Concello da Coruña

SAIL TRAINING INTERNATIONAL CONFERENCE 2024

Charting New Waters:
Current research and practical approaches to conducting sail training research aboard your vessel

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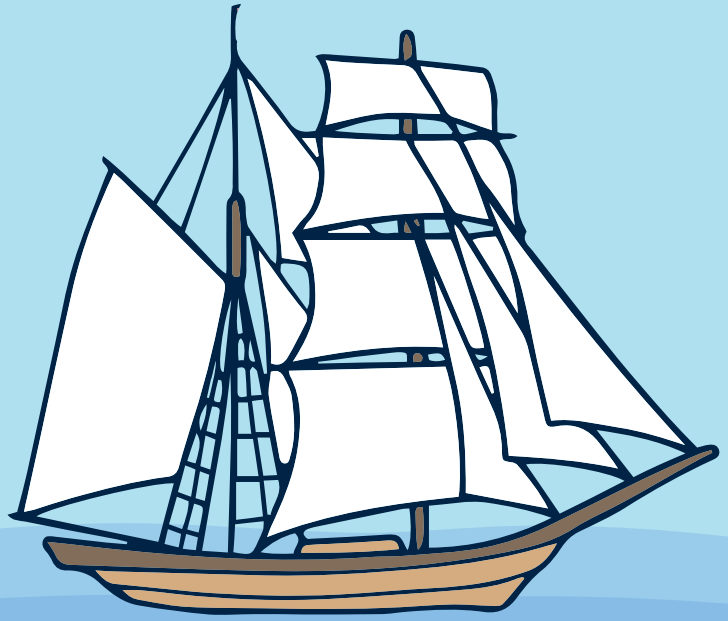
@sailtrainingyouth

@thetallshipsraces

Sail Training International

Charting New Waters

Current Research and Practical Approaches for Conducting Sail Training Studies Aboard Your Vessel



"Research sets the sails for progress – empowering every wave of change in sail training and youth development."

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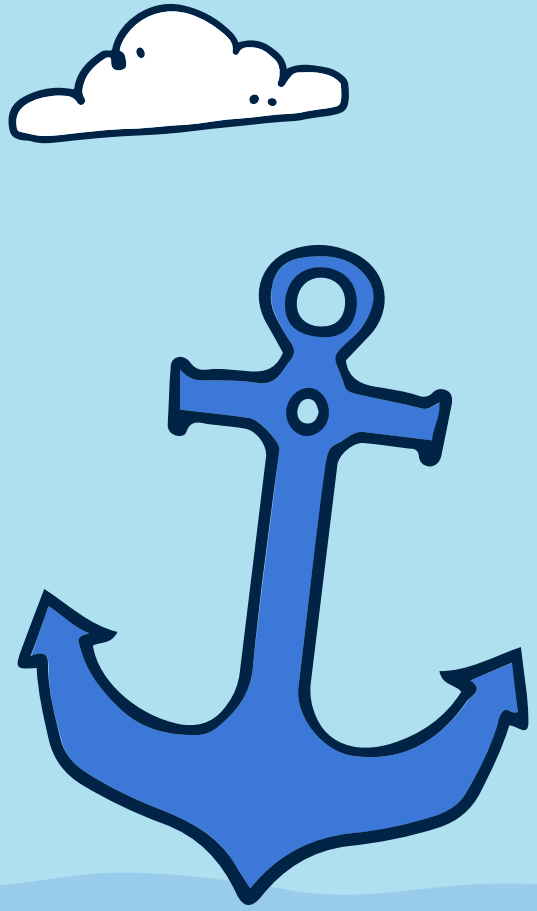
Research Grant Fund

Supporting Small Scale Research

Introduction



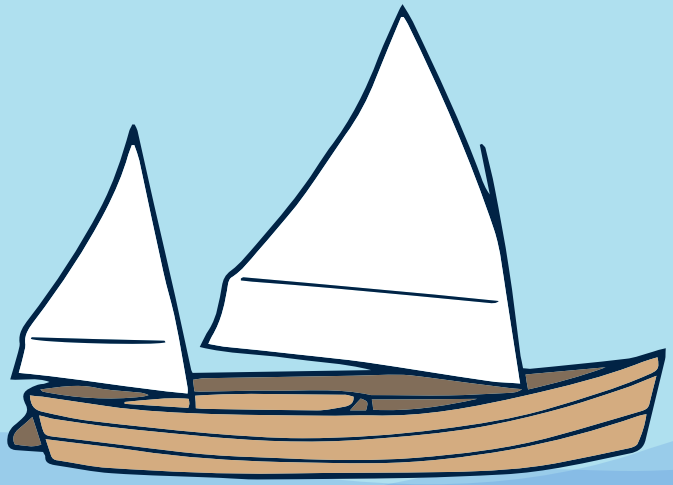
- The Sail Training International Research Fund aims to support the growth of the body of research available to aid development and awareness of sail training programs around the world.
- Proposals are invited from researchers around the academic world and funding may be requested up to a maximum of £10,000.
- Proposals should support the charitable aims of Sail Training International including (but not limited to) the following objectives:

Objectives of Research Grant

- Demonstrate the short- and long-term effectiveness of a sail training program or intervention.
- Improve the development and delivery of sail training programs to improve trainees' personal, social, or educational development outcomes
- Improve the capacity to develop positive international connections between sail training participants
- Enhance the developing and understanding of maritime heritage
- Demonstrate replicable models of innovation and good practice in sail training
- Improve sustainable management and outcomes of sail training programs
- Encourage effective partnerships between sail training operators and other agencies/partners/organisations working with young people over the long term.
- Identify new and innovative outcomes of sail training programs
- Provide credible evidence of how sail training program outcomes have been achieved.
- Support greater understanding of the impact of sail training activities on the environment (and / or ways to reduce impacts)

Details

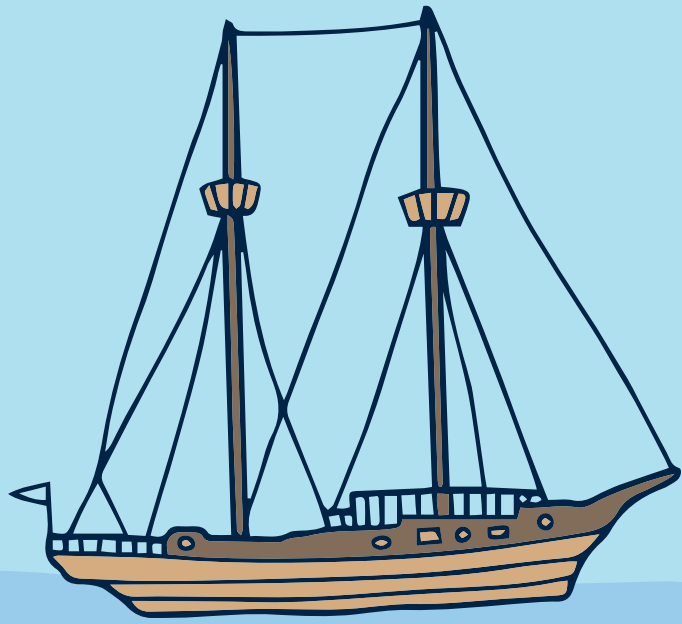
- Applicants do not have to apply for the whole £10,000
- The Research Grant Fund (RGF) committee can opt to support as many projects as the budget allows
- RGF may seek to apply for additional funds should they be deemed necessary
    - at the discretion of the STI Trustees.
- Applicants must agree to have a progress report or final report ready to present to the assembled delegates at the STI Conference the year following the awarding of grant funds.



Eligability

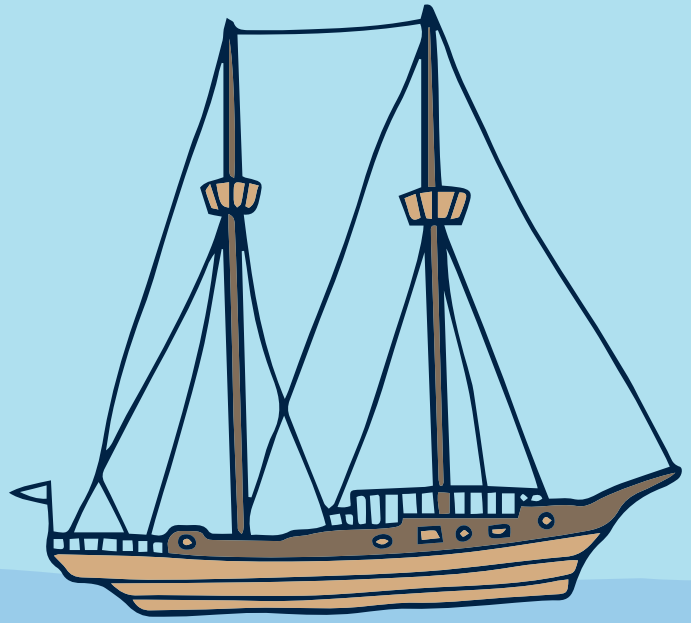
- Non-profit research individuals or organisations
  - Sail training operators,
  - Schools,
  - National Sail Training Organisations
  - Land-based agencies/organisations

- Seeking to engage in sail training related research over the ensuing 12 months.



What can it be used for?

- Implement new projects or to continue research that is due to conclude in the following 12 months.
- Fund personnel, equipment, and other direct expenses essential to achieving the outcomes of the research, as well as staff or volunteer training essential to the research project.
- Funds will be allocated to research projects according to merit and their capacity to assist the sail training community in their life changing activities.



Timeline

01 EOI opens Q1
Due August 31st

02 Full Applications Due
October 31st

03 Winner Announced at
Annual Conference

04 Final Report Due
November following
Year

SAIL TRAINING INTERNATIONAL RESEARCH FUND 2025 EXPRESSION OF INTEREST

TITLE *

Mr

FIRST NAME *

LAST NAME *

EMAIL *

ORGANISATION NAME (IF APPLICABLE)

TYPE OF RESEARCH YOU WISH TO UNDERTAKE *

COUNTRY/COUNTRIES WHERE YOUR PROJECT WILL TAKE PLACE *

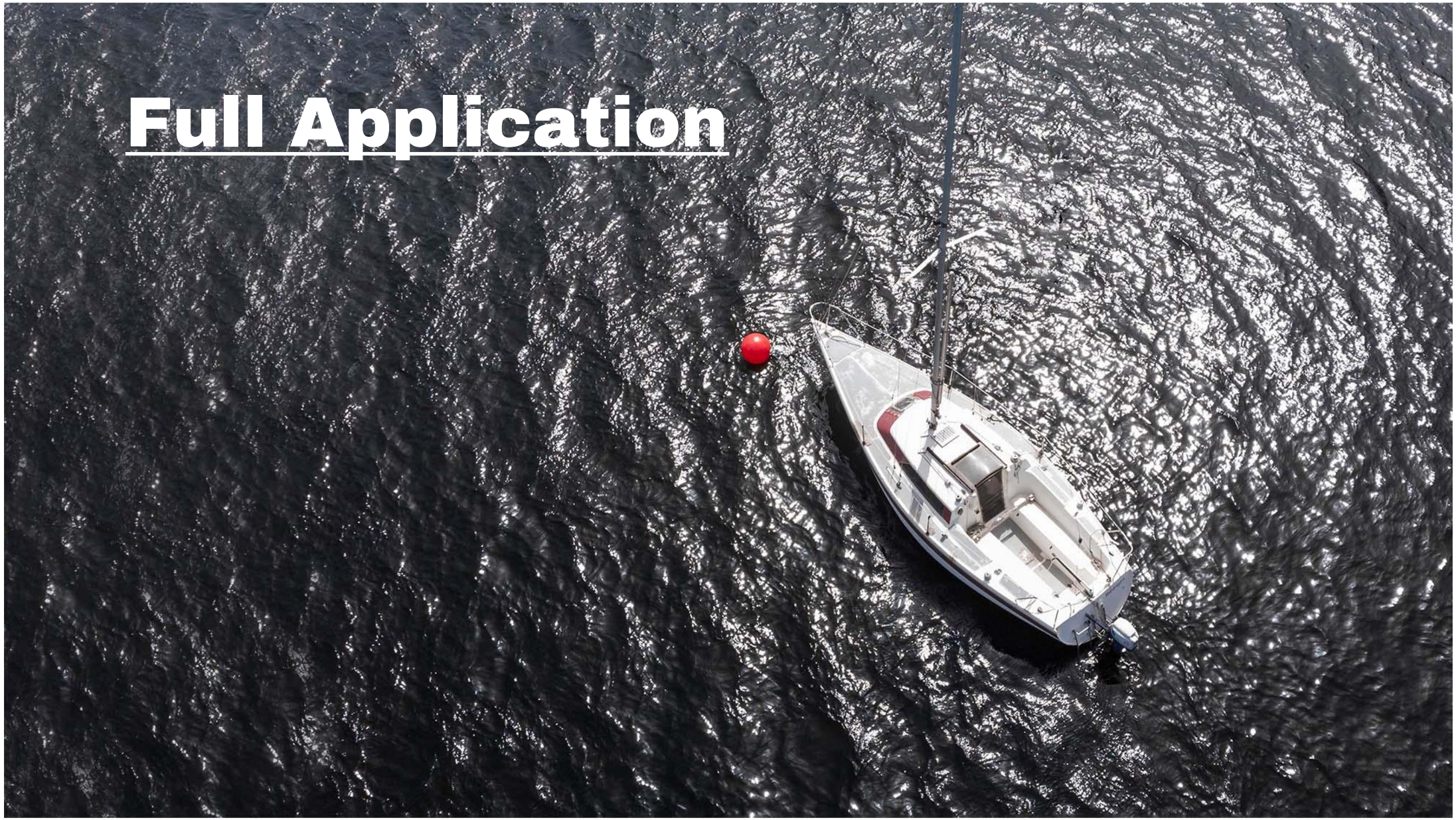
PROJECTED TIMEFRAME OF YOUR RESEARCH PRJECT *

HOW MUCH FUNDING ARE YOU REQUESTING? *

GBP £

PLEASE PROVIDE A SHORT DESCRIPTION OF YOUR RESEARCH PROJECT AND HOW IT WILL ADDRESS ONE OR MORE OF STI'S LISTED OUTCOMES (SEE GUIDANCE NOTES) *

Full Application



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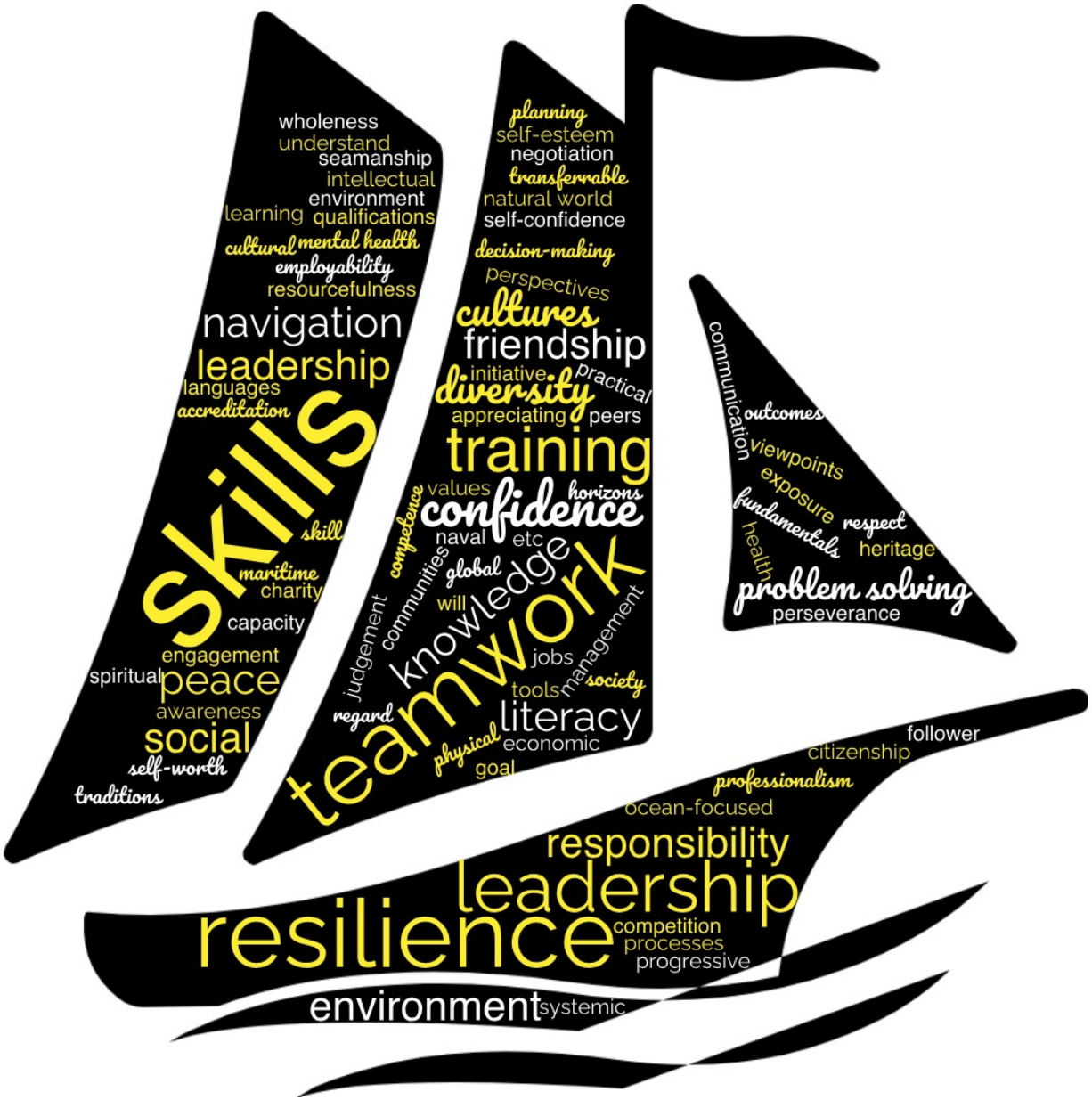
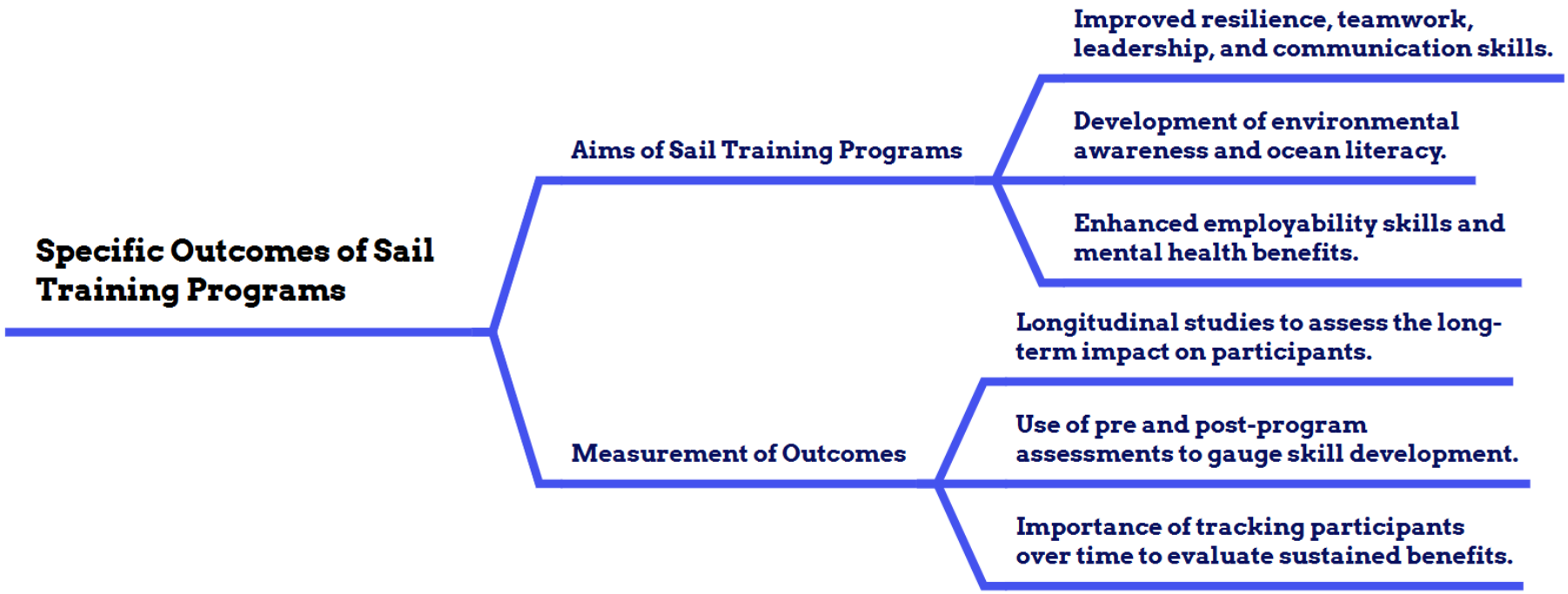
STI Research Review

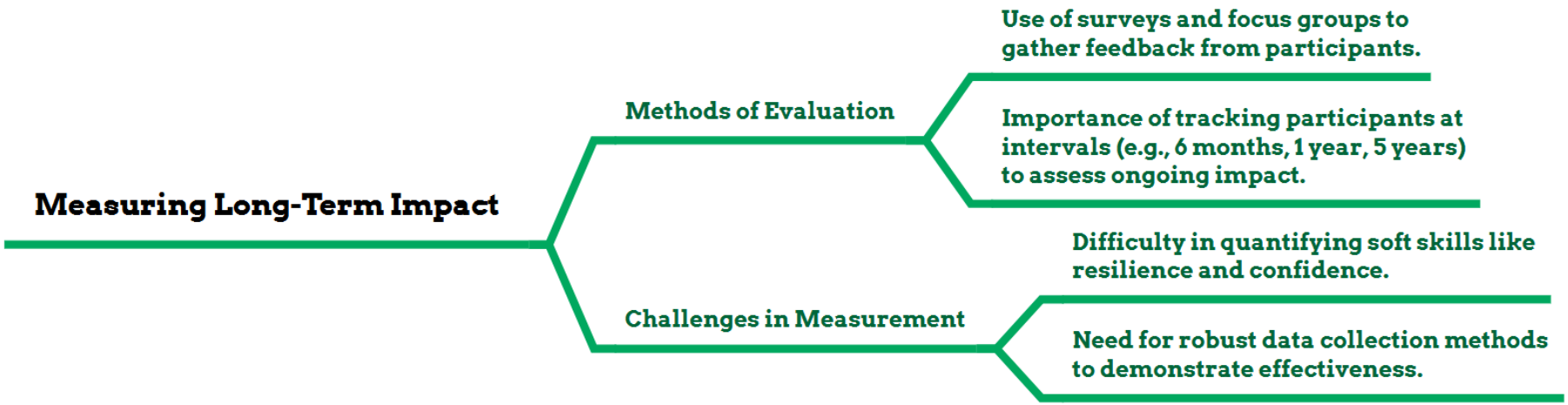
What the Community is saying

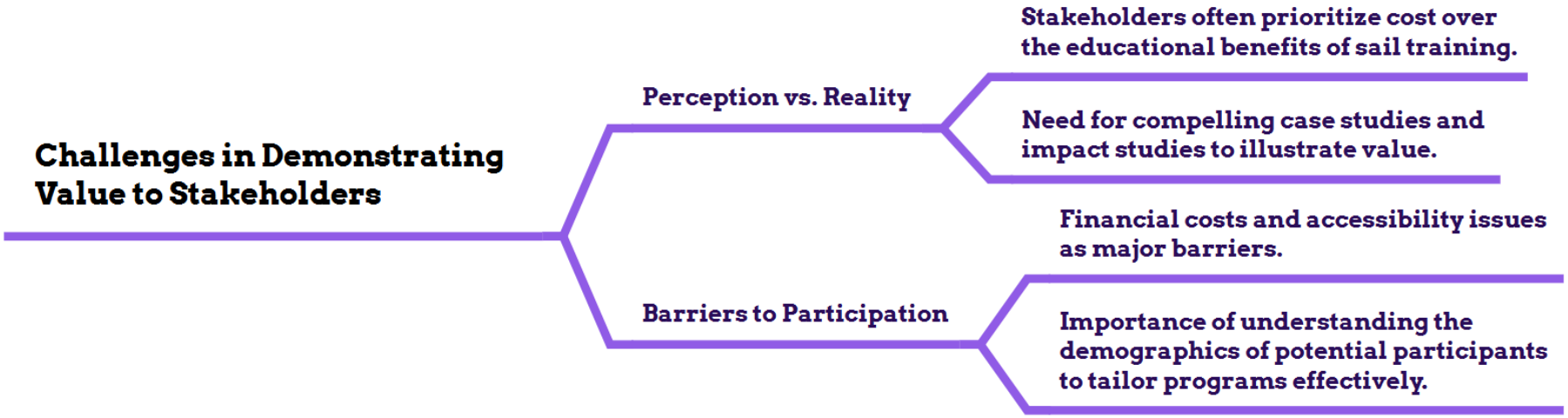
Outcomes

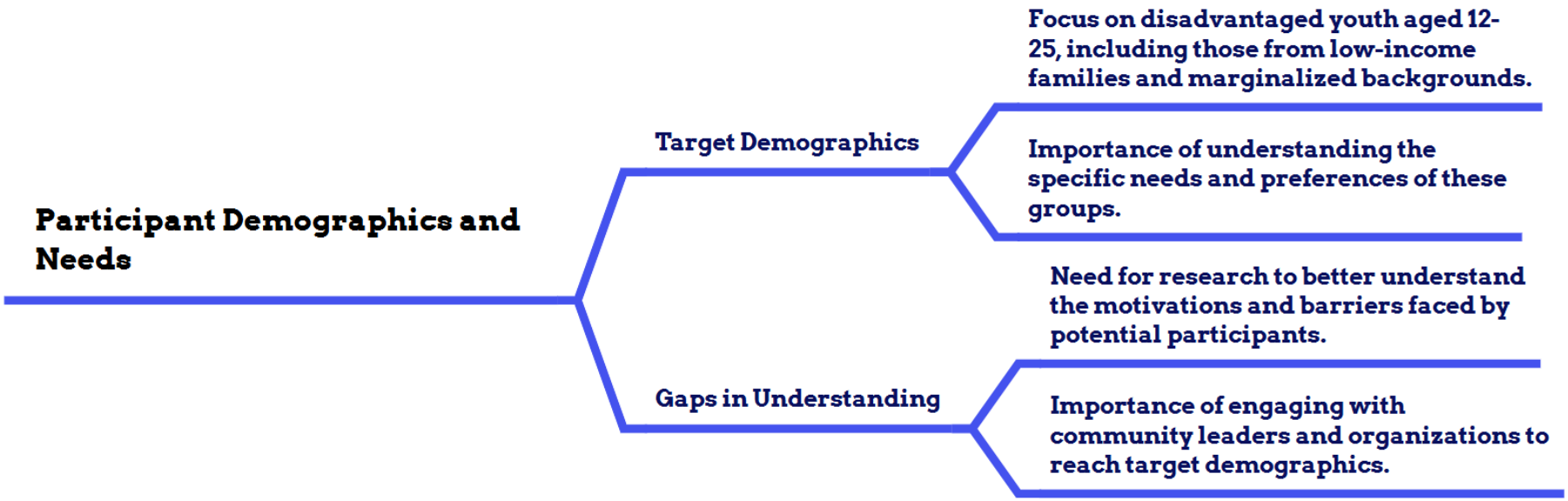

wholeness
understand
seamanship
intellectual
environment
learning
qualifications
cultural
mental health
employability
resourcefulness
navigation
leadership
languages
accreditation
skills
skill
maritime
charity
capacity
engagement
spiritual
peace
awareness
social
self-worth
traditions
planning
self-esteem
negotiation
transferrable
natural world
self-confidence
decision-making
perspectives
cultures
friendship
initiative
practical
diversity
appreciating
peers
training
values
horizons
confidence
competence
naval
etc
global
communities
judgement
will
knowledge
teamwork
jobs
management
society
tools
regard
literacy
physical
economic
goal
communication
outcomes
viewpoints
exposure
fundamentals
respect
heritage
health
problem solving
perseverance
follower
citizenship
professionalism
ocean-focused
responsibility
leadership
resilience
competition
processes
progressive
environment
systemic

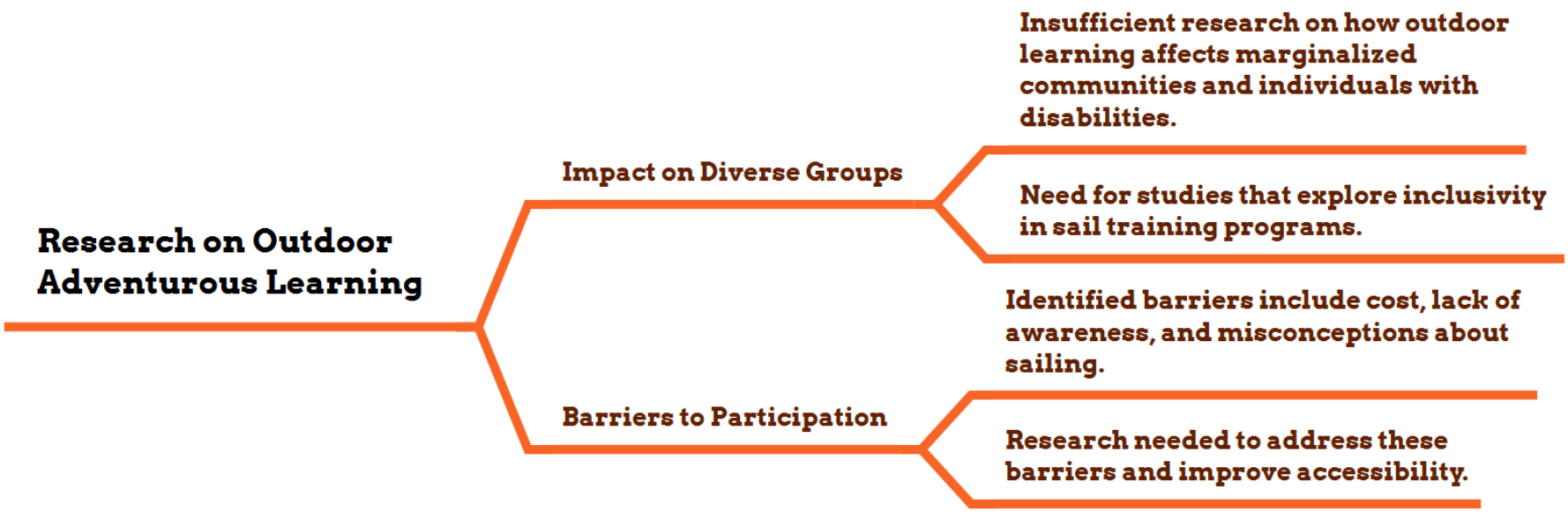

Specific Outcomes of Sail Training Programs
Aims of Sail Training Programs
Improved resilience, teamwork, leadership, and communication skills.
Development of environmental awareness and ocean literacy.
Enhanced employability skills and mental health benefits.
Measurement of Outcomes
Longitudinal studies to assess the long-term impact on participants.
Use of pre and post-program assessments to gauge skill development.
Importance of tracking participants over time to evaluate sustained benefits.

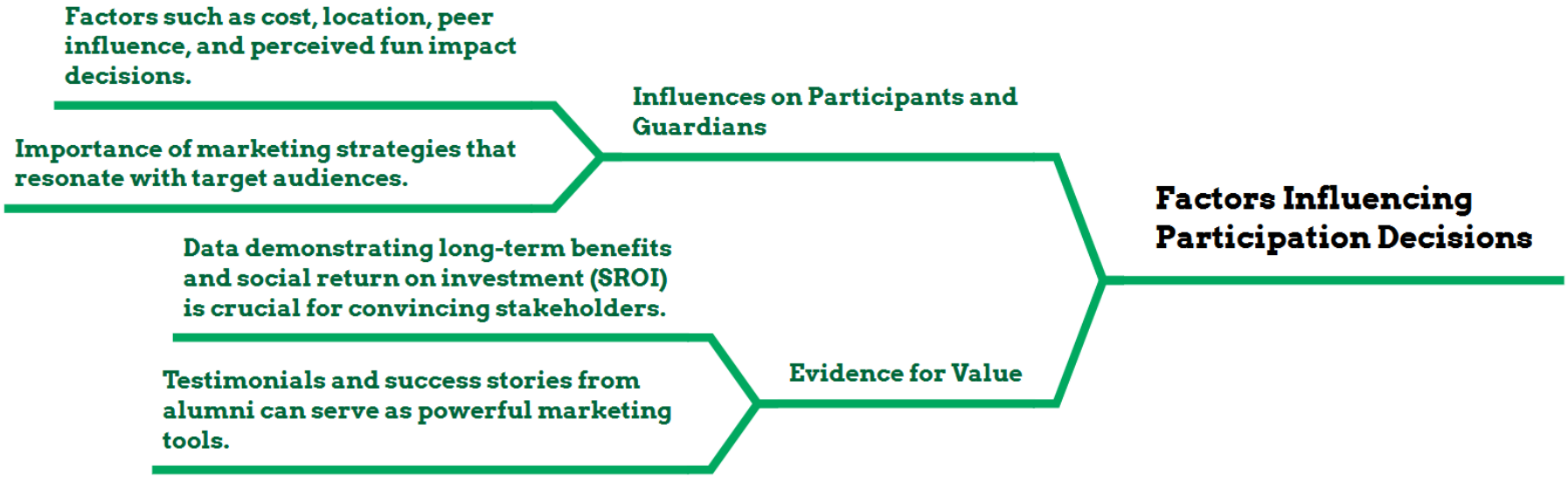

Areas of Under-Research in Participant Development
Emotional Intelligence and Problem-Solving
Need for research on how sail training impacts emotional intelligence.
Exploration of problem-solving skills developed through sailing experiences.
Diversity and Inclusion in Research
Lack of studies focusing on the impact of sail training on marginalized communities.
Need for research on neurodiverse groups and their experiences in sail training.


Measuring Long-Term Impact
Methods of Evaluation
Use of surveys and focus groups to gather feedback from participants.
Importance of tracking participants at intervals (e.g., 6 months, 1 year, 5 years) to assess ongoing impact.
Challenges in Measurement
Difficulty in quantifying soft skills like resilience and confidence.
Need for robust data collection methods to demonstrate effectiveness.

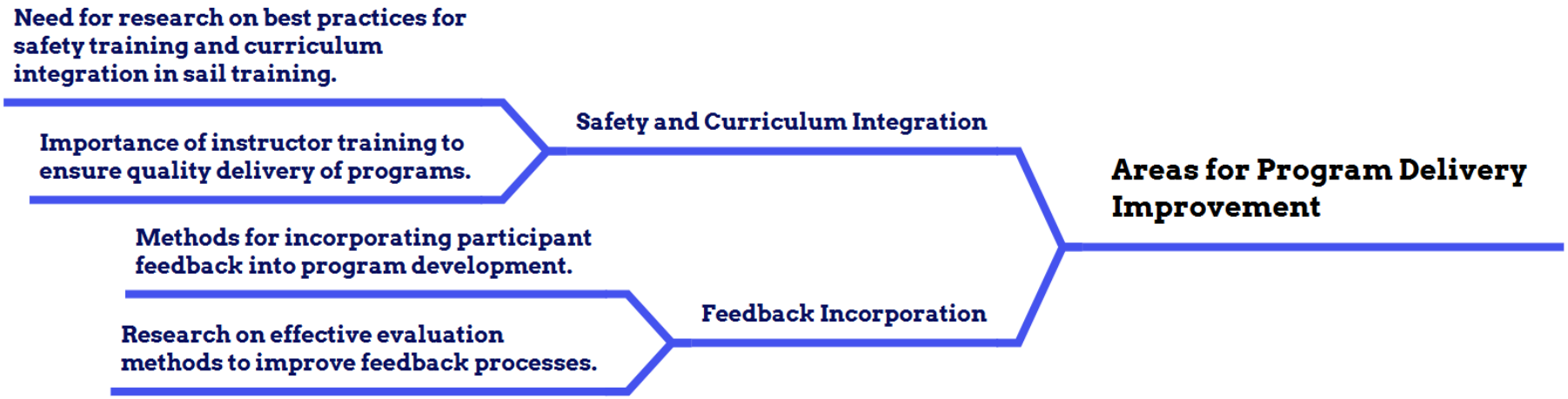

Challenges in Demonstrating Value to Stakeholders
Perception vs. Reality
Stakeholders often prioritize cost over the educational benefits of sail training.
Need for compelling case studies and impact studies to illustrate value.
Barriers to Participation
Financial costs and accessibility issues as major barriers.
Importance of understanding the demographics of potential participants to tailor programs effectively.

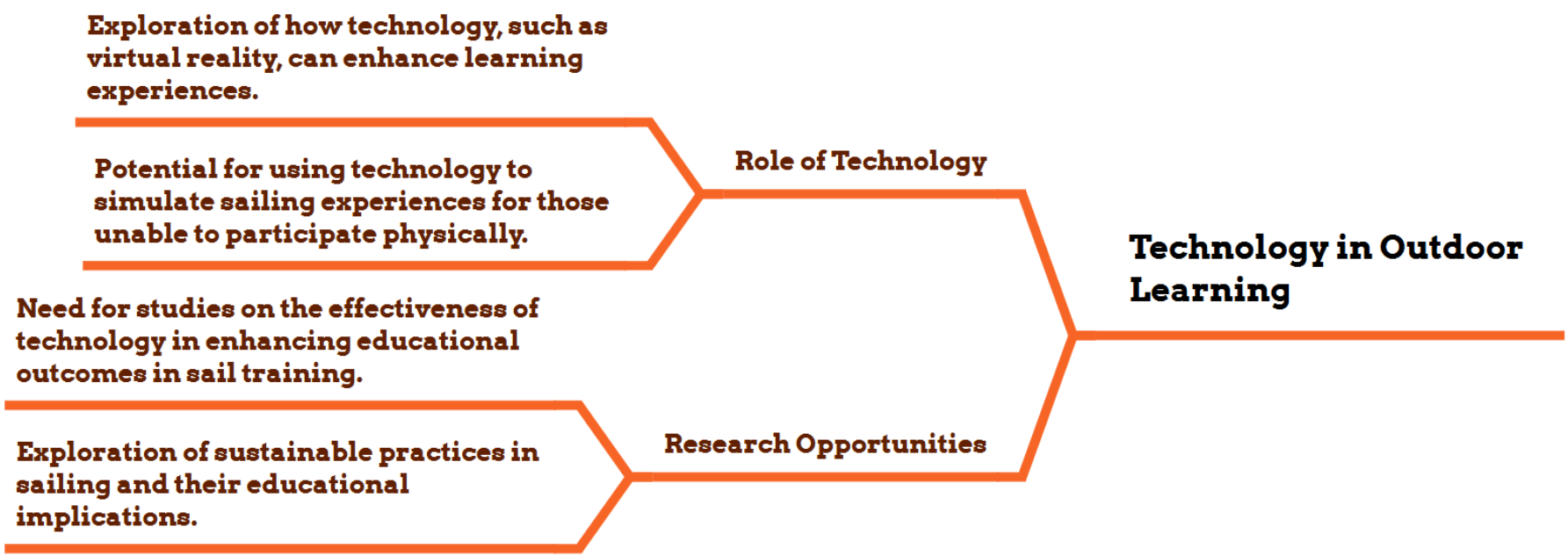

Participant Demographics and Needs
Target Demographics
Focus on disadvantaged youth aged 12-25, including those from low-income families and marginalized backgrounds.
Importance of understanding the specific needs and preferences of these groups.
Gaps in Understanding
Need for research to better understand the motivations and barriers faced by potential participants.
Importance of engaging with community leaders and organizations to reach target demographics.

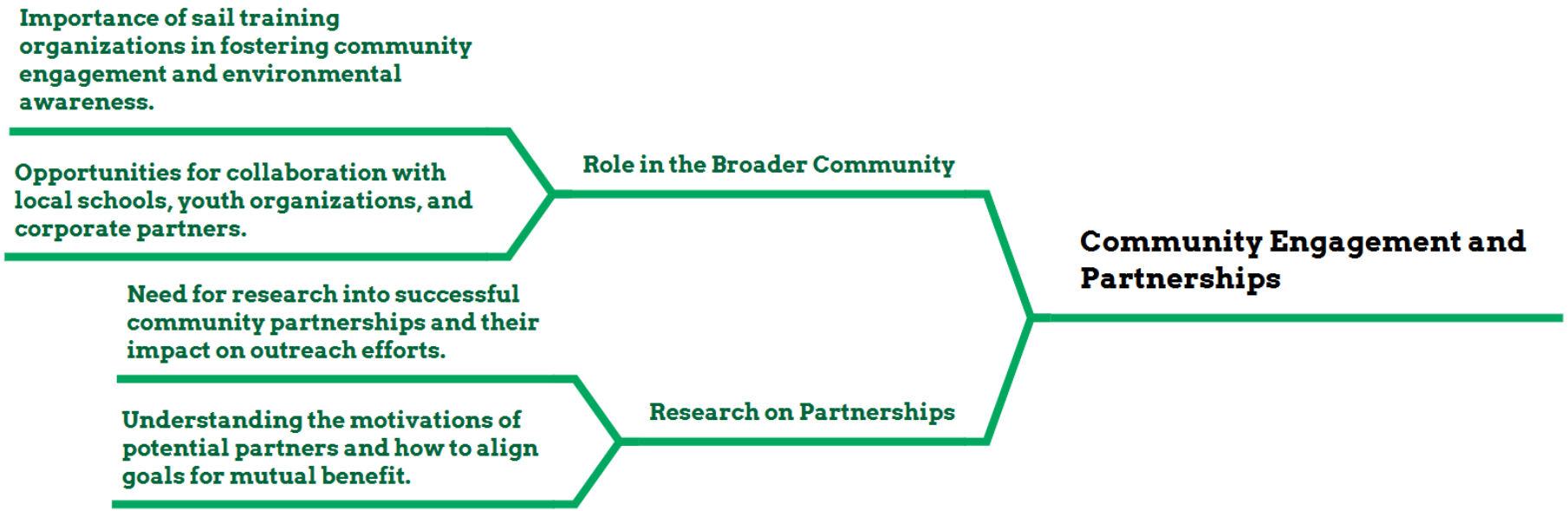

Research on Outdoor Adventurous Learning
Impact on Diverse Groups
Insufficient research on how outdoor learning affects marginalized communities and individuals with disabilities.
Need for studies that explore inclusivity in sail training programs.
Barriers to Participation
Identified barriers include cost, lack of awareness, and misconceptions about sailing.
Research needed to address these barriers and improve accessibility.


Factors Influencing Participation Decisions
Influences on Participants and Guardians
Factors such as cost, location, peer influence, and perceived fun impact decisions.
Importance of marketing strategies that resonate with target audiences.
Evidence for Value
Data demonstrating long-term benefits and social return on investment (SROI) is crucial for convincing stakeholders.
Testimonials and success stories from alumni can serve as powerful marketing tools.


Role of Social Media and Digital Marketing
Enhancing Reach and Engagement
Social media platforms like TikTok can be effective for outreach if used strategically.
Importance of understanding the target audience's preferences for content and engagement.
Research Needs
Research on effective digital marketing strategies to reach potential participants.
Understanding the impact of social media on perceptions of sail training.


Areas for Program Delivery Improvement
Safety and Curriculum Integration
Need for research on best practices for safety training and curriculum integration in sail training.
Importance of instructor training to ensure quality delivery of programs.
Feedback Incorporation
Methods for incorporating participant feedback into program development.
Research on effective evaluation methods to improve feedback processes.


Technology in Outdoor Learning
Role of Technology
Exploration of how technology, such as virtual reality, can enhance learning experiences.
Potential for using technology to simulate sailing experiences for those unable to participate physically.
Research Opportunities
Need for studies on the effectiveness of technology in enhancing educational outcomes in sail training.
Exploration of sustainable practices in sailing and their educational implications.


Importance of sail training organizations in fostering community engagement and environmental awareness.
Opportunities for collaboration with local schools, youth organizations, and corporate partners.
Role in the Broader Community
Need for research into successful community partnerships and their impact on outreach efforts.
Understanding the motivations of potential partners and how to align goals for mutual benefit.
Research on Partnerships
Community Engagement and Partnerships

Challenges in Demonstrating Educational & Developmental Value of Programs to Stakeholders:

Quantifying Intangible Benefits

Difficulty in objectively measuring soft skills (e.g., confidence, resilience) that do not easily translate to KPIs or figures valued by stakeholders.

Value vs. Cost Focus:

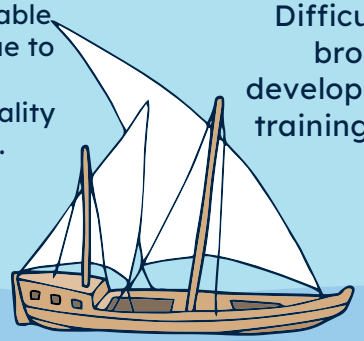
Balancing the message of "value for money" with the unique and transformative benefits of outdoor learning at sea

Longitudinal Impact Measurement

Limited resources to track long-term outcomes and maintain post-program contact with participants to showcase sustained impact.

Inconsistent Feedback Mechanisms

Challenges in obtaining reliable and actionable feedback due to reliance on third-party organizations or varying quality of school-provided data.

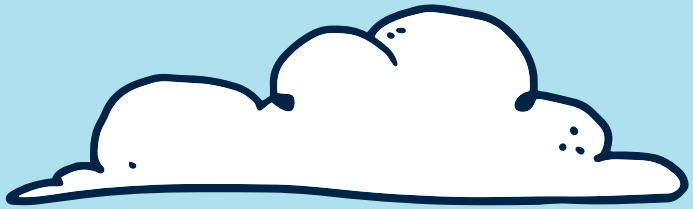


Resource and Financial Constraints

High costs of sailing programs compared to land-based alternatives and lack of funding for social science tools or professional evaluation.

Awareness and Perception Challenges

Difficulty in conveying the broader societal and developmental impacts of sail training beyond just learning to sail.



03

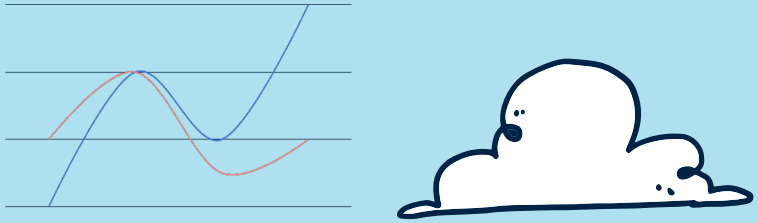
Types of Research

Qualitative, Quantitaitve or Mixed

Qualitative

- Participant Observations
- Field Notes
- Semi-Structured Interviews
- Focus Groups
- Reflection Journals
- Photo and Video Documentation
- End-of-Day Reflections
- Crew and Instructor Diaries
- Artefact Collection
- Peer Assessments

Quantitative



- Pre- and Post-Voyage Surveys
- Self-Assessment Scales
- Performance Metrics
- Attendance and Engagement Records
- Physical Activity Logs
- Behavioral Incident Counts
- Weather and Environment Data Correlation
- Response Time Measurements
- Feedback Quantification
- Psychometric Assessments


Analysis of Under-Researched Areas in Participant Development
Cross-Disciplinary Approaches
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Participant Feedback Mechanisms
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Longitudinal Impact of Sail Training
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Emotional Intelligence Development
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Problem-Solving Skills
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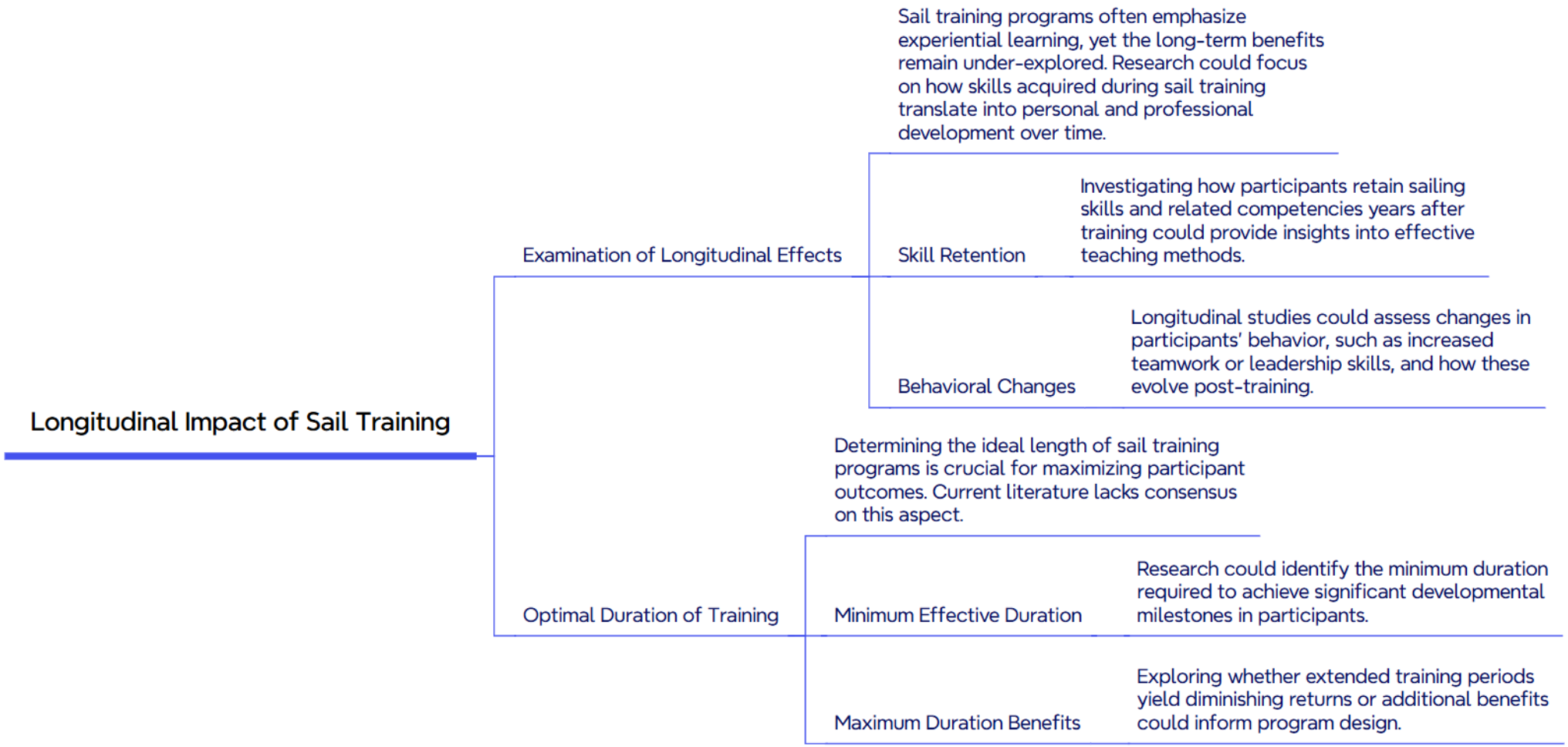
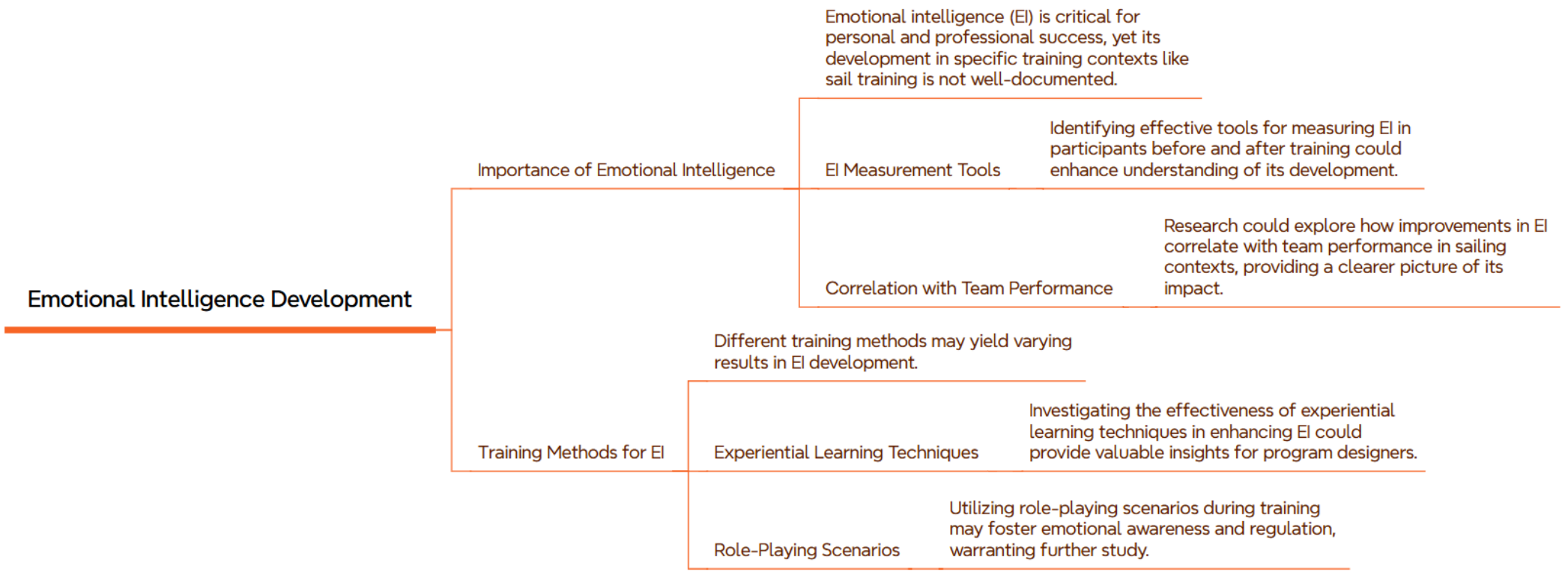
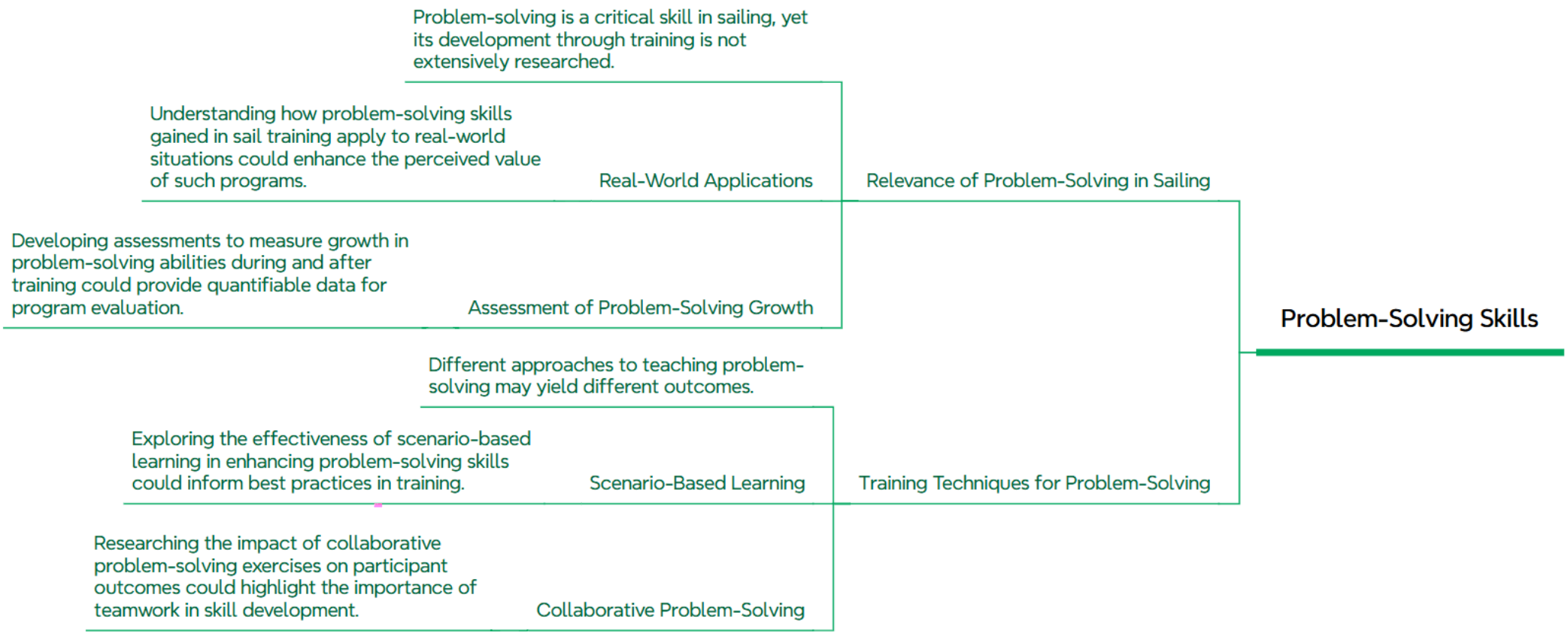
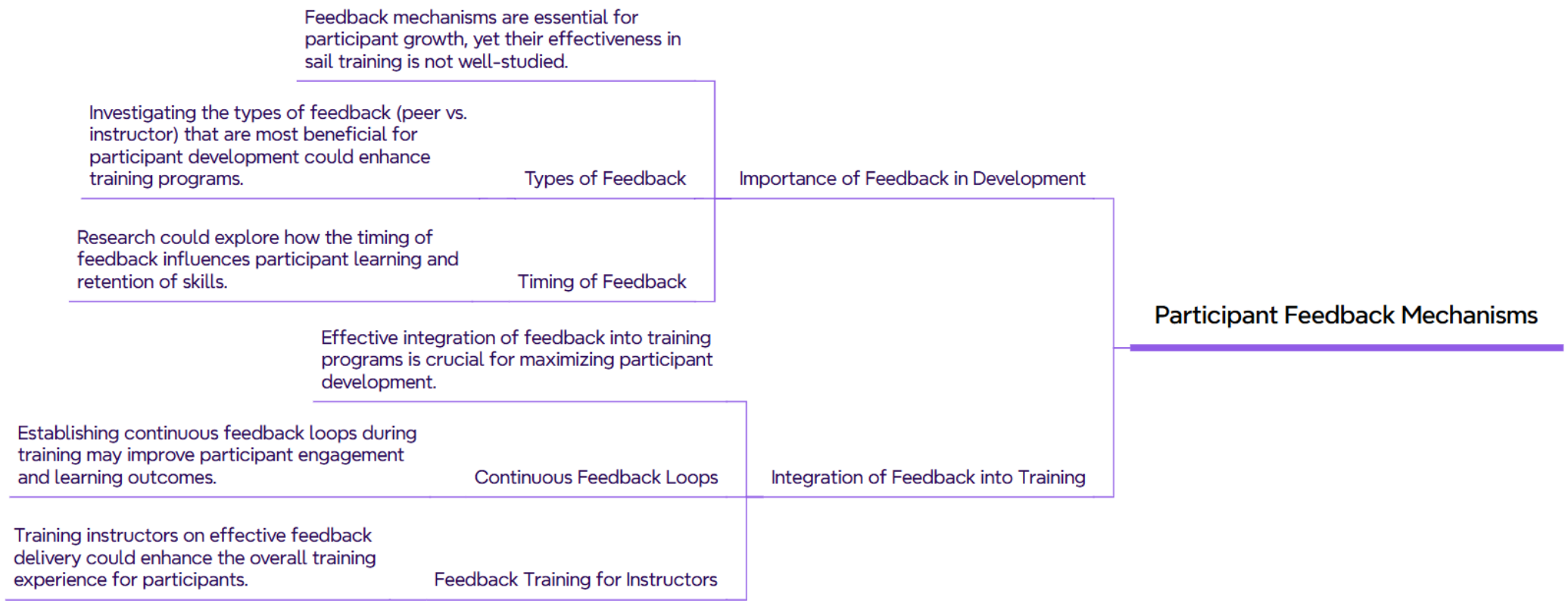
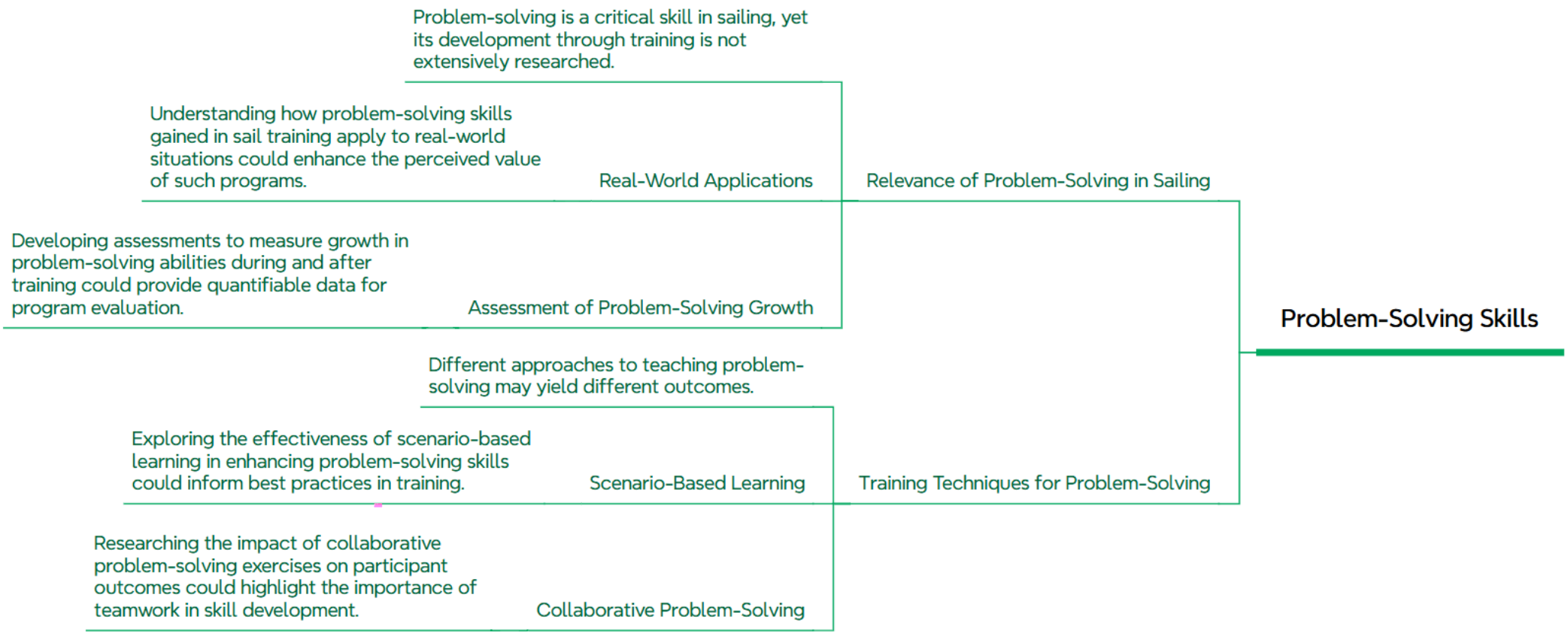

Longitudinal Impact of Sail Training
Examination of Longitudinal Effects
Sail training programs often emphasize experiential learning, yet the long-term benefits remain under-explored. Research could focus on how skills acquired during sail training translate into personal and professional development over time.
Skill Retention
Investigating how participants retain sailing skills and related competencies years after training could provide insights into effective teaching methods.
Behavioral Changes
Longitudinal studies could assess changes in participants' behavior, such as increased teamwork or leadership skills, and how these evolve post-training.
Optimal Duration of Training
Determining the ideal length of sail training programs is crucial for maximizing participant outcomes. Current literature lacks consensus on this aspect.
Minimum Effective Duration
Research could identify the minimum duration required to achieve significant developmental milestones in participants.
Maximum Duration Benefits
Exploring whether extended training periods yield diminishing returns or additional benefits could inform program design.


Emotional Intelligence Development
Importance of Emotional Intelligence
Emotional intelligence (EI) is critical for personal and professional success, yet its development in specific training contexts like sail training is not well-documented.
EI Measurement Tools
Identifying effective tools for measuring EI in participants before and after training could enhance understanding of its development.
Correlation with Team Performance
Research could explore how improvements in EI correlate with team performance in sailing contexts, providing a clearer picture of its impact.
Training Methods for EI
Different training methods may yield varying results in EI development.
Experiential Learning Techniques
Investigating the effectiveness of experiential learning techniques in enhancing EI could provide valuable insights for program designers.
Role-Playing Scenarios
Utilizing role-playing scenarios during training may foster emotional awareness and regulation, warranting further study.


Problem-Solving Skills
Relevance of Problem-Solving in Sailing
Problem-solving is a critical skill in sailing, yet its development through training is not extensively researched.
Real-World Applications
Understanding how problem-solving skills gained in sail training apply to real-world situations could enhance the perceived value of such programs.
Assessment of Problem-Solving Growth
Developing assessments to measure growth in problem-solving abilities during and after training could provide quantifiable data for program evaluation.
Training Techniques for Problem-Solving
Different approaches to teaching problem-solving may yield different outcomes.
Scenario-Based Learning
Exploring the effectiveness of scenario-based learning in enhancing problem-solving skills could inform best practices in training.
Collaborative Problem-Solving
Researching the impact of collaborative problem-solving exercises on participant outcomes could highlight the importance of teamwork in skill development.


Participant Feedback Mechanisms
Importance of Feedback in Development
Feedback mechanisms are essential for participant growth, yet their effectiveness in sail training is not well-studied.
Types of Feedback
Investigating the types of feedback (peer vs. instructor) that are most beneficial for participant development could enhance training programs.
Timing of Feedback
Research could explore how the timing of feedback influences participant learning and retention of skills.
Integration of Feedback into Training
Effective integration of feedback into training programs is crucial for maximizing participant development.
Continuous Feedback Loops
Establishing continuous feedback loops during training may improve participant engagement and learning outcomes.
Feedback Training for Instructors
Training instructors on effective feedback delivery could enhance the overall training experience for participants.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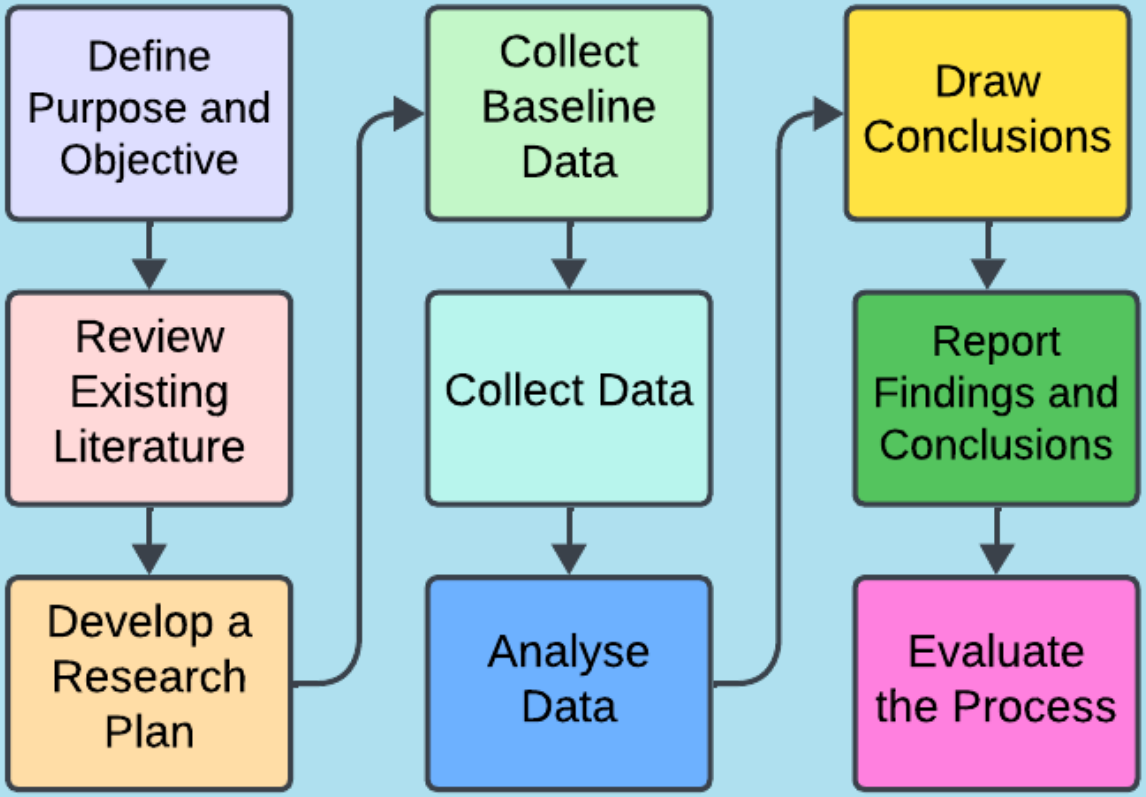
Cross-Disciplinary Approaches
Benefits of Interdisciplinary Research
Exploring participant development through interdisciplinary lenses could yield new insights.
Collaboration with Psychologists
Collaborating with psychologists could enhance understanding of emotional and cognitive development in training contexts.
Incorporating Educational Theories
Integrating educational theories from other fields may provide innovative approaches to participant development in sail training.
Case Studies from Other Fields
Examining case studies from other training fields could inform best practices in sail training.
Sports Training Models
Analyzing how emotional intelligence and problem-solving are developed in sports training could offer valuable parallels.
Corporate Training Programs
Insights from corporate training programs on participant development could be adapted to enhance sail training methodologies.

04 Developing your own research

Scaffold for Designing Research



1. Define Purpose and Objective

What is your question?

What is your hypothesis?

Why do you want to know?

What is the intervention you plan to study?

Does your study differ from previous studies or is it aimed to confirm previous studies?

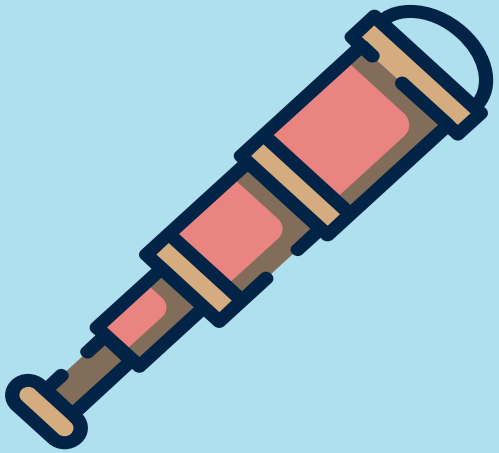
2. Review Existing Literature

What information already exists?

Has anyone conducted similar studies before?

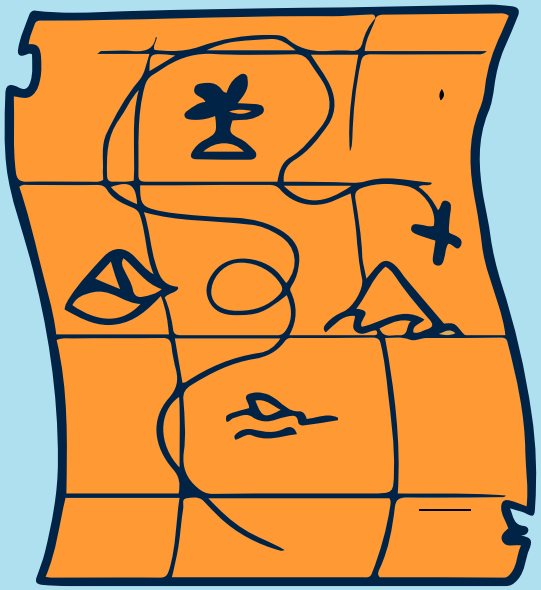
Where can you find previous studies?

- STI Research Library
- Bing.com – CoPilot
- Elicit AI
- Google Scholar



Develop the Research Plan

- What are you going to study?
- What data are you going to collect?
- Who will you collect it from?
- How will you collect it?
- Who will collect it?
- When will they collect it?
- What method will they use to collect it?
- Where will the data collection occur?



Collect Baseline Data

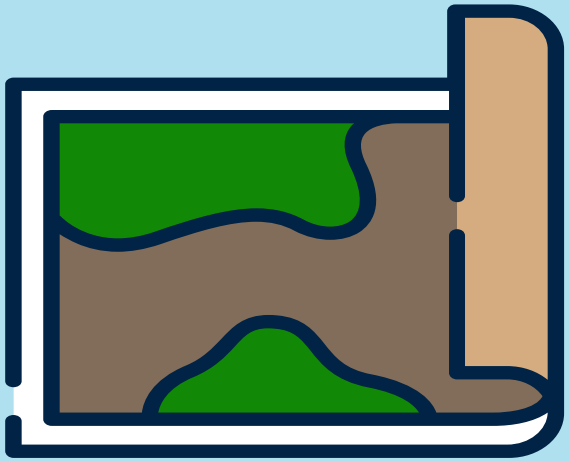
- Before Intervention Data
- Control Groups
- Previous Study results

Collect Data Quantitative Methodology

- Pre- and Post-Testing:
- Surveys and Questionnaires:
- Behavioral Coding:
- Time-Series Analysis:
- Quasi-Experimental Designs:
- Social Network Analysis:
- Physiological Measurements:

Collect Data Qualitative Methodology

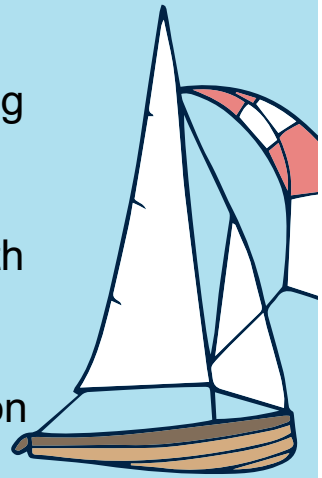
- Ethnographic Studies:
- Case Studies:
- Phenomenological Studies:
- Grounded Theory:
- Narrative Analysis:
- Participatory Action Research (PAR):



Collect Data Mixed Methodology

A **mixed methods approach** can combine qualitative insights with quantitative data.

- **Convergent parallel design** might involve collecting both survey data (quantitative) and reflective journal entries (qualitative) simultaneously, then analysing them together to deepen insights.
- **Exploratory sequential design** could begin with qualitative interviews to identify key themes, followed by quantitative surveys to measure the prevalence of these themes among a larger group.



Utilising a range of methodologies provides a more holistic view of sail training, highlighting both the measurable outcomes and the nuanced experiences of participants.

This blend of qualitative and quantitative data offers robust insights into the program's impact on personal development, teamwork, and resilience.

Analyse Data

- Mapify
- Elicit AI
- ChatGPT

Draw Conclusion

- What does the data suggest
- What is your evidence
- Cause / Effect
- What are the Conclusions
- What are the recommendations

Report Findings

- STI Research Library
- Outdoor Education Journals
- Blogs / Vlogs
- Websites
- Social Media Posts
- Marketing Reports
- Media Release

Evaluate the Process

- What worked well?
- What did not work well?
- Did the data answer your question?
- What are suggestions for future research?

What will your data say?

Thank you for joining us.
Scan the QR code to give us your thoughts.

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