

# ASPIRE360

## Round Britain Challenge

Fowey River Academy & Morvargh Sailing Project



ASPIRE



An innovative partnership has been launched between Fowey River Academy and Morvargh Sailing Project CIC which will see both organisations delivering the ASPIRE360 Round Britain Challenge.



The challenge will see a team of up to 40 students from the school and the wider trust taking part in a life changing voyage as they sail 2000 nautical miles around the coast of Great Britain & Ireland. The crew, who do not need any yachting experience will sail the route in 4 legs with 10 students on each leg.

We are really excited about this ground-breaking partnership. Not many schools are lucky enough to be situated in such a beautiful location near the sea, and we must be one of the first to hold a round Britain challenge for our students. This is part of a strategic direction for the Academy, to put outdoor activity and the natural environment at the heart of what we do.



The following pages will take you on the journey that our students will travel whilst sailing around the UK. ASPIRE360 will make an amazing positive change to the participants taking part and for students in the school in a wider context. We hope that in reading about the Round Britain Challenge you are inspired to get involved.

# AS

“A mind that is **stretched** by a new experience can **never go back** to its old dimensions”

Oliver Wendell Holmes



# PIRE



ASPIRE360 will depart from Fowey on the 2<sup>nd</sup> May 2020 and sail in a westabout direction around the UK. The route will visit 20 amazing ports in the UK and Ireland with events and educational visits planned throughout.



Young people will swap the comforts of home for single bunks, a moving deck and having to learn how to cook, clean and look after each other as they get used to their new home. At 57 feet, and weighing 30t, Morvargh Sailing Project's training ship, Helen Mary R is as long as five cars and weighs the equivalent of two busses! The largest sail, which the young people will have to manually hoist, is 60ft tall and 40ft wide.



It will be a challenge which will see them battle strong winds, freezing temperatures and rough seas at times throughout the trip; as well as marvelling at our beautiful coastline under sun-drenched skies. It will be a feat of pure physical, mental, emotional and academic endurance, but one which will leave the young people changed forever. They will make strong bonds with their crew mates, increase their own understanding of themselves and their boundaries and most importantly have the confidence that they can try and excel at anything!

# AS

“Dare to dream of your great success. Become intimate with those things which greatly motivate you



and regularly work toward the realisation of that mission”

Mary Anne Radmacher

# PIRE





The crew will sail the route in 4 legs with 10 students on each leg. Each leg will be around 10-14 days in length and the students will be split into two equal watches which allows the boat to sail continually whilst allowing everyone enough sleep.

This traditional watch system will see students on watch for 4 hours followed by 4 hours off. To ensure a rotation around the clock they have two dog watches. When not on watch the students will share domestic duties such as cooking and cleaning. Sleep during the day is highly recommended!



Students will be escorted by a member of staff to the start of each leg location and this may involve an airline flight so each student taking part will need a passport. Once the leg has finished a member of staff will escort them back to the school.

We anticipate that the challenge will not take longer than 44 days, however it must be noted that adverse weather might affect this figure. And the legs may end up shorter or longer as the conditions dictate. Morvargh will keep in touch with Parents and the School throughout with updates on their ETA's.

“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails”

William Arthur Ward

From / To	Distance	Days at sea	Hours at sea
Fowey - Neyland	166nm	1.15	28
Neyland - Dublin	138nm	0.96	23
Dublin - Belfast	110nm	0.76	18
Belfast - Carrickfergus	8nm	0.06	1
Carrickfergus - Port Ellen, Islay	62nm	0.43	10
Port Ellen - Oban	62nm	0.43	10
Oban - Tobermory, Mull	24nm	0.17	4
Tobermory - Corpach	44nm	0.31	7
Corpach - Fort Augustus via Fort Augustus	28nm	0.19	5
Fort Augustus - Inverness	25nm	0.17	4
Inverness - Edinburgh via Peterhead	203nm	1.41	34
Edinburgh - Newcastle	114nm	0.79	19
Newcastle - Hull	165nm	1.15	28
Hull - London via R. Orwell	276nm	1.92	46
London - Dover	167nm	1.16	28
Dover - Cowes	200nm	1.39	33
Cowes - Salcombe	118nm	0.82	20
Salcombe - Fowey	35nm	0.24	6

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The ethos of Morvargh Sailing Project and ASPIRE 360 is simply: **To use sail training to inspire and change lives**  
Young people will be encouraged to push their personal boundaries throughout. This helps them to get the most out of the voyage. There are five broad skill areas they use to develop this ethos:



**Teamwork:** A greater understanding of the importance of teamwork to achieve individual and group goals and a greater ability to successfully contribute to team objectives

**Leadership:** Learning to identify and utilise individual strengths and support weaknesses. Learning to identify and implement different leadership styles to achieve different goals.



**Confidence and Self Concept:** A deeper, more comprehensive understanding of who they are as individual people. A greater sense of what they are capable of accomplishing and a wider appreciation of the contribution they can make to their community.

**Communication Skills:** A greater understanding of the importance of effective communication in any situation. Different methods of communication with each other given different circumstance.

**Educational Performance:** Learning and developing a new set of skills which help to improve individual strengths in Maths, History, Geography, English, Science & IT. Developing a passion for learning and how the core subjects can assist in any discipline.

“Tell me and I will forget. Show me and I may **remember**. Involve me and I **will understand**”  
Confucius



# ASPIRE



ASPIRE360 has been designed to link into and compliment our own curriculum and every activity on board can help to deepen the understanding of the core subjects both to the participant and the class as a whole.

Resources developed for the project will be used in the classroom whilst the voyage is underway.



From the outset ASPIRE360 will use a number of social media platforms, along with online 'ships logs' written by the students daily to engage with a wider audience. We will be able to keep in contact with the student's via Skype video calls beamed back to the school and questions can be sent to them via email to be answered during the voyage allowing the rest of the school to benefit.



At some locations events and educational visits have been planned to allow the participants to gain a greater understanding and appreciation of the importance of the sea to our country as well as discovering more about our rich history and geography. Visits include, Titanic Museum, Belfast and National Maritime Museum, Greenwich.

We will be broadcasting live video to Twitter and Facebook when 3G/4G phone signal allows along with picture and text updates to social media platforms throughout each day. The ship will be fitted with a satellite tracker allowing hourly position updates to be displayed on an interactive chart both our own and Morvargh's websites.

# ASPIRE

“Our lives are **defined** not by the **challenges** we encounter, but by **how we respond** to those challenges”

Jonathan Lockwood Huie





I sailed on Helen Mary R, a fantastic vessel on Aspire 360, our circumnavigation of the UK. She did us well on our voyage. Matt (the Skipper) and all the volunteers aboard Helen Mary R are so supportive, helping you along the way whether you are a beginner or have sailed before. The care you give us young people are amazing, always there to support us in anything we need help with. If anyone is thinking whether to come on board, please do! You will have the time of your life on a fantastic vessel, amazing crew and a lovely area to explore. You won't regret it!



Beth, Plumpton College

When I was 14 I was offered a place on a school trip with Morvargh Sailing Project. I was initially unsure as to whether I would like to go, as it was a whole week away and I only briefly knew the others on the trip. I tried to justify my passing up on such and opportunity with silly worries like 'What if I get sea sick?' and 'What if they don't have vegetarian food?' But, after a bit of convincing and the thought: 'What if I love it?' I decided to go for it, and I am so glad that I did.



Esmae, Stoke Damerel Community College

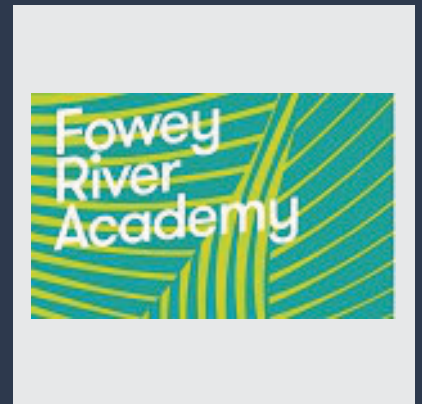
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“Sometimes we’re tested not to show our weaknesses, but to **discover our strengths.**”

Morvargh Sailing Project







- **ASPIRE360 Round Britain Challenge is being organised in partnership between Fowey River Academy and Morvargh Sailing Project CIC. For further information about the challenge please contact either:**

**Mr J Rolls - Community Enterprise Director**

Fowey River Academy

**Mr M Barraud - Managing Director**

Morvargh Sailing Project

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