

Summer  
2024

Sailing camps Under18  
All courses in Sardinia

Easter  
sailing!  
28 March - 2 April  
courses and  
holidays for  
families in Porto  
Pollo



[orzascuolavela.it](http://orzascuolavela.it)

# UNDER 18 SAILING WITH ORZA



## EXPERIENCE-CENTERED TEACHING METHOD: LEARNING MADE FUN!

Orza's teaching method is centered around learning by doing. The focus is on training both the body and the mind. At Orza, learning is a combination of rational imitation, instinct, intuition, and athleticism that fosters creativity and problem-solving.

This is an effective approach for every age, but it is especially effective for teenagers and children as it yields amazing results.

## FOR THEIR HAPPINESS AND YOUR SERENITY:

- Organization of travel and transfer service on demand
- Always accompanied by an instructor or their adult companion
- Accommodation in 6 bedrooms with private toilet and shower
- FIV and UISP affiliated sailing school
- A wide range of courses are available, including skiffs and windsurfing.
- English speaking instructors

## ORZA FOR UNDERSIGNED: TOWARD THE WIND!

Orza translates as bringing the boat toward the wind. It has been, in fact, our purpose for decades to bring hundreds of teens and kids from 8 to 18 years to the most thrilling sailing adventure.

This is towards the discovery of their own passion. Our staff is happy to see them fall in love with sailing and return the next summer.

It is our pleasure to see them grow from both a technical and personal perspective.

Our staff is made up of more than 100 instructors trained by our school and full of passion. We are at our pupils' disposal ready to assist them in any way we can.

## SAILING IN PORTOPOLLO, SARDINIA. A SAILING PARADISE

We will host you in a wonderful nautical base in Porto Pollo Bay, near Palau in the north of Sardinia. This is a renowned spot for water sports due to the constant presence of wind. During the residential courses the students sail in the bay where the waves are almost non-existent.

Because of its proximity to both Bocche di Bonifacio and Maddalena archipelago National Park, it's the perfect starting point for itinerant courses that take you to the gorgeous Lavezzi and Cavallo into the south of Corse.

[▶ Clicca qui e guarda il video dei corsi per under18](#)



## TRAVELING AND SAILING ALWAYS ACCOMPANIED

Your kids are never left alone. As the kids participate in the sailing activities, their instructors follow them, while the adult companion ensures their safety and comfort during the free time.

The school organizes a trip to our nautical base for under-18s from Milan, Genova or Olbia.

While on the trip, the kids are always with an adult companion. It is possible to organize the trip from other cities for large groups.

## FROM 8 TO 18 YEARS, ALWAYS WITH FRIENDS OF THEIR AGE

Kids are grouped together in bedrooms based on age and gender. This will also be considered when determining the courses and sailing teams.

## SAFETY IS A SAILOR'S FIRST RULE

Our courses are kept in full safety conditions. Buoyancy aids, and helmets on the first dinghy course, are mandatory. The students sail on boats that are easy to handle and appropriate for children's technical knowledge and athletic abilities.

## NUTRITION AND EMERGENCY CARE

Those with nutritional requirement (vegetarians, vegans, allergic or intolerants) can request a separate menu. Our boats have first aid kits and our base has a DAE at our disposal in case of an emergency. Our staff is ready to intervene or call for immediate medical help.



## ORZA'S COURSES: EVERYTHING YOU NEED

Because not all sailors are the same, and even the littlest ones have their preferences: navigation, cruise, regatta... Or cabin cruiser, dinghy, to get to the skiff courses, the very fast latest generation surfing dinghies, for the joy of the most competitive and adrenaline-filled! And to make sure you don't miss anything, even windsurfing courses. Our fleet of over 70 boats including large cabin cruisers, small cabin cruisers, dinghies and skiffs awaits you in Porto Pollo... and you?

What are you waiting for to send us your kids?

## WELCOME TO OUR COURSES



WILL TO STAY  
IN FAMILY?

Vela  
genitori  
& figli



All information at page 10!

# PORTO POLLO'S NAUTICAL BASE

The structure, which is the property of the school, is part of a residential complex and is designed ad-hoc for our activities.

The bedrooms are spacious and welcoming and have a private toilet and shower cabin. In the common grounds there is a large room where we have meals and lectures are held.

There is also a garden with a luxurious lounge area. After a brief walk, we can reach the beach, the dock and the area where we keep our dinghies.

At the buoy, our larger keel boats await ready to sail!



## GREEN SAILORS

We care about the environment, both at sea and on land. Since 2013, our structure has been certified class A, which features a photovoltaic system, a thermal solar system, thermal coatings, thermal break windows with double glazing, and heat pumps. Furthermore, we are very strict with recycling both at the base and on our cabin boats. We bring home everything non-biodegradable and use biodegradable soap.

Thanks to the water purifier we have eliminated plastic bottles, bring your own water bottle!

# ORZA'S TEACHING METHOD

## LEARNING BY DOING, HOW DOES IT WORK?

The learning experience is transformed into a playful one by "learning by doing." We aim to give our students small problems that are designed to be easily overcome.

In this way the sailing experience is fun and helps everyone gain courage, including to the shyest kids.

A theoretical lecture sets every day, manageable goals leaving room for experimentation.

The instructor's role is to make learning easier by giving stimuli in

the right direction to lead the student to deductive learning. In the second lesson of the day, the concepts are fixed, and the debriefing is used to rationalize what happened in the morning. The students themselves answer the questions left unanswered in the morning and allow the instructor to give them supplementary information if need. The courses are not excessively tiring especially at the base levels and are designed to let our students have fun while learning.



# EVERYTHING ON ORZA'S COURSES

Choose the most suitable sailing course for your child from the following pages.  
Cabin cruisers, dinghies, skiffs...  
there is a vast choice for your little sailor.

## LIFE AT THE BASE AND ON THE BOATS

Life at the base requires everybody's collaboration in following simple rules. All participants take part in cleaning activities once a week under their instructors' guidance setting the table, washing the dishes and keeping tidy the common areas. At the end of the week the students are required to leave the rooms clean. Alternatively, you can opt for the €20 cleaning service for the entire room. Onboard things work the same way: the kids work together to keep the boat nice and tidy, to prepare the lunches and for the final cleaning.

## OUR COURSES: DAY TO DAY

All courses begin on Saturday at 1 pm with a briefing session where they meet the staff and learn about life at the base and safety procedures. Courses end Friday after and the end-of-course meeting between participants and staff. Everyone is free to leave at 5 pm.

## THE STATIONARY COURSES

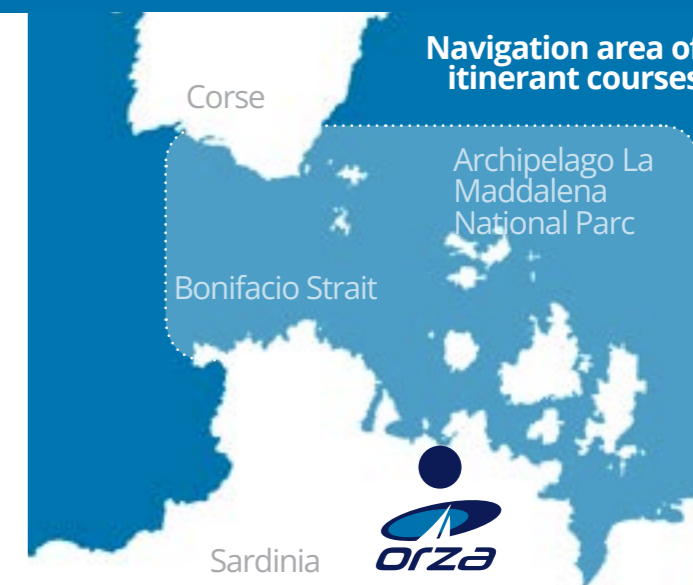
On the first afternoon, everybody get familiar with the boats while the sailing instructors check out technical levels of all participants. The other days the students sail for about 6 h a day with a lunch break at the base (children's courses are usually shorter). After breakfast, we start at 9 am with a theoretical lecture explaining the daily goals. Afterwards once the boats are rigged, we start sailing. After the lunch break there is a brief lesson at 3pm, then we sail until 6pm. Then it's time to relax! For teens there is the possibility to have a small alcohol-free aperitif once or twice a week. Dinner at 20:30 pm and then some free time under the assistance of Orza staff before everybody go to sleep.

## THE ITINERANT COURSES

The first afternoon of Saturday is dedicated to organizing the course, loading the food, equipment and provisions and preparing the boats for the cruise. We generally set sail in the late afternoon on Saturday (weather and sea conditions permitting) and that same evening we reach a nearby bay where we can spend the first night moored. In itinerant courses, a precise routine is not followed, but each day alternates navigation, teaching and moments of relaxation and is organized by the instructors based on the weather, the distance to travel, and the educational objectives. Meals are prepared and consumed on board with the galley provided. Most of the days also include a stop for lunch and there is no shortage of moments of leisure, swimming in the turquoise water and the possibility of going ashore for small excursions. In the evening the boats moor close together in sheltered bays where they all spend the night together. On Friday morning the boats return to the Porto Pollo bay, the day continues with disembarkation, boat cleaning and lunch at the base.

## ARE YOU A GOOD SAILOR? BECOME AN ORZA INSTRUCTOR

We take care of talented little sailors, pointing out their ability to mum and dad and offering them a career as a sailing instructor. The training courses can be attended from 15 years of age. The stages include courses to become an assistant instructor, weeks of coaching in the field as an assistant instructor and, upon turning 18, access to formal courses for the instructor's license.



# Residential week-long courses on dinghies and skiff

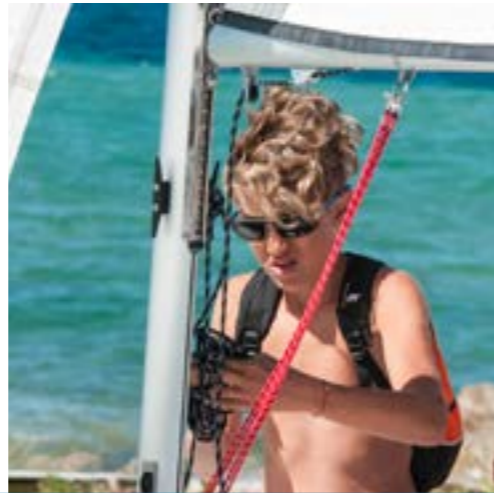
## Livello 1 BEGINNER DINGHY COURSE

Residential - one week course  
Boats: Tridente '14

**For first timers or less experienced sailors.**

Dinghies are simple, intuitive boats. They allow the participants to develop a sensitivity to the wind and the boat's reaction. With this course the students learn to helm, to be the bowman and to autonomously enter and exit from a mooring.

**OBJECTIVES:** nomenclature, knots, setting of the boat, capsizing, sailing gaits, tacking, jibing, maneuvers of entering and exiting sailing from the beach, mobility and conduction.



## Livello 3 DINGHY IMPROVEMENT COURSE

Residential - one week course  
Boats: 420 - Rs Quest

**For those who did the 2nd level or are very good on dinghies.**

Now that your kids are truly little sailors, tacking, gybing and conduction are a given. Helm and bowman (trapeze) work as a crew towards perfecting the trim of the boat, predicting puffs and, with the introduction of VMG, windward and broad reaching are now a strategy. Then we surf with spinnaker or gennaker!

**OBJECTIVES:** trapeze, rolling tacking and gybing, surfing gybing, spinnaker/gennaker (equipping, conduction, hoisting, hauling down, gybing), trim, VMG, steering during windward and broad reaching under gust, "S" way while broad reaching.



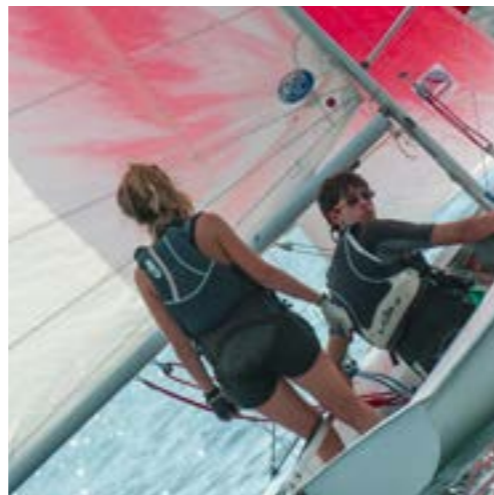
## Livello 2 INTERMEDIATE DINGHY COURSE

Residential - one week course  
Boats: 420 - RS Feva - RS Quest

**For those who did the 1st level or have previous dinghy experience.**

During the second level the basilar concepts are reviewed: tacking and gibing stop being a change in direction, helming stop meaning to just go onwards! Now tacking with low wind condition involves rolling. Gibing becomes a precise maneuver. We start exploring the spinnaker or gennaker. The helm and bowman become two new worlds to discover!

**OBJECTIVES:** using the trapeze, roll tacking, gybing from broad reaching to broad reaching, surfing, going windward and tacking, equipping gennaker and spinnaker (hauling, hoisting, use), tips on regatta.



## Livello 3 ASYMMETRICAL SKIFF COURSE

Residential - one week course  
Boats: ski 29er - RS500

**For whom did the 3rd level.**

Skiffs are lightweight surfing boats equipped with large sails that are excitingly fast. The participants learn a new approach to sailing made of extreme trim, reactivity, and velocity. Riding them is an exciting experience, and after the first capsizes you will no longer be able to do without it!

**OBJECTIVES:** position and movements onboard, surfing vs displacement, gybing with gennaker, trim and weight handling, apparent and true wind, steering during windward and broad reaching and "S", bearing away on skiffs, handling lateral trim.



## Livello 2 INTERMEDIATE O'PEN SKIFF COURSE

Residential - one week course  
Boats: O'pen Skiff

**For those who did the 1st level or have previous dinghy experience.**

For little sailors who wish to be on a boat alone for the first time. A modern version of the traditional Optimist allows the pupils to surf. Some speed coupled with some play-regatta, capsizing without risk and without fear on board a small, truly high-performance dinghy that sparks the envy of older companions.

**OBJECTIVES:** nomenclature, setting of the boat, level running, maneuvers, conduction of windward and stern wind, surfing, acceleration under gust.



## Livello 4 SKIFF PERFORMANCE COURSE

Residential - one week course  
Boats: 29er - 29er XX

**For whom already handles skiffs well.**

The time has come for your kids to really start taming their skiff, they will learn how to bring the boat to its full potential. The focus is on speed, performance, and maximal efficiency of the movements. After a few capsizing the personal talents come to light!!

**OBJECTIVES:** fine work on bowman and helm roles, steering using weight, rolling tacking and gybing, surf keeping, windward surfing, VMG in windward and broad reaching, performance.

Try  
NEW  
29erXX!



# Two-weeks course: dinghy + keel boat

The most thrilling and educational of Orza's courses which teaches your kids so much, bringing them back to land a little more mature, more grown up, more sailors! Nature and adventure, cruising in its purest form.

**Livello 1** **Livello 2** **COASTAL NAVIGATION COURSE**  
Residential/itinerant - 2 weeks course  
Boats: Tridente - 420 - Nytec 23

Level 1: for first timers or less experienced sailors.

Level 2: for those who did the 1st level or have previous experience.

Welcome to the Coastal Navigation course, the most beloved among the Orza courses, which brings joy to both parents and children. In just two weeks, it provides truly comprehensive training! The magical formula of these fourteen days combines high-level educational content with the beauty of cruising. It takes your young sailors first onto dinghies to gain experience, and then onto cabin cruisers to learn life onboard and maneuvering exclusively under sail, a crucial skill for those who aspire to become skilled sailors.

During the first week, while stationed at the base with overnight stays, your youngsters learn on small and safe boats. They navigate the sheltered waters of the gulf, practicing with the tiller and sheets, always under the watchful eye of instructors on safety vessels. Mornings are spent at sea for practical training, with a break for lunch, followed by more water-based fun until late afternoon. After a week ashore, they set sail for the itinerant week onboard the Nytec 23, they embark on magical days among the islands and harbours of the Bonifacio Strait and the National Park of the Maddalena Archipelago. Here, they discover the sea, nature, and adventure the purest and most captivating form of cruising. Each boat accommodates three students and their instructor, island-hopping during the day and spending nights in protected bays. The boats, moored close together under the starry sky, become one large home on the water.

And tomorrow, they're off to another destination!

In addition to sailing and coastal navigation, the course offers moments of leisure, land excursions, and all the beauty of flotilla nautical camping. The experience during the second week on cabin cruisers builds upon what was learned in the first week and delves into new topics, such as life onboard, mutual respect, and teamwork. But above all, it provides an unforgettable experience and a good dose of awareness, autonomy, and maturity. After the Coastal Navigation course, your youngsters' eyes will know how to look farther ahead.

#### FIRST LEVEL OBJECTIVES:

During the first week the course is held on the Trident 14: nomenclature, knots, setting of the boat, capsizing, sailing gaits, tacking, jibing, maneuvers of entering and exiting sailing from the beach, mobility and conduction. During the second week the kids go cruising: reefing, navigation in safety, life as a crew, mooring and anchoring basics, hints of pilotage.

#### SECOND LEVEL OBJECTIVES:

During the first week the course is held on the 420, RS Feva, O'Pen Skiff, RS Quest, faster and more technical boats that have spinnaker or gennaker (except for O'Pen Skiff). To the objectives of the 1st level others add on: apparent and true wind, center of buoyancy and sailing center, complex sailing maneuvers, fine sails regulation, rig and conduction of spinnaker, reverse done sailing, first autonomous mooring and anchoring, fine work of mooring and pilotage.

Boats on this courses are equipped with a portable toilet.

A special price for a unique experience!





# Weekly keel boat itinerant courses

## Livello 1 Livello 2 ITINERANT COURSE

Itinerant - one week course  
Boats: Nytec 23

**Level 1:** for first timers or less experienced sailors.

**Level 2:** for those who did the 1st level or have previous experience.

**This course is the abbreviated version of the Coastal Navigation course, and its program and activities correspond to the second week only, which is the itinerant phase.**

This course also takes your youngsters to the marvelous Bonifacio Strait, between the French islands and those of the National Park of the Maddalena Archipelago—one of the most beautiful places in the world. It combines the beauty of cruising with high-level educational content, teaching life onboard and maneuvering exclusively under sail—a crucial skill for those who aspire to become skilled sailors. On each boat, three students and their instructor sail from one island to another, stopping for a swim or lunch before reaching a wind-protected bay where they spend the night. The boats, moored close together, become one large home on the water. Evenings are spent in company and joy under the stars, and tomorrow, they're off to another destination! The spartan lifestyle demands adaptability from your youngsters, but in return, there's plenty of fun! In addition to sailing and coastal navigation, the course offers leisure, land excursions, and all the enjoyment of flotilla nautical camping. But it also ignites a new passion and adds a dash of maturity, autonomy, and responsibility that bring joy to both moms and dads.

**FIRST LEVEL OBJECTIVES:** nomenclature, knots, setting of the boat, conduction, maneuvers, line of boats, stopping in a set point, sail regulation, reduction of the sail's surface, navigation in safety, life as a crew, basics of anchoring and mooring, hints on pilotage .

**SECOND LEVEL OBJECTIVES:** We revisit the topics covered in the first level to delve into real and apparent wind, sail trim, center of effort, complex sail maneuvers, fine-tuning sail adjustments, rigging, spinnaker handling, sailing in reverse, initial landings, autonomous anchoring, refining mooring techniques.

**Boats on this courses are equipped with a portable toilet.**



## Livello 1 AZZURRA WEEK COURSE

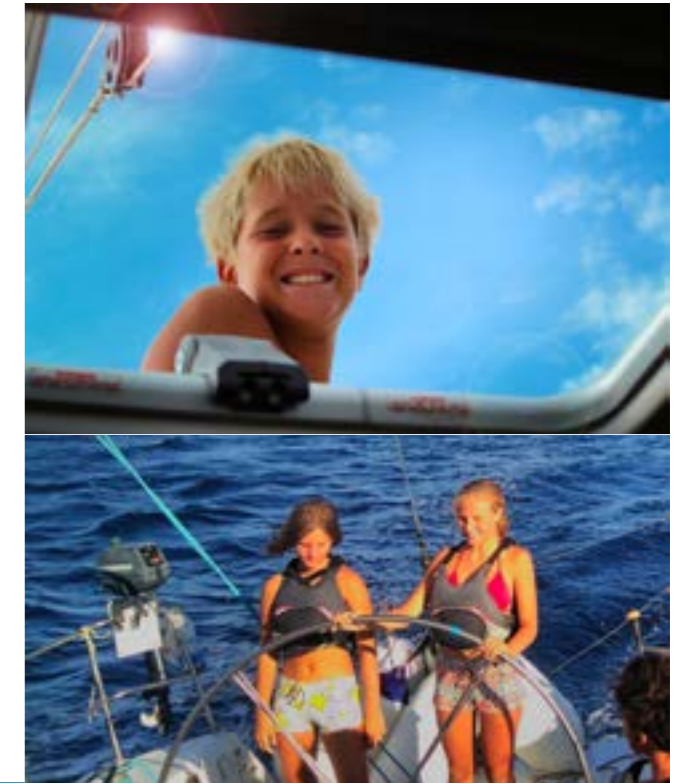
Level 1 - Itinerant - one week course  
Boats: 10-12 meters keel boat

**For first timers or less experienced sailors.**

Sailing around the archipelago on comfortable and well-equipped keel boats, complete with cabins, kitchen, and bathroom. The Itinerant Azure Week is the best choice for those who want to start with tranquillity without sacrificing the right comfort. It takes your young sailors to the Bonifacio Strait, between the French islands and those of the National Park of the Maddalena Archipelago, to enjoy the beauty of nature, life aboard a crewed vessel, and learn the fundamentals of sailing.

Days of navigation and anchor stops in sheltered bays for the night, every day in a different place, eating and sleeping on board, discovering what a cruise truly entails and what it means to live together and lend a hand. This sounds like an exciting and educational experience for young sailors!

**OBJECTIVES:** nomenclature, knots, setting of the boat, conduction, sailing points, maneuvers, catching a bouy, navigation in safety, life as a crew, basics of anchoring and mooring, hints on pilotage.



## Livello 2 BLU WEEK COURSE

Level 1 - Itinerant - one week course  
Boats: A40, 12 meters keel boat

**For those who did the 1st level or have previous experience.**

The technical level rises, and the Blue Week takes place on the A40, a comfortable cabin cruiser equipped with cabins, kitchen, and bathroom, but more technical, fast, and high-performing. And it's the gennaker, a modern version of the spinnaker, that makes the difference in this course, along with maneuvers, moorings, anchorages, and dock arrivals in the most suggestive coves of the Strait of Bonifacio. Because in this course, more mature and conscientious, the young sailors are ready to take on the role of skipper, gaining a bit more autonomy, facing their first responsibilities, and learning from their own mistakes. The captains of tomorrow grow up quickly!

**OBJECTIVES:** complex maneuvers while sailing, fine sail setting, real and apparent wind, center of buoyancy and sailing center, setting and conduction of gennaker, sailing in rear, first autonomous mooring and anchoring, fine work on mooring and anchoring, hints on plotting the course, dead reckoning and coastal navigation.



# Windsurf courses



In the wind paradise, could windsurfing be missing? Orza, in collaboration with Surf Star, schedules windsurfing courses capable of teaching your children to glide and enjoy all the adrenaline of this fantastic sport in a short time.

Theory and practice are combined using the experiential method, which has been thoroughly tested and proven effective in sailing courses, including those on the board. Qualified instructors not only convey the magic of water performance to young learners but also emphasize safety and the right approach to this sport, ensuring a truly comprehensive education. There are three different levels to accommodate all types of experience, from beginners to experts. And, upon request, one-to-one courses are available

## Livello 1 BEGINNER COURSE

For those who are at their first experience

Theoretical lessons, simulator tests, fun exercises with extremely easy and light equipment, practice in the water... and fun guaranteed! After the course, the students can face the first outings safely with the board.

**TOPICS COVERED:** nomenclature and knowledge of the equipment in all its parts, how to rig and uncock the board, initiation on the simulator, wind and gaits, safety checks before going into the water, safety and the right behavior in the water, departure from the beach, basic maneuvers with the daggerboard, perfecting the gaits with light/medium wind.



## Livello 2 IMPROVEMENT COURSE

For those who already have some experience

Off with the first emotions of speed! The wind to be faced will be medium/strong and this will allow you to perfect the basic maneuvers. The educational objectives of this level are the search for gliding and the right body position in fast paces and the use of the straps and the harness. From now on, fun knows no limits!

**TOPICS COVERED:** advanced theoretical notions, starting from the beach and correct pace with medium/strong wind, theory and tests starting from the water, quick tack and jibe without daggerboard, use of the trapeze and planning position, perfecting the beat.



## Livello 3 FUNBOARD COURSE

For those who want to get serious!

The daggerboard disappears and here we are in the world of funboarding with Freeride boards! In this third phase of training you enter a different world, and everything you have learned must be brought to the new type of board. Freeride is pure joy.

**TOPICS COVERED:** correct starts and paces in strong winds, technique use of the harness and straps, body position and sail setting in all speeds optimization, jibing without daggerboard, in-depth analysis of the planing pace, board conduction with feet and weight, hints of power turns and fast turns on a freeride board, water start.



# Family hints: parents & children sailing

Easter sailing  
28 March -  
2 April



Sailing together parents and children, from August 3rd to September 6th, is a family affair!

August is dedicated to families, with tailor-made vacations for fun, relaxation, and learning how to sail. Choose from the many different options the formula that best suits you!

## Sailing tailored for all generations

Each family member can choose the most suitable course, learning on the right boat for their build: schedules and daily activities are the same for everyone, with only the course level varying. But there's also the "one-to-family" formula, with a dedicated instructor who focuses solely on your group and customized teaching, tailored to each individual's abilities.

Alternatively, you can choose to stay all on the same boat, in a sailing day trip: a boat and an instructor available and every day, all together, you set sail, visit a new place and return, with times and itineraries to be defined. For your stay at the base you can choose the accommodation you prefer, in rooms with other students or in an apartment all to yourself. Breakfast, lunch and dinner can be eaten together with the other guest of the school or managed independently.

## Sailing is not everything on holiday!

You don't live on sailing alone and a holiday that makes everyone happy must also be able to give some entertainment. In this way, you can alternate your days of sailing with moments or entire days of leisure, during which you can devote yourself to other passions: a trip to the surrounding area, a sunbath on the beach. Whatever your choice, a holiday with us will give everyone, adults and children, truly unforgettable moments. Sailing is an educational and training passion, which makes your children grow and teaches them a healthy respect for nature and to face and solve with a smile the small difficulties that every sailor encounters. To end the summer with your children, come and visit us!



# ALL INFORMATION

## Enrollment

### DOCUMENTS TO GIVE TO THE OFFICE

- Enrollment and membership form
- Copy of identity card or passport
- Medical certificate of good health valid during the course
- Behavioral code of conduct signed by the parent

### BOOKING AND PAYMENTS

After checking with the office the course availability:

- Advance payment within 3 days of 30% of the price of the course + membership fee + travel price (if required)
- Balance payment earlier than 30 days before the day of the beginning the course. If the enrollment is done within 30 days from the beginning of the course the balance is to be paid at the moment of enrollment.

### TERMS OF PAYMENT

The payment must be done through wire transfer named after **Centro Velico Orza SSD**

Bank: Banco BPM

IBAN: IT 54 F 05034 20409 00000 0001252

bic/swift = BAPPIT22

**Stating as reason of transfer:** surname and name of the enrolled person - Tessera

UISP - the number of the period or turn - The name of the course.

How to enroll your kids, what to put in their luggage, travel and transfers, addresses, tips...  
Everything you need to know is on the next few pages!

## TRAVEL ORGANIZED BY ORZA:

It's possible to choose to travel by group with an adult escort, the trip is organized by Orza. The itinerary involves taking a train from Milan to Genoa and a ferryboat to Olbia in Sardinia. From there the kids take the bus to our nautical base in Porto Pollo.

**The steps where you can entrust us your kids are:**

- **Milan, in the early hours of Friday afternoon at the Central Station**
- **Genoa, Friday afternoon at the train station or at the ferry station**
- **Olbia in Sardinia, early Saturday morning at the ferry station**

The precise time of the appointment will be communicated on request by the office.

## AUTONOMOUS ARRIVAL AT THE BASE

Orza nautical base is inside the Residence Blue Corner in Porto Pollo, in the municipality of Palau. It's 6 kilometers far from Palau and 45 kilometers from Olbia. Palau is connected to Olbia with frequent buses departing from the ferry station, the city and the airport.

**On request, a taxi service can be arranged.**

Beginning on the course/check-in: **Saturday around 12 am.**

End of the course and departure from Porto Pollo: **Friday around 5 pm.**

### FOR THOSE WHO DRIVES HERE OR TAKES A TAXI

The nautical base can be reached from the **roads that connects Palau and Santa Teresa**. After Palau turn right towards Isola dei Gabbiani, then proceed for 1 kilometer until the entrance of the **Blue Corner** that you will find on your right. Keep driving on the internal road and **follow the signs for Orza Scuola Vela** until you reach a square with a white tensile structure that will be on your left. The nautical base is the **orange-colored building** next to the tensile structure. La Base Orza si raggiunge dalla strada che collega Palau a S. Teresa di Gallura.



[orzascuolavela.it](http://orzascuolavela.it)

### ORZA SCUOLA VELA

**Centro Velico Orza SSD** - Sailing school affiliated with FIV e UISP



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**Email:** [info@orzascuolavela.it](mailto:info@orzascuolavela.it)

**Telephone base Orza Porto Pollo:** +39 0789 704125



# VERY IMPORTANT INFO

## THIS INFO CAN HELP YOU

Some equipment can be rented or bought directly at the nautical base: the list here written.

The life at the base is simple and informal, while making the luggage keep in mind to bring practical and comfortable clothes.

For the courses you need a small luggage: if you follow our instructions your kids won't need anything else.

We want to stress the importance of the sleeping bag, which is mandatory during the courses and strategic, if you travel with us, for the stay on the ferry to keep warm in the air conditioning.

For the kids who stay for more than one week, we organize a pizza night at the restaurant on Friday night.

Give your kids a little budget for anything they may need to rent or buy, for pizza, an evening ice-cream, and their meals on the ferry.

For those who come to the base before the beginning of the course, or want to leave some days after the end of the course, it is possible to be hosted in the nautical base prior asking for availability.



## A SAILOR'S LUGGAGE

### FOR EVERY COURSE:

- Light sleeping bag
- Identity card or passport in original
- Notebook and a pen
- Personal pharmacy
- Beauty case for personal care
- Solar protection
- Towel
- Sailing shoes or gym shoes (with rubber sole) that can get wet
- Flip-flops or slippers
- Hat for the sun
- Sunglasses with retainers (it is easy to lose them while sailing)
- Undergarments
- 2-3 swimsuits
- 3 pairs of shorts
- 1 pair of trousers
- 6 t-shirts
- 1 hoodie
- 1 sweater
- Sailing gloves
- Water bottle
- School-like backpack to bring the equipment to the beach.

### FOR THE ITINERANT COURSES (ITINERANT WEEK, AZURE WEEK, BLUE WEEK AND COASTAL NAVIGATION) YOU WILL HAVE TO ADD:

- Waterproof garments, better if including the trousers. For those who wish to buy it, a summertime waterproof gear is enough. Otherwise a k-way, or motorcycle gear can suffice as long as it protects from water and wind.
- Towel: instead of the traditional towels, consider a microfiber one as it is compact and easy to dry.
- Flashlight or head lamp
- To store your things during the traveling week, add a backpack (preferably waterproof).  
**IT IS NOT POSSIBLE TO BRING TROLLEYS AND HARD BAGS ON BOARD.**

### FOR THE COURSES HELD AT THE BASE (DINGHY, SKIFF AND WINDSURF) YOU WILL HAVE TO ADD:

- Dinghy wetsuit
- Lycra t-shirt or wetsuit-undergarments, only for those who tend to feel cold
- Neoprene dinghy boots
- Spray-top, only for the advanced courses – in which you spend more time in the water – or for those who tend to feel cold
- Kneepads, optional and suggested for whom has knee problems
- Sailing gloves

### FOR THE TWO WEEKS LONG COASTAL NAVIGATION COURSE

The baggage must include everything listed in general and for the itinerant courses.

### RENTAL AND SALE OF TECHNICAL GARMENTS AND BED LINEN

#### Rental – weekly cost:

- Wetsuit short € 15
- Wetsuit long € 20
- Neoprene dinghy boots € 5
- Sailing gloves € 5

#### Sale:

- Sailing gloves € 27
- Neoprene dinghy boots € 15/25
- Kneepads € 39
- Sun glasses floatable Retainer € 10
- Water bottle € 5



### On demand is possible to also rent the bed linen and others

- Bed kit (two sheets + pillowcase) € 10
- Towel kit (3) € 10
- Beach towel € 5

Sailing gloves



Dinghy wetsuit



Lycra T-shirt



Neoprene dinghy boots



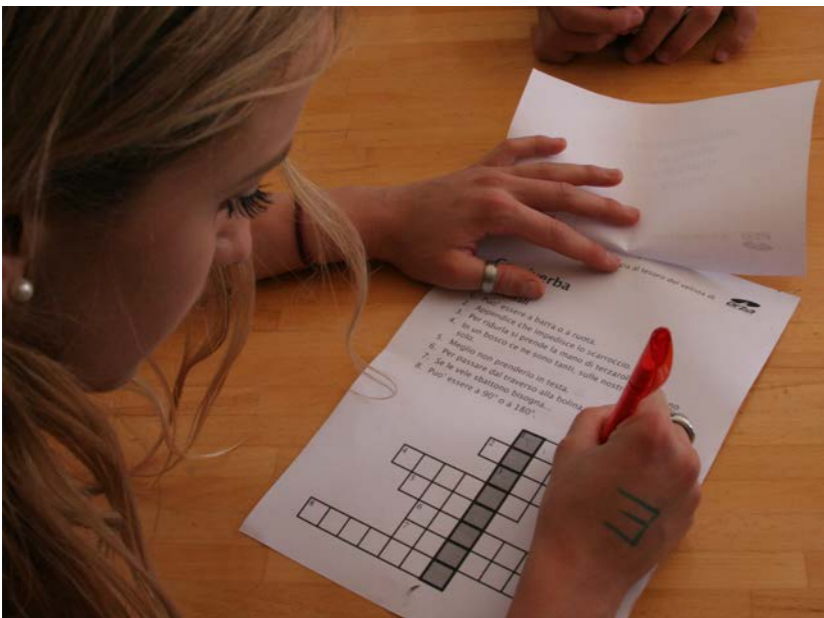
Dry suit



Sailing shoes

# EDUCATIONAL PLAY ACTIVITIES

In case of weather disruptions, there are many activities that we propose with the collaboration of our staff: knot workshops, theoretical insights, construction of models with a final regatta, treasure hunt and much more.



## FEES, INSURANCE AND TRIP INFO

### FEES INCLUDE:

Sailing or windsurfing course including food, accommodation with en-suite bathroom, theoretical and practical sailing lessons, assistant for children. The traveling courses include overnight stays on board, food and fuel for the boats, theoretical and practical sailing lessons.

### FEES DO NOT INCLUDE:

Return trip, food consumed during the trip, membership fee and insurance.

### TRIP FEE MILAN C.LE TRAIN STATION/PORTO POLLO:

Train + ferry + coach with adult companion staff

- June and July return € 170 - one way € 120
- August return € 190 - one way € 140.

### MEMBERSHIP FEE AND INSURANCE:

The courses are reserved for members of the U.I.S.P. sports promotion body. The cost of the mandatory UISP card including accident/TPL insurance is

- € 10 up to 17 years
- € 30 from the age of 18

**A medical certificate of good health is mandatory for the practice of non-competitive sport.**

### FAMILY AGREEMENT:

Reduction €25 per person for registration of two or more siblings.



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# SHIFTS AND COURSE FEES PORTO POLLO 2024 - UNDER 18

Shifts with accompanying under18 round trip Milan C.le train station or Genoa maritime station to the Porto Pollo base

WEEKLY STATIONARY COURSES		Easter	JUNE				JULY				AUGUST					
LEV.	COURSE	start date >>	8	15	22	29	6	13	20	27	3	10	17	24	31	
		shift n° >>	P	2	3	4	5	6	7	8	9	10	11	12	13	14
1	beginner dinghy		590	785	840	860	895	895	895	895	840	840	840	800	730	645
2	o' pen skiff		630	835	895	915	950	950	950	950	895	895	895	840	780	680
2	intermediate dinghy		630	835	895	915	950	950	950	950	895	895	895	840	780	680
3	improvement dinghy		630	835	895	915	950	950	950	950	895	895	895	840	780	680
3	skiff 1			895	955	980	1010	1010	1010	1010	950	950	950	880	830	730
4	skiff 2 - performance						1010	1010	1010	1010	950	950	950	880	830	
1-2-3	windsurf			835	895	915	950	950	950	950	895	895	895	840	780	680
WEEKLY ITINERANT COURSES			JUNE				JULY				AUGUST					
LIV	COURSE	start date >>	8	15	22	29	6	13	20	27	3	10	17	24	31	
		shift n° >>	2	3	4	5	6	7	8	9	10	11	12	13	14	
1-2	sail cruising 1 e 2			785	840	860	895	895	895	895	840	840	840	800	750	645
TWO WEEK COURSES			JUNE				JULY				AUGUST					
LIV	COURSE	start date >>	8	15	22	29	6	13	20	27	3	10	17	24	31	
		shift n° >>	2	3	4	5	6	7	8	9	10	11	12	13	14	
1-2	NAVCOST 1 beginner dinghy + sail cruising 1				1.445	1.520	1.520	1.520	1.430	1.470	1.230					
				1.380	1.490	1.520	1.475	1.430	1.370							
2-2	NAVCOST 2 intermediate dinghy + sail cruising 2			1.490	1.570	1.570	1.475	1.495	1.280							
				1.425	1.540	1.570	1.520	1.475	1.400							

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In shifts 11 and 12 there is no supervision of an assistant therefore unaccompanied children aged 15 or younger are admitted only if a parent is present.