

# **Session 3E**



# **Sail Training Research Session**



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**Chair: Murray Henstock**

**Speakers: Lucy Grodie**  
**Pete Allison / June Xu**





ASTO

Promoting  
UK Sail Training





Activity (Sail Training)



Short Term outcomes  
(at the end of the voyage)



Longer term outcomes  
(wellbeing, employability etc)

Behavioural conduct  
Coping Skills  
Locus of Control

Outcomes maintained longer term

Self-efficacy  
Expectancy Value Theory  
Meta Cognition

Soft outcomes that correlate  
with hard outcomes





## Sail training 'boosters'

- 'Intense / accelerated' experience – continuous, residential, can't walk away intensifies
- 'Peak' experience – strong memories creating more lasting impact
- 'Real' experience – actions have real consequences and learning is less abstract
- 'Risky' experience – participants feel trusted with responsibilities; + feel vulnerable, creating greater sense of equality
- 'Different' experience – new environment, no baggage
- 'Isolated' experience – participants are more present and able to address normal habits

## Activities

- Personal development**
  - Doing things you don't think you can do / doing things outside your comfort zone eg climbing aloft, overcoming seasickness
  - Overcoming personal challenges to achieve goals
  - Being trusted by staff + given responsibility with real consequences
  - Doing things you don't want to do, eg domestic chores
  - Following a routine
- Skills**
  - Problem solving put into practice
  - Learning and practicing new things
  - Learning about the environment
- Social development**
  - Working as a team + supporting peers to achieve goals
  - Meeting and living in close proximity with new people

## What they learn

- Pride / sense of achievement
- Self-confidence / self-belief / self-esteem
- Self-reliance / independence
- Resilience
- Self-control / personal discipline
- Organisational skills + time management
- Tangible skills (domestic, sailing, others)
- Critical thinking skills
- Knowledge of / respect for the environment
- Value of teamwork + cooperation
- Respect for + understanding of others
- Expanded horizons
- Knowledge of different social groups + ability to bridge social differences

Up to 12 months post voyage

+ 12 months

## How it helps

- "Can do" attitude
- Higher aspirations
- More engaged in learning
- Better relationships

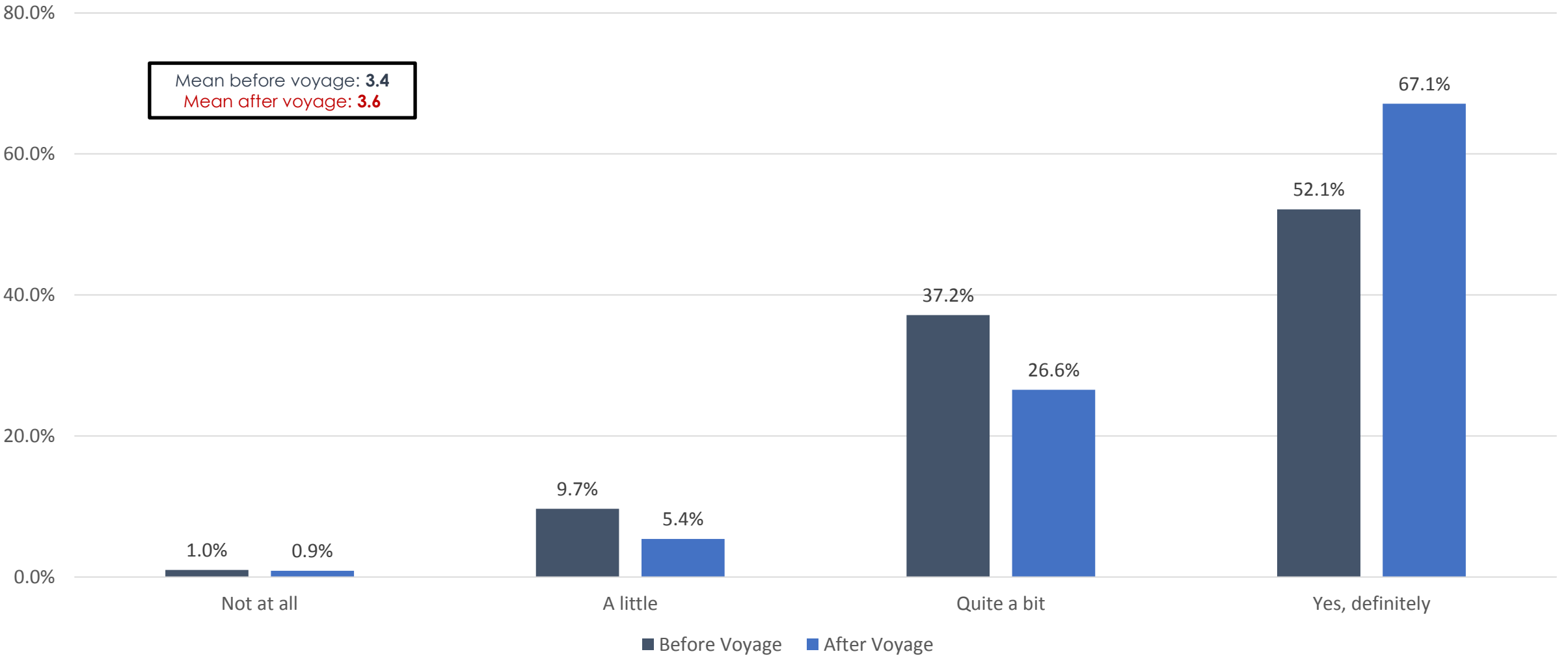
## Long term outcomes

- Increased motivation and resourcefulness when faced with adversity
- Improved happiness / wellbeing
- Improved educational attainment
- Improved employability
- Better engaged in communities / responsible citizens
- Improved long-term life chances



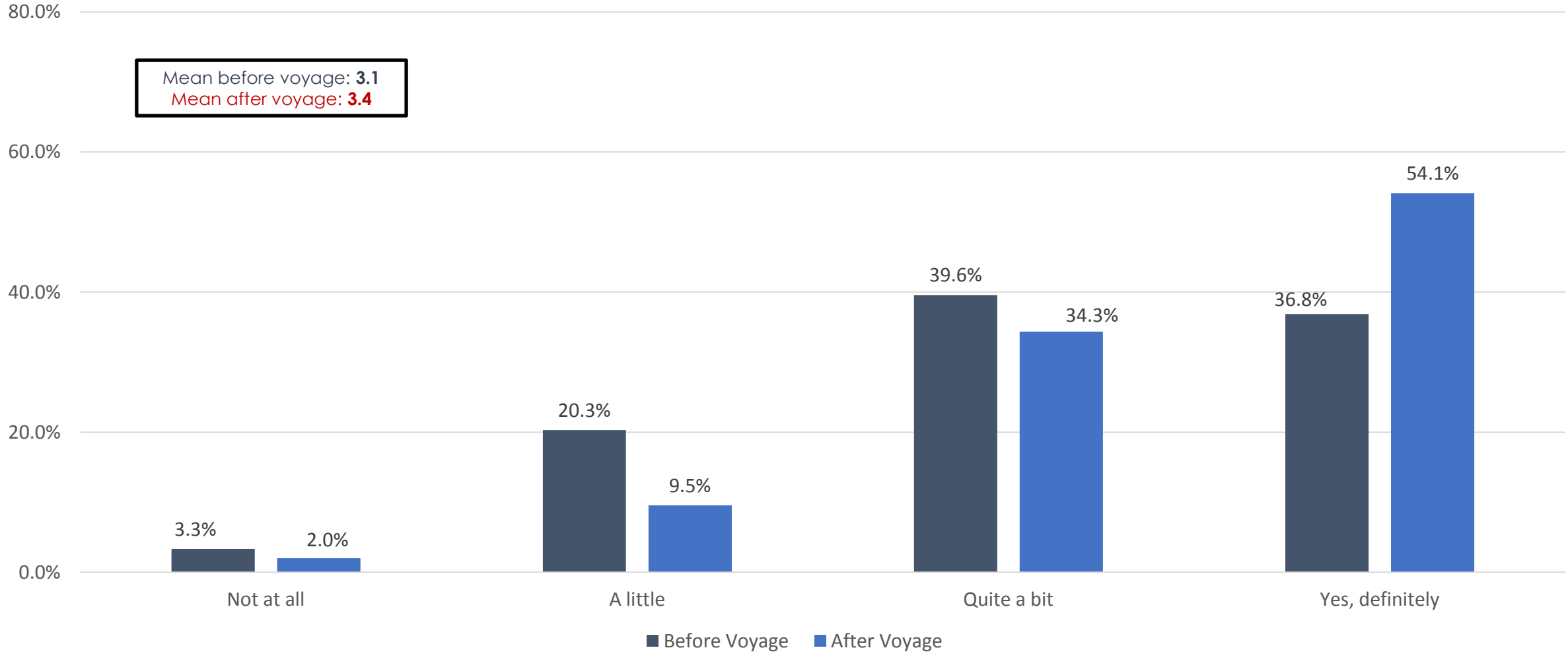
# I feel I can achieve things if I put my mind to it

How much do you agree or disagree with the following: (1= Not at all, 4= Yes, Definitely)



# When things go wrong I keep trying

How much do you agree or disagree with the following: (1= Not at all, 4= Yes, Definitely)

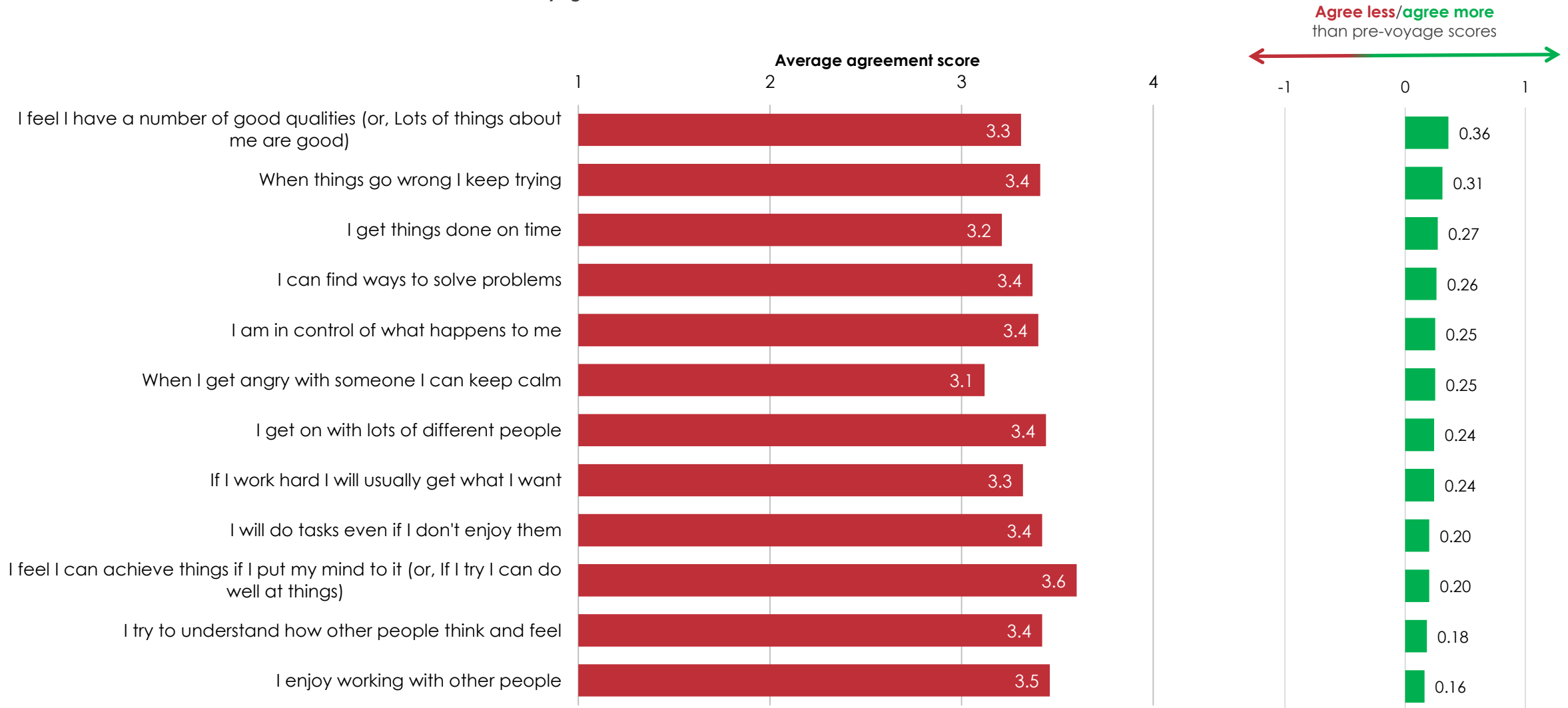




# Post-voyage scores against Pre-voyage scores (Outcomes)

Thinking about your life, please tick the box that you think describes you best (1= Not at all, 4= Yes, Definitely)

Sorted in **order of difference before and after voyage**



Notes:



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## How it helps

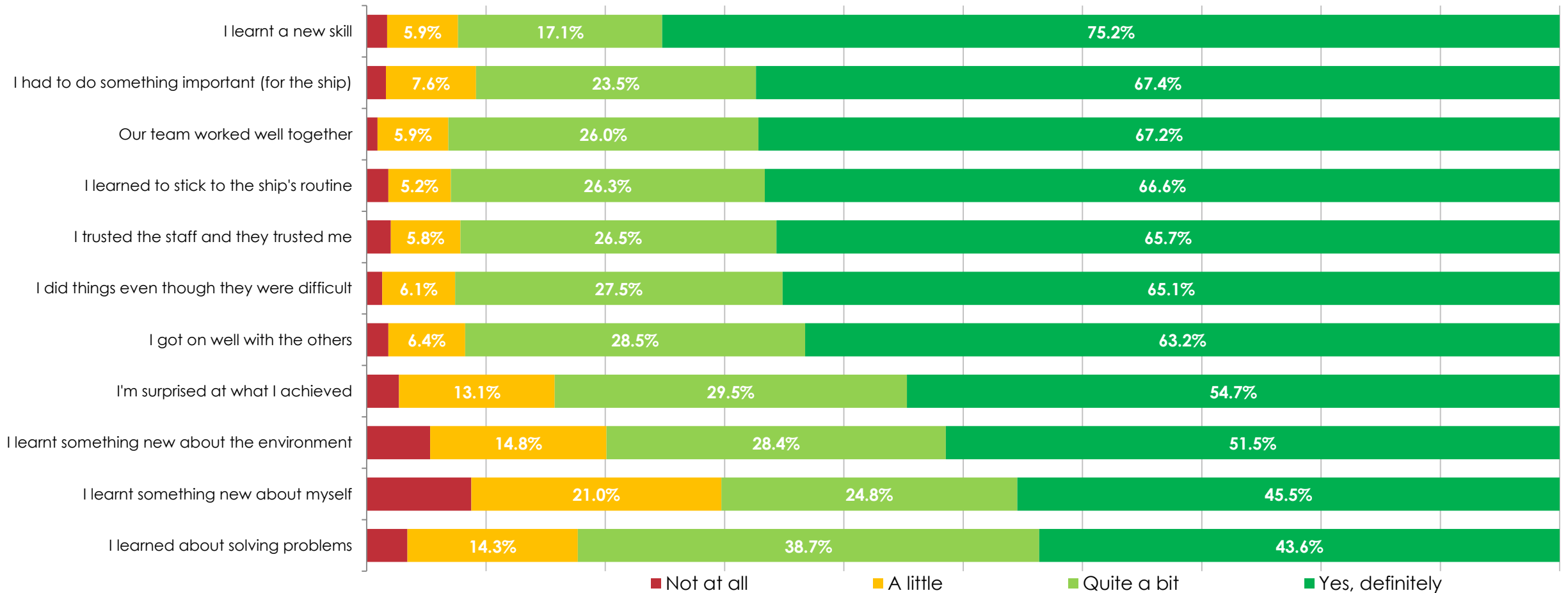
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Voyage

# Please rate whether you have had the following experiences (activities) Asked at the end of the voyage





DS2

JOLIE BRISE

SEA CAJETS

# Who took part in the survey?

Based on information provided on the database/collected during the survey.

- Most popular length of voyage was 4-6 days.
- Respondents were most commonly both the booker and the group leader of their voyage.



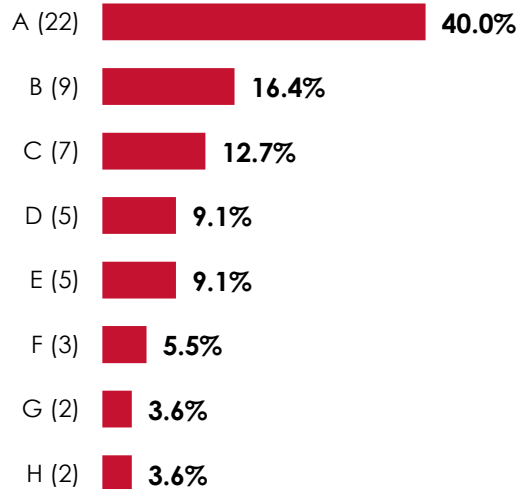
The survey was open from **6th August 19** to **9th September 19**.



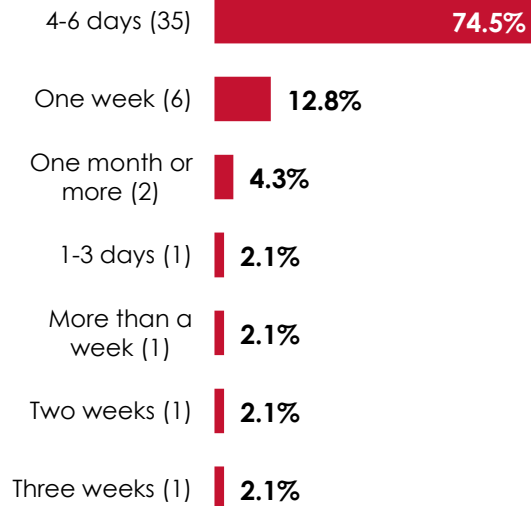
**42** surveys were completed online  
**13** paused (nearly complete) responses included  
**55** in total included in this report  
 ...representing up to 600 trainees  
**61.1%** Response rate (55 out of 90 records)

**34.5% (19)** of respondents wished to be anonymous (includes additional paused responses used).

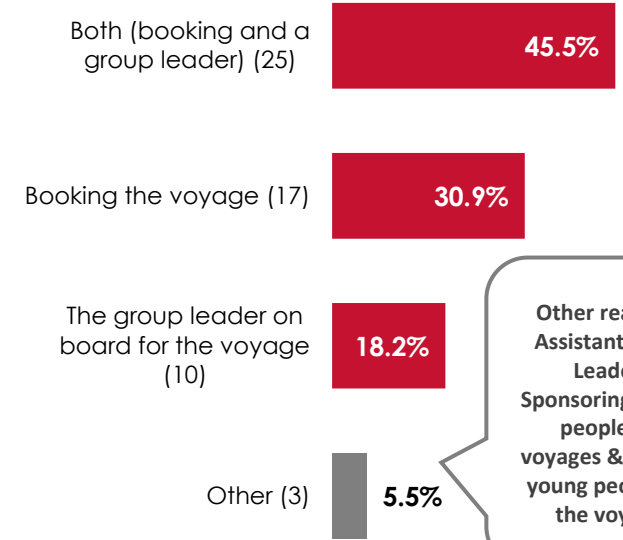
## Member Organisation:



## Voyage Duration:



## Responsibility on Voyage:



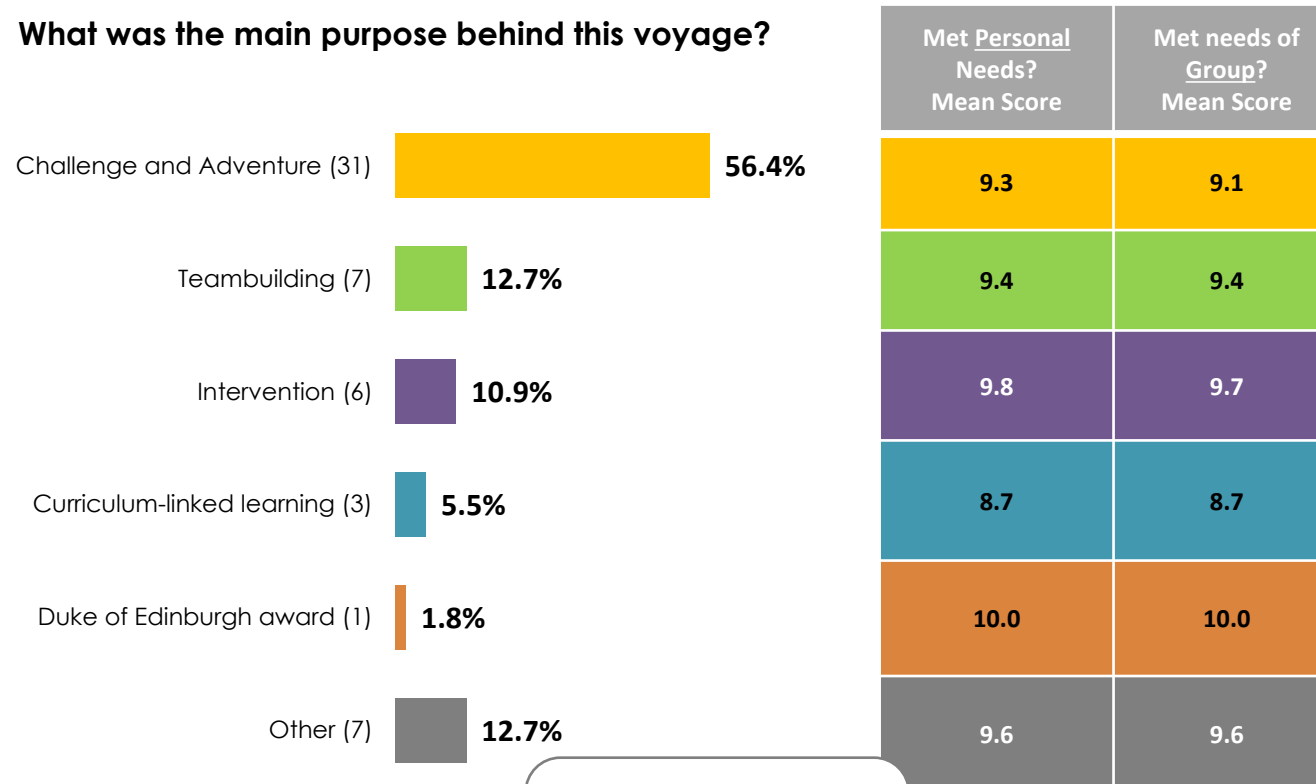
**Other reasons:**  
 Assistant Team Leader,  
 Sponsoring young people on voyages & placing young people on the voyage



# What was the main purpose of the voyage?

Based on information provided on the database/collected during the survey.

## What was the main purpose behind this voyage?

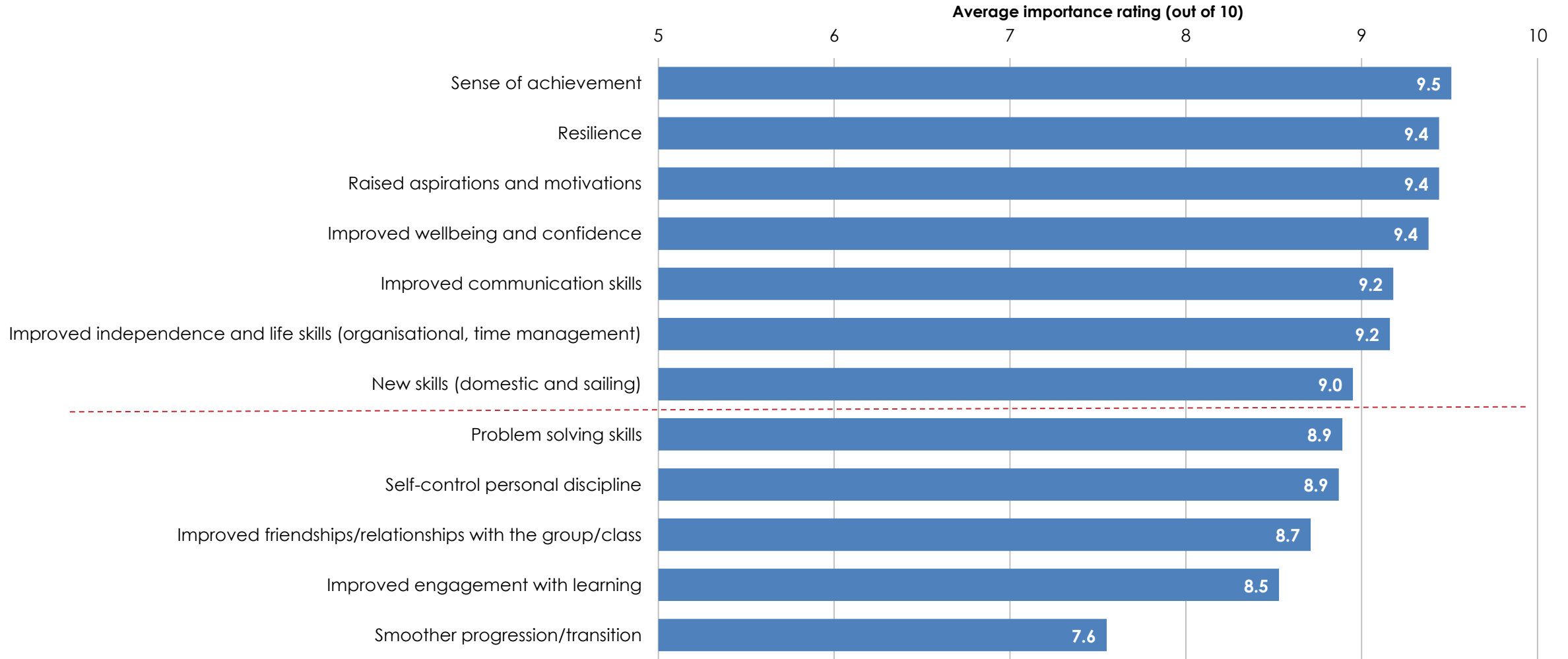


Other reasons include:  
Social skill development,  
Confidence building,  
Nominated voyage places for  
community achievements



# What is most important to Team Leaders?

For your group, prior to your voyage, how **important** was achieving the outcomes below?  
(1= not at all important to you, 10 = extremely important)  
Sorted in descending **importance order**



Notes: All imp. requirements have a base of 55

# Thinking about the **end of the voyage**, and **since the voyage**, to what extent do you agree the outcomes were actually achieved?

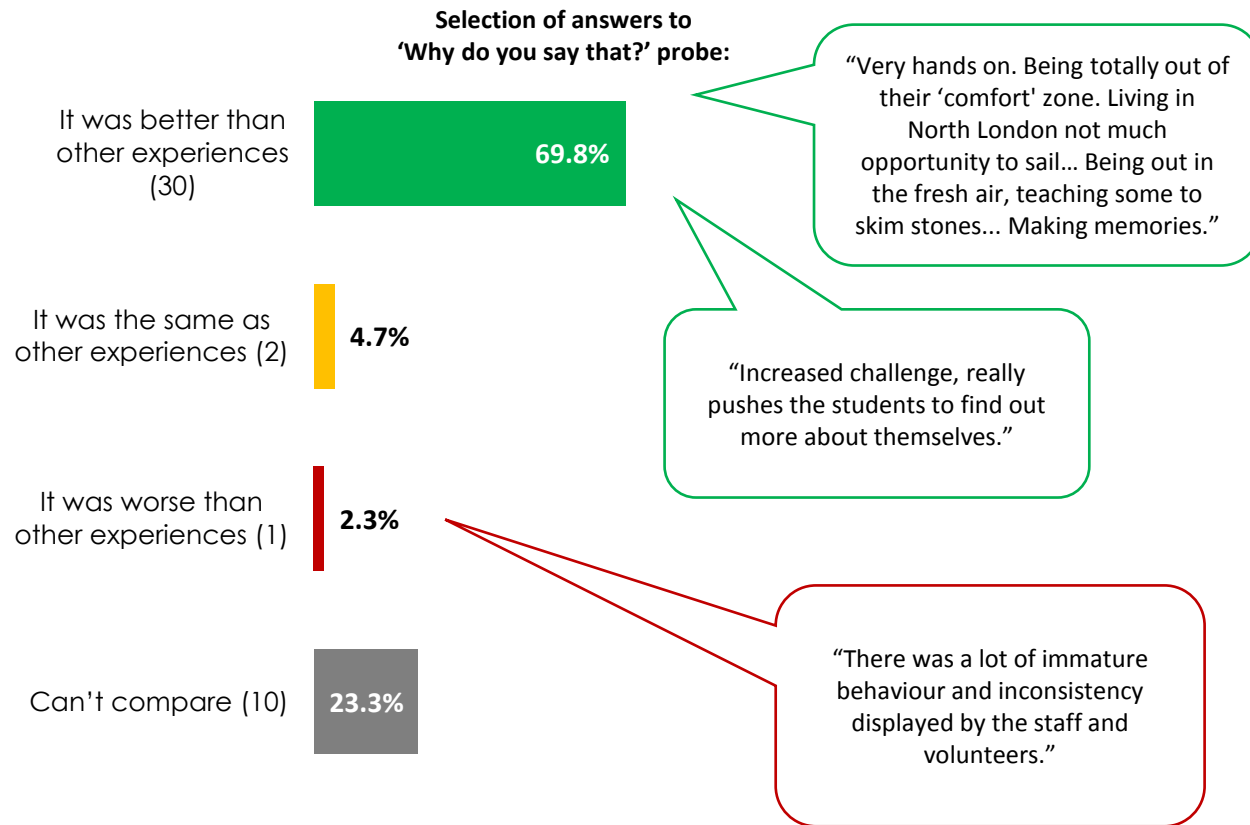
Thinking about the **end of the voyage**, and **since the voyage**, to what extent do you agree the outcomes were actually achieved?

(1= do not agree at all, 10 = agree completely)

Sorted in descending **importance order**

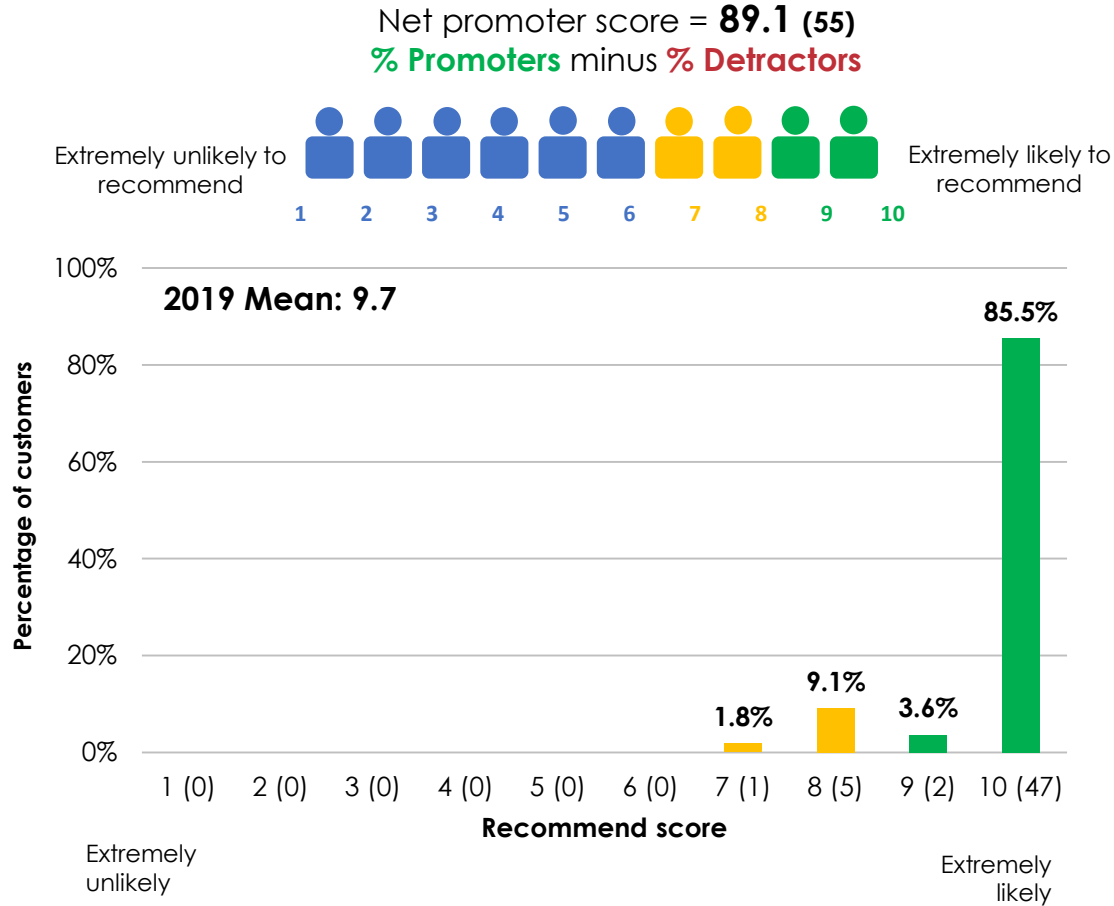


# How did your Sail Training voyage compare to other group activities you have been involved with or taken with a group (e.g. land based residential visits)...

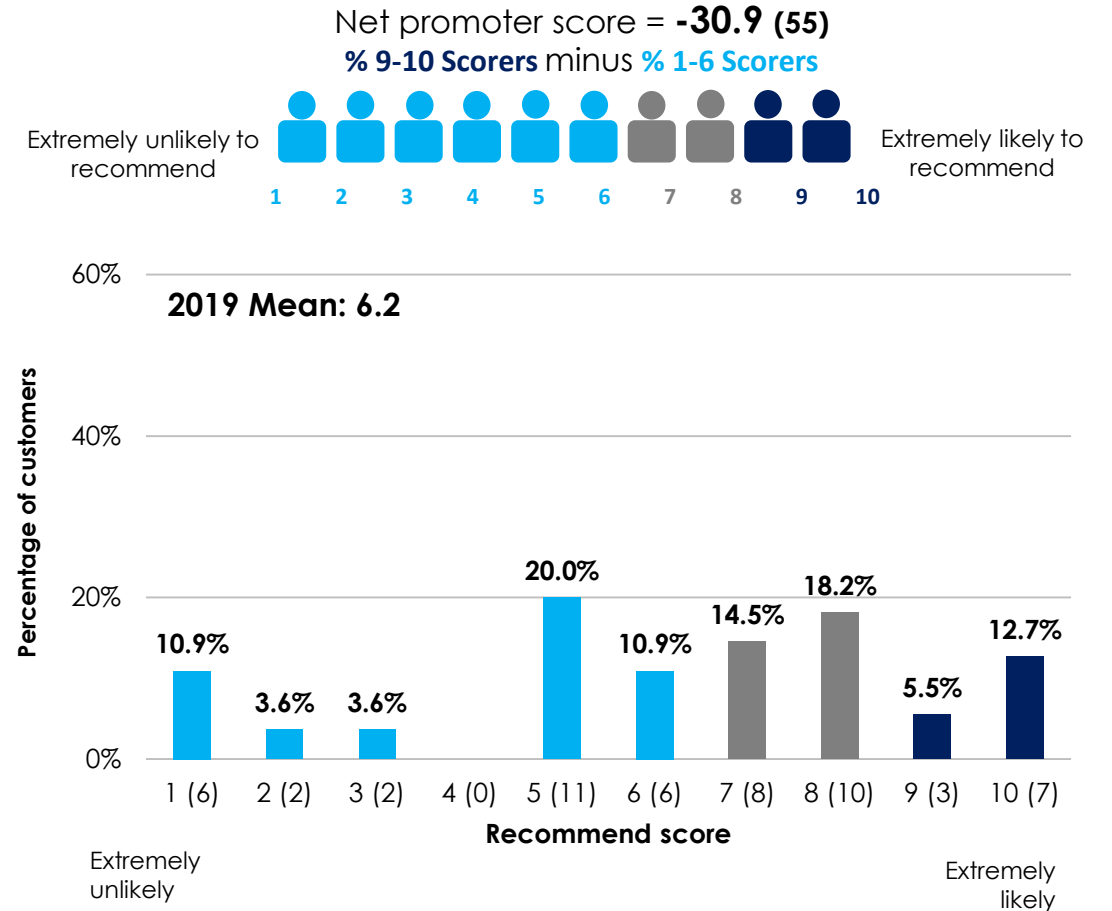


# Based on your experience, how likely are you to recommend a group Sail Training voyage to peers or colleagues?

## With [Member Organisation]



## With another Sail Training Provider



Sail Training provided so many  
benefits on so many levels... It  
provides happy, confident  
young people!

(Group leader who has sailed with an ASTO member organisation)



Lucy Grodie

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