



**OUTWARD BOUND
HONG KONG™**

OUTWARD BOUND TO **TAIWAN** THE ULTIMATE BLUE-WATER EXPERIENCE



SAIL INTO THE UNKNOWN... RETURN WITH NEWFOUND DISCOVERIES OF YOUR POTENTIAL

Ahoy there!!

Do not miss this opportunity to embark on your own transformative journey on this unique multi-day crossing! You will experience living and working successfully with others whilst navigating the rough coastal waters of the Taiwan Strait on this rare yet exhilarating offshore voyage.

Learn to read nautical charts, take command of the helm, trim one of the headsails and get to know other members of your crew whilst sailing, cooking or resting because once the vessel sets sail, there is no stopping until arriving at our destination!

**Course Date: 30th March - 6th April 2018
(8-Day Voyage)**

**Course fee: HKD 14,500
*return flight at own cost**



OUR FLAGSHIP

“Spirit of Outward Bound Hong Kong”, our round-the-world and self-sufficient sailing yacht is able to run an offshore voyage to nearby countries across the South China Sea for a unique and unforgettable experience far away from land, surrounded completely by deep blue water at the mercy of the elements.

“Spirit of Outward Bound Hong Kong” is the largest sail training yacht in Hong Kong running expeditionary programmes and is extremely complex and powerful. Once under sail, she requires a willing, disciplined and functional team of participants to ensure operation around the clock.



**Proud to be the first and the only accredited outdoor
experiential education organisation in Asia**

SPIRIT OF OUTWARD BOUND HONG KONG

Sail no. C28

Designer	David Thomas, with detailed drawings by Thanos Condylis
Builder	Devonport Yachts Ltd, Plymouth, UK
Rig	Bermudan Cutter
Mast Height	85 ft 3 in (25.98m)
Sail Area Upwind	2,454 sq ft. (228 sq m)
Sail Area Downwind	4,754 sq ft. (441 sq m)
Length Overall	668 ft 8 in (20.32m)
Beam	17 ft 4 in (5.28m)
Draught	9 ft 10 in (2.99m)
Displacement	41 tonnes at half load
Hull	50B mild steel plate
Deck	316 stainless steel
Keel Weight	12 tonnes
Main Engine	Perkins-Sabre M130C
Generator	Onan MDKBN 11-13.5 kW
Fuel	1,499 litres
Water	914 litres
Accommodation	2 x 2, 2 x 4 berth cabins, four crew in 2 x 2 berth cabins



HER STORY

“Spirit of Outward Bound Hong Kong” has a long and distinguished history beginning in 1970 when Sir Chay Blyth became the first person to sail around the world single-handedly from East to West, against the prevailing winds and currents. Blyth’s own yacht ‘British Steel’ was of a similar size and in 1973, skippered the yacht ‘Great Britain’ around the world in the Whitbread Race (now known as the ‘Volvo Ocean Race’) with a crew of complete beginners.



Photo by Getty Images

These two achievements bore fruit in plans for a round the world ‘upwind’ yacht race, rounding Cape Horn and across the Southern Ocean. These yachts were to be crewed by ordinary men and women who need not have a background in sailing.

Sir Chay Blyth and his associate Andy Roberts oversaw the design and construction of the two fleets of steel cutters forming the organisation ‘Challenge Business’, hence the yachts are referred to as Challenge 67s or Challenge 72s. The yachts took much from Sir Chay Blyth’s experience hence they are strong and powerful.

The first fleet comprised fourteen Challenge 67s designed by David Thomas and Thanos Condylis, where “*Spirit of Outward Bound Hong Kong*” was part of, identified as C28, a sail number she still wears today. Launched in 1991, she raced twice around the world from 1992 to 1993 (named “Commercial Union” and 1996 to 1997 (named “Concert”).



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After the 1996 race the fleet of Challenge 67s were retired to a training role and a new fleet of twelve Challenge 72s were built. C28 was kept busy as a training and corporate charter boat for the Challenge Business, covering many thousands of nautical miles around the UK and transatlantic voyages.

In 2002, C28 was sponsored by Invest Hong Kong and renamed “*Spirit of Hong Kong*” for a race across the Atlantic Ocean.

Outward Bound Hong Kong purchased C28 in 2004 and renamed her “*Spirit of Outward Bound Hong Kong*”.



Photo by Getty Images

WHAT DOES IT TAKE TO SAIL OFFSHORE?

- A 'Can Do' Attitude
- Emotional Resilience
- Interpersonal Sensitivity
- Self-Motivation
- Self-Awareness
- Influencing Ability

Based on the original Outward Bound courses developed in the 1940s, this course is just as relevant today as it was then.

Under the command of professional crew, participants will have the opportunity to experience life in open seas as part of the crew on board “*Spirit of Outward Bound Hong Kong*”. Learning the basics of sailing, participants will put these skills into practice, sailing the ship to some of the most remote and least-developed corners of Hong Kong with significant challenges along the way. As each individual gains more confidence and knowledge, they will be provided increasing levels of responsibility in safely navigating the vessel from waypoints to anchorages. Working with others to commandeer a vessel safely is an excellent metaphor for many aspects of daily modern life.





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This voyage will help participants develop both mental and physical abilities as well as increased resilience, self-confidence, a problem-solving attitude and invaluable interpersonal skills essential for heading into challenges life brings their way.

The participants will be split into watch systems taking turns to ensure the safe navigation and operation of the vessel around-the-clock.

Offshore sailing is no easy feat and not suited for just any willing body; it takes a certain mind set, determination, a positive attitude and an open mind to become a useful member of the crew.



Photo by Getty Images

EXPERIENCED OUTDOOR ORGANISATION

Outward Bound's history is steeped in nautical tradition. Outward Bound was founded in the tumultuous waters of the North Sea during World War II, to provide young sailors with the experiences and skills necessary to survive at sea. 'Outward Bound' is the nautical term for a ship's departure from the safety of the harbour in heading for the open seas.

As a not-for-profit organisation and part of a global organisation, Outward Bound Hong Kong aims to change lives through challenge and discovery. Sea journeys are outstanding programmes, creating a challenging, unfamiliar and often stressful environment which can feel confining when living, working, eating, and resting. It also creates opportunities to confront demanding challenges in both mental and physical manners to inspire self-confidence, self-responsibility and interpersonal skills all which are key outcomes from any of our programmes.



Safety is our first priority. Outward Bound Hong Kong boasts over 47 years of outdoor experiential education experience and we are proud of our high safety standards. We have convened an external Safety Committee comprised of relevant professionals such as doctors, teachers, industrialists and barristers. The Safety Committee provides invaluable external yet independent perspectives and advice. The Committee symbolises the board and management's dedication towards best industry practices, attention to risk management, and a strong belief in the value of independent safety perspectives.

[Explore more about our procedure & policies in risk management](#)



Skills Learned

Taught Seamanship Skills

- General Seamanship
- Coiling and stowing lines
- Hoisting & handing sails
- Proper stowage

Sailing Skills

- Understand all basic commands
- Trim sails on any point of sail
- Manoeuvre the ship through all points of sail, including tacking gybing
- Heaving-to
- Sail upwind & downwind efficiently and safely

Navigation Skills

- Read charts, use compass & plot course
- Basic pilotage using buoys and other aids
- Dead reckoning using ship speed & time
- Read echo-sounder and relate to the chart for depth

Navigation Rules

- Understand the basics of the Collision Regulations
- Understand basic rules for conduct in poor visibility

Anchoring

- Organise the heaving and lowering of the anchor
- Executing Anchor Watch

Knots and Ropework

- Bowline
- Stopper Knot
- Round-turn and two half hitches
- Use of cleats
- Handling lines

Weather

- Understanding and using the Hong Kong Observatory Marine Forecasts

Domestics

- Meal planning and preparation
- Conservation of water and electricity
- Awareness of personal and group hygiene on board

A SAMPLE OF RUNDOWN

SAMPLE PROGRAMME

Outward Bound courses are designed in progressive phases, as indicated below.

Phase 1 - Training	This phase involves an intense period of engagement and input from the group instructors to establish all required standards and expectations for the remainder of the programme.
Phase 2 – Main Expedition	This phase is the consolidation phase, where the group can implement all that it has already learned and engage in both success and failure whilst reviewing their performance and implementing changes for continued improvement.
Phase 3 – Consolidation, Adjustment and Review	This phase is a short final re-direction prior to remaining days of the expedition, a culmination of the programme’s learnings and experiences. Participants are set real goals to achieve. The group should ideally be effectively autonomous and self-leading by this point.

PHASE I – Training

The first day or two are a rapid and necessary induction into safety procedures, seamanship skills and daily routines. This is the ice-breaking, team-forming, and activity phase. Much of the activities will of necessity be directed by the staff. Seasickness may be an issue on the water, however participants will have to cope with new people, confined quarters and unfamiliar skills. By the end of the first phase the group should be familiar with working the daily routines and seamanship skills, and most people will have come to terms with life on the water. This phase involves an intense period of engagement and input from the group instructors to establish all required standards and expectations for the remainder of the programme.

Day	Session	Content	Outcomes
I-3	Course Opening Boarding the Vessel	Setting expectations, goal setting Establishing levels of trust & support within the group, & to introduce concepts Preparing kit & mentally for expedition Tour and Safety Briefing	<ul style="list-style-type: none"> • Ability to assign roles, responsibility and accountability to themselves and others based on individual strengths and weaknesses • Bringing a team together with the ability to work efficiently • Able to set attainable targets, and create a logical sequence to accomplish them • Able to identify problems and plan suitable solutions to them
	Initial Sail Training Applying First-Time Concepts into Daily Passages	On Board Duties / Daily Routines Sail Handling & Sail Training Route Planning & Considerations Practice Navigation & Concepts Overnight Anchor Watch Introduction	
	Refining Sailing Skills	Emergency Procedures and Drills Deckwork and Sail Handling Skills Tacking and Gybing Man-Overboard Drill Sail Theory Application & Trimming Practice Navigation & Steering a Course Preparations and Heading Offshore	

PHASE 2 – Main

This phase is the consolidation phase, when the group can implement all that it has already learned and can engage in success and failure. This usually occurs over the following 3 or 4 days where activities further develop hard skills and shift the focus towards personal and interpersonal aspects. Groups begin to form their own identities and are given more responsibility for themselves.

Day	Session	Content	Outcomes
4-7	Offshore Voyage Underway (Contained within the expedition will be various team exercises)	Further Chartwork and Navigation Daily Planning & Position Fixing Reporting Procedures Assigning Duties and Trying Different Roles	<ul style="list-style-type: none"> • Fuller understanding of the need for thorough planning, time management and organisational skills • Bringing a team together with the ability to work efficiently • Increased awareness of what each individual's own true potential is, and the self-confidence and willingness to achieve it
		Fine-tuning Navigation & Planning ETA Self-Sail Changes & Reefing Efficient Passage Sailing & VMG	<ul style="list-style-type: none"> • Able to set attainable targets, and create a logical sequence to accomplish them • Able to reflect upon their values and the influence those have upon their lives
		Increased Ownership & Self-Managed Time Reduced Input from Crew	<ul style="list-style-type: none"> • Ability to assign roles, responsibility and accountability to themselves and others based on individual strengths and weaknesses
		Near Complete Self-Ownership Watch Rotation and Voyage Progression towards Destination Daily Reviews and Further Adjustments made to Improve Overall Crew Efficiency	<ul style="list-style-type: none"> • Increased understanding of how their actions affect those around them and the surrounding environment • Able to identify problems and plan suitable solutions to them • Knowledge of success and failure and how to deal with them

PHASE 3 – Consolidation, Adjustment and Review

This phase is a short final re-direction prior to remaining days of the expedition, a culmination of the programme's learnings and experiences. Participants are set real goals to achieve. The group should ideally be effectively autonomous and self-leading by this point.

Day	Session	Content	Outcomes
7-8	Arrival into destination Port Clearance/Immigration Formalities Solo Reflection & Review Final Expedition Planning Wrap Up of Voyage Course Closing and Post Course Travel Arrangements	Self-Reflection Identifying Learned Skills & Qualities Applying new learnings into daily life Review of Group's Performance Action Plans and Short & Long-Term Goals Set	<ul style="list-style-type: none"> • Able to set attainable targets, and create a logical sequence to accomplish them • Able to reflect upon their values and the influence those have upon their lives • Ability to assign roles, responsibility and accountability to themselves and others based on individual strengths and weaknesses • Increased understanding of how their actions affect those around them and the surrounding environment

SIGN UP

It's just 3 steps to go.

Go to <http://www.outwardbound.org.hk/why-outward-bound/how-to-enrol-1>