

Poros Yachting Academy

JOINING INSTRUCTIONS

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**PLEASE READ CAREFULLY
CONTAINS IMPORTANT INFORMATION**

GENERAL NOTES



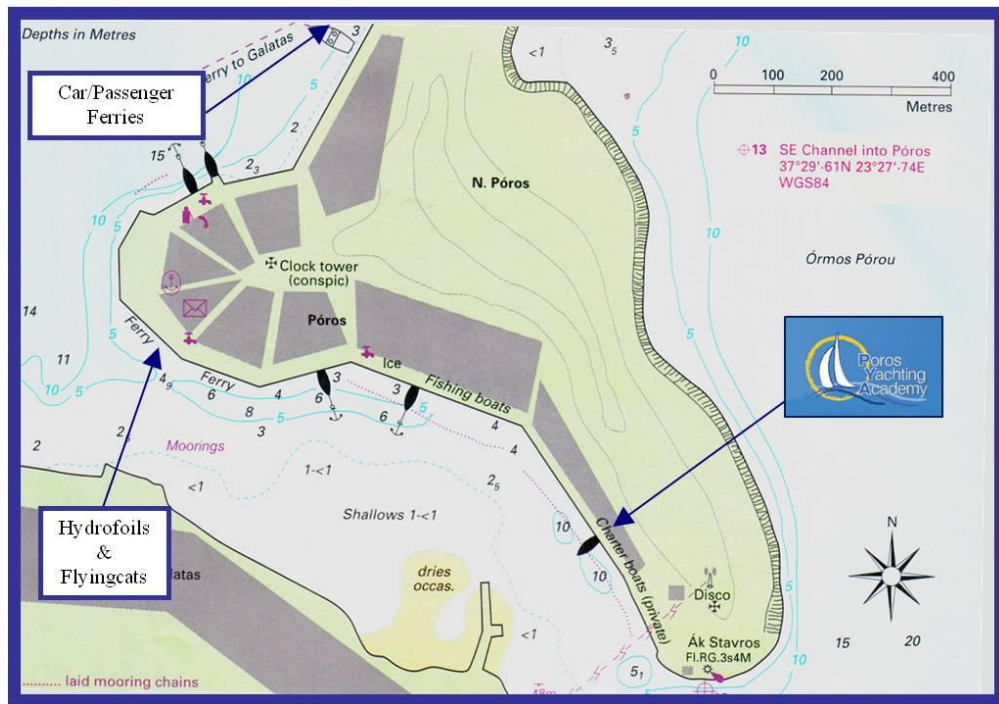
CONTENTS

1. Arrival on Poros Island	3
2. Contact Information	4
3. Practical Courses	5
3.1 Safety	5
3.2 Weather	5
3.3 Clothing Plus	5
3.4 Food	7
3.4.1 On the Training Yacht	7
3.4.2 Own Boat Tuition	7
3.4.3 Alcohol	7
3.5 Accommodation	7
3.5.1 On the Training Yacht	7
3.5.2 Own Boat Tuition	7
3.6 Cleaning & Maintenance	8
4. Getting to Poros Island	8
4.1 Travel	8
4.2 The Port of Piraeus	8
4.3 Hotels	9
5. And Finally...	10

1. Arrival on Poros Island

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 Logo on our shirts and the RYA flag flying in the training yacht rigging!

When arriving by hydrofoil, flyingcat or ferry you will land near the points 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. We may not be on the quay to meet you if we don't know when you are coming!! If you are going to be significantly later than expected please call our staff as soon as possible (See "Contact Information" section).

If your travel arrangements have been made by Greek Sails or an agent, your arrival arrangements might be different to those mentioned above. We will normally be aware of your estimated time of arrival, and are kept informed of any delays.

We normally gather crews for an initial briefing at about 6:00pm Saturday evening. Formal teaching starts at 9:00am Sunday morning and ends at approximately 5:00pm Friday afternoon.

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

PYA / Greek Sails Office: (0030) 229 802 3147

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 therefore 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, shorts and deck shoes. 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	Evening wear is also very informal.
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.
Medications- Please remember to inform us of any medical conditions	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! Note that Greece is mainly a cash based society, credit cards are rarely used in restaurants and shops.
European Health Insurance Card	Provides emergency medical treatment in EC Countries.
Luxuries:	
Music CDs	
Books/magazines	
Sweets	
Alcohol	
Camera	

An extended kit list can be found on our web site:

www.porosyachtingacademy.com/downloads.htm

Our yachts do not have mains electricity on-board. If you have mobile phones, etc. that require charging you should bring along a 12 volt "car" charger, which can be used on-board.

If you taking a RYA/MCA Yachtmaster (Coastal or Offshore) exam or taking an ICC assessment please bring with you passport sized photograph of yourself.

In addition, if taking the ICC we will need "proof of eligibility". If you live in the UK we need a copy of a utility bill, bank statement, or driving licence with your British address. You should also bring a copy of passport or recognised identity card. Full details can be found by downloading the application form from our website.

3.4 Food

3.4.1 On the Training Yacht

We provide breakfast and one light meal (lunch) each day. Meals are prepared from locally sourced, seasonal ingredients, so if there something you cannot live without bring it with you! 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.

3.4.3 Alcohol

For safely reasons alcohol may not be consumed when the training boat is at sea or is about to go to sea. Please remember that even when tied up in harbour excessive alcohol consumption may be dangerous, you often have to return to the training boat over a gangplank!

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. Storage is often a couple of shelves and possibly some hanging space per person. 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. Please note that toilets and showers are rarely available ashore, there are no "marina facilities" in our area.

3.5.2 Own Boat Tuition

Our instructor will be living in the midst of your family or group and are "on duty" 24 hours a day. We do, therefore, 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. Getting to Poros Island

4.1 Travel

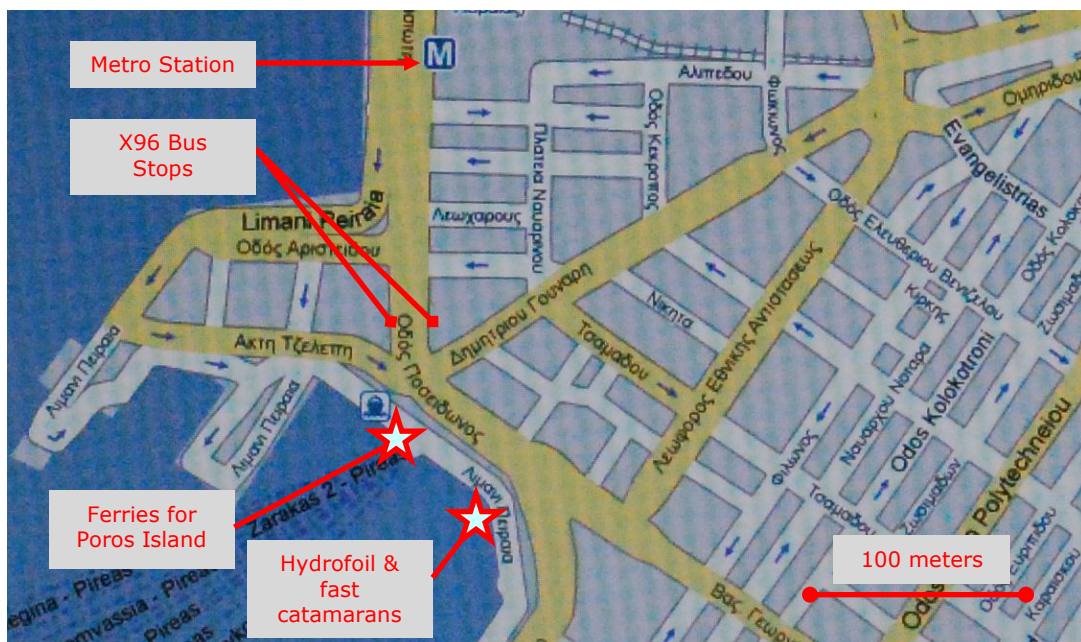
When traveling to Poros Island the most convenient airport is at Athens. From the UK, British Airways (www.ba.com), Olympic Air (www.olympicair.com), Aegean Airlines (www.aegeanair.com) and Easyjet (www.easyjet.com), amongst others, fly to Athens.

From the airport you must travel to the port at Piraeus. Taxis and trains are available; however the X96 bus runs from the airport straight to the port. Details can be found on the airport web site (www.aia.gr).

Finally, to get to Poros Island itself we suggest you take the Hellenic Seaways hydrofoil/fast catamaran/ferry from Piraeus (www.hellenicseaways.gr). You can book tickets on-line, which we recommend.

4.2 The Port of Piraeus

The port of Piraeus handles shipping travelling all over the Greek islands, and is therefore somewhat large and busy. This map shows the key features:



When travelling independently you should buy or pick up your hydrofoil, fast catamaran or ferry tickets from a Hellenic Seaways kiosk, look for their signs:



4.3 Hotels

There are lots of hotels in Athens and Piraeus. The Piraeus Dream City Hotel is mid-priced, comfortable and very close to the port:

Piraeus Dream City Hotel
78-80 Notara Str. & 79-81 Filonos Str.,
Iraeus,
Piraeus,
Greece



Tel: (+30) 210 4110540, 4110555

Full details can be found on their web site: www.piraeusdreamhotel.com

Again on Poros Island there are a number of hotels. The Seven Brothers Hotel is in the centre of the town:

Seven Brothers Hotel
18020 Poros Island
Greece



Tel: (+30) 22980 – 23412

Email: info@7brothers.gr

Web site: www.7brothers.gr

Alternatively, the Alkyoni Rooms hotel offers accommodation away from the main town:

Alkyoni rooms
18020
Askeli
Poros Island
Greece



Tel: (+30) 22980 – 23880

Email: info@poros-alkyoni.gr

Web site: poros-alkyoni.gr

5. 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.

Training normally start at 9:00am each morning, we ask students to be awake (it normally helps with the training!), ablutions (including sunblock) and breakfast completed by that time. There are short breaks during the day, dependant upon the weather and teaching requirements. We do try and anchor for a swim and lunch in the middle of the day and arrive at our destination port by about 6:00pm. Most weeks we carry out a night sailing exercise, this will involve arriving at a harbour earlier than normal, having an early dinner and setting off again when it is dark.

Any learning you can do before arrival will make the week easier. Beginners might like to start learning the name of parts of a boat. Day and Coastal Skippers should make sure they up to speed with the shorebased course material.

We aim to provide a week of quality tuition and hard work mixed in with lots of fun!

Happy sailing!!