

THE GRAND VOYAGE

of Clarisse Crémer



L'OCCITANE

SAILING TEAM

LEGAL NOTICE

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A quick word for the grown-ups.

Every year since 1989, the Vendée Globe has brought together the greatest names in ocean racing for a classic race (aptly) nicknamed “The Everest of the Seas”.

Scouring the length and breadth of the globe, with the horizon as her only limit, is sailor and mother Clarisse Cr  mer, who will be your guide throughout this booklet.

Over the next three months, you will discover the sailing profession, roam the seven seas and, of course, explore! On the way, you will learn about the world, yourself and your connection to others.

This kit is designed for children aged 6 to 10 and can be enjoyed at home or among friends according to the child’s preference and reading level. The many activities in this booklet can be used to complement or demonstrate specific learning concepts.

The race is on!

PRINTING INSTRUCTIONS

Colour or greyscale
Double-sided
A4 format
Double-stapled on the left-hand edge

RACE TIME

Race start: 10th November 2024
Estimated finish: late January to early February 2025
Finish line cut-off: 7th March 2025



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Hello!

My name's Clarisse, but everybody calls me Clacla!

I'm a sailor, which means that I travel the seas and oceans in my boat.

This year, I'm taking you along with me for a rather special event: the Vendée Globe. 

Over three months, the competitors  race around the world. I'll show you my boat, called L'Occitane en Provence, teach you how to tie sailor's knots  and show you all the things that I put in my bag  before departure.

With experience, I've learned to manage my emotions.  I'll explain how you can do the same.

A little bird told me you like animals...  I will show you all the ones that I've come across while on board my boat. And there are a lot of them because three months is a loooong time.

But I'll also explain what a typical day is like for me during the months away at sea. 

You know what? I'll even give you some tips to help you stay fit as a fiddle  and become an adventurer like me! 

By the way, do you know the difference between adventure and exploration?  Lastly, I'll let you in on my brain-training secrets, which are sure to help you solve my puzzle... 

Let's set sail!



"SEARCH AND SCAN
THE QR CODES TO REVEAL
VIDEOS OF MY TIPS
AND TRICKS!"

THIS FIRST QR CODE
WILL GIVE YOU LIVE UPDATES
FROM TIME TO TIME OF
WHERE I AM ON MY BOAT!



Oh, and before I forget. Will you send me a postcard (pages 31-32) for when I get back?

Glossary for my grand voyage

Here, I've drawn up a list of new words for you that I will use in this booklet...

Compass	An instrument that tells which direction the boat is sailing in.
Hull	The part of my boat that touches the water.
Desalinised water	Seawater with the salt removed so that people can drink it.
In flow	An incredible feeling achieved sometimes through sport.
High seas	The parts of the sea far away from land that belong to no one and everyone! They are also called "international waters".
Foil	A very thin wing on the side of a boat that raises it above the water. It makes it sail so fast that I feel like I'm flying!
IMOCA	Short for "International Monohull Open Class Association", the name given to the boats taking part in the Vendée Globe.
To freeze-dry	To remove all the water from something in order to preserve it for a long time and make it lighter. This works particularly well on food.
To manoeuvre	We speak of "driving" cars, but "sailing" or "manoeuvring" boats!
Blue Planet	A nickname for the Earth, as it is mainly made up of water.
Mental preparation	Getting ready for a specific event in your mind so that you can cope with it better.
Skipper	This is another word used for the sailor in charge of a boat.
Vocation	Your vocation or "calling" is something that you love and feel an urge to do. For example, if you love asking questions, your vocation might be to become a journalist.

Continue the list!

As you read, you may well come across other words that you haven't seen before. Why don't you write them down below so that you can remember them?

Feel free to ask a grown-up what they mean.

“Navigator”: a rather special word

I’m a sailor or skipper, but not so long ago, people might have used the word “navigator” to describe me.

AT FIRST, ONLY MEN WERE ALLOWED TO GO TO SEA FOR LONG PERIODS OF TIME. SOME WOMEN NAVIGATORS DEFIED THIS RESTRICTION, HOWEVER, AND THINGS ARE ALL THE BETTER FOR THIS TODAY. WELL DONE TO THEM! BUT THE SITUATION WASN'T VERY FAIR, WAS IT?

IN MEDIEVAL TIMES, IT WAS SAID THAT A WOMAN WOULD BRING BAD LUCK IF SHE WERE ON A BOAT, WHICH IS OBVIOUSLY FALSE. ALL THOSE OLD-FASHIONED BELIEFS HAVE LED TO THERE BEING MORE MEN THAN WOMEN IN THE WORLD OF SAILING TODAY.

THANKFULLY, THINGS ARE CHANGING! SINCE 1999, WOMEN LIKE ME HAVE BEEN TAKING PART IN THE VENDÉE GLOBE. NOW, ALL OVER THE WORLD, PEOPLE ARE SAILING THE SEVEN SEAS TOGETHER REGARDLESS OF THEIR GENDER.

Where does the word “navigator” come from?

It comes from the Latin word *navigare*, meaning “to sail”. Latin is one of the ancestors of the English language. It used to be spoken all around the Mediterranean Basin. Latin evolved into many other modern-day languages, such as French, Spanish and Italian.

Gender-neutral job names

I don’t think it’s right to believe that certain jobs are for men or women only. Some titles are also specifically gendered, like “fireman”, “businessman” and “actress”. I would rather use gender-neutral terms like “firefighter”, “businessperson” and “actor”, which put everyone on the same level. People might picture a man when they hear the word “sailor”, but that’s what I am: a sailor, not a “sailoress”!

A race across the world

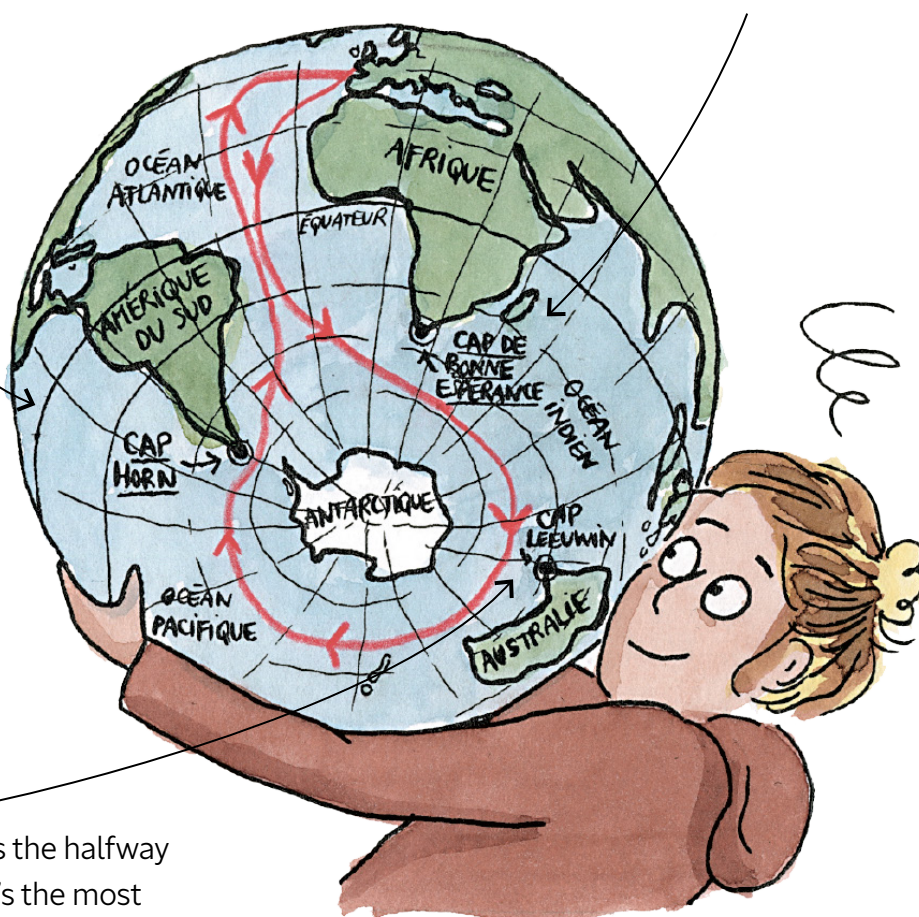
Look how far I'm going to sail with my boat.
And I'll do it all by myself, too! Pretty impressive, right?

Cape Horn

Located right at the bottom of South America, this passage is often quite dangerous due to frequent storms. I'll have to take extra care here.

Cape of Good Hope

I'll be sailing beneath Africa! In the distance, I'll see the famous Table Mountain crowned with its white clouds. It's almost impossible to see the actual African continent, especially because there's likely to be a cetacean (a whale or a dolphin, for example) protection zone here, which is off limits.



Cape Leeuwin

This location marks the halfway point of the race. It's the most south-westerly point of the Australian continent.



Follow my progress in the race!

Mark off the dates on the calendar each day until I arrive.

							10
November	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	1
December	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
January	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
February	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	1	2
March	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						

10TH NOVEMBER
AND WE'RE OFF!

15TH NOVEMBER
IT'S MY DAUGHTER'S BIRTHDAY
TODAY AND I MISS HER A LOT...
THANKFULLY, PEOPLE CAN SEND
ME PHOTOS DURING MY TRIP.

18TH DECEMBER
I'VE BEEN ON MY BOAT
FOR ONE MONTH NOW. I'VE
SETTLED INTO A ROUTINE &
I'M FEELING GOOD.

30TH DECEMBER
I'M 35 TODAY!
WHEN'S YOUR BIRTHDAY?

1ST JANUARY
HAPPY NEW YEAR!

10TH JANUARY
I'M NOT FAR OFF
CAPE HORN. CAN YOU FIND
IT ON THE MAP?

23RD JANUARY
I'M NOW REALISING THAT
I'M REACHING THE END OF THE
RACE. I CAN'T WAIT TO HUG
MY FAMILY AGAIN! BUT I ALSO
FEEL A BIT ANXIOUS ABOUT
RETURNING TO DRY LAND.

1ST FEBRUARY
FOLLOW THE RACE
AND CIRCLE THE
DATE WHEN I
ARRIVE... BECAUSE
I'M NOT SURE WHEN
IT WILL BE YET!

What's the Vendée Globe ?

YOU'RE PROBABLY WONDERING
WHAT EXACTLY THE VENDÉE GLOBE IS.

IT'S A SAILBOAT RACE ACROSS THE
WORLD AND A RATHER SPECIAL ONE.
BECAUSE EACH SAILOR, OR "SKIPPER",
MUST SAIL SOLO ON THEIR BOAT. TO WIN
THE RACE, THEY HAVE TO FINISH WITHOUT
MAKING ANY STOPS AND WITHOUT ANY
ASSISTANCE.

NOT EASY!

FOLLOW ME
AND I'LL
EXPLAIN!

CETTE ANNÉE, J'AI DE LA CHANCE CAR TU
VAS M'ACCOMPAGNER DANS CETTE FOLLE
AVENTURE. PRÉPARE-TOI À ME SUIVRE DANS
LE FROID, LE CHAUD, LES TEMPÊTES ET
LES VAGUES...

EVERY FOUR YEARS, AROUND FORTY SAILORS
AND NAVIGATORS FROM ACROSS THE GLOBE
TAKE PART IN THIS COMPETITION.
THE GOAL? TRAVELLING 43,000
KILOMETRES. IT WOULD TAKE ABOUT
TWELVE YEARS TO TRAVEL THAT DISTANCE
BY FOOT! BUT THE HARDEST PART IS THAT
THEY HAVE TO COMPLETE IT BETWEEN
74 AND 84 DAYS-- ROUGHLY THREE MONTHS.
THAT'S WHAT MAKES IT THE MOST
DIFFICULT RACE IN THE WORLD!

REPREPARE TO CLIMB
ABOARD!

WHAT ABOUT YOU?
WOULD YOU DO IT?

Race for equity

Written in big letters on the sails of my boat are the words “RACE FOR EQUITY”. This message is very dear to my heart. But do you know what “equity” means and why I support it?

OCEAN RACING IS ONE OF THE RARE SPORTS THAT ALLOWS MEN AND WOMEN TO COMPETE AT THE SAME TIME.

WHILE WE'RE ON THE SUBJECT OF THE VENDÉE GLOBE, I'D LIKE TO TAKE THE OPPORTUNITY TO ADDRESS SOME SUBJECTS THAT ARE IMPORTANT TO ME. EQUITY IS ONE OF THEM. ANOTHER WORD FOR "FAIRNESS", EQUITY IS ABOUT GIVING EVERYONE THE SAME CHANCES OF SUCCESS.

WHAT I WANT IS FOR MEN AND WOMEN TO BE ABLE TO TAKE PART ON EQUAL FOOTING. FOR EXAMPLE, I HAD TO FIGHT TO BE ALLOWED TO KEEP SAILING AFTER HAVING A BABY. THE RULES OF THE RACE ARE NOT SO SIMPLE WHEN YOU'RE A NEW MOTHER.

WHEN SOMETHING SEEMS UNFAIR TO ME, I TRY TO KEEP CALM AND EXPLAIN WHY I DISAGREE. LITTLE BY LITTLE, THE RULES ARE CHANGING. AND SO ARE PEOPLE'S OPINIONS OF WOMEN SAILORS.

IN ORDER TO CREATE CHANGE, I SHARE MY DAILY EXPERIENCES SO THAT MAYBE OTHER YOUNG WOMEN WILL WANT TO MAKE A GO OF IT. BECAUSE IT IS POSSIBLE!



What's the difference between equality and equity?

Equality is when you give everyone the same pair of trainers.

Equity is when you give each person a pair of trainers in the right size.

We need you!

Imagine you're in the classroom and your teacher asks each pupil to draw an X on the board. The student who puts their X the highest wins a prize. Of course, everyone is not the same size. Some pupils are naturally tall, others are shorter and some may not be able to stand. Do you think this game is fair? How might you make it fairer for everyone? Note your idea below.

This is my boat!

A beauty, isn't she? Named L'Occitane en Provence, she measures slightly more than 18 metres long. Would you like to come aboard? This is where I will spend the next three months.

According to which way the wind is blowing...

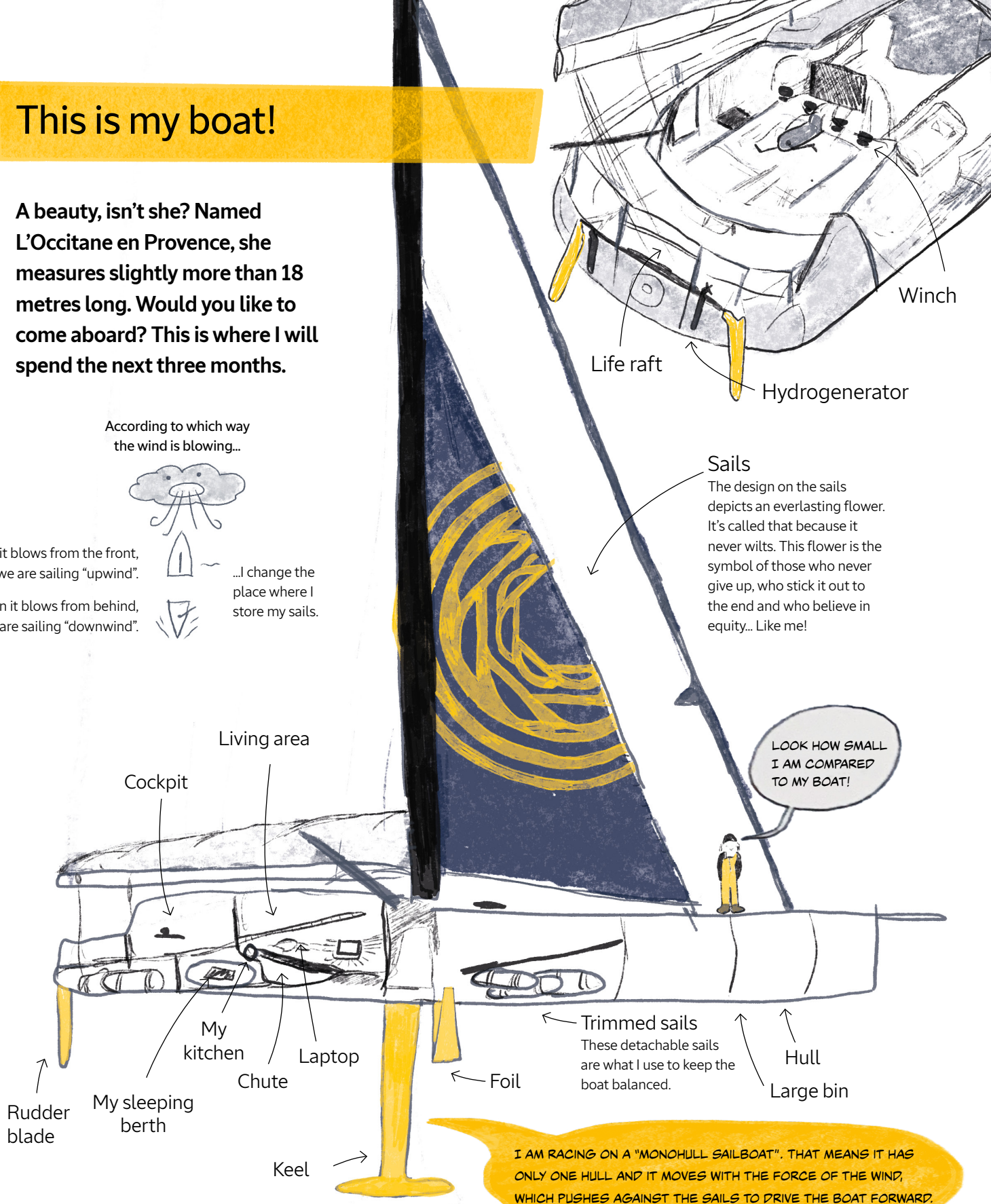


When it blows from the front, we are sailing "upwind".



...I change the place where I store my sails.

When it blows from behind, we are sailing "downwind".



Can you tie a sailor's knot?

Sailors often use ropes for tying things on boats, with different knots for different situations to make sure everything stays securely fastened (even when the ropes are wet). Today, I'll show you three types of sailing knots.



That's heavy!

Before I set sail, I make a list of everything I'll need for my voyage. My team and I lay all the items out on the ground to make sure nothing is left out. When they're laid out like this, they take up the size of a tennis court! Then we weigh every single item. Because the heavier the boat is, the slower it is. And the Vendée Globe is a race, after all...



• Satellite phone > **266 grams**



• Food > **140 kilograms**



• Waterproof shoes > **124 grams**



• 4 fleece jackets > **355 grams**
each



• Thermal leggings > **191 grams**



• 10 pairs of warm socks > **40 grams**
each



• Balaclava > **70 grams**



• Woolly hat > **65 grams**



• 6 breathable T-shirts > **87 grams**
each



• 2 pairs of shorts > **76 grams** each



• Waterproofs > **1,6 kilograms**



• Zipped waterproof jacket > **1,1 kilograms**



• Fire extinguishers > **11 kilograms** each



• First aid kit > **3 kilograms**



• Life raft > **24 kilograms**



• Toothbrush > **13 grams**



• Blanket > **800 grams**



• Mattress > **1,9 kilograms**



• Laptop > **998 grams**



• Headphones > **900 grams**

IT'S YOUR TURN!

How heavy is my equipment?

Add up the weights of each item I've decided to take with me.

The answer is : _____ kilograms.



BE CAREFUL NOT
TO MIX UP GRAMS
AND KILOGRAMS...



Breathe in, breathe out...

Before going out to sea on my own, I must train both my body and my mind.

I would like to tell you about my training exercises, especially the ones I do in my head. This is what's known as "mental preparation" and it's as important as the physical exercises!

Before a race, I attend appointments with a team of specialists: both doctors for my physical health and psychologists. These professionals help me anticipate what emotions I'll feel so that I can handle them better. Because while competitions are for winning, it's more important for me to have a great race and create wonderful memories.



MENTAL PREPARATION CAN BE COMPARED TO A TOOLBOX: WE PUT ALL THE ESSENTIAL ITEMS INSIDE IT SO THAT THE RACE CAN GO WELL INSIDE OUR HEAD.

WANT TO TRAIN LIKE ME?
BREATHE IN FOR FOUR SECONDS THROUGH THE NOSE, THEN OUT FOR ANOTHER FOUR SECONDS THROUGH THE MOUTH. REPEAT THIS SEVERAL TIMES WITH YOUR EYES CLOSED. IT MAKES YOU FEEL BETTER, DOESN'T IT? YOU CAN TRY THIS EXERCISE ANYTIME YOU FEEL ANGRY, TIRED OR STRESSED.

What does it mean to feel lonely?

I'm cut off from the world when I'm on my boat. However, I don't feel completely alone because my team is always tracking me to make sure everything's going well. I also have some photos of my family onboard and even a cuddly toy rabbit! These help me feel supported.

How do you feel?

You have always had what we call “emotions”. They live inside you all at the same time, reacting to your experiences. Emotions are what make you feel things.

Shall I introduce you to them?

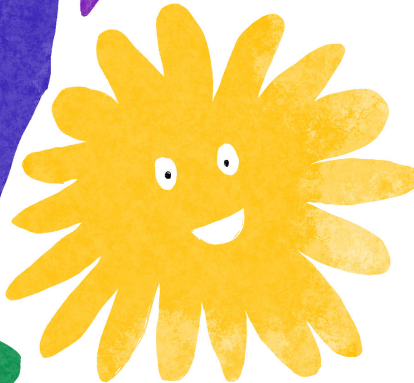
Sadness is one.

This is what you feel when you have tears in your eyes or a lump in your throat. It's the opposite of happiness.



Oh, look: Surprise!

When surprise comes, you open your eyes and mouth up wide, wondering what's just happened to you.



There's Joy.

This is the one that appears when you're happy, smiling and full of energy.



Next is Fear.

It causes a tightness in your tummy, and it makes it hard to move or even speak.



Lastly, say hello to Anger.

As for this one, it makes you clench your teeth and fists when something has annoyed you.

I CAN VERY OFTEN FEEL FRIGHTENED ON MY BOAT. IN FACT, I'M AFRAID OF HEIGHTS! BUT I WON'T STOP RACING JUST BECAUSE I'M SCARED. ON THE CONTRARY, I ALWAYS FEEL PROUD WHEN I CAN OVERCOME MY FEARS.

WHEN I'M HAPPY, I SOMETIMES GET TEARS IN MY EYES. BUT THEY'RE DIFFERENT FROM THE ONES THAT FALL WHEN I'M SAD...

Water, water everywhere

It's not surprising that the Earth is nicknamed the "Blue Planet". During the race, I'm surrounded by water as far as the eye can see. Imagine that the Earth is a cake. Cut that cake into four and take three pieces. That's how much water (almost 70%) there is on the Earth's surface.

Every second of every minute of every day, water performs a dance. Do you want to learn what that dance is? It's what's known as the "water cycle".

Evaporation

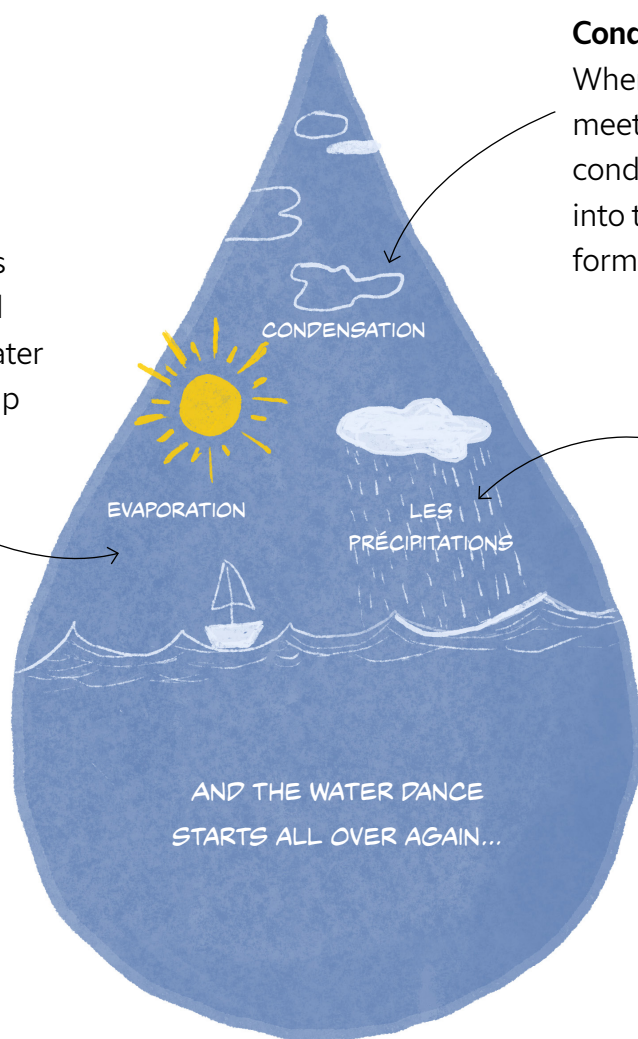
With the heat of the Sun, the Earth's water heats up and evaporates. The water vapour then rises up into the sky.

Condensation

When the water vapour meets the cold air in the sky, it condenses. This means it turns into tiny water droplets that form clouds.

Precipitation

As the droplets in the clouds gather, they get bigger and heavier, then eventually fall. This is what rain is. If it's really cold, it turns to snow.



Can you drink seawater?

The water in the seas and oceans is full of salt. Yuck! I can't drink it... Fortunately, I've got a solution: I filter the water with a desalinator. This is a pump that separates liquids (the water) from solids (the invisible salt that's mixed into the water). Desalinated water tastes funny, but at least I can drink it! Using my device, I can make 6 litres of desalinated water per hour.



One Earth, many beings!

Have you heard of ecology? It's a science that studies the balance between all living things on our planet –you, other people, animals, fungi, trees and so on–so that we can all live together in harmony.

You might think of the ocean as a beautiful place with loads of animals swimming around in it. But it's also becoming filled with more and more rubbish and things that disturb those animals, such as plastic. This plastic comes from objects that we use every day: bottles, pens, crisp packets, straws... Sometimes, these things can be blown into the sea. Each minute, one bin lorry's worth of plastic is spilled into the ocean. And once it's in the water, it's too late. The plastic breaks down into tiny pieces that are too hard to fish out again. It's a sad and very serious problem, but you can take action in your life to help change things.

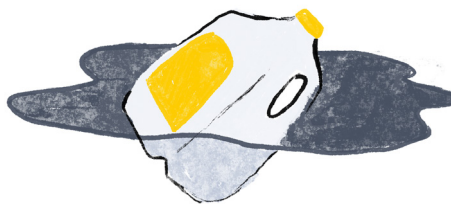
5 ways you can protect the ocean:

1. Give away or sell your old toys instead of throwing them out.
2. Never litter.
3. Sort your rubbish into the correct bins.
4. Use refillable containers.
5. Choose non-plastic options whenever you can.



Do you have any other ideas?

WHILE STANDING ON MY BOAT, I ONCE SAW A CONTAINER OF LAUNDRY DETERGENT FLOAT BY EVEN THOUGH I HADN'T SEEN ANOTHER HUMAN FOR WEEKS!



BY 2050, THERE WILL BE MORE PLASTIC THAN FISH IN THE SEA IF WE DON'T DO SOMETHING ABOUT IT.*

* European Parliament "Plastic in the ocean: the facts, effects and new EU rules" | News | European Parliament (europa.eu)

How can you go to the toilet on a boat?

I USE A BUCKET THAT I HAVE TO EMPTY EACH TIME. THIS IS THE ONLY THING THAT I CAN THROW OVERBOARD (INTO THE SEA) BECAUSE IT'S MY OWN NATURAL MATTER THAT WON'T POLLUTE THE WATER. I KEEP MY RUBBISH ON THE BOAT IN TIGHTLY TIED BIN BAGS.



Similarly to Clarisse, Simon Bernard has decided to travel the world aboard his boat, the Plastic Odyssey. He has set off on a three-year trip to 30 different countries in order to come up with solutions to our rubbish problem.

Along with an adult, visit www.codeocean.plasticodyssey.org to find out more.

Life in the ocean



Cut out the animals!

ONE TIME, I SPOTTED AN ALBATROSS. WHAT A HUGE BIRD IT IS! FOR A FEW SECONDS, THE ALBATROSS AND I WERE MOVING FORWARD AT EXACTLY THE SAME SPEED. IT WAS MAGICAL!



SOMETIMES WHEN SAILING, I SEE FLYING FISH. THESE ARE OFTEN FOUND IN THE MIDDLE OF THE ATLANTIC. I LOVE TO WATCH THEM SWIMMING AND SOARING...



The seas and oceans are home to many animal & plant species. Here are my favourites!



Life in the ocean

Discover the lives of the plants and animals that populate our oceans.

SARGASSUM SEAWEEED

IS A BROWN SEAWEEED. IT FORMS A KIND OF "FLOATING RAFT" THAT PROVIDES FISH WITH NUTRIENTS.

THE ALBATROSS

IS A BIG BIRD. IT IS DISTINGUISHED BY ITS LARGE WINGS OF UP TO 3 METRES IN LENGTH.

THE BLUE WHALE

IS THE LARGEST MARINE MAMMAL, MEASURING ALMOST 30 METRES AND WEIGHING 130 TONS!

THE FLYING FISH

HAS WINGS THAT ENABLE IT TO GLIDE OUTSIDE THE WATER.

THE DOLPHIN

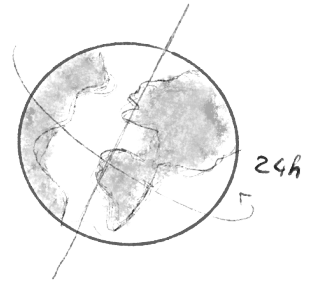
IS A TYPE OF MARINE MAMMAL KNOWN AS A "CETACEAN". THE FEMALES LIVE UP TO 80 YEARS IN THE OCEAN!

POSIDONIA

ARE AQUATIC, FLOWER-PRODUCING PLANTS. THEY PLAY A CRUCIAL ROLE IN BALANCING THE ECOSYSTEM.

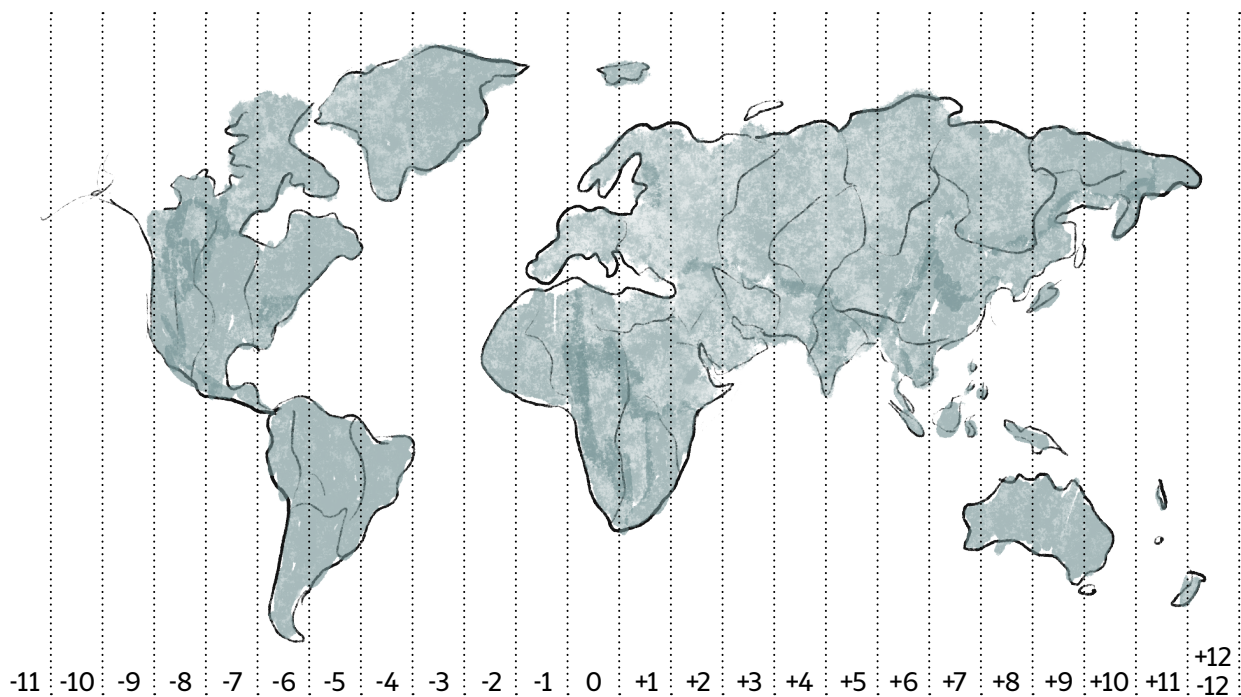


One day at a time



Being on a boat is a bit like living on your own little planet. It's a whole other world where time passes by a bit differently!

There are 24 hours in a day. And 24 hours is how long it takes the Earth to make a complete turn on its axis. If you call someone who lives in another country right now, it might be later or earlier there than in your country. That's because the world is divided into 24 different time zones.



As for me during the race, my watch sometimes tells me it's 2 p.m. in the middle of the night. That's because I have it set to Universal Time (or "UT"). This system has been put in place so that everyone on the race stays on the same time, no matter where they are in the world.

To create reference points (because my brain needs them), I set myself goals. I don't say "in three days", for instance, but "once I've passed that cape".

A day like any other (or not)

People often ask what a typical day is like for me...

This is a tricky question to answer because it really depends on the weather. On a nice day when the sea is calm, I can do all sorts of things: wash myself, get a good sleep, fix things on the boat and so on. But when conditions are bad, this isn't quite as easy! I can't take any risks if the boat starts rocking from side to side.

However, there are still a few things that I do every day (to remind me a little of life back on dry land)...



I take a lot of 20 to 40 minute naps



I have three to four meals



I brush my teeth



I do some steering



I check the weather and decide which way to go next



I walk all round the boat to make sure there are no issues

I receive weather updates every 6 to 8 hours. Since the forecast is always changing, I have to adapt. I enjoy structure and routine, but also need to know how to keep my cool if something unexpected happens.

WHENEVER I CAN, I LIKE TO READ. I'VE BOUGHT AN E-READER, SO I CAN STORE LOTS OF BOOKS ON IT AND BECOME ABSORBED IN DIFFERENT STORIES. IT DOES ME A LOT OF GOOD. WHAT ABOUT YOU? WHAT ARE SOME OF YOUR PASTIMES?

Tell me about yourself!

In my free time, I like...

Set your sights on well-being!

Caring for yourself means feeling good both in your body and in your mind. This is what's called "well-being". One of my priorities during the race is to make sure I'm feeling good. I can achieve this by doing things I enjoy, sleeping, reading messages from my loved ones... Because if I feel good, I can keep my focus until the finish line.

Of all the things that are good for me, sleeping is one of the most important. When I was a young girl, I never wanted to go to bed. I felt like adults could do exciting things at night time and I would sleep through them all!

I eventually realised they were right about sleep. It's essential!

Sleep is a time for the body to regenerate and repair itself, all while the brain processes what happened throughout the day.

So when I'm on my boat, I try to take lots of mini naps. I unfortunately don't have the chance to get a proper night's sleep. This takes some getting used to. But are you familiar with the sleep cycle?

Sleep is made up of two "phases": slow-wave sleep and REM sleep. These two phases form what we call a sleep "cycle". You complete around four to five cycles each night.

Slow-wave sleep

Your eyelids are heavy and you feel good.

Your brain starts functioning on slow motion.

You begin to fall asleep.

REM sleep

You start to dream.



A night well spent

How many hours of sleep do you think you need in order to stay at your best?

☐ 4 hours

☐ 6 hours

☐ 8 hours

☐ 10 hours

☐ 12 hours

Answer: An estimated 10 to 13 hours of sleep per night for children aged between 3 and 5, 9 to 11 hours for ages 6 to 13, 8 to 10 hours for ages 14 to 17, and 7 to 9 hours for ages 18 and above.

Putting on a proper spread

I'm often asked how I cook my meals on the boat and what kind of food I eat. So I'd like to give you a tour of my tiny kitchen! Come along; the table is all set!

In the ocean, I can't go to a restaurant, order a takeaway or even pop out to the supermarket. So I have to make a plan ahead of time for everything I'm going to eat. That means there's an awful lot of food to carry at once: over 100 kilograms! I bring along savoury things, sweet things... everything I need to keep me satisfied, strong and full of beans!



Vacuum-packed meals

These are recipes cooked at low temperature and packed into plastic pouches. Then all the air is sucked out. When I want to eat one of these, I place the pouch in a saucepan of water and heat it up on my portable stove before opening it.



Freeze-dried or dehydrated meals

All the water is removed from this type of dish to make it more lightweight. These are handy, but I can't survive on them alone because I have a limited amount of drinking water.



Snacks

I take all sorts of snacks with me besides my main meals: biscuits, nuts, jerky, pâté, cereal and even chocolates!



Tinned foods

I usually bring a few tins of fish or pâté with me, but not too many because these are very heavy.

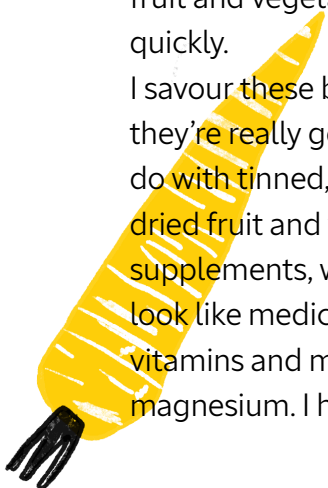
What about fruit and veg?

For the start of the race, I bring some fresh fruit and vegetables, which I have to use up quickly.

I savour these because when they're gone, they're really gone. After that, I have to make do with tinned, vacuum-packed or freeze-dried fruit and veg. I also bring dietary supplements, which are little capsules that look like medicine. These contain essential vitamins and minerals, such as vitamin C and magnesium. I have to make sure to give my

body all it needs! If I don't eat a balanced diet, I run the risk of falling ill. Years ago, people who spent long stints at sea often suffered from a very serious disease called "scurvy".

This was because they weren't getting enough vitamin C. Also known as "sailors' disease", this condition would make people feel so tired that they couldn't steer their boats anymore.



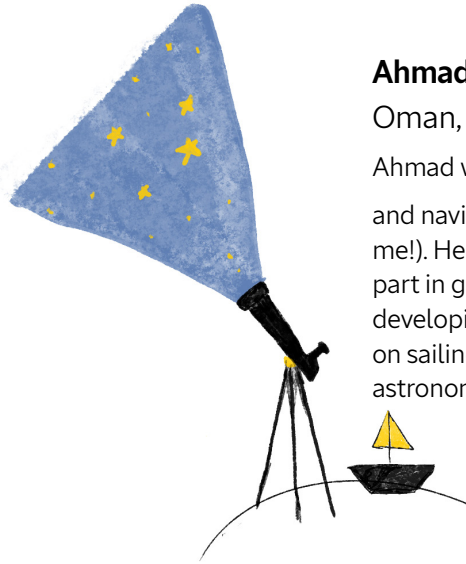
Into the great unknown!

Many people have left their mark on history with their adventures, both physical and intellectual. Let's discover some of the ones who inspire me the most!

Ahmad Ibn Majid

Oman, 1438

Ahmad was a poet and navigator (like me!). He played a huge part in gathering and developing knowledge on sailing and nautical astronomy.



Ada de Lovelace

United Kingdom, 1843

This Countess was a genius! She came up with what many consider to be the world's first computer code. It's thanks to her that we now have computers, just like the one on my boat.



Nellie Bly

United States, 1889

Nellie is known for two things. Firstly, she was a pioneer in investigative journalism and, secondly, she completed a solo trip around the world in 72 days. What a woman!



Les frères Lumière

France, 1895

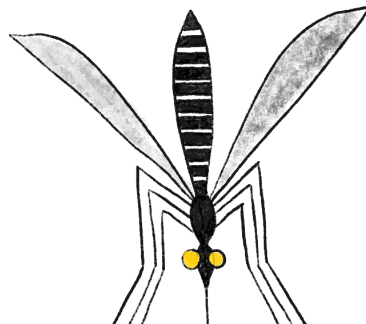
These two brothers directed the first film ever made. Entitled Workers Leaving the Lumière Factory in Lyon, it shows people clocking off from work.



Claudie Haigneré

France, 1996

Claudie was the first woman in France to go to space! She stayed up there for several weeks before returning to Earth.



Rose Leke

Cameroun, 2018

Rose is a scientist who conducted research on malaria. She is recognised as a healthcare heroine whose work helped develop treatments for pregnant women across the globe.

Finding your way

When you grow older, you may find yourself at the start of your career. This can feel as though you have spent your life walking along one road that suddenly branches off into several paths. And you have to pick one.

When I was little, I wanted to take a career path towards baking. That's right; I dreamed of becoming a baker so that I could eat tons of pastries! My other idea was to be a goalkeeper on the French national football team. But as I grew up, I eventually decided to choose the path of sailing. I love this career, but it wasn't my vocation. Because it took me some time to find my way here. So don't worry if you don't know yet what you want to do later in life. That's no problem! And it's OK to change your mind along the way, too.

You can start a career, then switch to a different one...
Life is full of surprises.

Is it important to have a role model when choosing a career?

We tend to want to go into a career because someone we know or someone like us are already doing that career. And that's normal! It's by observing those around us that we can find role models. In the sailing world, there aren't many women. So growing up, I didn't

think it would be the job for me... But the reality is that you can go into whichever career you like! Nowadays, I feel delighted when children tell me they want to learn to sail after following the race.

Do you have the heart of an explorer?

I'm proud to be a sailor! But sometimes I'm described as an "explorer".

This is because I go to remote parts of the world that few people have ever visited.

But what does "explorer" mean, exactly?

Let's do a little mental exercise. Close your eyes and picture "someone who explores". How are they dressed? What are they doing and where are they?

Now, open your eyes again. What did you see? Maybe you imagined someone on a boat using a spyglass. Or a person in the jungle making their way through the vines. It's no surprise if you saw something like this. Books and films have long depicted explorers in dangerous situations and faraway lands.

But there are endless ways to explore... I'm a fan of the writer Christian Bodin, who sums this up perfectly: "There are just as many wonders at the end of the garden as there are at the end of the world." I completely agree with him. The important thing is to take notice of what's around us and what's going on in our minds.

At school, you can investigate the history of the building.

In a park, you can observe insects from a safe distance and learn how to identify them.

In a quiet place, you can train yourself to recognise your emotions by taking deep breaths.

With your friends, you can ask what their favourite things are and find out how they see the world.

What type of explorer are you?

My favourite way to explore the world is...



Explore as you please, but stay safe!

Being an explorer doesn't mean I can do whatever I want. Quite the contrary! If I want to explore the world properly, I must be disciplined and follow the rules so that I don't put myself in danger. Here are a few precautions that I take while aboard my boat.

1. I must complete high-sea medical training so that I know how to nurse myself if there are any hiccups. In 1993, skipper Bertrand de Broc actually had to stitch his own tongue back together!
2. I must wear my survival suit (if I am in danger).
3. I must know how to get out of the hull if the boat capsizes.
4. I must learn how to put out a fire.
5. I must wear my life jacket in certain weather conditions.
6. I must keep my personal locator beacon (PLB) with me at all times so that I can be found if I'm ever in trouble.
7. I must stay attached to my "lifeline" rope while on my boat, no matter what. The worst thing would be to fall overboard and not be able to get back onto my boat.

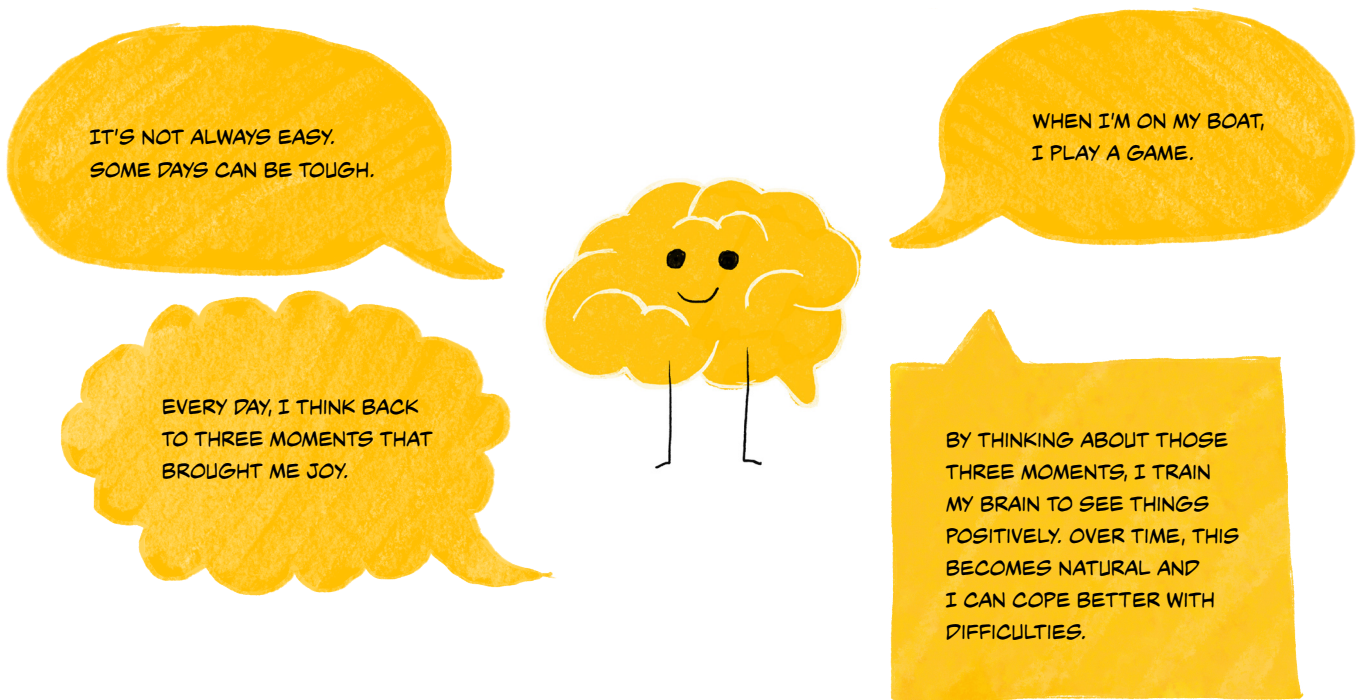
I know all these rules by heart and understand that they're meant to keep me safe. So I have no problem respecting them; they're a part of my day-to-day life.

What is critical thinking?

The ability to think critically means thinking carefully about what is said to you before acting on it or believing it. It's essential to follow the rules, but it's just as important to understand why they exist.

Train your brain like Clarisse

Your brain is like a muscle. It's important to train it if you want it to stay strong. So I do special exercises both before and during the race. Here's one that you might find useful for staying on top form.



Over to you! What were three moments that put a smile on your face recently?

My three joyful moments were...

Do you know what flow is?

In the world of sport, the flow state is a very particular experience where you manage to go above and beyond without it seeming difficult. Your movements, heartbeat, breathing... Everything seems to sync up and you get a strong feeling of being exactly where you need to be – in perfect tune with yourself. This some

times happens to me when racing. The wind in my hair, the motions of the boat, the blue of the ocean and the light come together in an instant where I feel like I'm on top of the world.

Three activities for salty skippers!

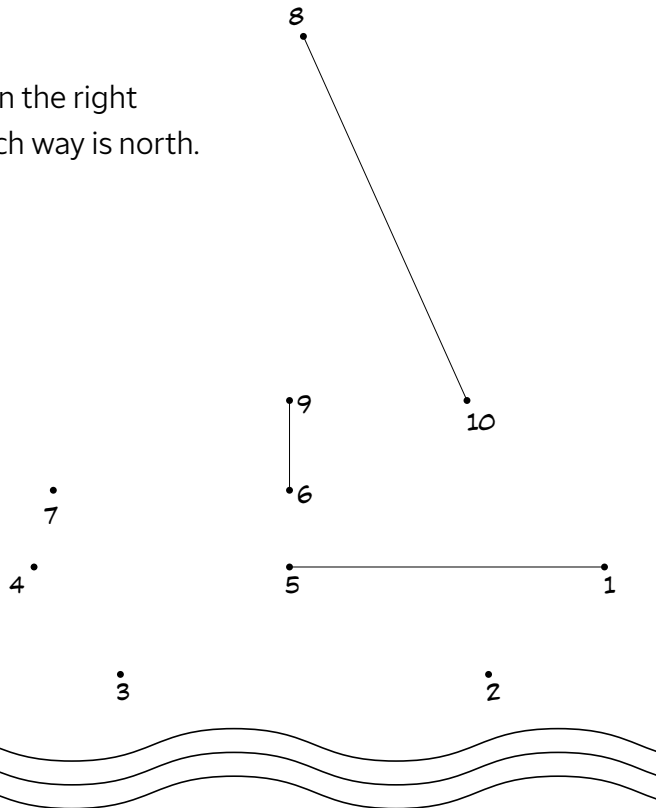
Have some fun with Clarisse.

1. Riddle

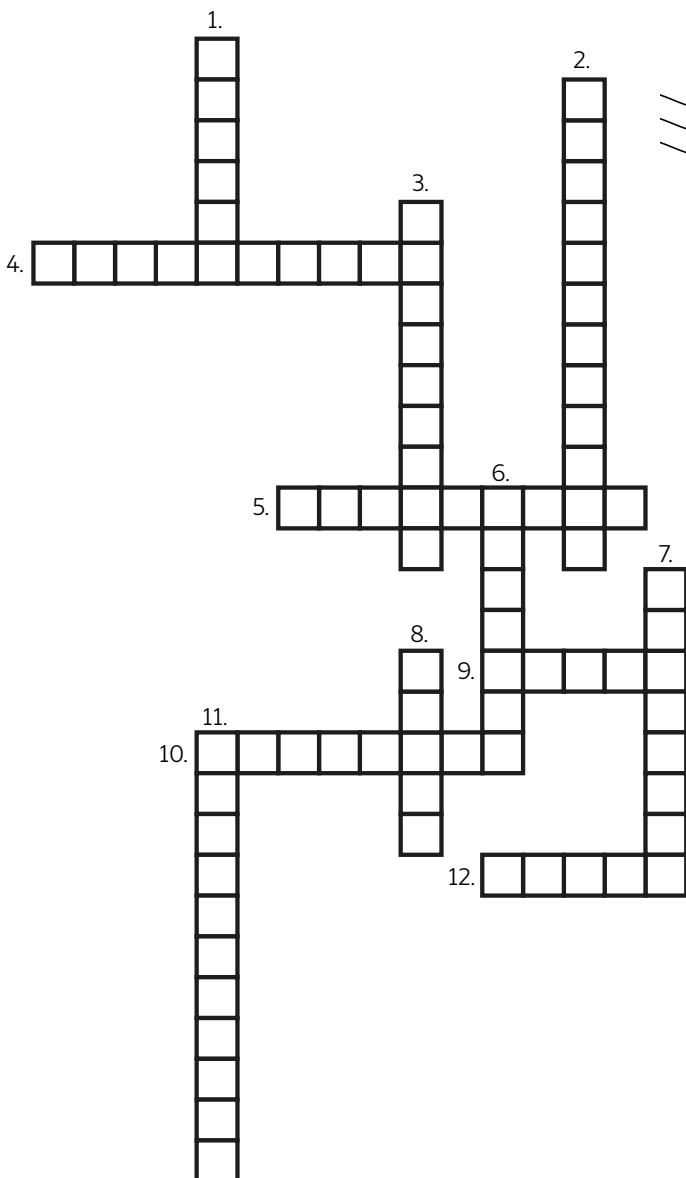
Sailors use me every day. I keep them going in the right direction. I have a needle that tells them which way is north. What am I?

2. Drawing

Connect the dots and color



3. Crossword

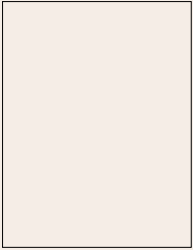


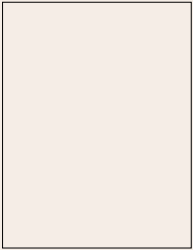
1. My job!
2. Removing the water from food to make it lighter.
3. The largest mammal in the world.
4. Type of flower depicted on the sails of my boat.
5. Feeling good in your body and mind.
6. Word used to describe fear, joy etc.
7. Water makes up almost three _____ of the Earth's surface.
8. Thin wings that enable the boat to glide on the water.
9. The abbreviation for my particular type of boat.
10. Your "calling"; what you want to do when you grow up.
11. The race I'm currently on!
12. These enable my boat to move using the wind.

Drop me a line!

It's always a pleasure to write to or receive a message from someone who matters to you. Pick out your nicest pen and write two letters: one for somebody you admire and the other for Clarisse, who will be able to read it after her voyage around the world.

Riddle answer: a compass. Crossword answers: 1. Sailor, 2. Freeze-drying, 3. Blue whale, 4. Immortelle, 5. Well-being, 6. Emotion, 7. Quarters, 8. Foils, 9. IMOCA, 10. Vocation, 11. Vendée Globe, 12. Sails.





L'OCCITANE EN PROVENCE

POUR CLARISSE CREMER

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