

JOINING INSTRUCTIONS

ITALY 2023



Location

Porto di Marina di Pisa

Latitude 43° 40' 37" N
Longitude 10° 16' 08" E



Main Telephone

+39 320 2237822

Shore duty numbers for the period of your course or cruise are given to the Skipper or Instructor and will be kept in the vessel's navigation table or boat manual for your reference.

Depending on arrangements, we will meet you most likely at the the Marina. Should you need any directions upon arrival, you can also ask one of the ormeggiatori, the harbormaster's assistants. They wear red or white logo shirts and jackets, are fairly easy to spot, and speak some English. Their number is +39 347 541 3372.

Marina di Pisa is the town along the coast that serves as the port for Pisa, which is just over 10km away. We are happy to help arrange pickups or drop-offs from our airport and train station if possible. Below please find information as to how to reach us by air, train, auto, and bus.



WHERE WE ARE?

TRAVELING TO TUSCANY BY AIR

We recommend using the airport in Pisa - the Galileo Galilei International Airport (PSA). Once in Pisa, you can rent a car, take a cab (it is just a 15 minute drive), or take the train shuttle to the train station, then the bus directly to Marina di Pisa per the instructions below.

ARRIVING BY TRAIN

The Stazione Ferroviaria of Pisa Centrale is a well serviced rail hub, with lines to Genova, Milan, Roma, Firenze just to name a few. Take the train to Pisa and then a bus to Marina di Pisa. www.trenitalia.it

ARRIVING BY BUS

From the train station, walk to the bus terminal: directly out of the station walk to Piazza Vittorio Emanuele, the large, mostly pedestrian square a block away, then take a left, in the next block you will see the CPT Autobus www.ctp.it terminal on your left.

WHAT TO EXPECT?

All our courses start on Monday unless informed otherwise. We will meet you at the marina at 09:30 AM the first day of your course.

All our courses finish on Friday unless informed otherwise. You will be back at the marina from a practical course not later than 05:00 PM. Theory courses take place in the classroom in Marina di Pisa, and will finish by 05:00 PM as well.

PRACTICAL COURSES

Accommodation: you will be staying on board from Monday to Friday (17:00 PM). Our pricing is per person, based on double occupancy in each cabin. You will be based on a sailboat - space is limited, and cabins have two berths, so double occupancy is expected. Depending on the boat, you will have double berths, bunk beds, or the option to sleep in the saloon. Please enquire for availability and pricing should you prefer single occupancy of a double cabin.

Provisioning: We like to encourage students to collaborate and enjoy preparing and eating meals on board together. Provisioning is not included in your fee and at the beginning of the week everyone will contribute to a kitty that will be used to purchase food/meals to your collective discretion. A contribution to the kitty will be made for the instructor's meals. Basic provisioning is always on board (usually items such as coffee, tea,

ACCOMMODATION

We don't provide housing for our students on shore before or after the course, nor during shore-based courses. You will be staying on board for the duration of the course if you are taking practical sailing courses from Monday to Friday.

During your courses we suggest staying in Marina di Pisa, so you can easily reach the boat or the classroom. There are many hotels, hostels and Airbnb. There is a beach, a large grocery store, plenty of bars and restaurants, this resort town is very lively during high season. You can also choose to stay in Pisa, it is only 15 min drive from Marina di Pisa.

You can look for accommodation online: booking.com, airbnb.com, google, etc. We suggest booking in advance during high season.



spices, etc.) Along with the instructor, a schedule will be determined for all to share cooking and cleaning duties. Depending on each crew's eating habits and meal preferences, total costs of provisioning may vary. Usually, shared provisioning costs around 10-15 USD per person for one day.

Should you have any allergies, chemical sensitivities or dietary restrictions, please be sure to notify us in advance on your medical form as soon as possible so that we can help plan and assist in ensuring you have access to the right kind of products.

Schedule: Our courses begin promptly at 9:30 AM the first day. Unless informed otherwise, sailing tends to be between 9 AM and 5 PM every day, depending on the type of course and instructor's judgment. Some night sailing is included in most courses, the particulars of the night sail(s) are left to the instructors to determine with the students. Please be prepared to be flexible as to your schedule. We will be at anchor or on a mooring 2-3 nights during your course. Most courses end at 4 or 5pm on the last day, after a thorough cleanup of the boat by everyone, and a debrief with your instructor.

THEORY COURSES

Accommodation: you will need to book an accommodation for the duration of your course. We recommend staying at Marina di Pisa. There are many hotels, hostels and Airbnb. There is a beach, a large grocery store, plenty of bars and restaurants, this resort town is very lively during high season.

Provisioning: there is drinking water available at the classroom and an option to make a hot drink throughout the day. You can bring your own pre-cooked lunch or eat at nearby restaurants.

Schedule: Our courses begin promptly at 9:30 AM the first day. Unless informed otherwise, theory courses tend to be between 9 AM and 5 PM every day, with a lunch break and a few coffee breaks.

PACKING LIST

Basic personal sailing kit for a 5-day RYA practical course in Italy includes the following.

- - required
- - suggested

The list is in no particular order

- **Shoes:** non-skid, light soled or non-marking closed toe sneakers or sailing shoes - you will not be allowed to sail barefoot
- **Waterproof/windproof** jacket & trousers: basically light wet weather gear
- **A sun hat/cap with a retaining strap**
- **Sunscreen** - quick drying, and no spray or self-tan, so the boat does not get greasy. Please choose sunscreen that is not damaging to the environment, the ocean, the coral. Ask us for details. Please note- if your
- **Sea sickness medication** of your choice. Even if normally you don't get seasick
- **Cowl neck sun protector** (this can be used as a mask as well)
- **Bug spray** - please, non-toxic! And always only put on outside and don't spray on boat surfaces - note that usually there are no bugs while we are sailing
- **Swimwear**



sunscreen stains the lifejackets, we will ask you to clean it off before you leave

- **Sunglasses** - please invest in a pair that protect your eyes from UV rays and retaining strap
- **Headlamp or torch** with a red light mode for night sailing – if possible, choose the headlamp with red light mode switching on first
- **Reusable water bottle** - not metal if possible, they clank on the boat. Definitely with a carabiner
- **A pair of sailing gloves**, with or without fingers (can also be gym gloves, bike gloves or similar)
- **Sleeping cocoon or light sleeping bag**. We provide bottom sheets, pillows and pillowcase
- **Small waterproof grab bag for your documents/essentials** - to transfer to shore in the dinghy, they can get - well wet!
- **A second set of medication** required for the skipper to keep ready for emergency evacuation of the boat
- **Bring at least 2 extra passport photos**. You will need one for each certificate awarded and one for our files, plus visas/ etc. (for Day Skipper, Coastal Skipper, Yachtmaster coastal/Yachtmaster coastal/offshore/ocean programs). If you are taking the Radio VHF course please bring an extra photo for your application to the RYA/MCA and a form of Government-issued ID.
- **Notebook and writing materials**. There are only a few options in Antigua. Bring your favorites!
- **Charting/ navigation kit** (plotter, dividers, pencils etc) if you are taking theory courses

- **Clothing**: 2 pairs of comfortable shorts, preferably quick dry. 1 long pair of trousers, preferably quick dry (not jeans). 3 quick dry short sleeved shirts. 1 long sleeve sport shirt/top also for the sun protection. A light fleece vest/jacket or similar.

- **1 pair of sport quick dry socks** if you use them with your sailing shoes

- **Lightweight/quick dry towel** (we provide one while on board, just in case you would like another one)

- **Shore shoes** – flip flops, sandals, etc. No shore shoes on board!

- **Personal items**, underclothing, and going onshore/going out clothing and footwear

- **Earplugs /eye covers** if you need them to sleep better in close quarters

- **Toiletries** - as a green business we prefer if you could bring personal products which are biocompatible and/or biodegradable/non-toxic

- **Electrics** - underway we have a USB port and 12 volt chargers available. When connected to shore, we run standard Italian plugs and voltage on the boat. Italy runs on 220, with European plugs or a cable to your phones etc. if you have a power bank or solar charger, you are welcome to bring that as well

- **Personal Logbook** if you have one. We suggest you always keep one. We have RYA Syllabus & Logbook (G158) for sale at the office

- **Utility tool or knife** such as a leatherman or a Gerber.

GEAR

Please remember that on board we cannot stow hard suitcases, only soft sided bags. Should you not have a soft suitcase or duffle bag, we can keep it in storage at the office for the duration of your trip. Pack as lightly as you can. Please check the weather forecast before you come, in general it is nice and warm during the day, but at sea it can get chilly in the evenings or during a “liquid sunshine” episode...

We have safety equipment for everyone onboard but you are welcome to bring your own so long as it is suitable.

STUDY MATERIALS

We have a full set of RYA books, materials, and logbooks that you can purchase. However, so purchasing at home may be more convenient for you prior to your course. Let us know if you are unsure what you need.



INSURANCE

We highly recommend you take out travel insurance such as global blue or topsail to cover your activities on the water. Please look into what coverage you might have with your local companies as they will differ with your nationality, residence and sailing area.

DOCUMENTS

Please check visa requirements relevant to your nationality for Italy and other islands that you may visit during your course.

CURRENCY

The currency in Italy is EUROS. You can pay cash or with a card, both are accepted mostly everywhere.

DRUGS, ALCOHOL, SMOKING AND CONDUCT POLICY

Our policy is that no illegal drug or banned substance use is permitted during our courses. We will ask you to leave the course or cruise should you be found under the influence or in possession of such substances/drugs.

We do not allow smoking on board our vessels. You may smoke when ashore, but on board you will be limited to vaping, always outside, and with the permission of your skipper/instructor.

Alcohol may be consumed by all persons of legal drinking age by direct permission of your instructor or skipper at the end of the sailing day, when the boat is secure and your active participation is complete. Should you be found to be intoxicated at any time you should be or while you are on a watch system, you will be removed from active participation in the course.

COMPLAINTS PROCEDURES

Please contact the school principal with any issues. Should the issue not be resolved with the school principal during an RYA course, you may also contact the RYA directly.

Customer (student, participant) Feedback

We are always striving to improve all that we do and appreciate your feedback. At the end of the course we will invite you to complete a short evaluation of your experience with us. Do please help us by participating.

The Royal Yachting Association is keen to make sure the courses we are delivering are good in terms of content, quality and relevance for the students. It also helps us to know what we and our instructors are doing well and where there might be scope for improvement. To facilitate this RYA has introduced a short feedback survey to gauge customers' satisfaction with their course and how it was delivered. Please complete the form after your course! The survey is hosted on RYA's website: www.rya.org.uk/go/course-feedback

PRIVACY POLICY

Please remind your skipper and the rest of the crew on your boat/course if you do not want to have photographs taken during the course and/or shared on social media. We will also comply with any specific request regarding safeguarding your personal data, so please check in with the office should you have any questions regarding privacy.

On successful completion of your RYA course your name, contact details, date of birth, certificate number and date of issue might be shared with the RYA through a secure web portal on www.rya.org.uk. The data will be stored on the RYA's central database. This information allows the RYA to record your qualification, to update any records they may hold for you, and verify or replace your certificate if required. For further information on how the RYA will deal with your data, please see the RYA's Privacy Policy at www.rya.org.uk/go/policy.