

# Sailing Initiation

## Coure Details

Course: Sailing Initiation

Minimum Age: 18

Duration (Hours): 24 (Hours (Theory): 6, Hours (Practical): 18)

Prerequisites: Good mood!

## Course Description

### Who is it for?

For all those who love the sea and want to live more with the sea. For those who have never had the opportunity to learn to sail or for those who do not have enough knowledge to sail. For those who want to be part of a crew and participate in nautical tasks. For those looking for a healthy activity or an escape from stress.

### What is the purpose?

The objective is in a fluid and simple way to learn to control a sailing boat, whether sailing with motor or sailing. Learn the nomenclature of a sailboat, the gear and the basic tuning for sailing. Learn the language and terminology of nautical and sailing. Learn to be part of an active crew.

### What is the subject?

Boat presentation: Inside, the autonomy of water, batteries and fuel. Navigation table, electronics and VHF. Safety equipment (pyrotechnics, raft, vests, lifeline, epirb, etc.). On the outside, the necessary nodes, the main nomenclature of the boat, rigging and canopy. In the maneuver, the entry and exit of the dock. Wind direction and the basics of sailing. Channel navigation with beacon and priorities.

Format:

The courses are on weekends in the morning or in the afternoon and you must attend 15 minutes before the scheduled time. There are 6 departures of 3h30' each.

### Location: Belem Dock

Mornings: 9:30 am to 1:00 pm

**Secretariado: Telf/Fax: 21 4437623 - 938 471 020 - 934 236 043**

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12-07-2025, 09:14

Afternoons: 2:00 pm to 5:30 pm

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