



For the first time, Carys joined Challenge

Wales as part of a group for a two-day-

voyage. Despite an initial fear of being on a

boat, she decided to be willing and

enthusiastic. She took part in many of the

team activities onboard and she generally

supporting her team mates wherever



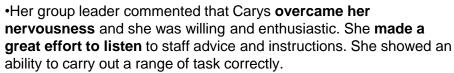
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Costed Case Study: Carys's Story

Details:

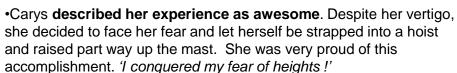
Carys is in her early teens, she has a moderate learning disability and she suffers from anxiety. Despite these obstacles, Carys attained her GCSE's before leaving school. With Lottery funding, Challenge Wales has created its *Voyage of Discovery* programme giving disavantaged young people an opportunity to learn soft skills and gain recognised accreditation through sailing.

The Results:



required.

Voyages:



- •Carys's experience onboard **increased her confidence** and as a result of this, **she took up the role of steering group lead** in a youth organisation. She is now able to gather together and communicate the views of her group to take decisions.
- •Through the voyage onboard *Challenge Wales*, **Carys developed communication skills**, teamwork abilities, physical and mental wellbeing and her relationships with her follow teammates.
- Carys achieved Agored Cymru 'Improving Own Confidence' accreditation (Entry Level 3, 3 credits)
- •Through independent evalution we can show the project created social benefit (wider benefits to the individual and society) and economic value (benefits which have an obvious economic value, such as volunteering). In Carys' case the Challenge Wales *Voyage of Discovery* project created £6.81 of value for every £1 invested in it.









'Before I came on the voyage, I was worried and nervous because I might fall in the water, I had butterflies in my stomach.' Carys

'During the voyage, I was winching, using the ropes in the snake pit, steering at the helm, learning how to tie nautical knots, taking down the sails and folding them correctly and taking the lead on preparing the evening meal in the galley'. Carys