

Table 1

Section (1) I feel confident about...	Average LG	Section (3) How do you feel about...	Average LG
Meeting new people	0.18	Your mental health	-0.09
Getting on with a group of strangers	0.06	Your physical health	-0.21
Speaking in a group	0.18	Your feelings of happiness	-0.11
Dealing with conflict in a group	0.24	Your feelings of confidence	0.21
Dealing with authority figures, e.g. teacher/supervisor	0.17		
Working cooperatively in a team	0.12		
Understanding other people's point of view	0.06		
Section (2) I feel anxious about...	Average LG	Section (4) How do you identify with these statements...	Average LG
Seasickness	0.33	I feel confident in my ability to handle challenging situations.	0.21
Heights	0.27	I often struggle with feelings of stress or anxiety.	-0.06
Taking on a leadership role	0.32	I feel comfortable in social situations and interacting with peers.	0.31
Meeting Strangers	0.21	I find it easy to express my thoughts and feelings to others.	0.44
Being in Confined spaces	0.31	I feel connected to nature and enjoy outdoor activities.	0.44
Taking Responsibility	-0.06	I feel supported and understood by my friends and family.	0.06
Severe weather	0.30	I have a positive outlook on life and the future.	0.06
Lacking ability to undertake tasks	0.03	I feel in control of my life and decisions.	0.06
		I struggle with self-confidence and self-esteem.	0.19
		I find it difficult to manage my emotions and reactions in challenging situations.	0.19

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Section (2) I feel anxious about...	Average LG
Seasickness	0.33
Heights	0.27
Taking on a leadership role	0.32
Meeting Strangers	0.21
Being in Confined spaces	0.31
Taking Responsibility	-0.06
Severe weather	0.30
Lacking ability to undertake tasks	0.03

Section (3) How do you feel about...	Average LG
Your mental health	-0.09
Your physical health	-0.21
Your feelings of happiness	-0.11
Your feelings of confidence	0.21

Section (4) How do you identify with these statements...	Average LG
I feel confident in my ability to handle challenging situations.	0.21
I often struggle with feelings of stress or anxiety.	-0.06
I feel comfortable in social situations and interacting with peers.	0.31
I find it easy to express my thoughts and feelings to others.	0.44
I feel connected to nature and enjoy outdoor activities.	0.44
I feel supported and understood by my friends and family.	0.06
I have a positive outlook on life and the future.	0.06
I feel in control of my life and decisions.	0.06
I struggle with self-confidence and self-esteem.	0.19
I find it difficult to manage my emotions and reactions in challenging situations.	0.19

Table 2

Section (5) Post-voyage questionnaire	Average Score
I would recommend the voyage to others	4.5
I am more confident with others/new friends	4.0
I feel more self-confident	3.7
I have learnt new/more sailing skills	4.4
I am better able to tackle problems	4.0
I am more interested in the environment/climate change	3.6
I am more interested in Ocean Science	3.7
I have more interest in water-related activities	4.0

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I feel more self-confident	3.7
I have learnt new/more sailing skills	4.4
I am better able to tackle problems	4.0
I am more interested in the environment/climate change	3.6
I am more interested in Ocean Science	3.7
I have more interest in water-related activities	4.0