THEORY OF CHANGE

ASTO

Residential adventures at sea create the conditions for lasting change in young people's lives

EXPERIENCE

Young people take part in multi-day residential adventures at sea, supported by professional sailing crew.

Genuine Challenge
They try things that feel difficult and push beyond their comfort zone.

Real Responsibility
They are trusted to take responsibility and know that their contribution matters.

Shared Community
They live and learn together 24/7. supporting each other and building strong bonds.

Examples: night watches, hoisting sails, navigating using nautical charts, cooking, helming, cleaning, voyage planning, problem solving.

DISCOVERY

Through this experience, they discover what is already within themselves.

Capacity to thrive
I can cope
I belong
I am more resilient than I thought

Engaged in Life
I am curious
I can learn new skills
I want to learn more
I want to achieve more for myself

Skills for Life
I can lead
I can communicate with others
I can solve problems
I can take responsibility

BEHAVIOUR CHANGE

These discoveries change how they see themselves and what they do next.

- Confidence to try new things
- More engaged in learning and education
- Better prepared for life and work
- Improved relationships and teamwork
- Higher aspirations and ambitions

LIFE OUTCOMES

Better choices today lead to better future outcomes.

- Greater resilience and wellbeing
- Improved educational outcomes
- Improved employability and career prospects
- Stronger more connected communities
- Improved life chances and brighter futures

THE ACCELERATORS: WHAT MAKES SAIL TRAINING DIFFERENT?

Continuous Experience
Residential, multi-day experience with no option to step away. Learning happens 24 hours a day.

Managed Risk
Managing and overcoming perceived high-risk situations builds confidence and resilience.

Fresh Perspective
A completely different environment; no baggage, no preconceptions. A chance for a fresh start.

Memorable Moments
Intense, emotionally significant experiences create lasting memories and deeper change.