

## **Feedback in post-voyage questionnaires from trainees participating in the**

### **12<sup>th</sup> to 20<sup>th</sup> September 2024 Ocean Science Voyage from Plymouth.**

#### **What did you enjoy most about the voyage?**

*Absolutely everything*

*having the opportunity to push myself far out of my comfort zone*

*Swimming in the sea and climbing.*

*Being on the boat in general, I liked swimming and using the microscope*

*Coming out of my comfort zone and making friends*

*The dolphins and sunsets*

*Climbing the rigging and learning how the sails work and are set*

*It was the best opportunity I have ever had. The science was so interesting, seeing the impacts we have on the oceans which we don't see firsthand on land. The sail training was so exciting. The crew were all so fun and good to be around. The cooking was good fun too. And the helming the ship was stressful but also really fun. Thank you*

#### **How do you think you have changed since the voyage?**

*A lot more confidence and self-awareness*

*i am more confident, and have a more positive mindset on my future*

*I have been slightly more confident in my experiences and have increased my mental health*

*More comfortable at sea*

*I have been less anxious and am able to overcome challenges*

*Less stressed*

*I think I have become more confident in talking to people and presenting ideas to them. It has also made me a lot more interested in sailing and strange marine life that is in our oceans*

*I feel so much more positive, everything feels so much less overwhelming. I feel so calm and so much happier than I have been on so many years. It was such a privilege to be on the boat, thank you for the opportunity of a lifetime*

#### **Would you tell us how you might use your sailing experience in the future**

*I would love to be a team member on the boat*

*definitely use the skills i have developed in my future career, and hopefully volunteer on the boat in the future as well.*

*Definitely helped me with English, also it's great experience and I have better point of view on climate change and ocean pollution.*

*Maybe to partake in another trip like this*

*I'll use my mindset for future challenges*

*I would like to volunteer on the pelican in the future*

*I would like to sail again and learn more skills. Potentially, I would like to volunteer as a crew member on a ship one day*

*I want to come back and volunteer as soon as I can. It was amazing*

### **How did the actual voyage live up to your expectations?**

*Better than I thought*

*way better than i thought it would be*

*It was great, I just thought that we would be sailing bit more. (This is because it was a science voyage and therefore the ship was moored or anchored a little more than on other voyages).*

*There was less sailing and more people than I expected, also comfier and less dramatic*

*It was less scary than imagined*

*Better than I could have ever thought*

*I thoroughly enjoyed the experience, especially when we got to put the sails up. Unfortunately, we did not have a lot of wind. The ocean science was really interesting and I learned about some completely new ideas and creatures.*

*It was better than I could have even imagined. Genuinely, I was really worried about the trip before hand but it was just amazing*

### **Is there anything you didn't enjoy about the voyage?**

*No*

*Some of the food*

*No*

*The amount of people - felt like participating in boat activities didn't affect anything, and less time doing activities like watches due to the amount of people.*

*Some people*

*I would have liked to have been moving for longer than we did*

*No, it was an extremely positive experience. Anything bad was overshadowed by how amazing it was.*

*I was seasick for the whole trip but didn't let it hinder the experience*

You can also see short videos from each day of the voyage here on YouTube

<https://youtube.com/@seasyourfuture1394?si=TpXEJCsJ8WVX6cid>