

InnoSeil summer course

# LOOK UP

SAILING IS FOR EVERY BODY



Nordic Council of Ministers'  
Office in Estonia

## “SAIL INTO SOCIAL INCLUSION”

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**Nordic Council of Ministers'  
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*“Sailing is one of the most inclusive outdoors activities available that offers equal opportunities with able-bodied and Para persons alike. No other sporty activity enables both to engage side by side, on an even playing field.*

*The sailing offers opportunities for physical and personal growth and I am delighted that the Nordic Council of Ministers’s project led by Külli Haav, is providing valuable insight both in Estonia and neighbouring nations boosting each other’s confidence.*

*Since 2016, Estonia has put Para Sailing as a core project, delivering rapid growth. The Estonian Association of Disabled Women’s alongside with Estonian Yachting Union and Estonian Paralympic Committee has set the benchmark in the region and their project has enabled Baltic sea neighbours Latvia challenge to grow alongside them and Sweden to give valuable insight, creating and uplifting a hotspot for Para sailing with fleet of Para boats available, for all the sailors, coaches, interested athletes and sailing enthusiasts no matter the challenge in their lives.*

*The Estonian Association of Disabled Women’s and their partners’ project fits with World Sailing’s Para World Sailing Strategic Plan and I am confident their contribution will ensure we continue to develop, promote and raise the awareness of our beautiful sport as a means to promote social inclusion and natural lifestyle under the sails.”*

*- Massimo Dighe -  
Para World Sailing Manager*





*“Sailing brings me adventure, freedom and a welcoming, friendly community and relaxed lifestyle. It also thought me independence and responsibility Along side that I learnt to respect the environment and never to under estimate the power of the sea.”*

- Ingrid Puusta -

Olympic Windsurfer







# **11 REASONS WHY WE SHOULD ENGAGE OURSELVES AND KIDS IN SAILING**

## **WHAT SKILLS SAILING DEVELOPS?**

### **1 INDEPENDENCE**

Nothing can compare with the feeling of control of a sailing boat let the age be 13 or 70 years. Riding a bike is one thing, skillful boat handling and independent mooring is completely different. Any physical activity develops, but the sailing course can give the most diverse training both mentally and physically.

### **2 SPATIAL THINKING**

When a person acquires the skills of manouvering a boat in a narrow space, when they learn to avoid crashes, masterfully approach the shore starting line at competitions, they develop spatial thinking, which in turn will give them the necessary confidence in any activity where coordination is important. For example, car management.



### **3 FEELING OF DIRECTION**

Independent sailing gives good orienteering skills. Remembering the direction, the orientations on the land-marks, and the understanding of how to return back - all this rapidly shapes self-consciousness. This experience is very helpful using the space.

### **4 UNDERSTANDING THE WEATHER CONDITIONS**

Do you know where the thunder front usually comes from? What time does the wind change? If child is engaged in sailing, he or she knows it for sure. The knowledge of weather conditions comes by itself both on the water and on the shore.

### **5 HABIT OF ORGANIZING**

Students of the sailing course learn themselves to rig and unrig the sailing boat. New sailors and children learn to attach sheets etc to the place and correctly adjust the sail of the dinghy during the exits to the water. Sometimes an assistant, dad or mom won't be able to give their child these skills, but they can help out following the instructions.





## **6 ENDURANCE**

Everybody who decides to go out on the sea to challenge the elements, either it's day sailing or racing, are really strong and made tough. The weather can cause tricky situations. But even when the kids cannot come ashore for their hot chocolate or lunch burger, they enjoy the ride and/or compete- they don't complain about difficulties. (After completing the lessons or races, everybody will take care of their boats, change and get warm).

## **7 CARDIOVASCULAR FITNESS**

Sailing can also improve your cardiovascular health and reduce the risk of hypertension, obesity and some heart illness. This is because of the large amount of oxygen uptake that happens when you engage in intense activities outdoors in clean air.

## **8 RESPONSIBILITY AND TEAM SPIRIT**

Control of the boat develops a sense of responsibility of life and equipment in all its actions. People who sail for pleasure or young sailors must constantly control the situation and must independently take responsibility for all their possible mistakes. Also depending on each other in the team and protecting and backing each other up in strongest of all - the forces of nature.

## **9 THE ABILITY TO ANTICIPATE THE RESULT**

Fine handling, rigging and trimming the sails and other parts of the sailing yacht definitely affects the results of the seafaring or races. This important quality develops as a result of sailing classes. The ability to learn and control many different parameters affects positively the performance in school, in work, in business and in life.

## **10 COURAGE**

Sailors move the limits of the fear. Many people are afraid that the boat will capsize. Many are afraid of the strong wind or waves. They are still learning to trust the boat, coaches, teammates enough to train in the strong weather. It is the coach's work to control the situation, but in the end, it's the sailor who overcomes the fear and makes decisions.

## **11 PATIENCE**

Spending a whole day waiting for the wind fills the sails requires incredible patience and endurance.



# MEMORIES OF FIRST SAILING

**by SILVIA VIIDIK - wheelchair user, holder of two *cum laude* diplomas from Tallinn Technical University**

Healthy people can engage themselves in whatever action they please – there are only limitations imposed by time and motivation. The limitations are somewhat more complicated for people with disabilities – there might be more than enough motivation and initiation but the list of restraints could exceed all the limits of a normal understanding – depending on the specific disability, the need for assistance might be vital in some more serious cases, monitoring the respirator machines etc.

People with disabilities have to spend their everyday life mostly in the way everybody did during the quarantine. No difference. As the excrements are supposed to be a fertilizer for our more beautiful future according to what the president of Estonia Mr. Lennart Meri once had said, this struggle in the fertilizer forces people with disabilities and the people standing out for their wellbeing to be more active creating more beauty.



A very active and positive member of the Estonian's Disabled Women Association, Külli Haav, organizes quite unbelievable sailing-adventures every year. There are a lot of strong volunteers who must be extraordinarily creative in some cases helping or lifting sailors with disabilities in the sailboats and out. Funny moments are guaranteed to join the undertaking, I promise.

One of such events was held on one beautiful July's Saturday – on a day when the weather had decided resolutely to bring the Meditarrean weather to North Estonia – really enjoyable warm (not hot) sunshine accompanied with warm mild breeze that was very welcome in the photographers' point of view, expanding the colorful sails to their fullest.

Although I don't claim to represent any majority in any field, I can assure you that this warm sea breeze, sun and waves can very effectively wash away ALL the problems one might have. It also brings incredible joy to follow the instructions of the captain to turn the sailboat right-left-straight ahead or make a 90 or 180 degrees turn (that can apparently be accomplished without the handbrake and the clutch pedal). Remarkable enjoyment.

On top of that, the gliding on the waves offers a greater feeling of freedom and liberty that disabled people can not experience very often.



I suspect that the love for the sea and sun is somewhat a prerequisite to enjoy this adventure but sailing most probably enlightens in even the most reluctant hearts.

In the places I've been employed (a bit larger number than one might expect assuming my rather young age) I've never worked only for love for the work itself – I really need colleagues and the communication with them, the heated arguments for different work-related aspects (the bliss of the open offices), discussing about the restaurant to have lunch in and miscellaneous travelling with my last employer to its different offices in different countries and also visiting the unforgettable conferences even further away that was accompanied by the adventurous orientation in the airports with skillful maneuvering of the suitcases.

Meeting my ex-colleagues by the sea is always very cheerful and expected event for me, although fate has decided to make it very difficult.

In most events held for people with disabilities, the main photographer happens to be Raul Mee (the author of the pictures presented here) my ex colleague from the business daily Äripäev. At the time we worked together he was focused on taking pictures of the most prominent people in the business world, so meeting him by accident in one of the events for people with disabilities in the



winter was a quite a shocking and very happy surprise for me (there is clearly more hidden in a person than one might expect in a simple glance) – he was the one to suggest these sailing events to me and as I've been raised to listen (and pay attention) to smarter people, I followed his advice. It really paid off!

When I left Amsterdam to study the Masters, the thankworthy International Students Network there (ISN) arranged many many great events for us to get acquainted better with this amazing city and each other.

There was a rather outrageous suggestion “Say “yes” to everything” in one of the brochures. It was a bit funny and deserved many mocking comments from us, only slightly over 20 year old students at the time, but for those who can keep control of the limits of their morality, the suggestion is GOLDEN. Golden, my friends – one is never left aside from the hilarious or silly occasions (some people have clearly been born as clowns). These occasions can be remembered with the people sharing them years later with hard giggles. And during these occasions one's abs can have a proper workout or give total rest and peacefulness to the mind. Experiences enrich us – don't leave yourselves struggling in poverty.

Grasp every option life lets you choose – it does this for a reason – and allow the waves to carry you and wind guide your way, when possible.



## SILVIA'S TIPS: DISABLED WOMEN SAILING

**1** If life usually makes your stomach turn the other way when sailing or otherwise on the waves (towards what I had a very strong fear), I'd suggest you not be afraid at least - strangely enough I didn't even remember to throw up when sailing - everything else occupied my mind - the sun, warm wind and the salty sea air (that's supposed to be extremely good for one's lungs);

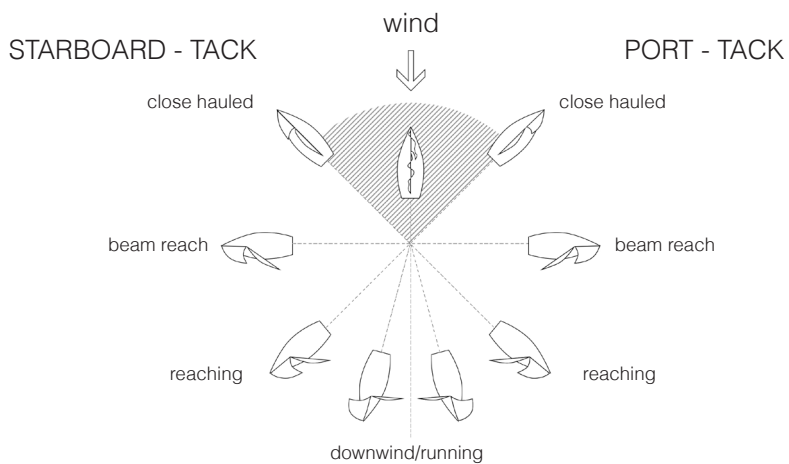
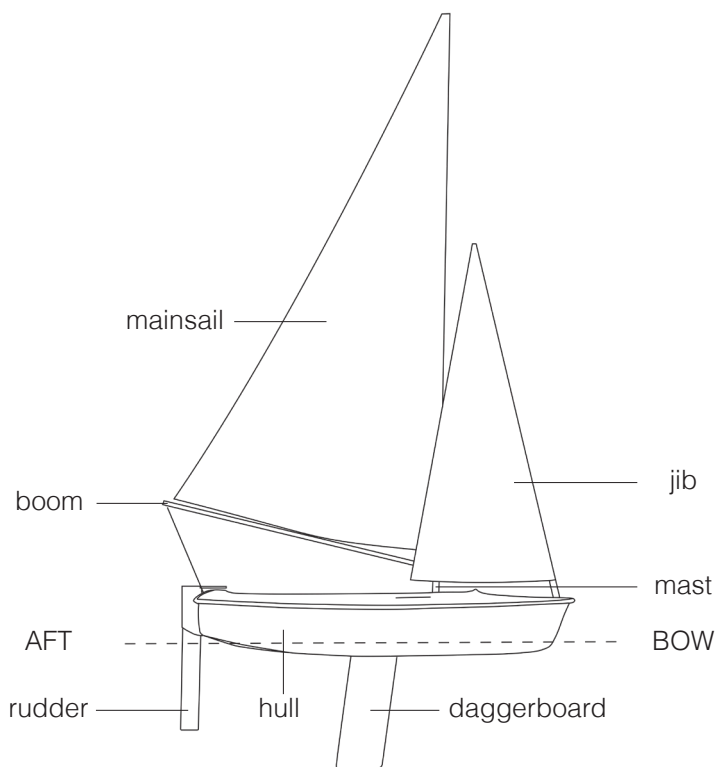
**2** If your heart is gripped by the reasonable fear that a disability has no place in a sailing boat, think again - there are a number of young handsome men helping you in every step while getting in the boat and out of it again after the adventurous trip on the water. So, no need for any hesitation, I promise;

**3** If you have rather long hair, it's suggested to wear it in a ponytail (otherwise you'll have lots of fun untangling it afterwards);

**4** It is suggested to wear pants instead of romantic skirts (the wind might reveal a bit more than planned);

**5** Don't forget your camera home or hire a photographer (the second suggestion is much better if you'd like to be on some pictures yourself) - although no one can take your memories, it's very satisfying to show off with the sailing accomplishment.





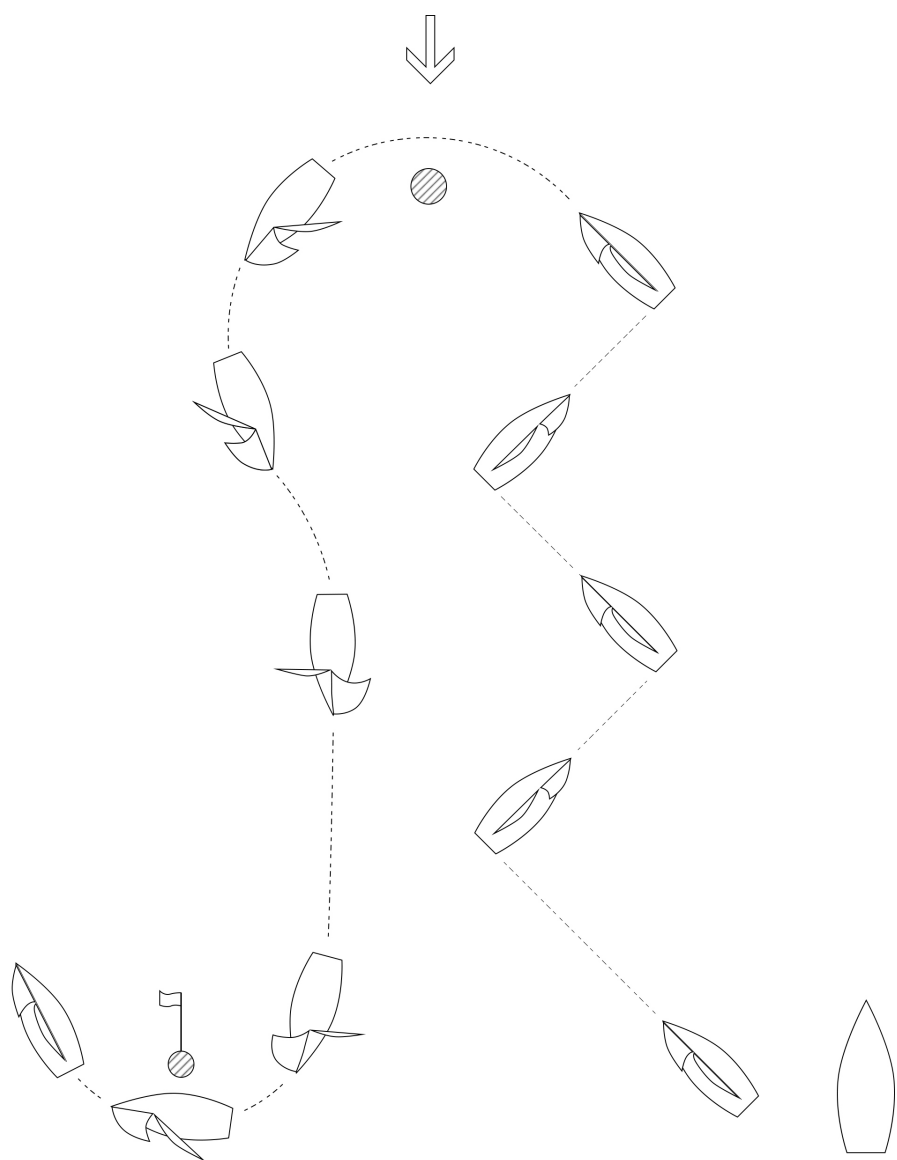


# AHOY, WELCOME ONBOARD!

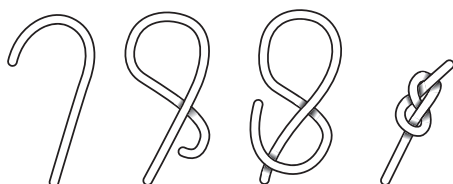
## HOW TO CALL WHAT:

| ENG                   | LAT                                  | SWE              | EST           |
|-----------------------|--------------------------------------|------------------|---------------|
| <b>hull</b>           | laivas korpuss                       | skrov            | kere          |
| <b>bow</b>            | laivas priekšgals                    | för              | võör          |
| <b>aft</b>            | laivas aizmugure,<br>pakaļgals       | akter            | ahter         |
| <b>mast</b>           | masts                                | mast             | mast          |
| <b>foresail/jib</b>   | foks, mazā bura                      | försegel/ fock   | eespuri/foka  |
| <b>mainsail</b>       | grotbura                             | storsegel        | grootpuri     |
| <b>boom</b>           | bomis                                | bom              | poom          |
| <b>rudder</b>         | stūre                                | roder            | rool          |
| <b>sheets</b>         | šotis                                | skot             | soot/soodid   |
| <b>halyard</b>        | falle                                | fall             | vall          |
| <b>sail</b>           | bura                                 | segel            | puri          |
| <b>telltails</b>      | vēja diegi                           | telltails        | nõidurid      |
| <b>daggerboard</b>    | šverts                               | centerbord       | svert         |
| <b>trolley</b>        | laivu rati                           | vagn             | kāru          |
| <b>tack</b>           | pagrieziens (halze)                  | slå (stagvānda)  | paut          |
| <b>starboard tack</b> | pagrieziens pa labi                  | styrbords halsar | parem halss   |
| <b>port tack</b>      | pagrieziens pa kreisi                | babords halsar   | vasak halss   |
| <b>gybe</b>           | ahterhalze (pagrieziens<br>pa vējam) | gippa            | halss         |
| <b>upwind</b>         | kreice                               | bidevind         | vastutuult    |
| <b>beam reach</b>     | tiešais sānu vējš                    | halvvind         | lee, pooltuul |
| <b>reaching</b>       | sāna vējš                            | slör             | pakstaaktuul  |
| <b>downwind</b>       | pa vējam                             | läns             | allatuult     |

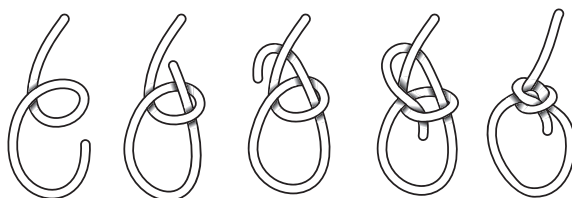
# ROUNDING UPWIND AND DOWNWIND MARK



## FIGURE EIGHT-KNOT



## PALSTEEK KNOT - WITHOUT IT YOU CAN NOT!



## FISHERMAN'S KNOT





*“To avoid seasickness staying on deck and getting the wind through your hair definitely helps. I try to take the helm and focus on the horizon no matter what the conditions are.”*

- Phillippa Hutton-Squire -

Global Ocean Race, round the world racer on  
Phesheya-Racing, Class 40



## 6 TIPS HOW TO AVOID SEASICKNESS

- Eat ginger: either raw, candied or cookies
- Eat some apple
- Move around the boat in slow motion
- Eat before and drink enough liquid in small sips
- Sleep enough

Stay outside on the deck and look at the horizon

## IMPORTANT SAFETY REQUIREMENTS

- Wear life jackets
- Make sure all rescue equipment is in the boat
- Don't go to sea without a map or knowing the depths
- Use navigation lights when sailing at night
- Learn and practice "Man overboard!" maneuver
- Check the weather forecast before going to sea
- Always know the draft of your boat
- Don't go sailing if the conditions don't match your skills
- Don't forget proper clothing
- Do not use alcohol while at sea





SKOTAJ  
HEM

# GUIDELINES FOR INSTRUCTORS

## WORKING WITH SAILORS WITH DISABILITIES, NEW SAILORS, STRONG WINDS, HANSA OR OTHER SMALLER BOATS

- Inflatable RIBs in direct proximity
- Max wind 5 m/s (unexperienced sailors)
- No thick cushions in the hard seats
- Always have a knife in the coachboat if the sailor gets stuck in something

## POWER ASSISTED SAILORS

- Inflatable boat RIB with two people running all the time
- Max wind 4 m/s (experienced sailor can sail further with reef)
- As soon as the boat leans enough in the water that it reaches the railing edge, it is time to reef or tear/ tow them back/ upright!
- No thick pad (max bedding)
- No cushion behind the back, the buttocks all the way back in the seat so that the sailor is in contact with the entire seat
- Stabilize the upper body so that the sailor won't slide over to the leeward side
- Possibly make a knot on the sheet so that it cannot be trimmed in too hard
- Long traveller line on the aft. Make sure the traveller line is long enough so that the sailor can not trim the main too hard (and make the boat hard to steer/ bear off)
- Always life jacket with collar on the sailor







# CARe - WHAT TO KEEP IN MIND IN ADVISING PERSON:

## **STATUS AND CREATING SIGNIFICANT LIFE:**

meaningful activities, developing valuable social roles and positive relationships.

## **SOCIAL AND MATERIAL ASSISTANCE:**

housing, employment, professional assistance and support; and contacts with those who have experienced similar things in life.

## **MOTIVATION:**

highlighting strengths, finding hope, desires and aspirations, bringing them out.

## **IDENTITY:**

creating and shaping personal identity, including the building of one's biography and discovering personal strengths.

## **KNOWLEDGE AND SKILLS:**

including competencies that empower you despite of your special needs and address vulnerabilities and increase independence.

Source: Estonian Unemployment Insurance Fund





*“Sailing is like a therapy for my body and mind. If I listed in detail what sailing gives me, I could write a book. It allows me to be physically active and at the same time it calms me and cleanses my mind.”*

- Linda Cerpa -

Latvian sailing enthusiast









Tallinn  
2021