JOINING INSTRUCTIONS

ITALY





Location:
Via Francesco Barbolani 18,
56128 Marina di Pisa, Italy

Latitude	**43° 40′ 34.9″ N**
Longitude	**010° 16′ 23.2″ E**

Second star sailing WOMEN AT THE HELM

Welcome to the **Second Star Sailing**! In these Joining Instructions you will find all necessary information about **where to find us, what to expect** during your theory or practical sailing course, and **a detailed packing list**. This may seem like a long read, but trust us, it is going to be worth your time and hopefully answers all your questions!

WHERE ARE WE?

Marina di Pisa, located just over 10 km from Pisa, serves as the coastal port for the city. Our office, situated on the corner with a view of the Marina, overlooks the docked sailboats, including those used for our courses.

TRAVELING TO PISA BY AIR

We recommend using the airport in Pisa – the Galileo Galilei International Airport (PSA). Once in Pisa, you can rent a car, take a cab (it is just a 15 minute drive), or take the train shuttle to the train station, then the bus directly to Marina di Pisa per the instructions below.

ARRIVING BY CAR TO OUR LOCATION

To reach us by car from the airport, follow the signs to Marina di Pisa, or ask the rental car company to mark it on a map for you. Upon arrival, you can inquire at the Porto di Marina di Pisa offices about parking in their private car park (a fee will be required). There is paid parking next to our office during the high season, but you can also find free parking areas about a 5-minute walk away.

ARRIVING BY TRAIN TO OUR LOCATION

The Stazione Ferroviaria of Pisa Centrale is a well serviced rail hub, with lines to Genova, Milan, Roma, Firenze just to name a few. Take the train to Pisa and then a bus to Marina di Pisa. www.trenitalia.it

ARRIVING BY BUS TO OUR LOCATION

From the train station, walk to the bus terminal: directly out of the station walk to Piazza Vittorio Emanuele, the large, mostly pedestrian square a block away, then take a left, in the next block you will see the AT Autobus www.at-bus.it terminal on your left. Take the bus line- usually #010 towards Tirrenia. Ask the driver to be let off at the Porto di Pisa. You will see all the masts. It's hard to miss.

WHAT TO EXPECT?

All our courses start on Monday unless informed otherwise. We will meet you at the office at 09:30 AM the first day of your course.

All our courses finish on Friday unless informed otherwise. You will be back at the office from a practical course not later than 05:00 PM. Theory courses take place at the office and will finish by 05:00 PM as well. Upon completing the course on Friday (theory or practical) feel free to join us for a celebratory drink and snacks, sharing good company with fellow students!

PRACTICAL COURSES

Accommodation: you will be staying on board from Monday to Friday (05:00 PM). Our pricing is per person based on double occupancy in each cabin. You will be based on a sailboat – space is limited,

and cabins have two berths, so double occupancy is expected. Please enquire about availability and pricing should you prefer single occupancy of a double cabin.

Provision: We encourage students to collaborate and enjoy preparing meals together. Provisioning is not included in your fee. At the start of the week everyone contributes to a communal fund for food purchases, with the school covering the instructor's share. Basic provisions like coffee and spices are provided. Provisioning typically costs around 10-15€ per person per day. Meal and cleaning duties are shared according to a schedule.

Italy is famous for its delicious local produce, from fresh fruits and vegetables to high-quality meat and dairy. You can savor all of this, prepared and enjoyed on a sailboat! Should you have any allergies, chemical sensitivities or dietary restrictions, please be sure to notify us in advance on your medical form as soon as possible so that we can help plan and assist in ensuring you have access to the right kind of products.

Schedule: Our courses begin promptly at 9:30 AM on the first day. Unless informed otherwise, sailing tends to be between 9 AM and 5 PM every day, depending on the type of course and instructor's judgment. Some night sailing is included in most courses, the particulars of the night sail(s) are left to the instructors to determine with the students. Please be flexible with your schedule. You might be at anchor or on a mooring 2-3 nights during the course. Most courses end at 4 or 5pm on the last day, after a thorough cleanup of the boat by everyone and a debrief with your instructor.

THEORY COURSES

Accommodation: you will need to book accommodation for the duration of your course. We recommend staying at Marina di Pisa from Monday to Friday (during the course) - there are many hotels and Airbnb, a big grocery store, restaurants and bars, several beaches, car and bike rentals.

Provision: there is drinking water available at the office. Please bring your own pre-cooked lunches and snacks and drinks.

Schedule: Our courses begin promptly at 9:30 AM on the first day. Unless informed otherwise, theory courses tend to be between 9 AM and 5 PM every day, with a lunch break and a few coffee breaks.

INSURANCE AND DOCUMENTS

We highly recommend you take out travel insurance to cover your activities on the water. Please investigate what coverage you might have with your local companies as they will differ with your nationality, residence and sailing area. Please check visa requirements relevant to your nationality for Italy, and other EU countries that you may visit during your course.

GEAR AND PACKING

We have safety equipment for everyone onboard, but you are welcome to bring your own if it is suitable. Please double-check with us about your sailing equipment to ensure it meets our safety standards (items like lifejackets, PLB if it's a long mileage). The rest of the packing list is available below with required and suggested items.

Please remember that on board we cannot stow hard suitcases, only soft sided bags. Should you not have a soft suitcase or duffle bag, we can keep it in storage at the office for the duration of your trip.

DRUGS, ALCOHOL, SMOKING AND CONDUCT POLICY

Illegal drugs or banned substances are prohibited during our courses. If found under the influence or in possession, you will be removed from the course. Smoking is not allowed on board; you may vape outside with the skipper's permission. Alcohol can be consumed by those of legal drinking age with the instructor's approval, but only after the sailing day is over and the boat is secure. If you are found intoxicated during active participation or while on watch, you will be removed from the course.

PACKING LIST FOR PRACTICAL SAILING COURSES

CATEGORY	REQUIRED	SUGGESTED
Footwear	Non-skid, light-soled closed-toe sneakers or sailing shoes (you will not be allowed to sail barefoot)	Shore shoes - flip flops, sandals, etc. (No shore shoes on board)
Outerwear	Waterproof/windproof jacket and trousers (light wet weather gear)	Fleece vest or sweater
Headwear and Eye Protection	Sun hat/cap with a retaining strap	
	Sunglasses with UV protection and a retaining strap	
Health and Sun Protection	Reef friendly Sunscreen (quick drying, no spray or self-tan)	Sea sickness medication of your choice
	Medication if prescribed	A second set of required medication for emergency evacuation
Insect Protection	Bug spray (non-toxic). There are no bugs while sailing or at anchor, but lots of mosquitos on shore	After-bite gels (for mosquito bites on shore)
Clothing	Comfortable shorts (preferably quick-dry)	Light fleece vest/jacket or similar
	Pair of long trousers (preferably quick-dry, not jeans)	Lightweight/quick-dry towel (one provided on board, bring an extra if needed)
	Quick-dry short-sleeved shirts	Neck buff for neck/head sun protection
	Long-sleeve sport shirt/top for sun protection	1 pair of sport quick-dry socks (if you use them with your sailing shoes)
	Swimsuit/swim shorts	Going onshore/going out clothing and footwear
Sleeping Gear	Sleeping cocoon or a sheet (bottom sheets, pillows, and pillowcases are provided)	Light sleeping bag for your comfort, depending on the season

		Earplugs/eye covers (for better sleep in the close quarters)
Accessories	Small waterproof grab bag for documents/essentials (for transferring to shore in the dinghy)	Utility tool or knife (e.g., Leatherman or Gerber)
	A pair of sailing gloves (with or without fingers; gym or bike gloves also suitable)	
	Headlamp or torch with a red-light mode for night sailing	
	Reusable water bottle (preferably plastic, with a carabiner)	
Toiletries	Biocompatible/biodegradable/non-toxic personal products only	You can also look for soaps and shampoos adapted for saltwater use
Electronics	Chargers: USB port and 12-volt chargers available; standard European plugs and voltage when connected to shore power.	Power bank or solar charger
Record Keeping	At least 2 extra passport photos. You will need 1 for each certificate awarded and one for our files (for Day Skipper, Coastal Skipper, Yachtmaster coastal/offshore/ocean programs). If you are taking the Radio VHF course, please bring an extra photo for your application to the RYA/MCA.	Personal Logbook (recommended to keep one; RYA Syllabus & Logbook (G158) available for purchase at the office)
	Notebook and writing materials	Charting/navigation kit (plotter, dividers, pencils, etc. if taking theory courses)

COMPLAINTS PROCEDURES

Please contact the school Principal with any issues. Should the issue not be resolved with the school principal during an RYA course, you may also contact the RYA directly.

Customer (student, participant) Feedback

We are always striving to improve all that we do and appreciate your feedback. At the end of the course, we will invite you to complete a short evaluation of your experience with us. We would appreciate your participation.

The Royal Yachting Association is keen to make sure the courses we are delivering are good in terms of content, quality, and relevance for the students. It also helps us to know what we and our instructors are doing well and where there might be scope for improvement. To facilitate this RYA has introduced a short feedback survey to gauge customers' satisfaction with their course and how it was

delivered. Please complete the form after your course! The survey is hosted on RYAs' website: www.rya.org.uk/go/course-feedback

PRIVACY POLICY

Please remind your skipper and the rest of the crew on your boat/course if you do not want to have photographs taken during the course and/or shared on social media. We will also comply with any specific request regarding safeguarding your personal data, so please check in with the office should you have any questions regarding privacy.

On successful completion of your RYA course your name, contact details, date of birth, certificate number and date of issue might be shared with the RYA through a secure web portal on www.rya.org.uk. The data will be stored on the RYA's central database. This information allows the RYA to record your qualification, to update any records they may hold for you, and verify or replace your certificate if required. For further information on how the RYA will deal with your data, please see the RYA's Privacy Policy at www.rya.Org.uk/go/policy.

Please contact us if you need help or have other questions. We cannot wait to sail with you!

GET IN TOUCH WITH US:

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www.secondstarsailing.it
Call or WhatsApp us at +39 320 223 7822

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