

Land in sight!

Ahoy! It has been a while, so there is much to talk about. Since our last issue, the trainees have finished their first round of internships. During this time, trainees became specialized in their field, learning different skills from skilled crew members like the rigger, captain or doctor.

The first round ended with our anchor dropping in Saint Vincent and the Grenadines. Our time at anchor was spent exploring the fantastic island and sea life around us. One of the highlights was the night ashore, of which Alan and Odilia will have all the details in this week's issue.

Fare thee well and enjoy!

Deckhand detective

Find the place of the picture taken on board!



Recipes at Sea

How to make something edible out of oats?

Ingredients

- 1 kg of oats
- 300 g of nuts (cut in large chunks)
- 120 g of seeds (like pumpkin or sesame)
- 180 ml of honey
- 120 ml of oil
- Pinch of salt

Follow these steps:

1. Stir all ingredients in a large bowl, make sure that the honey makes everything sticky
2. Divide it over 3 baking trays (with baking paper)
3. 18-22 minutes of baking at 160 degrees.
4. Stir all baking trays at 10 minutes

Now you made homemade cruesli!

Recipe by Chef Alv, Eline, Britt, Luc and Stas



Deserted Island Survival

Written by Odilia and Alan

Week 3 already came to an end and we did a lot to tell about, first of all we finished our first round of internships where all trainees learned a lot. After 3 days of sailing and internships we arrived at Union Island. We took a tour in vans around the island and a local guide showed us around and told us about how the island is rebuilding since a massive hurricane hit. After the impressive tour we sailed to Tobago Cays, a group of small and (partially) inhabited islands. After dropping anchor a day later, the crew told us we were going to spend the night on one of the deserted islands without help or supervision. Shortly after we started our journey with a very wet boat ride and a little dip, since the boat could only go to a sudden point. When we were finally ashore we had to walk through the wild mangrove forest with cactuses, trees, prickly bushes and animals like rats, insects and crabs constantly running around. After this interesting journey we arrived at a very narrow beach, which was surrounded by grass full of random animals and a lot of insects on the beach itself. Also, the tide changed during the night which led to waves taking up the entire sand-part of the beach.

But we made the best of it and started laying down blankets and sheets and making a big campfire which we later on used to make food. We thought of some smart ways to use whatever we had, like branches and dead grass. We made chefs pastry with sugar and cinnamon, onions wrapped in foil with pepper and salt, and limes with brown sugar. After we settled down on the island, we played a very spicy game of never have I ever with the entire group. After we finished the game the group split in the multiple smaller groups which all spent the rest of the evening in different ways like swimming, dancing or conversating. The evening slowly came to an end with trainees falling asleep and others laying down, talking or looking at the stars. When morning came early with a lot of sleepy and tired faces, with few trainees not sleeping for the whole night. The morning itself was relaxed and beautiful, with a view on the bright blue waters and smaller islands in the distance. After making our own breakfast on the fire again, some enjoyed a nice morning dip or game of volleyball, and it did not take long for the tender to pick us up to continue to a horrible Happy Hour.

Quotes of the week

Is the rain also salty? - Nika

Are there lions on the island? - Unknown trainee

I think we are getting baptized- Stas when he saw Koen in the water

Did you know?

That Coral reefs sexually reproduce all together, timing it at night based on factors like water temperature and moonlight.

Riddle of the week

If you buy me, you give me away. If you sell me, you don't want me. If you receive me, you will never know. What am I?

Answer last week: a map