

Sail HK was a new Horizons Week this year, with Outward Bound HK. The week consisted of learning how to sail a 27 foot Ketch with a team of 9, as well as a skipper. Living on a boat for a week was a new experience for all of us, having to sleep on deck and cook our own meals, it was almost like camping, although the floor was slightly more comfortable. We all faced different challenges during the week, from facing a fear of heights, to sea sickness. We could not have asked for a better crew for the week, and the constant proximity was a great way to get to know each other better, as well as make new friends during the trip. Anchor watch was one of the "highlights" of our week, waking up through the night for our shifts to watch the boat were a great way to get to know your partner better from long, deep conversations in the dark of the night. I personally had an amazing week, facing challenges that I have never faced before, and being taken out of my comfort zone (which is solid ground). This trip was definitely one of the most enjoyable that I have been on and I would recommend it to anyone who asked.

Some Top Tips:

- Make sure you have something waterproof to wear- keeps the wind and rain off
- Warm clothes if you get cold easily
- Don't bring more than what you need- they ask you to repack your bag when you get to the base, so having too much stuff is just annoying. (And did I mention, you can't take all the stuff you pack anyway, so what is the point in bringing it all?!)
- Only bring your essentials when it comes to toiletries- basically, just a toothbrush and soap (but you don't take the soap with you on the boat, it's for the shower you get at the end of the week)
- Bring a watch!
- Long sleeves and pants are vital to keep the sun off you all day, plus they keep you warm
- Be ready to do things that you wouldn't normally do