

## International Student Sailing Week - Sailing Skills Program



### Lecturers:

### Description

The INNES international student networking and team building sailing week is a perfect choice for international students who want to shape their **cross-cultural team building and sailing skills** by networking and interacting with talented and interesting peers from all over the world. Are you studying business, architecture, engineering, humanities, medicine or art? All academic fields are very welcome!

One week sailing across the Adriatic Sea with your team is a challenge and an unforgettable experience. You will spend ample time together, supporting and getting to know each other, while learning how to function as a team. The professional skipper by your side will take care of your safety, supporting you to organize the time on board and introducing you to the basics of sailing.

At least three weeks before your sailing trip starts, you will receive a selection of relevant literature on cross-cultural team building, which you are expected to read and self-study. On board, you will have the opportunity to discuss and apply these ideas via guided questions and tasks. Your overall experience is going to be documented in the form of the daily team blog and a final individual project report within one month after the end of the program. **The aim is to significantly develop your soft skills in the area of cross-cultural team building, and to learn how to sail along the way.**

You will visit enchanting Croatian islands and bays, and have a good time cooking together or going out for dinner. This is a great opportunity to get first sailing experience while enjoying the breathtaking Adriatic coast and also to meet new friends. Your team will consist of young and ambitious academics from different countries and cultures which makes this kind of journey a unique academic and personal experience.

Climb on board for our academic networking and team building sailing week and let our professional skipper, with excellent local knowledge, take you across the islands of Dalmatia. Each yacht fits between 6-8 people plus a skipper in a combination of double rooms and bunk rooms:

- Excellent, safe and clean yachts.
- Cabins: 5 (double bed)
- You will share your yacht with other cabin/spot bookers on a mixed gender yacht
- All cabins accommodate 2 people
- Single travelers will share the bunk bed cabins with other person of the same sex, unless you are a couple
- Double cabin can be booked by single person as well, the costs for the 2nd cabin place can be reduced by 10%

Once on board, you will be sailing away on a wind-powered cruising yacht. You'll find 2 bathrooms with showers, a fully equipped kitchen with fridges and a comfortable saloon made for dining and gatherings. Above deck there is plenty of room for sunbathing, relaxing, eating and networking. Each yacht has a speaker system where you can plug your phone into, if you would like to be DJ for the day. Our professionally qualified English-speaking skippers with excellent local knowledge will take your crew across the islands of Dalmatia ([Brac](#), [Solta](#), [Vis](#), [Hvar](#)). You will get involved and learn to sail.

*"Simply sailing in a new direction you could enlarge the world"*  
Allen Curnow

## **Schedule**

### **Day 1 (Saturday) 2pm afternoon**

Welcome aboard! Before setting sail you meet the skipper and the rest of the group at 2 pm at a welcome meeting. At this meeting you will be introduced to the art of sailing and safety on board. Together, you will plan the day and the rest of the week.

Now, your journey can begin. After you have checked in your cabin, you will go to a nearby supermarket with your team to buy all necessary supplies for the week (water, snacks, breakfast, vegetables, fruits or any other food you wish to have for breakfast and lunch on the boat); For that purpose, at the beginning we create a board cash box where each participant pays EUR 150, which is used for the shopping (drinks, breakfast and lunch). The amount spend on food is not included in the trip price; this is to give you more flexibility in deciding where and what to eat. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. Your skipper will be able to suggest favorite restaurants during your trip.

### **Day 2-7**

While traveling along the Dalmatian coast by sailboat, explore ancient Roman ruins and discover secluded beaches. Anchor in the quiet bay of Hvar. Explore the beaches as the tide comes in and shifts their shape. Our sailing yacht is the perfect platform to explore the gorgeous Adriatic islands. Flexibility is key to adapt to local weather conditions, and the skipper will modify the itinerary to your advantage while sailing. Possible stops

include: Split, Trogir, Milna islands Hvar, Solta, Brač and Vis.

Split (UNESCO World Heritage) Historical Complex of Split with the Palace of Diocletian: The ruins of Diocletian's Palace, built between the late 3rd and the early 4th centuries A.D., can be found throughout the city. The cathedral was built in the Middle Ages, reusing materials from the ancient mausoleum. 12th- and 13th-century Romanesque churches, medieval fortifications, 15th-century Gothic palaces and other palaces in Renaissance and Baroque style, make up the rest of the protected area.

Trogir (UNESCO World Heritage) is a historic town and harbor on the Adriatic coast. It is situated on a small island between the Croatian mainland and the island of Čiovo. It lies 27 kilometers (17 miles) west of the city of Split. Trogir is a remarkable example of urban continuity. The orthogonal street plan of this island settlement dates back to the Hellenistic period and it was embellished by successive rulers with many fine public and domestic buildings and fortifications. Its beautiful Romanesque churches are complemented by the outstanding Renaissance and Baroque buildings from the Venetian period.

Milna is located on the western part of the island Brač. It is famous for its marvelous bay, in which the ships of the emperor Diocletian used to find a secure harbour in the time of the building of his palace in Split. Today there is a marina with several berths, modern equipped for a secure stay. As a matter of architectural interest, note the baroque facade of the parish church built in 1783. The altar paintings include an "Annunciation" that dates from the beginning of the 18th century. In terms of historical interest, note that the Russian fleet harbored its fleet in Milna during the Napoleonic wars. In 1806, there was a major naval battle in the waters of Milna between the Russians and the French.

Hvar (Palmizana). The most famous Hvar tourist resort with a nautic marina is Palmižana. The bay of Vinogradišće on the southern side of the island is encircled with a dense pine tree forest, covered with plants such as rosemary and heather, among other exotic plants. There are a number of restaurants, bars and pensions on the island. The town of Hvar is an ancient city with rich history on the Island Hvar. With its architecture, beautiful nature and mild climate many would describe it as a true fairy-tale city. It is situated on the south-western coast of the island, in the cove protected by Pakleni Islands in the south and a low crest in the north. Hvar gained glory and power during middle ages being an important port within the Venetian, naval empire. The town of Hvar is the centre of the island's tourism, one of the favorite destinations in Croatia and one of the most prominent and visited tourist centres in the whole Adriatic Sea.

The historical jewel of the island of Hvar, the city of Stari Grad, built in 384 B.C. is located on the north-west section of the island in a deep and protected cove, a safe and unavoidable harbour to all sailors who sail the Mediterranean. This ancient city with its rich history and cultural landmarks will leave breathless every visitor. A walk through the colorful streets to the Dominican Monastery via Tvrđalj (home of the famous poet Petar Hektorović) and the parish church of St. Stephen is actually a walk through time and through the history of the city.

Island Vis and the town of Vis. The town of Vis was founded in the 4th Century B.C. by Greek colonists from the island of Syracuse as the first Greek town on the eastern Adriatic coast. For the next four centuries, Polis Issa was indisputably the most powerful Adriatic city-state. Because of the strategic significance of the island throughout its sometimes turbulent history, Vis experienced a fair share of fluctuations in government starting from the indigenous Illirians to the Greeks, Romans, Italians, French, English, and until the last century, the Austrians.

Island Solta: Probably the most well kept secret in the Adriatic Sea. In our opinion, having visited most of the Dalmatian islands, visiting Solta is absolutely worth it. Maslinica is a harbor town situated on the western side of the island, the village is in the most beautiful spot on the island. The heart of the town is the Seaside promenade with a nice ACI Marina and the beautiful castle Martinis Marchi which has recently been completely restored and now functions as a luxury hotel. On the northern side of the promenade there are several restaurants and coffee bars.

### **Day 8**

Depart after breakfast.

Included in your fee:

- 7 nights' accommodation on your yacht
- Professional skipper with excellent local knowledge
- Free WiFi on your yacht
- Welcome package and welcome drink
- Bed linens
- Port fees, tourist taxes and fuel
- Sailing lessons
- A lot of fun

Not included:

- Personal travel insurance valid for the duration of their trip
- Transfer between the airport and the marina (EUR 25 per ride)
- Food (Total: EUR 250-300: about EUR 100 for the dinner and EUR 150 for the breakfast, lunch and drinks on board; we always make the best arrangements with the places where we eat, final costs for the dinner depend on your individual order;
- Beach towels

\* We reserve the right to modify the route according to weather and other unforeseen conditions - every effort will be made to provide similar services as the ones presented in this program

\*\* entrance tickets to museums are not included

\*\*\* all our sailing tours are non-smoking tours

## **Details**

<b>Location</b>	
<b>Tuition fee</b>	Professional 1200, Student EUR 950
<b>Start-End</b>	25.05.2019. - 01.06.2019.
<b>Recommended Credits</b>	4
<b>Target group</b>	students and young professionals from different academic fields
<b>Level</b>	Undergraduate, Graduate, Postgraduate
<b>Duration</b>	1 week
<b>Kind of exams</b>	ProjectWork
<b>Facebook</b>	innesvienna