

MORNING STAR TRUST

Duke of Edinburgh Residentials

Any voyage with MST which is five days or longer can count as your Gold Residential, except for our dedicated Gold Expeditions. The majority of our residential participants join us for a five-day 'Youth Sailing Adventure' voyage, which we run throughout the year. You could also join us for one of our advanced RYA courses, or for a longer voyage in the summer when we often take part in races and extended cruises further afield.

What does a normal day look like?

Every voyage and every day are different, as your life onboard will be dictated by the wind, weather, and the plan that your team make at the beginning of the week.

However, you will generally wake up in the morning, wash and have breakfast before setting off for the day. During the day the crew will work together to sail the boat, including steering; hoisting and trimming the sails; and learning how to navigate. There will also be some formal training to equip you with the skills you need. By the end of the week, we hope that crews are able to take charge and carry out most of the evolutions without much input from staff.

Depending on where you are aiming to get to, you might stop for lunch or eat underway, arriving at your destination port in the evening. Once the boat has been secured and tidied up for the night there will be time to cook and eat a hearty dinner. In the evening, depending where you are, there might be the chance for some free time ashore to explore, or else you'll stay onboard playing cards, reading, or watching a film with your crewmates.

On other days you might sail through the night or spend longer in port to explore. Your Skipper and Mate will help you make your plan for the week, taking into account what everyone wants to do.

Where will I live?

Our voyages are entirely residential, so you will spend the week living onboard the yacht as you travel around.

Everybody will have their own bed in a cabin, sharing a cabin with two to four participants. The sleeping areas are normally separated from each other with curtains or doors depending on the vessel. Depending on the makeup of the voyage crew we endeavour as far as possible to separate males and females, as well as over- and under-eighteens.

You will cook and eat onboard, working with your crewmates to ensure everyone is fed and that the boat is kept clean and ready for sea.

Who will be onboard?

Our voyages are always staffed with at least two adults – a Skipper and Mate. There will be a maximum of six participants, all of whom will be young people (up to 25).

The Skipper is a highly qualified and experienced Yachtmaster, responsible for the overall voyage, safety and safeguarding. The Mate is an experienced sailor in their own right but tends to take a lead on crew management and the domestic routines (cooking, cleaning). Most of our sea staff started out sailing with us as young people.

What kit do I need?

It is a hallmark of our voyages that you don't need any specialist equipment to take part. We will provide you with high-quality waterproof clothing and safety equipment whilst onboard. All you need to bring is a sleeping bag and a pair of waterproof boots, as well as the clothes and wash kit you would normally need for a week away.

Do I need any experience?

You don't need any experience at all to take part, and the majority of our voyage participants have never sailed before. Our staff are experienced at working with young people and will guide and support you to get the most out of your time onboard.

If you are an experienced sailor already, the sea staff will give you opportunities to further your skills and experience.

Where do I need to be and when?

Most of our voyages start in the morning, at 1000. We normally aim to be finished on the final day by 1600. For longer voyages and voyages that start away from our usual base, this might be different.

Specific joining instructions for the port your voyage is starting from will be sent to you by email a couple of weeks before your voyage begins. You can also find them on our website:

www.mst.org.uk/joining

Can I bring a friend?

The DofE guidance for the residential section is that you should primarily be working with people you don't know. We suggest that if you know one other person onboard that this is not an issue, but that you can't come as part of a larger group for your residential.

Will I get a qualification?

Everyone who sails with us can work towards Royal Yachting Association (RYA) qualifications. During a weeks' voyage you will be able to complete the Start Yachting or Competent Crew qualifications. These are recognised international qualifications that are part of a training pathway leading all the way up to professional qualifications such as Yachtmaster.

Who will sign off my residential?

Your residential will be signed off by the Skipper of your voyage. You should have provided us with your 'eDofE' number when you booked, but if not please make sure that you give this to the Skipper.

They will then complete an online report which is submitted directly to eDofE after your voyage. We aim to do this within a few days of the voyage ending but please allow up to a fortnight in busier periods. This report normally then goes to your Licensed Organisation (School/Scouts etc) where your DofE leader will need to approve it before it will show up in your eDofE portal.

What does it cost?

MST is a Registered Charity (328320), dedicated to ensuring that everyone can take part in sailing irrespective of background. For this reason, we fundraise to ensure that all of our voyages for young people can be subsidised by around half compared to the true cost of running them.

The single voyage fee you pay includes all the food, mooring fees and equipment use for the entire duration of the voyage – there are no hidden extras.

We also have access to further bursaries that individual participants can apply for. More information is on our website, or you can contact the office to talk about your particular circumstances.

You can find general information about what to expect onboard, including a specific kit list and parent/guardian FAQs on our website: www.mst.org.uk/expect

If you have any questions about your expedition, or would like any advice, please contact us on info@mst.org.uk or 01243 908026.