

On JST's sailing adventures the impact on participants is stronger because

We operate in an environment that is unpredictable. Conditions can be wild and challenging. Participants are tested and discover new depths in themselves and in others. The intense experience can create strong, long-lasting memories.

People live on-board, in close quarters, for many days, often a long way from land and disconnected from elements of modern life. It's not easy to walk away. They become deeply immersed in the experience. They learn more, faster.

Participants are given responsibilities that have real consequences for themselves, other people, the ships and the marine environment. Everyone contributes to the best of their ability. Everyone can quickly see their value to the team.

A diverse group works in teams to sail our unique tall ships. They experience how, in an adaptive environment and on a level playing field, barriers can be broken down and differences can fade into the background.

Activities. On a JST voyage, our participants

Work outside their comfort zone.
Overcome personal challenges (psychological, emotional or physical) to take part in some activities.

Work as a team to complete important and unusual tasks.
Are given responsibility for real and risky tasks.
Learn to stick to the ship's routines.
Learn about the environment.

Live and work in close quarters with a crew of mixed abilities, backgrounds and circumstances.
Actively support and are supported by a buddy.

Intermediate outcomes. By the end of a voyage, our participants

Earn a sense of achievement and pride.
Become more determined, self-reliant and courageous.
Gain greater self-belief.
Become more aware of their own strengths and capabilities.
Are better equipped to tackle limitations in their life.

Learn to appreciate and enjoy teamwork.
Improve their self discipline and organisation, time management and communication skills.
Learn to trust/ be trusted by others.
Gain a sense of fun through physical hard work.
Learn respect for the natural environment.

Become more comfortable being with and helping people from different social groups.
Gain empathy and learn to see the things people have in common.
Gain a better appreciation of the abilities and potential of others.
Learn how adaptations can enable equal participation.

Medium term outcomes. During the 12 months after a voyage, our participants gain

Greater optimism for the future.
More confidence in their ability to make up their own mind about things and control their own lives.
More motivation to tackle limitations and make the most of their lives.
More resilience, tenacity and ability to bounce back from setbacks.

A better sense of being useful and able to make a contribution.
A greater feeling that their life is valuable and worthwhile.
Increased engagement in learning (more willing to try new things, learn new skills).
More environmental responsibility.

An increased level of comfort with people of different abilities, backgrounds and circumstances.
An improved sense of belonging and equality.
New and better relationships.

And for the longer term, our participants gain

More choice and personal control.
A better sense of direction in life.

More motivation.
Improved career and life chances.

More social connection/ engagement.
Improved mental wellbeing.

And so we deliver our Mission and Vision:

To give people of mixed abilities and circumstances the freedom to explore their ability, potential and place in the world.
An inclusive world where we can all contribute and feel valued.