



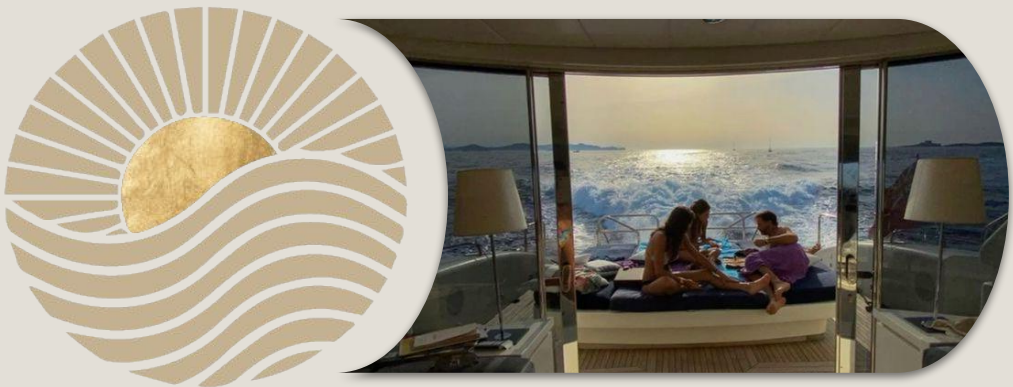
# SYNC

# SUPERYACHT COUPLES PACKAGE

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Are you and your partner ready to set sail on the adventure of a lifetime — in your careers and your lives?

We have crafted two exciting pathways for dynamic duos who want to train side by side and explore the world of yachting together!



# WHO IS THIS COURSE FOR?

The SYNC Training Couples Program is designed for adventurous couples eager to dive into the exciting world of luxury superyachts. Whether you're looking for a career change, a fresh chapter in your story, or the chance to work and travel the world together, this program is your path to a shared future of adventure and success.

So while you may be on different vessels once your careers begin, you'll at least complete the training in tandem, sailing in sync for the beginning of this exciting journey, building skills that can eventually bring you together on the same vessel.

This is the perfect way to achieve your dreams and nurture your relationship, setting the foundation for a shared journey, both on and off the water.

FOR THE STEW

Superyacht Stew  
Course  
Highfield Food Safety  
Level II  
Intermediate Barista  
Professional  
Mixology+Bartenders

FOR BOTH:  
Manilla  
Compliant'10  
STCW + DSD  
Basic Safety  
Training

# WHAT THIS COURSE COVERS

FOR THE DECKHAND

Superyacht Deckhand  
Course  
SAMSA VHF Radio Course  
RYA Powerboat Level II  
Course  
RYA PWC (Jet Ski) course  
\*\*MCA Yacht Rating at the  
above price or exchange  
this for the RYA Competent  
Crew Practical if you're  
more into sailing for an  
additional R3 700.

SUGGESTED ADD-ONS:

FOR THE STEW

ADD-ON:

RYA Powerboat Level II

RYA Personal Watercraft  
(PWC/Jet Ski) Course

FOR THE DECKHAND

IF YOU CHOSE THE  
RYA Competent Crew  
Practical

ADD-ON:

RYA Day Skipper Theory

RYA Day Skipper  
Practical

SEE DROPDOWNS FOR  
MORE INFORMATION

# STCW + DSD

STCW + DSD is a vital convention that standardised the training, certification, and working conditions of seafarers worldwide to improve maritime safety and ensure that those working at sea are properly prepared for their duties.

STCW stands for the International Convention on Standards of Training, Certification, and Watchkeeping for Seafarers. It is a key international maritime treaty established by the International Maritime Organization (IMO), which sets standards for the training, certification, and watchkeeping of seafarers to ensure that they have the necessary skills and competence to work safely and effectively on ships.

This is required by anyone working on a commercial vessel, including officers, engineers, ratings, and other crew members. To ensure their vessels are compliant with international maritime standards and that their crew is properly trained. Key Aspects include Training Standards, Certification, Watchkeeping, Safety and Emergency Procedures, Medical Fitness and Seafarers' Rights.

## DURATION

11 days

# STCW + DSD

## COURSE CONTENT

- Personal Safety & Social Responsibility (PSSR)
- Elementary First Aid (EFA)
- Personal Survival Techniques (PST)
- Marine Fire Fighting (MFF)
- Designated Security Duties (DSD)



# SUPERYACHT STEW COURSE (FOR HER)



After completing the SYNC Superyacht Stew course you will be skilled in silver service, flower arranging, wine pairing, barista skills, table setting and all areas of interior yacht maintenance which will be applied on a Superyacht.

Not only will you be proficient in what is required of you as a Stewardess / Steward, but you will know exactly what Captains want, which type of yacht is ideal for you, and how to get where you want to go in the superyacht industry.

This preparatory course is perfect to feel confident joining the Superyacht industry as a Stew guided by experienced Chief Stewardesses.



## DURATION

5 days

# SUPERYACHT STEW COURSE (FOR HER)

## COURSE CONTENT

- Superyacht Industry Overview: Realities, onboard systems, and hierarchy and yacht Familiarisation
- Job Hunting, Contracts & Safety
- Onboard Safety
- Wine & Mixology
- Service Skills
- Housekeeping
- Laundry Mastery
- Floral Design
- Guest Service
- Visa Guidance
- Crew Networking
- E-SIM Discounts
- Financial Advice



# FOOD SAFETY LEVEL II

The Highfield Food Safety Level 2 is a widely recognized food safety certification that provides essential knowledge for anyone involved in the preparation, handling, or serving of food. It is particularly important for those working in the food industry, including restaurants, hotels, catering businesses, and other food-related environments, as well as on superyachts and cruise ships. Public confidence in terms of food safety is a major concern for any business in the food sector.

It is a requirement that anyone involved in food handling on board an MCA approved vessel must be appropriately trained in food safety. This is for anyone working with food in any capacity, including kitchen staff, chefs, food handlers and catering staff in the hospitality industry, superyacht crews, or catering businesses. It's suitable for people who have basic knowledge of food handling and wish to ensure they meet food safety regulations and standards.



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## DURATION

5 days

# FOOD SAFETY LEVEL II

## COURSE CONTENT

- Introduction to food safety.
- Microbiological hazards.
- Food poisoning and its control.
- Contamination hazards and controls.
- HACCP from delivery to service.
- Personal hygiene.
- Food premises and equipment
- Food pests and pest control.
- Cleaning and disinfection.
- Food safety enforce



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# PROFESSIONAL MIXOLOGY / BARTENDERS



The Professional Mixology Bartenders Course offers skills and knowledge that can greatly benefit a Stew on board a superyacht, particularly when it comes to providing high-quality service and catering to the specific needs of yacht guests.

This course will prepare you for the WSET level 1 Award in Spirits. The WSET is an internationally recognised qualification that will be invaluable.



## DURATION

5 days

# PROFESSIONAL MIXOLOGY / BARTENDERS

## COURSE CONTENT

- Cocktail Preparation
- Knowledge of Spirits & Liquors
- Guest Service Excellence
- Speed & Efficiency
- Creative flair in presenting drinks
- Understanding responsible alcohol service, ensuring the safety and well-being of guests,
- Elements of working with international clientele, which is essential for stews on superyachts, as they often serve guests from diverse backgrounds.
- A Stew who has bartender training can provide a higher level of service, ensuring guests enjoy expertly crafted cocktails, wines, and other beverages.  
Confidence in serving drinks, whether it's a formal wine tasting or casual cocktails by the pool.
- Bartender training teaches speed and accuracy, which are critical when working in the fast-paced, high-demand environment of a superyacht.
- Knowledge of premium cocktails, wine pairings, and innovative drinks.



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# INTERMEDIATE BARISTA

The Intermediate Barista course covers advanced espresso techniques, milk frothing, latte art, coffee bean knowledge, machine maintenance, and customer service skills. By mastering barista skills, a steward can elevate her service, offering guests an exceptional coffee experience while boosting her professional profile on board luxury superyachts.

## How will this benefit a Stew on board?

This course enhances a steward's ability to offer premium coffee service, increasing guest satisfaction, expanding skill sets, and improving job opportunities in the competitive superyacht industry.

This course is suitable for the trade and ideal for Stews on board who want to have a bit extra.

## Information

The qualification also permits you to work ashore. It covers all the essentials and plenty of practice to get you started on your barista journey.




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## DURATION

3 days

# INTERMEDIATE BARISTA

## COURSE CONTENT

- Introduction to the bean
- Tools of the trade
- Espresso machine Setup & calibration
- Perfect espresso extraction
- Milk stretching, texturing, and basic latte art
- Preparation of all coffee beverages
- Barista lingo And etiquette
- Written & practical exams
- Learn how to blend your own variety of bean blends, advanced latte art, to the costing of coffee beverages.



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# DECKHAND COURSE (FOR THE DECKHAND)

This Deckhand course gets you exposed to the detail-oriented nature of the industry while being guided by a highly qualified and Experienced crew.

## Duties

- **Vessel Maintenance:** Cleaning, polishing, and washing the exterior of the yacht.
- **Line Handling:** Assisting with mooring, docking, and anchoring operations.
- **Water Sports Setup:** Preparing and managing jet skis, tenders, and other equipment.
- **Safety Operations:** Conducting safety drills, maintaining safety equipment, and watchkeeping.
- **General Repairs:** Basic maintenance tasks like painting, varnishing, and minor fixes.
- **Guest Assistance:** Providing support during water activities and excursions.
- **Inventory Management:** Tracking and restocking deck supplies and equipment.
- **Team Collaboration:** Supporting crew members with daily tasks and special events.



## DURATION

4 days

# DECKHAND COURSE

## COURSE CONTENT

- How, when and where to look for work / Interview skills
- Visas, Passports & CV's
- Rope work
- Splicing
- Wash-down procedures
- Teak maintenance
- Your duties as deck crew Painting, Varnishing and Fairing, Watch keeping
- Mooring operations Anchoring procedures



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## DURATION

11 days

# STCW + DSD

## COURSE CONTENT

- Personal Safety & Social Responsibility (PSSR)
- Elementary First Aid (EFA)
- Personal Survival Techniques (PST)
- Marine Fire Fighting (MFF)
- Designated Security Duties (DSD)



# RYA POWERBOAT LEVEL 2



This course equips individuals with the essential skills and foundational knowledge required for competent powerboat operation and serves as the foundation for the International Certificate of Competence (ICC).

The RYA Powerboat Level 2 course is widely regarded as the standard qualification for recreational power boating in the UK and internationally. It is aimed at individuals looking to operate a powerboat safely and competently.

The RYA Powerboat Level 2 certificate qualifies you to drive powerboats with an engine up to 10 meters (33 feet) in length. The course covers both planing and displacement hulls, so you're trained to operate a variety of boat types.

This licence allows you to operate a boat up to 2 miles from the shore, assuming you are within the confines of non-tidal waters (like inland lakes, rivers, or canals). For tidal waters (such as coastal waters), this can extend up to 5 miles from the shore, provided you adhere to the limitations and safety precautions outlined during your training.

## DURATION

2 days

# RYA POWERBOAT LEVEL 2

## COURSE CONTENT

- Boat handling (including low-speed maneuvers and planing speeds)
- Man-overboard recovery
- Basic navigation (reading charts, compasses, buoys)
- Understanding collision regulations (ColRegs)
- Safe towing techniques
- Safety and emergency procedures (equipment checks, MOB, and capsize drills)
- Environmental awareness



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# RYA PWC (JETSKI)

This proficiency course prepares you for riding safely and responsibly designed for first-time and experienced riders alike.

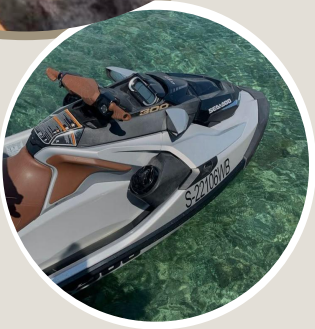
This certificate is required for launching in UK harbours and can be used to apply for the International Certificate of Competence, which is commonly required when using a personal watercraft abroad.

The RYA Personal Watercraft (PWC) Licence is a widely recognized qualification that allows you to safely operate personal watercraft, such as jetskis, wave runners, or similar small motorized craft.

The main purpose of the RYA PWC Licence is to enable you to operate a personal watercraft (PWC) safely, including jetskis, waverunners, and other similar craft.

You will learn key safety principles, such as how to perform safe starts, maneuver in tight spaces, and handle the PWC at different speeds, especially under challenging conditions. You'll also learn techniques for man-overboard recovery and safe docking.

The course covers the basics of navigating a PWC, including understanding the rules of the road (Collision Regulations), local navigation markers, and safe operating distances from shore. It also teaches you to avoid hazards such as shallow water, rocks, and other vessels.



## DURATION

1 day

# RYA PWC (JETSKI)

## COURSE CONTENT

- Launching
- Handling and recovery skills
- Passage planning and decision making
- High and low-speed riding skills
- Essential safety information
- Collision avoidance and orientation at sea



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# SAMSA VHF RADIO



The Marine Radio Short Range Certificate (SRC) is the minimum qualification required to operate marine VHF radio equipment on a UK-flagged vessel.

This includes both fixed and handheld equipment with and without Digital Selective Calling (DSC). The SAMSA Short Range Radio certificate is accepted internationally. This is an essential qualification for operating a VHF radio on board vessels, ensuring safe and efficient communication between the vessel and other ships, as well as with shore-based facilities like ports, coast guards, and emergency services. The VHF (Very High Frequency) radio is a crucial safety and navigation tool, particularly in maritime environments, where clear and immediate communication can be vital in emergencies or when coordinating vessel movements.

This is invaluable to Skippers, crew members (Deckhands and Stews), private boat owners, and maritime professionals.

Having a basic understanding of VHF radio operation is highly beneficial, especially in emergency situations.

## DURATION

1 days

# SAMSA VHF RADIO

## COURSE CONTENT

- Routine operation of marine VHF radio including Digital Selective Calling
- The correct VHF channels (frequencies) to be used for each type of communication
- Distress, emergency and medical assistance procedures
- Ship to shore communication
- Practical use of Marine VHF DSC radios
- Global Maritime Distress and Safety System (GMDSS)
- Emergency Position Indicating Radio Beacons (EPIRB)
- Search and Rescue Transponders (SART)



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# MCA YACHT RATING

The Maritime and Coastguard Agency (MCA) is the British government department responsible for regulating the maritime affairs of the UK. As such, the MCA is very important in the yachting world because the vast majority of vessels are registered under the UK flag and any mega-yacht training that is not MCA-approved should be viewed with skepticism. The Yacht Rating Course is the lowest level of MCA-approved training and is the only MCA yachting certificate that can be issued to people with no relevant experience. Prospective employers will be assured that holders of this certificate have had approved training and are prepared to invest in preparing themselves for their future careers.

This course reduces the required time to apply for an MCA Yacht Rating from 6 months to 2 months as per MSN 1862. Six months after the MCA Yacht Rating COC is issued, candidates will be able to sit in the MCA Efficient Deckhand course.

## DURATION

5 days

# MCA YACHT RATING

## COURSE CONTENT

- Navigational Watch Duties
- Life-Saving and Fire Fighting Equipment
- Seamanship
- Code of Safe Working Practices
- Engine Watch Keeping Duties
- Pollution Prevention
- Knots, Bends, and Hitches
- Whipping and splicing
- International Safe Management Code
- Chartwork
- Rules of the Road
- Day shapes
- Lights and IALA A and B Buoyage system



# MCA YACHT RATING

## ADVANTAGES OF MCA YACHT RATING CERTIFICATE:

- The certificate informs Captains that you have advanced deck skills
- You can now be included in the yachts safe manning requirement
- It shows that you are more responsible and can lead to higher salaries and also faster promotions
- It is a good introduction for students that want to do the EDH (Efficient Deckhand)

*NB: This course reduces the required time to apply for an MCA Yacht Rating from 6 months to 2 months as per MSN 1862. Six months after the MCA Yacht Rating COC is issued, candidates will be able to sit in the MCA Efficient Deckhand course.*



# RYA COMPETENT CREW PRACTICAL

This course is for beginners and those who would like to become active crew members. Virtually all of the course is hands-on. You are the crew - without you, the sails won't go up and the boat won't be steered. By the end of the course, you should be able to steer, handle sails, keep a lookout, row a dinghy, and assist in all day-to-day duties on board.

The RYA Competent Crew Course is an excellent starting point for anyone interested in becoming an effective member of a yacht crew, particularly for those pursuing careers as stewardesses or deckhands on superyachts.

## **Benefits for Stews and Deckhands**

For a Stew. This enhances your overall understanding of yacht operations, improves guest service, and contributes to safety.

For a Deckhand it provides essential sailing skills, improves role efficiency, and prepares you for emergency situations.

## **Qualification**

You will be a competent crew member, able to assist with sailing, maneuvering, and emergency procedures but not qualified to command or operate a yacht independently.

This prepares you to assist on sailing yachts but does not qualify you to drive or command a vessel.

You will be trained to sail in moderate coastal conditions, not in extreme weather.

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## DURATION

5 days On board

# RYA COMPETENT CREW PRACTICAL

## COURSE CONTENT

- Knowledge of sea terms and parts of a boat
- Rigging and sails
- Sail handling
- Ropework
- Fire precautions and fighting
- Personal safety equipment
- Man overboard
- Emergency equipment
- Meteorology
- Seasickness
- Helmsmanship
- General duties
- Manners and customs
- Rules of the road
- Dinghies



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# GET IN TOUCH FOR MORE

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booking contact:**

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