



Association Sportez vous bien !

**Marseille Edouard Toulouse hospital Center organizer of  
“Voile en tête 2006”.**

“Voile en tête” is a water sporting event of European standing , organised under the aegis of “Sport en tête”, the Union of Mental Health Sport group.

The purpose of this event is to bring between twenty to twenty five sailing boats together each one representing a psychiatric hospital or social-medical institution.

The crew members selected amongst patients, nursing teams, and instructors, will be brought round to exchange and meet during the sporting events stretching along the week long cruise.

Even if the sporting vocation of the event is obvious, the regatta is only a pretext for a human adventure opened to the sea world , a new space likely to have a therapeutic interest .

Nowadays Marseille displays a well known image of a city opened to the sailing world and the mediterranean sea so it’s quite natural that an important establishment specializing in mental health like Edouard Toulouse Hospital should organize the 15th edition of “Voile en tête” in 2006.

This federative project requires some financial, logistic and human investments.

I has been scheduled for a week between Marseille, La Ciotat, Les îles du Frioul, Martigues, Les Calanques, from September 18th to September 24th.

**FINANCING :**

- European subsidies
- Conseil Régional subsidy
- Conseil Général subsidy
- Crew fees contribution, and financial contribution made by each hospital
- Asociation Sport en Tête
- Private partners : Health insurance companies, Laboratories; Companies, Foundations....
- .....

## **LOGISTIC :**

- 20 to 25 sailing boats will be hired from an agency, they will be 10 to 13 meters long.
- Voile Impulsion : sailing school in l'Estaque specialized in physical and mental handicap.
- Société Nautique Estaque Mourepiane : race committee, equipment.
- Alpes Provence de Voile league
- County Sailing Committee : Race committee and equipment.
- Handivoile.
- Marseille townhall : mooring space and sanitary services in Marseille and Frioul.  
Function room for the opening and closing receptions .
- Martigues and La Ciotat townhalls : mooring spaces and sanitary facilities.
- Marseille marine fire brigade.
- French Olympic Sport Committee of the county.
- .....

## **HUMAN MEANS :**

- Committee structure
- Association's members "Sportez-vous bien!".
- Association's members "Sport en tête".
- Any person who wishes to join in .
- It would also be interesting for other patients to be able to participate to this project by getting involved. They might join in a video report, a tv report, a photographic coverage of the event , keep an interactive internet (*site*)

## **FURTHER INFORMATIONS ?**

Do not hesitate to contact us :

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## Voile en tête 2006

**15th International Edition**  
**Discovering sailing in Marseille (Bouches du Rhône )**  
**18/24 September 2006**

### Objectifs du séjour

- \* **Life on board :** Cohabitation in a reduced space  
Hygiene (personal hygiene, clothing, living space)  
Security (life jacket, respect of regulations)  
Relationship ( stay length, tensions, convivial moments.)
- \* **The technique :** Learning with the skipper  
Getting familiar with marine language  
Information/reminder of basic sailing rules.  
Integration of imperative security regulations.
- \* **Therapeutic and rehabilitation :**  
enter a project  
Break away stay within inhabitual surroundings.  
Excitement, emotions (surpassing one's own fears and limits)  
Psychomotricity (body movement appropriate to a task taking into consideration the relationship with the environment and its constrains.) Coordination,  
Equilibrium,  
Team work notions, taking into account other people.



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## **Mental Health and Physical and Sportive Activities**

**present the 15th meeting  
“Voile en tête”**

**from the 18th September to 24th September 2006  
in Marseille**

**\* Under the patronage of :**

- The Ministry of Health
- The Ministry of Sports

**Organizer :**

Centre Hospitalier Edouard Toulouse  
118 Chemin de Mimet  
13917 Marseille Cedex 15

Association « Sport en tête »

[www.sport-en-tete.com](http://www.sport-en-tete.com)

**Association “Sportez vous bien!” :**

Service des sports  
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Voile en Tête Week in Marseille  
18th to 24th September 2006

- Monday 18th September** : Teams reception, registration, stocktaking, settling in  
Aboard the boats.  
3.00 pm Visiting Marseille and Notre Dame de La Garde  
Welcoming Evening Party.
- Tuesday 19th September** : Stage : Marseille / Martigues 20 miles  
Day Time : Marseille/Martigues : Free sailing. Getting the  
grip of the boats.  
  
Evening : Cocktails / entertainment.
- Wednesday 20th September** : Stage : Martigues / Iles du Frioul 20 miles Morning  
Morning : Martigues/Port de Bouc/ Carry : 1st round  
Afternoon : Carry/Le Frioul 2<sup>nd</sup> Ground  
Evening : Prize-giving ceremony
- Thursday 21st September** : Stage : Iles du Frioul /La Ciotat 20 Miles  
Morning : Le Frioul/les Calanques 3<sup>rd</sup> ground  
Afternoon : Free Sailing / Visiting Calanques  
Evening : Prize-giving ceremony/meal entertainment.
- Friday 22nd September** : Stage : La ciotat/Marseille  
All the Day : 4th round  
Evening : prize-giving ceremony.
- Saturday 23rd September** : Stage : Marseille/Les Iles du Frioul  
Morning : 5<sup>th</sup> ground  
Afternoon : boules competition (pétanque).  
Evening : Prize giving ceremony, evening meal,  
Orchestra and dance.
- Sunday 24th September** : Stage : Le Frioul/Marseille  
Morning : Le Frioul/Marseille : 6th round  
Afternoon : Return of the boats, stocktaking.  
Evening : Prize-giving ceremony/ Party

Possible to stay on board during the night of Sunday evening (24<sup>th</sup> of sept)

## Setting up and Security

- \* La Société Nautique de L'Estaque Mourepiane (The Estaque Mourepiane Nautical Society and Le Comité Départemental de Voile 13 (the County Sail 13 Committee) will put to our disposal their infrastructures and their competences in running the technical side of the race.
- \* Security boats will escort the sailing boats to insure security. On board they will have qualified sailing instructors (state sailing certificate), and professional first-aid workers (emergency doctors, marine firefighters....)
- \* Continuous VHF watching and the wearing of a life jacket is **compulsory**.
- \* Provide two (cagnards )billboards showing the number of the boat for each boats.
- \* Each morning , skippers and captains have to be present to listen to the briefing of the day.
- \* To be sure that the gathering goes smoothly Sport en Tête and the organiser reserve the right to make modifications in the programme

# Budget

## FEES:

sailing boat from 35 to 41 feet (8 sleepers) : 2585 euros without skipper.

Allow 670 euros for a skipper.

Should the hospital have its own boat or wish to hire it elsewhere : 1500 euros

### This price includes :

- Hiring of the sailing boat
- Organization expenses
- Harbour taxes
- Boats fuel oils
- Registration fees
- Insurance contracts and repurchase of excess.
- Entertainment, food and drinks.

### This price do not include :

- the FFV certificate is compulsory for all. It can be purchased , for 42 euros at the Société Nautique de l'Estaque Mourepiane on presentation of a medical certificate

**To adhere « Sport en Tête » is obligatory and costs : 200 euros**

[www.sport-en-tete.com](http://www.sport-en-tete.com)