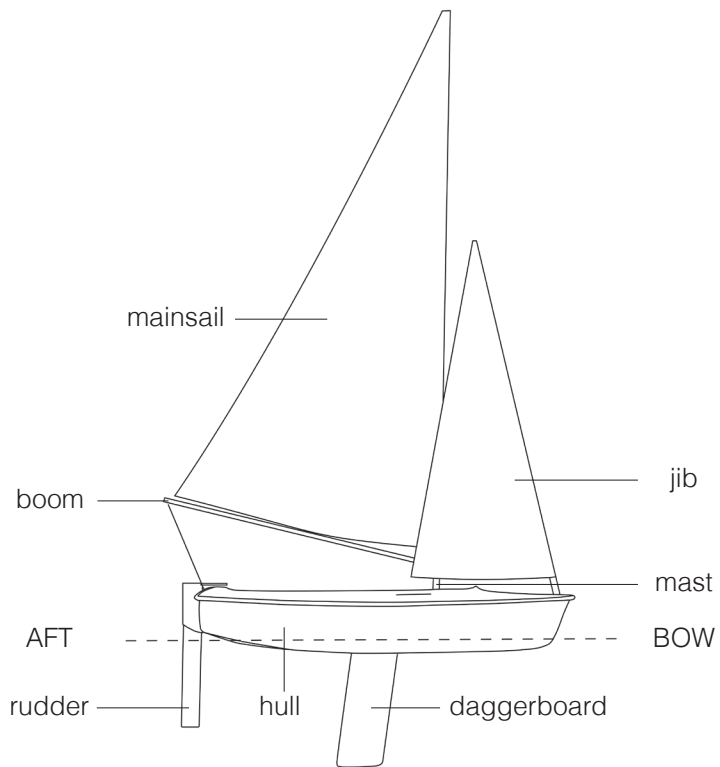
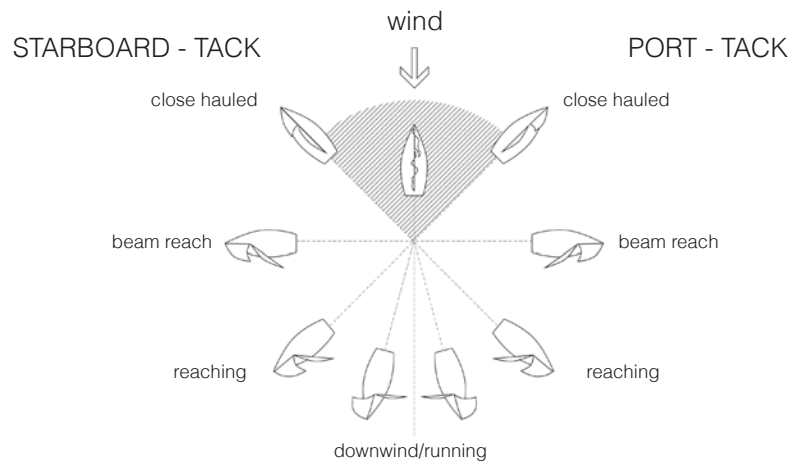
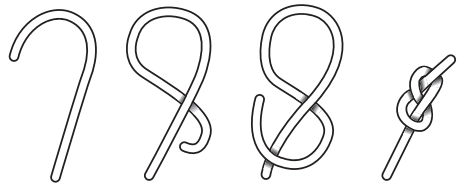
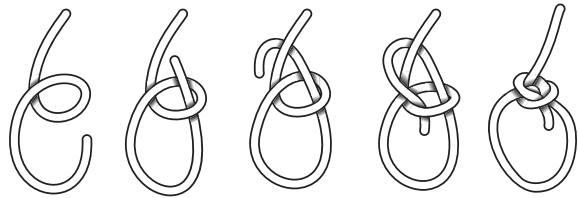


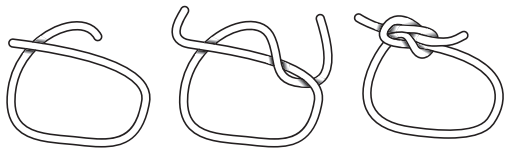
FIGURE EIGHT-KNOT



PALSTEEK KNOT - WITHOUT IT YOU CAN NOT!



FISHERMAN'S KNOT




“There is a code of conduct on the sea, we don’t do anything against each other, but we are a team and help each other.”

- Monica Engström Fejle -

Swedish sailor



SAILING COURSE CURRICULUM

LESSON	TIME	LOCATION	
1	Knows the main safety requirements and buoyancy	30 min	
2	Knows the sailboat and takes care of her	1-4 lessons	
3	Knows the main sailing techniques		
4	Wind courses and sail trim: steering up-, side- and downwind	1-4 lessons	
5	Maneuvers: tack, gybe	1-7 lessons	
6	Sailing from the pier and returning to the pier	7-15 lessons	
7	Racing on the course (start, mark, finish), rules	7-15 lesson	
8	Analyses water lessons	5-10 min after each class	
9	Knows his/her abilities for best option, self-adaptation	5-15 lessons	
10	Knows the teamwork: respect, sticking together with a group, coming to a RIB and coach proximity		

Source: K. Haav (2015) "Õppekava mudelid ja õpiväljundite arendus inimese, kodaniku ja spetsialisti kujundamisel Eestis"



6 TIPS HOW TO AVOID SEASICKNESS

- Eat ginger: either raw, candied or cookies
- Eat some apple
- Move around the boat in slow motion
- Eat before and drink enough liquid in small sips
- Sleep enough

Stay outside on the deck and look at the horizon

IMPORTANT SAFETY REQUIREMENTS

- Wear life jackets
- Make sure all rescue equipment is in the boat
- Don't go to sea without a map or knowing the depths
- Use navigation lights when sailing at night
- Learn and practice "Man overboard!" maneuver
- Check the weather forecast before going to sea
- Always know the draft of your boat
- Don't go sailing if the conditions don't match your skills
- Don't forget proper clothing
- Do not use alcohol while at sea



GUIDELINES FOR INSTRUCTORS

WORKING WITH SAILORS WITH DISABILITIES, NEW SAILORS, STRONG WINDS, HANSA OR OTHER SMALLER BOATS

- Inflatable RIBs in direct proximity
- Max wind 5 m/s (unexperienced sailors)
- No thick cushions in the hard seats
- Always have a knife in the coachboat if the sailor gets stuck in something

POWER ASSISTED SAILORS

- Inflatable boat RIB with two people running all the time
- Max wind 4 m/s (experienced sailor can sail further with reef)
- As soon as the boat leans enough in the water that it reaches the railing edge, it is time to reef or tear/ tow them back/ upright!
- No thick pad (max bedding)
- No cushion behind the back, the buttocks all the way back in the seat so that the sailor is in contact with the entire seat
- Stabilize the upper body so that the sailor won't slide over to the leeward side
- Possibly make a knot on the sheet so that it cannot be trimmed in too hard
- Long traveller line on the aft. Make sure the traveller line is long enough so that the sailor can not trim the main too hard (and make the boat hard to steer/ bear off)
- Always life jacket with collar on the sailor



CARe - WHAT TO KEEP IN MIND IN ADVISING PERSON:

STATUS AND CREATING SIGNIFICANT LIFE:

meaningful activities, developing valuable social roles and positive relationships.

SOCIAL AND MATERIAL ASSISTANCE:

housing, employment, professional assistance and support; and contacts with those who have experienced similar things in life.

MOTIVATION:

highlighting strengths, finding hope, desires and aspirations, bringing them out.

IDENTITY:

creating and shaping personal identity, including the building of one's biography and discovering personal strengths.

KNOWLEDGE AND SKILLS:

including competencies that empower you despite of your special needs and address vulnerabilities and increase independence.

Source: Estonian Unemployment Insurance Fund



SEA AND SAND, HAND IN HAND

The Ukrainian war refugees who came to Estonia in 2022 will go through all that is associated with emigration in the new country and stages of adaptation. In addition to what they experienced with forced departure, they have fear for their homeland, home and for the loved ones left behind. Many have memories of explosions and raids.

So in the fall, we also included UA refugees. A significant number of Ukrainians are accommodated on the ship "Isabelle" standing in the port of Tallinn. Although the cabins are small and many have no illuminators, the common rooms have a spacious view of the sea or to the Admiralty basin. That's how the idea came to introduce sailing. We started by teaching sea knots, but more disturbed adults associated the rope with suicide.

Then, referring to the sandy beaches of Estonia, we started with kinetic sand therapy. Kinetic sand turned out to be very suitable for both children and adults. In addition to a good relief of stress, playing with sand created interest in the summer season to see the city and the beach from the sea with a sailboat.



“Sailing has offered me the opportunity to move quickly and freely and to be independent at the same time. I have the opportunity to acquire new skills every day and put them into practice, while simultaneously learning to feel nature, moody wind and powerful waves. Staying in the natural environment has been challenging for me in the past, less accessible and not as safe. Also, sailing is an activity with a long history, and as I’m from Tallinn, I feel a connection with the sea.”

- Monika Kisand -

Estonian sailing enthusiast





Tallinn
2023