

# Poros Yachting Academy

## JOINING INSTRUCTIONS

&

## GENERAL NOTES



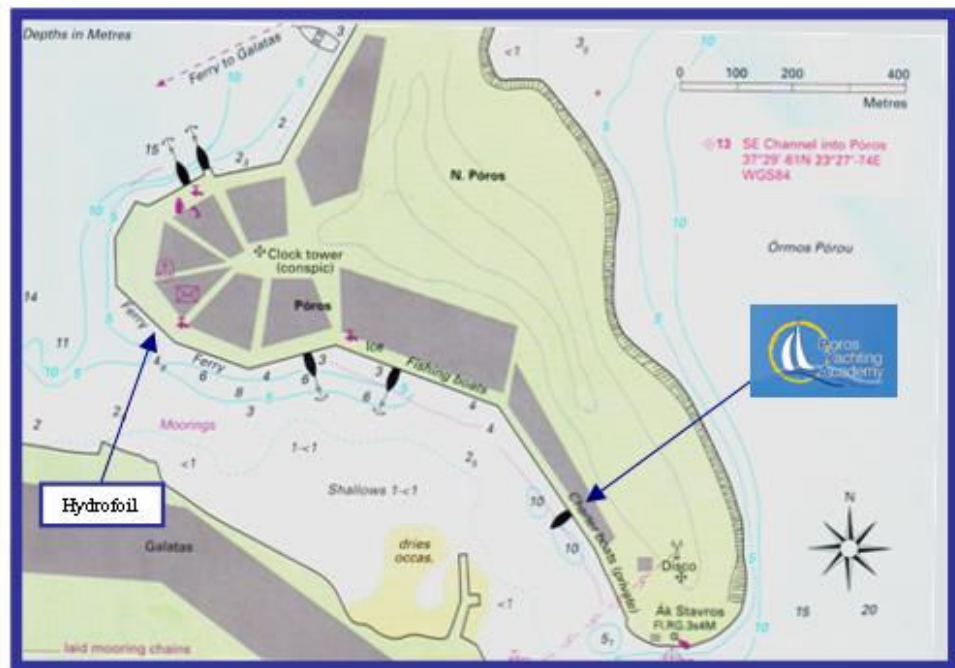
## CONTENTS

<b>1.</b>	<b><i>Joining Instructions</i></b>	<b>3</b>
<b>2.</b>	<b><i>Contact Information</i></b>	<b>4</b>
<b>3.</b>	<b><i>Practical Courses</i></b>	<b>5</b>
<b>3.1</b>	<b>Safety</b>	<b>5</b>
<b>3.2</b>	<b>Weather</b>	<b>5</b>
<b>3.3</b>	<b>Clothing Plus</b>	<b>5</b>
<b>3.4</b>	<b>Food</b>	<b>6</b>
3.4.1	On the Training Yacht	6
3.4.2	Own Boat Tuition	6
<b>3.5</b>	<b>Accommodation</b>	<b>7</b>
3.5.1	On the Training Yacht	7
3.5.2	Own Boat Tuition	7
<b>3.6</b>	<b>Cleaning &amp; Maintenance</b>	<b>7</b>
<b>4.</b>	<b><i>And Finally...</i></b>	<b>7</b>

## 1. Joining Instructions

Unless specific arrangements have been made with the school, crew should meet PYA staff at the training yacht on the quay on Poros. Look out for the PYA or Seafarer Logo on our shirts!

When arriving by hydrofoil or ferry you will land near the point shown on the map below. The PYA training yacht is located a ten minute walk away, on the quay also marked below:



If travelling independently please let us know your arrival time. If you are going to be significantly later than expected please call our staff (See “Contact Information” section).

If travelling with Seafarer we will be aware of your estimated time of arrival, and are kept informed of any delays.

## 2. Contact Information

### **Poros Yachting Academy**

Greek Sails  
Punta  
Poros Island  
Trizinia  
18020  
Greece-Hellas

**School Principle: Mike Gregory:** (0030) 694 688 9439

**In Emergency: Richard Kouvaras:** (0030) 694 468 3678

If your travel arrangements have been made by *Seafarer Cruising & Sailing Holidays*:

**Seafarer Flotilla Crew:** (0030) 694 671 5871

**Seafarer UK Emergency:** (0044) 324 3118  
**Mobile:** (0044) 77330 10765

### 3. Practical Courses

#### 3.1 *Safety*

You will, of course, be given a safety brief when you join the training vessel. It is very important that you pay attention during these briefings and ask if there is something you do not understand. You must remember, however, that you are entering an environment that may be completely alien to you and you must take care at all times.

#### 3.2 *Weather*

Sailing in Greece in the summer is hot! Beginning and end of the season can be cooler with showers or storms. Night time at sea, particularly with a good sailing breeze, can still be chilly. So come equipped! When working on deck there is often little shade or shelter.

#### 3.3 *Clothing Plus*

For those sunny days you will only need a T-shirt and shorts. However all the training courses may involve night sailing, when slightly warmer clothing may be required, long trousers and a fleece are often needed. On rare occasions, even in Greece, it does rain and on those occasions a waterproof jacket makes life a lot more comfortable.

Please pack in small/medium size collapsible bag, there is little storage space on the training boat and no room on board to store rigid suitcases.

Remember that PYA supply bedding but not towels.

We suggest a kit list on the next page.



### Suggested Kit List

Kit	Comments
T-shirts	
Shorts	
Hat	To keep the sun off
Deck Shoes or other non-marking shoes	To be worn when we are sailing, they need to cover your toes
Sailing Gloves	Useful if you are not used to handling ropes
Waterproof Jacket	Trousers are optional.
Long trousers	Night sailing
Fleece / Jumper	It can be cool at night
Swimming costume	There will be time to cool off.
Underwear	
Towel	
Toiletries	
High Factor Sunblock	Very important!! We suggest Factor 15 plus.
Sun Glasses	And something to tie them on with.
<b>Medications- Please remember to inform us of any medical conditions</b>	Including seasickness pills
Insect repellent	Mosquitoes do occasionally appear!
Navigation instruments, logbook etc	If you have them and want to use your own
Notepad	
Torch	Useful but not essential
Penknife	Ditto!
Passport	Very useful!
Cash & Cards	Even more useful!
European Health Insurance Card	Provides emergency medical treatment in EC Countries.
Luxuries:	
Tapes or CDs	Check when you book
Books/magazines	
Sweets	
Alcohol	
Camera	

### 3.4 Food

#### 3.4.1 On the Training Yacht

We provide breakfast and one light meal (lunch) each day. In the evenings you can eat ashore. There are a range of tavernas and restaurants at all the ports we visit, or you are quite welcome to cook on board.

Please make sure that you have informed us in advance of any special dietary requirements.

Preparation of meals is shared between the crew members. Please remember to read and follow our food hygiene 'Top Tips' which are on display on board. We purchase the food as the course progresses to make sure everything is fresh.

#### 3.4.2 Own Boat Tuition

When you have booked an instructor to go aboard a yacht that you own or have chartered you are expected to provide all your own meals and meals for your instructor.

### **3.5 Accommodation**

#### **3.5.1 On the Training Yacht**

Our training boats have various arrangements of cabins. Everyone will have their own bunk and will share cabins as appropriate. All our boats have 'Heads' (toilets) on board and showers. We try to use as little water as possible on board, it is a valuable commodity in Greece in the summer and it is not always possible to fill our tanks.

#### **3.5.2 Own Boat Tuition**

Because our instructors are "on duty" 24 hours a day we normally expect them to be provided with a separate cabin on your yacht.

### **3.6 Cleaning & Maintenance**

It is essential that the boats are kept clean and tidy or life afloat becomes chaotic. Basic maintenance is also carried out onboard any vessel, indeed it is part of every course. All crew are expected to assist with the day to day cleaning and maintenance.

At the end of each course the boat is handed back in the same condition as it was received at the beginning of the course. Again everybody helps getting the boat clean and 'shipshape'.

## **4. And Finally...**

When conducting our courses PYA tries to mix "business with pleasure". By running our course over 6 days, rather than the normal 5 days, as you often find in the UK, you will have time to enjoy the beautiful scenery and harbours here in Greece - and have time to cool off with a swim. We aim to provide a week of quality tuition and hard work mixed in with lots of fun!

*Happy sailing!!*