## **JOINING INSTRUCTIONS PRACTICAL COURSES**



## CONTACT

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38°47'15.7"N 20°43'12.3"E

ionianMode HQ is located right next to Lygia Port, 10' from Lefkas town centre, 30' from Aktion Airport and 4h30' from Athens Eleftherios Venizelos International Airport.

From Lefkas town centre and Aktion Airport, taxi or minibus transfer is suggested.

From Athens Eleftherios Venizelos International Airport, use of bus service (KTEL) is suggested. It takes 60' via bus X93 (departing every 40') to reach main bus station and then another 4h30' to the Lefkas town station.





The practical courses are 5 day courses beginning on Monday 09.00 and ending on Friday 18.00 with a free sail day on Saturday. Candidates are expected to be at our base on Sunday night at the latest, where they will be welcomed by their instructor and briefed about the yacht and the course.



## **ACCOMMODATION**

Depending on your reservation and the yacht that it will be used for the course you will be accommodated on a bunk bed, or a double bed cabin or saloon berth. Accommodation may be shared and saloon berths may be used. The size of our tuition yachts is 36ft to 46ft, 3-4 cabins and 1-2 heads. All of our tuition yachts are fully coded, very well maintained, relatively new (oldest 2008 newest 2018), fully equipped and comply with the Greek and International safety regulations.



For us at Ionian Mode is a great opportunity to introduce to you the Mediterranean food and cuisine alongside your training. Fresh food and good quality provisions will be provided by us. A variety of local fresh products will be available at any time on the yacht during the course. We provide adequate provisions for breakfast and lunch as well for the dinner at the day of the night sail. If you have any allergies or need for special diet please contact us in order to add the necessary goods in our provision list. If you suffer by severe allergies please contact before booking.



- · Provisions for breakfast, snacks and lunch on board
- Soft drinks
- · Fuel, gas, water
- · Bed linen & towels
- · Available course material

## WHAT'S NOT INCLUDED

- · Drinks & meals ashore
- · Transfers and flights to / from our base



During the high season the temperature gets quite high in the Mediterranean and the sun is really hot, so some sun protection would be prudent. Sun glasses, a hat and sun protection cream are more than useful. If you are not used to drink lots of water or if you get dehydrated easily then some re-hydration sachets might be useful. Sometimes in the evening even in the high season it gets a bit chilly so don't forget to bring a light jacket or a fleece together with the rest of your stuff.

- Non marking sole shoes
- Soft travel luggage
- Sailing gloves
- Dry bag
- Money All the businesses in Greece are obliged to accept cards. Some cash is always useful, ATMs are available almost everywhere