



**18.-26.1.2020**  
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After the great success of the last three years:

## **4th International boot Cruising Seminar with Jimmy Cornell, Sönke Roever and other popular speakers**

The popular seminar hosted by the well-known circumnavigator and cruising expert Sönke Roever has been an audience magnet at boot Düsseldorf for three years. With over 250 participants from more than 25 countries from all over the world the seminar has become a great success.

Following this success we are more than happy to announce that the seminar will take place at boot 2020 again. On Friday, 24th of January 2020 Sönke Roever invites the international audience at the Düsseldorf boat show to an exciting day seminar together with other well-known and speakers such as the popular cruising-expert Jimmy Cornell!

Sönke Roever is a very well experienced sailor who sailed more than 80,000 nautical miles, visited more than 50 countries by sea and spent more than 600 nights at anchor. In his entertaining lectures he will discuss with the participants all essential aspects of cruising with a yacht, manoeuvres, navigation, anchoring and sailing at night.

In addition to the expert lectures given by Sönke Roever, other highly experienced speakers will be present at the seminar. One of them is Jimmy Cornell who is well-known all over the world. Jimmy has more than 200,000 nautical miles of experience. He sailed several times around the world, through the Northwest-passage in Antarctica. Jimmy is also a well-known author of cruising books and the founder of popular rallies such as the Atlantic Odyssey. Jimmy talks about the main factors that can contribute to the success or failure of a voyage – covering the choice of boat and equipment, the “right” crew and dealing with emergencies, tools and spares.

The popular meteorologist, weather router and Olympic coach Dr. Meeno Schrader explains how to plan a cruise with a focus on weather, because safety and comfort are the main factors when it comes to the planning of a



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voyage. Weather especially, is an important part of this. Dr Meeno Schrader shows how to make a good planning as it helps to avoid sailing in bad conditions and rough seas.

Another speaker is Bjarne Lorenzen. Bjarne is a sail maker, sail designer and boat builder. He has been sailing since childhood, in both: cruising and racing and works at the well-known company Doyle sails. Bjarne will show how to trim the sails the right way by giving various tips regarding their profile, twist and shape.

And last but not least Dr Stefanie Kamke will give a very informative lecture on “Dealing with sea sickness.” Stefanie is a Gynaecologist specialist and has been sailing since her youth – first in racing and in recent years also as a cruiser with her Swan 48 along the European coasts. It’s a popular talk, as seasickness is an unpleasant topic that can put people off sailing. Stefanie explains how to deal with seasickness and how to prevent getting seasick in the first place.

For further information on the seminar, please visit:

[www.blauwasser.de/ics](http://www.blauwasser.de/ics)

**Tickets for the International boot Cruising Seminar 2020 are available at the online ticketshop of boot.**

[www.boot.de/2130](http://www.boot.de/2130)

**Note for editors:**

- The seminar is organized by BLAUWASSER.DE/Sönke Roever and run in association with boot Düsseldorf
- The seminar language is English
- The seminar will take place on Friday 24th January 2020 from 12.30 to 19.30.
- For images or further information please visit: [www.blauwasser.de/presse](http://www.blauwasser.de/presse) or contact either Tanja Vellen/boot Düsseldorf ([VellenT@messe-duesseldorf.de](mailto:VellenT@messe-duesseldorf.de)) or Sönke Roever/Blauwasser.de ([soenke@blauwasser.de](mailto:soenke@blauwasser.de))



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