



WORLD ACADEMY

Welcome Packet for 2019-2020

Dear A+ World Academy class of 2019 -2020,

Welcome! We are so happy that you have chosen our school and we look forward to getting to know you better through this amazing experience. My name is Dr. Kevin E. Kessler and I am the Head of School. The first thing I will say about our school is that it is difficult. This is a rigorous, exhausting, amazing program that will push you limits time after time and will teach you how to get up after being knocked down. We believe grit, resilience, and perseverance are the keys to success both in school and career. And you will experience these challenges and so many other wonderful moments with your new ship family!

We will be sending out more forms as it gets closer to departure but we want to send out each part that requires a signature one-at-a-time so that we can easily track who has signed their paperwork and who hasn't. In this case the Terms & Conditions need to be signed by both student and parent/legal guardian. Please contact us if any part of the Terms & Conditions is confusing to you and we will do our best to explain everything.

However, before we get to the Terms & Conditions, I would to be the first to announce a MAJOR improvement in our program! We are no longer staying only 3 or 4 days at each port...we are now staying for 7 days at nearly every port plus 10 days for the Parent Ports (Cadiz, Spain & New York City)!!!! This is going to allow us to give students more shore leave (free time) plus visit a local school's laboratory & library, perform community service, and have a cultural or educational Field Experience at every port! Because of this change, we did have to remove some ports and replace them with others; however, I am certain you will agree that staying at every port for 7 days is worth the inconvenience. Also, students realize two or three weeks into our program that it is not about the destination but rather the journey. You may not believe me now, but ask previous students (alumni) if it is true...they enjoy sailing and being with their new best friends more than the location of the port.

A handwritten signature in black ink, appearing to read 'Kevin E. Kessler'.

Dr. Kevin E. Kessler



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A+ World Academy's Voyage Plan for 2019 - 2020

0	Port	Country	ETA	ETD	Days in port	Parent port	Days at sea	Distance	Req. Speed
1	Kristiansand	Norway	18/08/2019	19/08/2019	1				
2	Stavanger	Norway	22/08/2019	27/08/2019	5		3	155	2
3	Bergen area	Norway	30/08/2019	04/09/2019	5		3	120	2
4	Ålesund area	Norway	08/09/2019	13/09/2019	5		4	180	2
4	Dublin	Ireland	21/09/2019	28/09/2019	7		8	800	4
6	Vigo	Spain	06/10/2019	13/10/2019	7		8	730	4
7	Cadiz	Spain	18/10/2019	28/10/2019	10	X	5	520	4
8	Rome	Italy	07/11/2019	15/11/2019	8		10	1000	4
10	Safi	Morocco	26/11/2019	03/12/2019	7		13	1250	4
11	Las Palmas	Spain	07/12/2019	14/12/2019	7		4	410	4
12	Dakar	Senegal	22/12/2019	29/12/2019	7		8	925	5
13	Fernando de Norhona	Brazil	11/01/2020	14/01/2020	3		13	1425	4.5
14	Por tof Percem	Brazil	16/01/2020	17/01/2020	1		2	304	5.5
15	Bridgetown	Barbados	28/01/2020	04/02/2020	7		10	1622	6.5
16	Orcho Rios	Jamaica	12/02/2020	19/02/2020	7		8	1100	5.5
17	Surprise Port!	?	02/03/2020	09/03/2020	7		12	1400	5
18	NYC / Newport	USA	14/03/2020	24/03/2020	10	X	6	729	5.5
19	Azores	Portugal	10/04/2020	17/04/2020	7		17	2240	5.5
20	Scheveningen	Netherlands	01/05/2020	13/05/2020	12		14	1540	4.5
			17/05/2020	17/05/2020	0		3	400	5.5

*Please keep in mind that no ports are guaranteed and our arrival and departure from any port depends on the weather conditions, wind pattern, and ocean currents. Adjustments will need to be made (as they are every year). Please be patient when a change must be made. Additionally, the ship will not be docked in New York City but students will be bused into the city from Newport, CT.



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Packing List for Students

CLOTHING ITEMS	#
Jeans	1
Quick dry pants	2
Shorts (at least one being of a quick dry material)	2
Swimsuit	1
Pajamas or other nightwear	2
Cotton underwear	14
Socks (4 pairs of warm wool socks and the rest athletic)	14
Woolen toque/hat	1
Beige cotton pants (e.g. The Gap, Eddie Bauer, L.L. Bean)	1
Ladies must pack at least one conservative outfit in which the body is completely covered from the wrists to ankles. It is also advised to bring one head scarf to wear when visiting Muslim countries.	1
T-shirts/Tank tops	7
Wool sweater	1
Sweatpants	1
Sweatshirt	1
Sun hat (baseball hat or some hat with a wide brim)	1

FOOTWEAR	#
Dress (for formal occasions, comfortable: ex. sandals, flats...)	1
Cross-trainer (for hiking, aerobics, white or neutral sole only)	1
Deck boots (non-slip, at least mid-shin height)	1
Shower shoes (rubber flip-flops...)	1
OTHER ITEMS	#
School Supplies: pens, pencils, calculator (if needed), notebooks, planner	1
Quick dry towels	2
Quick dry face towels	2
Sleeping bag	1
Pillow	1
Pillow cases	2
Toiletries (sufficient for 4 weeks - to be replenished enroute)	1
Feminine products (2-month supply - to be replenished enroute, in some countries it can be challenging to find tampons)	1



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Sunscreen	1
Lip balm	1
Insect repellent	1
Hanging mesh bag (for transporting toiletries to/from shower area)	1
Personal medication/prescription medicines	1
Waterproof wrist watch with alarm	1
Sunglasses (with strap)	1
Laptop, charging cables, and needed adapters	1
Laptop case with “sticky feet” (to keep it from sliding around on the tables while the ship is moving)	
Journal book (bound)	1
Water bottle with locking lid	1
Extra eyeglasses, contacts and/or copy of prescription	1
Digital photo album of your home, family, etc. on your computer	1
USB Flash Drives (Minimum 4GB)	2
Laundry soap (2-week supply). Typically, there is one laundry cycle per week while at sea and there is the option of using a laundromat while in port.	1
Laundry bag	1
Headphones	1
OPTIONAL ITEMS	
Work-out clothes	
Musical instrument	
Snorkeling gear	
Underwater camera	
Digital camera	
Small sewing kit	
Travel coffee mug with locking lid (recommend Mighty Mug)	
I-Pod or MP3 player	
Flashlight or headlamp	
Clip-on rechargeable fan	
Kindle or some type of e-reading device	
Small speaker	

CLOTHING PROVIDED BY OUR SUPPLIER	#
Foul Weather Jacket	1
Foul Weather Pants	1
Shorts (Fast Dry)	1
Pants (Fast Dry)	1



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Polo Shirts	2
Fleece	1
Men's T-Shirt	2
Women's T-Shirt	1
Women's Singlet	1
Crew Cap	1
Back Pack	1
70 Litre Duffle Bag	1



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****Here is a letter from the current students of 2018 – 2019 to you:***

Dear class of 2020,

We, the class of 2019, present you with all the things we wish someone would have told us before boarding the beautiful Sørlandet. Before reading our notes, we want to say a few things....

It honestly doesn't matter if you don't get absolutely everything on the list, or if you buy a few wrong things. You will have the chance to stock up on the important ones while in port. What is important, is enjoying every little moment you will have this year. It is mentioned later on in the comments section, but one thing nearly every student this year wished someone would have told them, is not a material object, but simply the sentence: "It is going to get so much better." No matter how hard it gets, if you push through the first setbacks, you will experience the most amazing moments, moments you never thought you could have. We will not deny it; you will have an exhausting life the next few months, but everything is worth it when you see the beautiful night sky in the middle of the Atlantic, the stunning sunrises early in the morning, or when you are enjoying the sunset with your new ship family. Also, never get frustrated when things don't work out the way you wanted them to in port. Things can go wrong, but if you keep a positive outlook, you will have an even better adventure than you planned on, with the people you love.

With that being said, we wish you guys the best year of your life, with wonderful adventures that you will always remember.

Suggested Items to Pack

The Essentials

- Wool
 - To the non-Norwegians coming, wool is a lifesaver (wool includes woolen socks and at least 2 sets of woolen wear, shirt and pants). If you can't find good wool in your country, arrive to Norway early where you can find a lot of wool.
- Watch
 - preferably one that can glow in the dark, is waterproof, and has an alarm
- iPad
 - can be a great advantage
- Water bottle with a carabiner (very important!)
 - We recommend that you don't bring a plastic water bottle as they tend to break easier, get dirtier faster, and don't do as good a job keeping your water cold.



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Practical facts about the actual packing list:

- Bring high or at least medium high rainboots, preferably not black (everyone has the same ones).
- They are serious when they say label EVERYTHING (and bring a permanent marker for future items you will need to label, or stickers labels with your name on them). You will be sharing a room with at least 59 other people. It's easy for items to get mixed up.
- Bring at least twice the number of socks you think you will need and do the same with underwear.
- You will need a sewing kit. It may sound silly, but a little sewing kit actually comes in quite handy.
- Hats are actually really important. Bring both a cold weather hat, as well as a sun hat.
- Bring a hard drive, and a couple flash drives. Make sure to label these.
- Shower shoes are necessary. A pair of rubber flip-flops are good, or those rubber Birkenstocks.

Clothes and Bed/Hammock accessories:

- A comfy blanket
- You do not need more than 1 sheet, 1 pillow case, and 1 sleeping bag
- Bring clothes out of comfort and need, not because of style
- One hoodie that you love, preferably very comfy
- Proper sweatpants (2 wouldn't be a mistake!)
- Do not bring too many shore leave clothes. You have very limited space and are going to share with everyone anyways.
- Sleeping/eye mask – there is a red light on at all times during the night
- Better to have fewer ship clothes that are of a better quality, because they will last longer. The ship is really hard on clothing.
- Girls:
 - bring a sports bra that is easy to put on for night watch when you are super tired
 - leggings, preferable black and very elastic are handy to have

Things you will want to have:

- A good supply of movies and tv shows on a hard drive
- Journal
 - You will appreciate it a lot! It's really special to have at the end of the year.
- Camera
 - Remember that you won't have access to your phone while at sea, so having a camera is really nice. Several students this year have the Sony A6000, which they really like. GoPros are also really popular.
- Bags, and maybe some bins to help keep your locker organized. You'll get a better idea of what to buy when you see your lockers. It's a good idea to pick up some organizational items while in the first few ports.
- Hooks for your locker (just make sure that they are safe to use and won't harm the paint or wood)



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- Printed photos for your locker
- A pencil case that is easily recognizable
- You will need notebooks to follow your classes. It's better if the cover is a plastic type material, not carton/paper.
- A little mirror you can stick into your locker (there is only one mirror for the girls and one for the guys in the student heads)

Necessary Toiletries:

- An extra toothbrush
- Mouthwash (especially for night watch)
- Do not only get toiletries for 2 weeks, but for longer periods of time (eg. toothpaste)
- Bring a lot of razor blades. They can cost a fortune in some countries.
- For Norwegians: bring Norwegian tampons and pads if that's what you are used to.
- A whole lot of sunscreen. Say no to skin cancer!
- You do not need more than 2 towels.
- Take a couple of washing pods with you for the first sail. After that, you will as a watch decide which washing powder/pods you will use.
- Microfiber Towel: some love it and some don't like it. Try it out at home before taking it on board. You do have space for a normal towel.
- Painkillers (Ibuprofen, Advil, Aspirin, etc.) and other types of medication for allergies, soar throats, and the flu.
- Band-aids (plasters) for minor cuts and some antibacterial cream.
- Not necessary, but it is nice to have is a stain remover. You WILL get grease on your clothes
- Skincare
- Medication against diarrhea. You are most likely going to have it, so be prepared.

Things you want to download onto your Computer/iPad/Phone:

- Computer/iPad:
 - Download music to your computer, ALL of your music, since you are not going to have your phone.
 - *Kiwix* (offline Wikipedia) onto your computer
 - Google translate (ordnett for Norwegians)
 - If you are going to take chemistry or biology download *Molar*
 - Download all of your photos onto your computer. You will appreciate it.
- Phone for Ports:
 - *Uber* (very practical)
 - *Vipps* to transfer money.
 - non-Norwegians: don't worry if you don't know what that is yet :)
- Extras:
 - Bring several phone chargers/plugs (label every single part of it)
 - Also bring several head phones - these you should label as well (noise cancelling headphone are very practical for when ship work is done)
 - Do bring a speaker if you have one, there can never be enough, the bigger the better



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Things to look up/to do before the journey starts:

- Look up exchange rates and write them down on your computer
- Look up international phone plans. It is very tiring to find simcards in every port. If you are Norwegian, do not just look at Norwegian carriers.
- Get insurance for your computer and your phone. There is a great chance that it will get broken at sea or lost in port.
- Get a really good protective case with “sticky feet” for your computer. When the ship is really moving, it is easy for laptops to slide around and fall off of the tables.

Extras for if you have more space:

- Hot chocolate and nice tea for the first sail. The North Sea is really cold. Keep in mind that if you bring hot chocolate, that it is the kind you mix water, not milk.
- In general, bring some snacks for the first sail (smart ideas: almonds, other types of nuts, dried fruit, etc.). Norwegian chocolate is treated like gold onboard. All snacks need to be stored in your watch locker, so the space is very limited. Do not bring that much.
- Keeping in mind that you have pretty limited space for food, something that is easy to store is a powder to mix in with your water. A brand that was popular this year is Tang.
- Instruments
 - You don't have to store them in your locker, but there is limited space available.
- Vitamins
- Stuffed animals
- Facemasks (if you like that sort of thing)

“I Wish Someone Would Have Told Me”

- Number one would be: they will take your phones for the sails. It is a fact that will not change. **Do not stress about it to the student council; they cannot do anything about it! It is for safety and it will not change.**
- You will have night-watch every night, except every 10th day because of galley, and although it is the best time of the day, be prepared that waking up is going to suck. The night sky though is amazing!
- The sailing jackets are actually really important. Musto has way better quality than Helly Hansen, but HH is cheaper and it is good enough.
- Seasickness sucks. Be prepared, but do not get frustrated if the medication does not work.
- It is not a cruise. You are the people who are doing the sailing.
- Your music will be deleted/un-downloaded automatically after a month by Apple music and Spotify if you aren't connected to internet.
- All of your shoes will be ruined.
- The middle girls' toilet is cursed, but if you give it a break it will work again.
- Never leave your computer on deck, or unattended in the banjer.



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- Do not come with lash/hair extensions or gel nails. Don't even try.
- Do not bring a lot of shoes. You only need one pair for sailing (most people wear sneakers), rubber boots (for when the weather gets a bit rough), shower shoes, and port shoes.
- Do not start the year with a girlfriend/boyfriend at home.
- If you have to leave due to any reason, you are going to feel like the world is ending.
- Your white shirts and many other pieces of clothing are going to be ruined.
- Non-Americans: be prepared for the American school system. It has a lot of homework.
- This year is going to be the toughest thing you have ever done, but it is going to be worth it.
- Dating is really hard onboard. Remember that you are living with that person.
- Showers are challenging and really short.
- Speak English!!!
- Remember to take care of yourself and to not get behind on homework.
- The bunk really is not that bad. The hype for the hammock goes away. There are pros and cons to both.
- Don't leave port in the middle of a fight with your parents. They are not going to hear from you for a while and you will feel really bad.
- The crew stops being scary after a week or maybe two.
- Work hard to make the crew your friends.
- Be positive attitude towards the maritime work. You will be doing it for a year.
- Don't limit who you talk to. You will end up being friends with people you would have never thought you'd be friends with.
- Beware of gossip. Galley rumors are a real thing. (secret, no secret)
- If you give a lot of love, you will get a lot of love back. That is important.
- STAY ORGANIZED.
- Sweatpants and hoodies all the way.
- It will get better (writing it again, because it was said by at least 15 students).