

TENDER TO NAVE ITALIA FOUNDATION ETS

A 16-years long adventure



SINCE 2007 WE HAVE BEEN CREATING EDUCATIONAL PROJECTS ON BOARD OF THE LARGEST SAILING BRIGANTINE IN THE WORLD.

Nave Italia: integrazione e sviluppo a bordo di un veliero

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The Tender to Nave Italia Foundation is a non-profit organization founded in 2007 by the Italian Navy and the Italian Yacht Club.

It immediately based its work on a methodology improved by experience, which was born out of solid scientific foundations, as demonstrated by the data collected (Capurso, Borsci 2013).

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Estratto da Recenti Prog Med 2018; 109: 5-11

Terapia dell'avventura: principi, pratica, prospettive

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Improvement of quality of life in adolescents with epilepsy after an empowerment and sailing experience



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THE ROOTS OF OUR METHODOLOGY

The idea that such a model of education and training could exist is something very ancient and distributed all over the world.

During the 1900s there was a real boom of these practices.

Take for example scouting, founded in 1907 by Robert Baden-Powell, which developed in 216 countries involving at least 28 million people

THE ROOTS OF OUR METHODOLOGY

Our model has been operationalized following the six criteria proposed by Priest (1986)



Experience



Interdisciplinarity



Outdoors



Connecting people and
nature through relationships



Using the 5 senses



Learning



THE SCIENTIFIC BASE

There is a vast panorama of educational protocols implemented on board of sailing ships, which scientific value has already been demonstrated (Aguilar, 2003, Grocott and Hunter, 2009, Hamilton, 1988, McCulloch et al., 2010, Norris and Weinman, 1996).

In particular, the aspects of a person's personal development most affected by this type of experience are: leadership skills, self-view and self-esteem, locus of control and interpersonal skills, as well as physical condition (Hattie et al., 1997).

An idea that implies that the culture of the sea and navigation can be tools for education, training and emancipation.



A REPLICABLE METHOD

Since 2017, maintaining the guiding principles of the Nave Italia method, it has been possible to replicate the experience on board also in the mountains.

In Arpy, supported by a facilitator and thanks to the Alpine Training Center of Aosta, different institutions carry out projects developed in the previous months.

The goal is to enhance the participants, allowing them through adventurous stimuli, contact with nature and the uniformity given by the military hierarchy to fully express their potential.

THE ELEMENTS OF THE JOURNEY

The aim is not training in strictly marine terms or the development of skills related to the mountain environment, but to bring out the potential of the beneficiaries, placing them in a new context capable of stimulating them.





THE PRE PHASE THE BEGINNING OF THE ADVENTURE



It starts with the campaign presentation day



Central figure of the Project Manager - Facilitator



Crucial moment for the success of the project

BOARDING THE SHIP - THE MOUNTAIN THE HEART OF THE ADVENTURE



THE ACTIVITIES ROUTINE



THE ACTIVITIES

THE INSTITUTIONS WORKSHOPS



ACTIVITIES ON BOARD MARINE WORKSHOPS



ACTIVITIES ON BOARD MARINE WORKSHOPS



MOUNTAIN ACTIVITIES

THE ALPINE WORKSHOPS

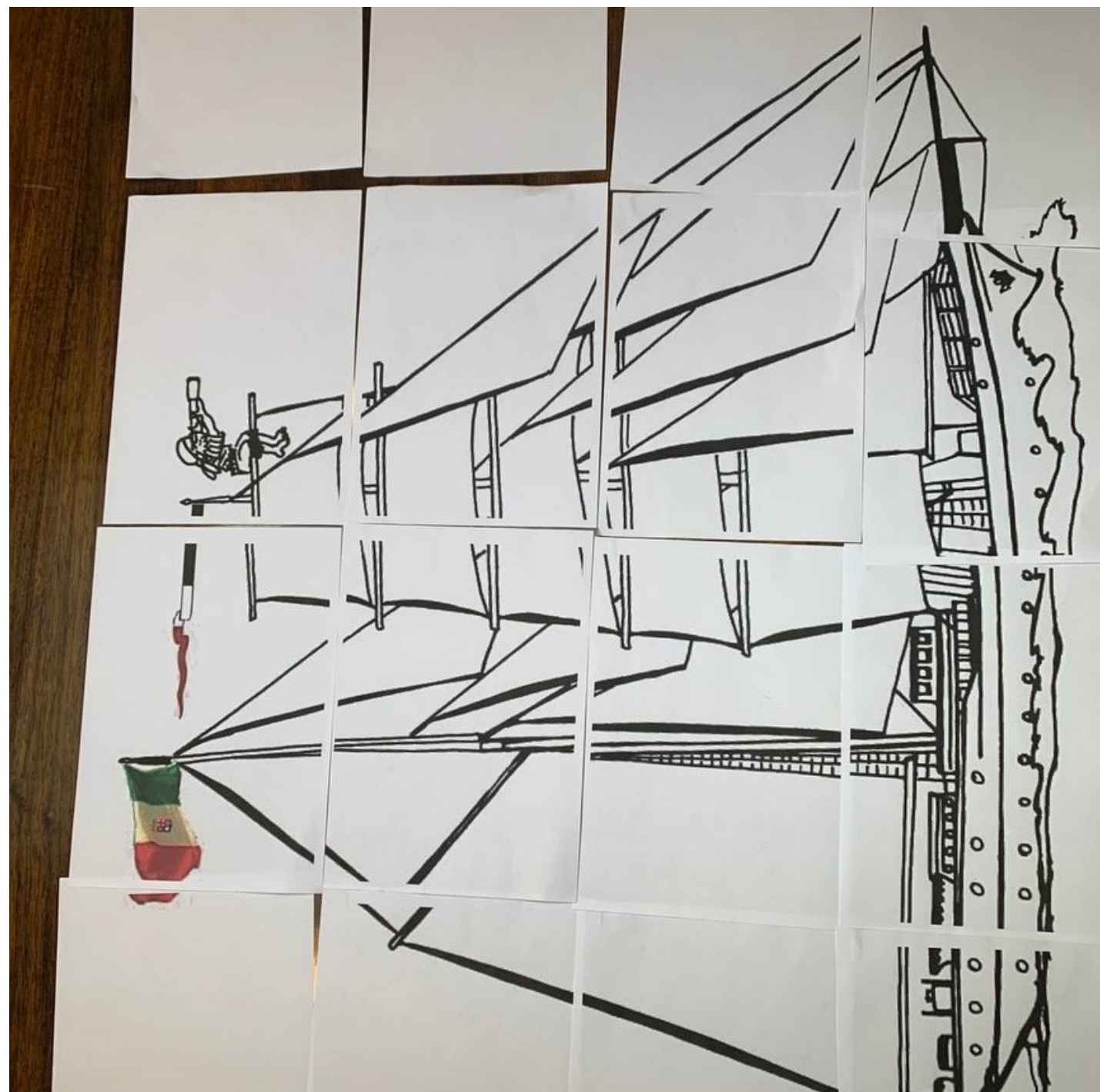


MOUNTAIN ACTIVITIES

THE ASSOCIATION'S WORKSHOPS



ACTIVITIES ON BOARD THE WORKSHOPS OF THE FOUNDATION



ACTIVITIES ON BOARD THE WORKSHOPS OF THE FOUNDATION



ACTIVITIES ON BOARD AND IN THE MOUNTAIN

THE RELATIONSHIP WITH THE CREW



It is one of the key factors of the experience



Anyone who gets on the ship or enters the refuge becomes a member of the crew



Proximity and hierarchy

THE POST PHASE

THE RE-ELABORATION OF THE EXPERIENCE



 Rework the experience

 Give continuity to the experience

 Create a network

THE RESULTS OF THE RESEARCH REGARDING THE BRIGANTINE



Effects of a tall ship sail training experience on adolescents' self-concept

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Improvement of quality of life in adolescents with epilepsy after an empowerment and sailing experience

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Capurso and Borsci (2013) study of 147 adolescents, significant differences in pre- and post-boarding self-esteem levels.



Cappelletti et al. (2020) study of 58 epileptic adolescents being treated at the Bambino Gesù hospital, significant increases in psychological well-being and emotional functioning.

THE RESULTS OF THE RESEARCH REGARDING THE MOUNTAIN

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WILD ADVENTURE PROGRAM IN PROMOTING A PERCEIVED SCHOOL WELL-BEING AMONG CHILDREN: A PILOT STUDY

Abstract

Outdoor education, carried out stimulating outdoor activities, is an effective strategy for increasing the well-being of beneficiaries, for implementing self-esteem, autonomy and social skills. Many outdoor adventure programs incorporate the concept of experiential education, which is based on the theory according to which people learn best from direct contact with their experiences. The pilot study conducted in the mountains with a class of 18 students from a first-grade secondary school is described below. The students were given the QBS-R, a questionnaire that investigates the perceived well-being at school, in two phases: before and after this program in the mountains. The results show an improvement in perceived self-efficacy and interpersonal relationships with teachers. Investigating these mechanisms in a larger trial would allow to gather evidence of effectiveness for these activities. The conceptual framework needs further refinement, through related reviews and reliable tests. This study opens, nevertheless, important reflections for school program in order to include Wild Adventure Program activities in the school curricula to improve proposal and more accurately support for the development of young people.

Keywords

Wild Adventure Program, QBS-R questionnaire, school well-being, social skills.

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Basso et al. (2021) pilot study conducted in the mountains with a class of 18 students from a first-grade secondary school from Genoa, aimed to research the perceived well-being at school, in two phases: before and after the project. The results show an improvement in perceived self-efficacy and interpersonal relationships with teachers.

THE NUMBERS OF THE BRIGANTINE



Year of construction: 1993

Length: 61 meters

Width: 9,20 meters

Draft: 3,80 meters

Displacement : 480 tons

Sail area: 1301 square meters

Mast Height: 44.60 meters

Crew: 21 military


THE NUMBERS OF THE FOUNDATION



200
PARTICIPANTS
OF SPECIAL
TRAINING
PROJECTS



1.635
PROFESSIONALS
AND VOLUNTEERS



5.375
BENEFICIARIES
EMBARKED



300
REALIZED
PROJECTS

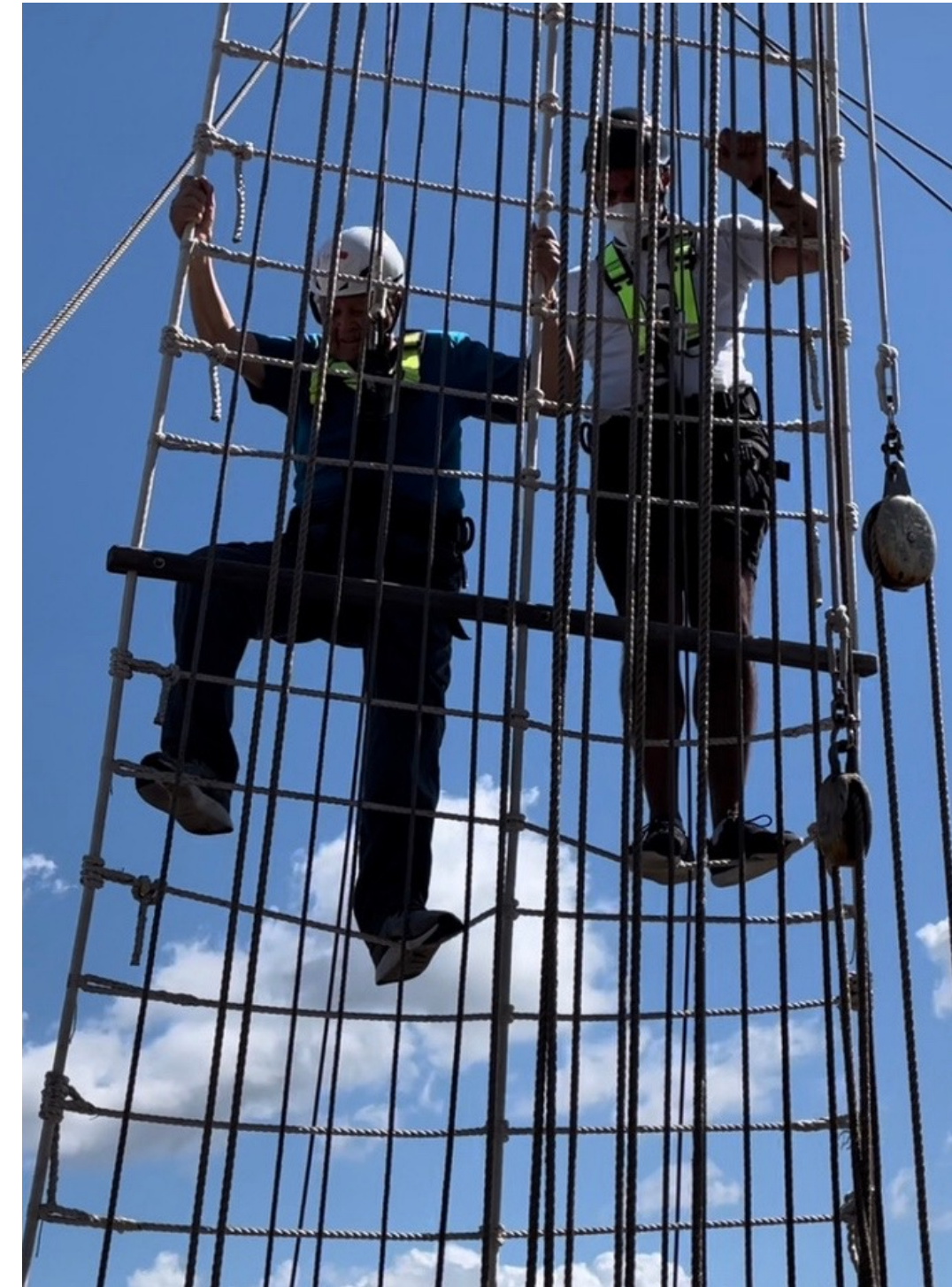


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INTERNATIONAL
PROJECTS

THE EXPERIENCE

"Whoever gets on board of Nave Italia is overwhelmed by a radical change[...].

Those who didn't feel capable realize that they know how to do it. Who had an eating disorder becomes an accomplice to a spaghetti dinner. Who doesn't coordinate eyes and hands, makes sailor knots. They smile, acquiring new skills in an adventurous, socializing and joyful climate".




PAOLO CORNAGLIA FERRARIS, Scientific director

PROJECTS OF THE TENDER TO NAVE ITALIA FOUNDATION FOCUS ON VARIOUS OBJECTIVES

The objectives may include

 Enhancing self esteem and self confidence

 Empowerment

 Developing social and relational skills

 Enhancing practical and technical skills

 Promoting social inclusion

 Supporting the process of self-determination

FONDAZIONE
TENDER TO

NAVE ITALIA
ETS



THANK YOU!

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