

What their family said...

This has been a life changing opportunity - he left as a teenage lad and returned as a young man! Its been a journey of self discovery for him - dealing with physical, emotional and social challenges and meeting them head on. His self confidence has grown and the realisation that 'he is enough' as a person is such a joy to see as his mother.

Thank you all very, very much! It has been an enormous privilege to have our daughter included in the Sail Training Shetland 2023 trip. Life changing experiences made possible by the generosity and commitment of a small group of wonderful folk.

She is more confident, self assured and relaxed in other company. We are convinced she has actually grown in the ten days she was away although that may be her standing taller!

Thank you for giving our young people this amazing opportunity. Our son had the best adventure of his life and it will have positive repercussions in unknown ways for many years to come- the memories will live with him forever.

Her confidence has grown exponentially. She left as a girl and has come back as a young woman. Her confidence has improved, and she just seems more sure of herself.

His sense of self worth has been returned and indeed developed. The experience has helped him to believe in himself and the existence of interesting possibilities out there that are very much open to him. It has given him optimism.

We just can't thank you enough for the opportunity you have provided. It has opened up the world to them. They have had "the best time of their lives!" It has increased their confidence and brightened their lives. It has made them appreciate their own culture too, as seen through the eyes of their fellow passengers.

He enjoyed being a sail trainee, the combination of freedom, responsibility and positive interaction with his crew-mates has nurtured his self-esteem and given him an additional sense of belonging.

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She now knows what friendship is and the feeling of being accepted in a group. She's never really had that before, it has really boosted her self esteem.

He is noticeably less anxious, much happier in his own skin and is actually standing up taller.

He seems to value himself so much more than he did.

He's so much more independent, responsible and has a great sense of purpose and adventure.

