

## Information for participants – Centro Velico Caprera – 2025

Thank you for choosing Centro Velico Caprera as the place to begin or improve your sailing experience. In this document you can find the key information for your course; should you need any further support, please feel free to contact us at [info@centrovelicocaprera.it](mailto:info@centrovelicocaprera.it) or call [+39.02.86452191](tel:+39.02.86452191). We wish you an amazing course!

### To confirm your registration

#### 30 days before the start of the course:

- Upload a medical certificate for at least non-competitive activity in pdf format to your CVC account (you can use our form found here: <https://www.centrovelicocaprera.it/wp-content/uploads/CERTIFICATO-MEDICO-INGLESE.pdf> Without a certificate you are not admitted to the courses;
- Download the "Liberatoria form" from your account and upload it. Otherwise you will not be admitted to the courses:
  - form for minors: <https://www.centrovelicocaprera.it/wp-content/uploads/Liberatoria-minor-ENG.docx>
  - form for adults: <https://www.centrovelicocaprera.it/wp-content/uploads/Liberatoria-maggiorenni-ENG.docx>
- Upload the front/back copy of your identity document in a single file;
- If it is your first course at CVC, or if you have not yet done it, you must also upload a passport-sized photograph of yourself;
- Fill in your personal data in your account: "personal data" menu.

### What you should bring with you (relevant for all courses)

- **If you have been to the CVC before**, your "LIBRETTO DI VELA" (sailing book), which will be compiled by the head instructor of your course;
- Sleeping bag (or bedsheet + blanket);
- Sailing knife (\*) – useful for security reasons while sailing and as cutlery when eating (see pictures under 'essential equipment' on the website);
- Sailing shoes and for inshore courses sailing boots or deck shoes;
- 2-3 linen changes;
- 2-3 pairs sports socks;
- Long trousers and shorts;
- Long-sleeved shirts and hats to avoid sunburn (light colours recommended);
- Wool sweaters / fleece (at least 2), as nights by the sea may be cold even in summer
- Personal care products (\*) and towels;
- Flashlight (\*);
- Sunglasses;
- Sailing gloves (\*);
- Pillowcase (mandatory for 3° level cruise course);
- Sunscreen protection.

If possible, soft luggage, which is easy to stow, is preferable, in order to take less space in the dormitory or on the boats (ideally no hard suitcases);

**PLEASE NOTE THAT CIGARETTES AND TOBACCO ARE NOT SOLD IN CAPRERA.**

#### For dinghy courses:

- Rash vests – lycra UV t-shirt;
- Spray top;
- Wet suit (\*), needed in spring and autumn, recommended in summer;
- Sailing shoes with high socks or better dinghy boots(\*). For D3, D4 and D5 courses kneepads may also be useful;

#### For yacht courses:

- Waterproof jacket (\*) – with type of jacket depending on season;
- Sailing shoes with a good grip; boots in colder months.

(\*): articles also sold in the shop in Caprera (known as "Spaccio")

**Remember to bring with you any documents that may be required by the health care services in case of need**

## Travel: Olbia-Palau-Caprera

### How to reach the school

#### Travel to Olbia

##### By ferry, to Olbia or Golfo Aranci

- ☐ TIRRENIA or MOBY, departing from Genova (on Friday evenings) or other harbours, arriving at Olbia. For further information please see: <http://centrovelicocaprera.it/contattaci/come-arrivare>.
- ☐ SARDINIA FERRIES, departing from Livorno (on Friday evenings), arriving at Golfo Aranci.

##### By plane

Travel to Olbia operated by MERIDIANA, EASYJET and others, departures from all main Italian cities.

#### From Olbia to Palau

**The distance from Palau to Olbia is approximately 50 km or 1h by bus;**

- ☐ **From Olbia harbour** (stazione marittima): ARST bus line, tickets €3.
- ☐ **From Olbia, city centre** (bus station): ARST bus, departing hourly, tickets €3.
- ☐ **From Olbia airport**
  - Bus service, hourly, going to Olbia, City centre.
  - TURMOTRAVEL (+39 (0) 789 21487) runs an extra service in summer from Olbia airport to Palau;
  - Private taxi service, Mario Aisoni, with the following prices: 60€ taxi max 4 passengers; 90€ bus 5 to 8 passengers; 15€/passenger for groups of more than 8 people. You can book by phone (+39 (0) 789 709309) or online at [www.sardegnotours.it](http://www.sardegnotours.it). The company will send a taxi or minibus depending on the number of passengers in the booking.

##### By car: we do NOT recommend this solution.

Cars are allowed up to the gate by the first pier, where you can wait for the others to arrive by boat from Palau. During the course, you will not have any need or opportunity to use it.

**In order to use your car in the Maddalena natural Park you will need a specific license from the park authority and for which you will need to apply separately (Tel. +39 (0) 789 79021).**

**We recommend you to leave your car in Palau** (search for Garage Europa in the useful numbers section at the end of the document – approximately €20 per day).

#### From Palau to La Maddalena

Ferry line (15 minutes)

#### From La Maddalena to Caprera

**Every Saturday at 13:45**, leaving from La Maddalena, at Lungomare via Amendola, from where the boat Apollo II with the CVC logo will take everyone to Caprera. Before 1st May and after 31st October the boat will be replaced from a bus, at the same time and meeting place.

In case of any difficulty arising Saturday on arrival (and only in this instance), please call: +39 347 6749599.

**If you expect to arrive late**, from La Maddalena you can call a taxi – average price €20/30 euros. Please find local taxi service contact numbers at the end of this document.

The CVC itself does not organize collective travel, but you will be able to arrange this individually with your future colleagues on the following facebook page:

<https://www.facebook.com/groups/434805679997403/?fref=ts>

#### The centre of Centro Velico Caprera:

The centre has 3 different bases, all on the southern coast of the island:

- **Punta Coda**, where the initiation dinghy courses are accommodated, in dormitories;
- **Perfezionamento**, for both dinghy and inshore courses, in small bungalow,

mixed accommodation (men and women);

- **Precrociera**, where usually only inshore courses are quartered, in small bungalow, mixed accommodation (men and women)

The infirmary is located in Punta Coda.

### Arrival arrangements:

After your arrival, you will be assigned a place in a dormitory or bungalow. The first activities will begin soon after, so please be ready with your luggage, especially if participating in a dinghy course since you will take part in a swimming and capsizing drill. There will also be a short introduction and general information session held by the head of the course and the head of the base.

In the Punta Coda settlement there are some individual safety deposit boxes. You can ask for a key, with a €50 deposit. The other locations each have a shared deposit box;

**The school assumes no responsibility for the theft of objects left unattended.** We suggest you avoid carrying valuable items or excessive amounts of money.

## Life in Caprera

### Daily routine

Life in Caprera is based on the following routine (though slight variations may be found between dinghy and inshore courses):

Morning		Afternoon / evening	
06.30	Wake up	13.45	Lesson
07.00	Breakfast	14.30 - 18.30	Practical session (on the water)
07.45	Lesson		
09.00 - 12.30	Practical session (on the water)	20.00	Dinner
		21.00	Daily comments
13.00	Lunch	22.30	Quiet

We recommend that you take care to get enough rest at night: the intense program does not allow for significant loss of sleep.

### Living norms

1. The Centro Velico Caprera is a sailing and sea school: attendance of the courses requires commitment, discipline, adaptability and acceptance of the behavioural norms. Access to the base is allowed only to instructors and pupils currently participating in a course. Cars or motorbikes (which should remain outside the gate), dogs and other animals are not allowed. Acceptance to the courses is at the only discretion of the school.
2. Arrivals and Departures must be strictly in accordance with the dates and schedules laid out by the school (for the base of Caprera the use of collective means organised by the school is advised). The Centro Velico Caprera does not take any responsibility for the journeys to and from the base of Caprera.
3. It is not permitted to be absent, even temporarily, from the base except for justifiable reasons and with the permission of the base Chief. Visits from friends or relatives are not allowed, except when expressly authorised by the base Chief.
4. Order and cleanliness are essential in community life. This applies both to people and their personal belongings, as well as the dormitories, rooms and common facilities, the surrounding environment the equipment and the facility of the base. The care of boats and materials is fundamental for the school.
5. Sleeping after a busy and tiring day is the right of all members of the school, therefore any noise in the vicinity of the dormitories must stop after quiet time. Radios, music players or similar are not welcome and their use is forbidden in the common areas and during daily activities. The use of mobile phones, which should be turned off during the day, should also be kept to a minimum.
6. In the courses where pupils sleep in dormitories, men are not permitted to visit the female dormitory and vice versa.
7. Safety is a governing theme when teaching on land and at sea: from the obligation to wear life jackets on the safety boats to the fire equipment. Everyone has to contribute to the prevention of

unnecessary risks in order to avoid any harm to people or damage to equipment. It is also mandatory to observe the law and the directive issued.

8. The base Chief has the faculty to remove from the base those pupils who prove not to be suitable to the community life of the school or who have been found guilty of serious misconduct.
9. The use of the boats is allowed only for the institutional activities of the school. Any other use must be authorised by the base Chief.

### **Communication with people attending a course**

In addition to personal phones, in order to contact the base in the period from May to October you may call the base secretary on +39 (0) 789 727769. In any other period the secretary will be based in La Maddalena, and will be reachable by phone at +39 (0) 789 738529.

**Mobile phones are not allowed on board during practical sessions or during lessons; you may use your mobile phone only in your free time.**

### **The "Comandata"**

All of the student contribute to the daily duties: meal distribution, cleaning the canteen, dormitories and toilets, helping in simple reparations and on security boats. The aim is to live by the norms of crew life, where everyone helps with on board activities. Thus, once a week, you will be asked to perform these duties by taking part in what we call the "comandata".

### **The shop**

There are two small shops, one in Punta Coda and one in Precrociera; the shops are open daily, including Sundays.

Punta Coda: 12.30-13.00 19.00-20.00.

Precrociera: 19.00-20.00.

Both shops are open on Saturday from 10.30 to 13.00.

You will be able to pay with debit or credit cards.

You can find in the shop:

- Technical sailing clothes:
  - Waterproof jackets;
  - Sailing gloves;
  - Dinghy boots;
  - Wet suits;
  - Sailing trousers;
  - Sailing Boots (on demand).
- Other clothes:
  - t-shirts, polos, sweaters;
  - Shoes (on demand).
- Other useful items: sailing knives, flashlights, sleeping bags.
- Drinks, snacks, etc.;
- Personal hygiene products.

**THE SHOP DOES NOT SELL CIGARETTES**

In case of specific needs, medicines and others necessary items may be bought at La Maddalena by the shop merchant and delivered to the base.

### **Water and Drink**

Coca cola, beer, wine and other soft drinks may be bought at the shop.

Mineral water in the canteen and on board is provided by the school, but if you want, personal bottles are available at the shop for €0.60 (2liter bottle).

### **In case of illness or injury**

Remember to bring with you any documents that may be required by the health care services in case of need.

In Caprera there is an infirmary for minor injuries.

If you need to be transferred to a hospital in La Maddalena or in Olbia, the return to the base in Caprera will be at the student's expense.

### **The departure from Caprera**

The last morning in Caprera is dedicated to rearranging the boats, sails, dormitories and the base as a whole. There will then be a formal conclusion to the course: you will receive a personal evaluation by your instructors and will have the opportunity to complete a questionnaire where you can provide feedback on the activities of the school and any suggestions for improvement. The questionnaires can

be signed or anonymous, but we would sincerely value your opinion and suggestions. You will be asked to post the questionnaires in an anonymous box. You will then have time to pack your luggage, hopefully also taking with you something special from your new experiences.

The boat will bring you back to La Maddalena for around 12 p.m., and since you will have to take the ferry to Palau (15 minutes) and the bus back from Palau to Olbia (about 1 hour from Palau) we suggest that you book your return flight or ferry after 19.00.

### **Bus timetable ARST and TURMOTRAVEL – Olbia-Palau-Olbia**

ARST: [http://arst.sardegna.it/orari\\_e\\_autolinee.html](http://arst.sardegna.it/orari_e_autolinee.html) or call +39 800 865 042

TURMOTRAVEL: <http://www.gruppoturmotravel.com/trasportopubblico.php> or call +39 (0) 789 21487

### **Helpful Contact numbers**

Administration Milano	+39 (0) 2 86452191	
Administration Caprera	+39 (0) 789 727769	
Administration La Maddalena	+39 (0) 789 738529	
Garage Europa in Palau	+39 (0) 789 709888	
Hospital of La Maddalena	+39 (0) 789 737732	
Taxi Aisoni (Olbia/Palau) (also for minibuses)	+39 (0) 789 709309	
Taxi Todde	+39 330 649933	
Taxi Acciari (also for minibuses for 6 people)	+39 340 1554000	+39 328 800335
Taxi Roberto Musa (also for minibuses)	+39 347 3706074	

Contact number in case of difficulty arising Saturday on arrival +39 347 6749599

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### **Meal agreement**

#### **Palau**

- *Stazione Marittima Porto di Palau*

10% discount

Fixed price on lunch: one thing to choose between first course, second course, drinks + coffee: € 12,00

#### **La Maddalena**

- *The Bistrot*

Via Amendola 26 (Lungomare imbarco Apollo II) - 20% discount

- *Bar Fabbris*

Via Amendola 17 (Lungomare imbarco Apollo II) - Roberta Cell: 347 6847195

Close to boarding Caronte, in front of the taxi stop. Availability for luggage storage.

- *Caffè Plaza*

La Maddalena, Piazza Umberto I, n.4 (fronte Poste) - [caffepiazalmd@yahoo.com](mailto:caffepiazalmd@yahoo.com)

Lunch, pizzeria and availability for luggage storage.

Donato: 348 7329364 - Stefania: 346 2461788

- *La Porta Stretta*

La Maddalena, Via Ferruccio 6 (vicino alla chiesa) - [laportastretta@yahoo.com](mailto:laportastretta@yahoo.com)

Luca 3717751119 - Carlotta 3480432361