



Wind, Water & Design - Shenzhen Sailing Adventure

Sailing Practice, Marine Art, Science
Experiments, and SDG Challenges

Target Age: 8-16 years | Duration: 5 days / 4 nights





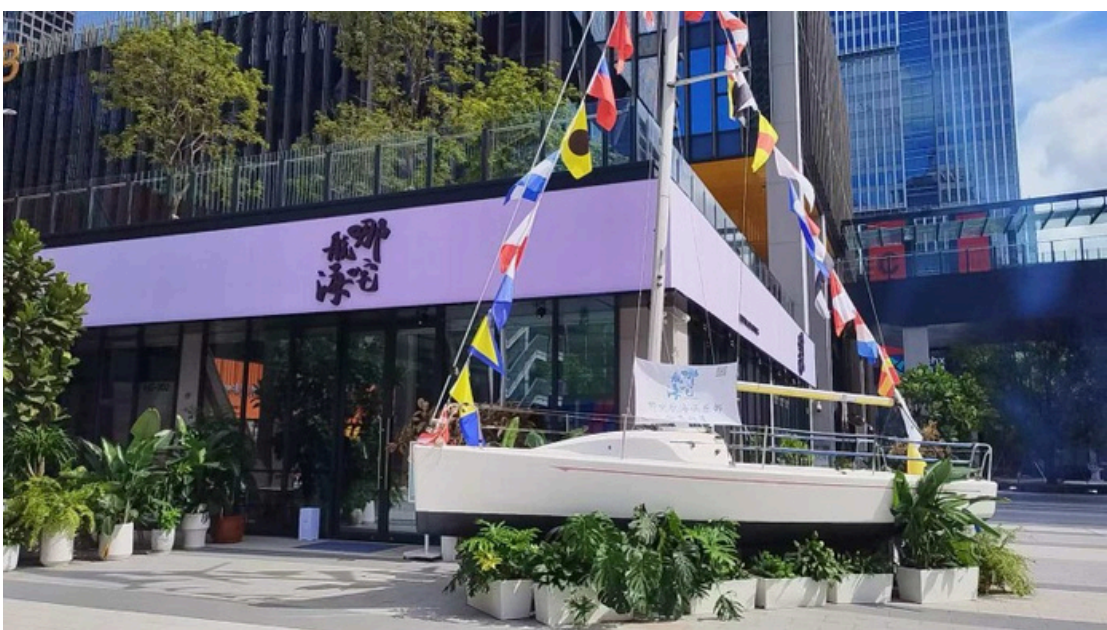
About the Partner - Nezha Sailing



Nezha Sailing is an **ASA (American Sailing Association) certified training academy** based at Shenzhen Airport Hongzhou International Marina - the only keelboat sailing base in western Shenzhen. The coaching team includes former national team athletes and experienced professional sailors.

Why schools and organisations choose Nezha Sailing:

- **Trusted by top institutions** - Has delivered sailing programmes for Harvard, Tsinghua, Peking universities, HSBC, Schneider Electric, and over 100 corporate teams
- **Hong Kong student experience** - Welcomed nearly 3,000 Hong Kong secondary students for sailing and cross-boundary exchange programmes
- **Safe & full-service** - Low coach-to-student ratios, professional support boats, insurance, and photography included





Programme Overview & Highlights

Theme: Sailing Practice + Art Design + Science + SDGs

What Students Experience:

- **On the Water**

Basic to advanced sailing training, team coordination drills, buoy rounding, and a final team sailing race.

- **In the Lab**

Sail material testing (wind resistance and performance), water safety and rescue training, data collection, and research journaling.

- **In the Studio**

Original sailboat concept design, model boat building (hull assembly, sail attachment, wind testing), and a model boat racing competition.

- **Beyond the Sport**

SDG-integrated learning: clean energy, blue economy, sustainable infrastructure, etc.

Social-emotional learning (SEL) sessions

Closing ceremony with student showcase of art, research, and SDG projects



Sample Itinerary (5 Days - Adjustable)

Day 1 – First Encounter with Sailing | Research & Discovery

Time	Activity
09:00–10:00	Opening ceremony, ice-breaking, team building
10:00–12:00	Sailing introduction – history, culture, boat structure, marina visit
12:00–14:00	Lunch and rest
14:00–17:00	Group research report on sailing basics and history
19:30–21:00	SDG session: Quality education + personal goal-setting through sailing stories



Sample Itinerary (5 Days - Adjustable)

Day 2 – Riding the Wind | Science & Materials

Time	Activity
09:00–09:30	Water safety training, rescue knowledge, emergency response
09:30–12:00	On-water training – basic sailing control and boat structure practice
12:00–14:00	Lunch and rest
14:00–17:00	Science experiment – sail material testing
17:00–18:00	On-water field test – observing wind resistance and performance of different sail fabrics
19:30–21:00	SDG session: Clean energy + designing eco-friendly sailing solutions



Sample Itinerary (5 Days - Adjustable)

Day 3 – Skill Building | Art & Design

Time	Activity
09:00–11:30	Advanced sailing practice – buoy rounding, turning, wind direction reading
11:30–12:00	Team coordination sailing drill
12:00–14:00	Lunch and rest
14:00–17:00	Marine art creation – original sailboat concept design (structure, sail style, colour scheme)
19:30–21:00	SDG session: Blue economy + ocean-related future careers



Sample Itinerary (5 Days - Adjustable)

Day 4 – Hands-on Building | Model Racing

Time	Activity
09:00–12:00	Hands-on sailboat model making – assembling hull, attaching sails, wind testing
12:00–14:00	Lunch and rest
14:00–17:00	On-water sailboat model race – group competition
19:30–21:00	SDG session: Innovation, materials technology, and smart infrastructure for future vessels



Sample Itinerary (5 Days - Adjustable)

Day 5 – Full Training | Closing & Celebration

Time	Activity
10:00–12:00	Full sailing skills review and intensive training
12:00–15:00	Lunch and rest
15:30–17:30	Team sailing race – final challenge on the water
18:30–20:30	Closing ceremony – student showcase of art designs, research reports, and SDG projects; camp reflection; certificate and honour badge ceremony; group photos



Each participant receives a certificate issued by an organization with UNSDG-certified trainers, highlighting the program’s commitment to global standards.



What Students Experience



- **Sailing Practice - From Beginner to Crew**

Students learn on real keelboats, rotating through roles - helm, trim, lookout - and experience what it means to work as a team on the water.

Why it matters (SDG 4, SDG 7):

Sailing is wind-powered transportation. Students see clean energy in action while building leadership, communication, and resilience.

- **Sail Material Testing - Science on the Water**

Students test different sail fabrics, measure wind resistance, and record performance data - then take their findings on the water to see theory in practice.

Why it matters (SDG 9):

Physics, material science, and engineering - all in one hands-on experiment.





What Students Experience



- **Marine Art & Sailboat Design**

Students design their own sailboat - structure, sail shape, colour scheme - and present their concepts.

Why it matters (SDG 4, SDG 9):

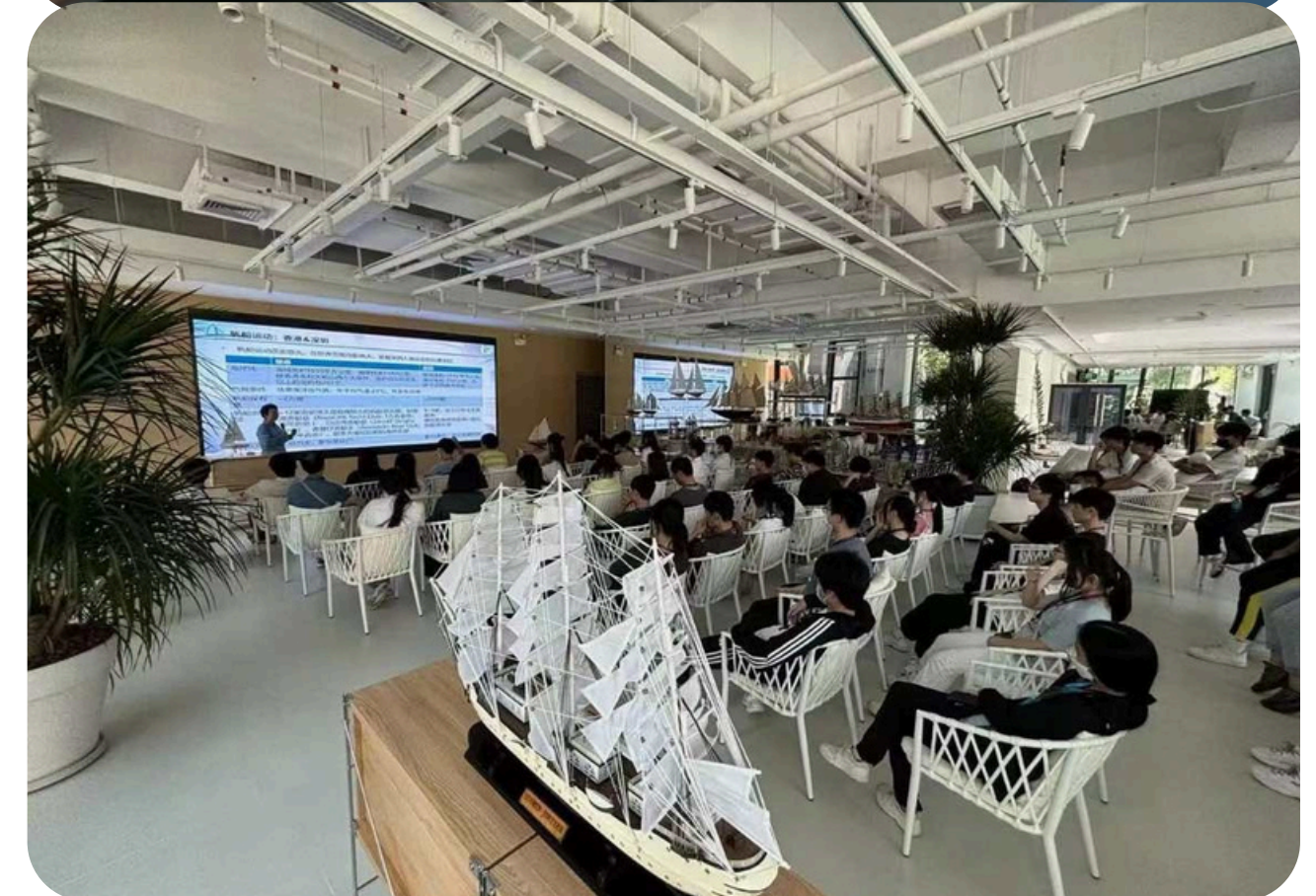
Creativity meets engineering. Students learn that good design balances aesthetics, function, and real-world performance.

- **Model Boat Building & Racing**

Students build a small sailboat model from scratch - assemble the hull, attach the sails, test how it catches the wind - then race against other teams.

Why it matters:

This is rapid prototyping. Students build, test, fail, and improve - exactly how real engineers and designers work.





What Students Experience



- **Team Sailing Race - The Final Challenge**

On the last afternoon, students take the helm. They apply everything they have learned - wind reading, boat control, team coordination - in a real race.

Why it matters:

Students are evaluated on teamwork, decision-making, and resilience under pressure - qualities that cannot be taught from a textbook.

- **Evening SDG Sessions - Learning Beyond the Water**

Through daily evening sessions, students explore quality education (SDG 4), clean energy (SDG 7), the blue economy and future careers (SDG 8), and sustainable infrastructure and innovation (SDG 9) - connecting sailing to real-world industries, future job opportunities, and the skills needed to build a more sustainable world.





Thank you!

**For school programmes, collaborations,
or future visits, please reach out.**

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