



*Oceans
of hope*

**OUT INTO THE WORLD
- INTO LIFE**



#WeAreOceansofHope



OCEANS OF HOPE

OUT INTO THE WORLD - INTO LIFE

Oceans of Hope was initially created to empower people living with the disease multiple sclerosis (MS). From June 2014 to November 2015 we completed a circumnavigation with an active crew of people with MS, changing the perceptions of what is possible when living with a chronic and disabling disease. Oceans of Hope changed the mindset from disability to ability.

Oceans of Hope has since then continued to create activities for people with MS and also expanded to include others who have been affected on their existence by illness, accident or other serious and traumatic life incidents.

Oceans of Hope creates a framework for human development and growth through sailing. Thus nourishing peoples full potential for the benefit of themselves and for the community – reconnected with a strong and healthy part of oneself, together with others and in contact with nature out at sea. It gives us back faith, meaning and hope.



“When we meet despair, we must create possibilities and hope. Oceans of Hope is about finding our resources together and living our life, while we have it. And if we stand together, we can accomplish great things – even though we have been hit hard in life.

Mikkel Anthonisen
Founder



“Todd Reis
Crew member, USA. “I was a changed man, when I came back home from Oceans of Hope. I had no work for one and half a year due to MS, but now I have returned to my old work that I love. The name OCEANS OF HOPE, means that there is hope for all of us – the boat was the guide to get me there. Thank you from the bottom of my heart for giving me back my life”

Sailing Sclerosis Foundation

Is a Danish nonprofit making organization, founded by doctor and sailor Mikkel Anthonisen in 2013, with the purpose “To create the frame for people to develop through active participation in sailing and activities related to sailing, water and the sea”.

The organization was originally founded for the purpose of people with the disease multiple sclerosis (MS). But today the target group has expanded to everyone who are affected hard in life.

OCEANS OF HOPE is the common name of the organizations activities.

Around the world - back to life

Sailing around the world with a crew of people with the disease MS



” **Mads Tobias Hansen**
Crew member from Denmark.
“You can rebuild your backbone and reinvent your identity – this I found in sailing, in nature and through the hope that Oceans of Hope creates”.

From June 2014 to November 2015 Sailing Sclerosis Foundation sailed around the world in a sailing boat with an active crew of people with the disease multiple sclerosis (MS). The project was called Oceans of Hope, Around the world – Back to life. Changing crew of totally 100 people with MS from 16 different countries changed the perception of MS through sailing around the world, and what it means to live with a chronic disease. Sailing around the world appeared to give people with MS throughout the world their life back, and was the beginning of a worldwide network and an organization in rapid development.

An organization in development

Activities

After returning from around the world, we are an organization in development with a worldwide network of voluntaries and activities. Thousands of people worldwide with multiple sclerosis (MS) have had their lives changed to the better due to Oceans of Hope.

Oceans of Hope Classic

Yearly sailing trips around Denmark and Northern Europe in our flagship, SY Oceans of Hope. We want to spread our vision of creating strong communities through sailing – communities of belonging, worthiness, possibilities and empowerment. We arrange sailing events in the different ports we visit, creating network and inviting local people out sailing together with our crew of people with MS who took part in the Oceans of Hope circumnavigation from June 2014 to November 2015.

Oceans of Hope Diving

Oceans of Hope is about changing disability into ability and creating possibilities when we meet limitations. Diving is for everyone – regardless of physical capabilities. Under water we are all weightless. All life emerges from the sea. Let's have a look under the surface of our beautiful blue planet.



Sailing Sclerosis & KDY

Initiative in collaboration with the Royal Danish Yachtclub (KDY). Sailing every week in the waters of Copenhagen in J 70's or J 80's (25-28 feet sailing boats).



Oceans of Hope Challenge

Do you live with MS and do you want to be part of Oceans of Hope?

How about challenging yourself with a week of sailing - or even become licensed as competent crew or day skipper?



“Sailing on board Oceans of Hope around the world helped me put my life back into perspective. Oceans of Hope allowed me to realise that we can achieve our own form of greatness again.”

Robert Munns

Join the Oceans of Hope Challenge

Created and developed by Robert Munns, inspired by his own journey with MS and his participation in the Oceans of Hope circumnavigation, crossing the Pacific Ocean. Since early 2016 Robert and his team of volunteers (also with MS), have organised six Oceans of Hope Challenge sailing events and training courses in Turkey, Croatia, Scotland, England and New Zealand for people living with MS.

By the end of 2018, we will have taken 300 people, from 15 different countries sailing.

In 2017 the Oceans of Hope Challenge concept won The Sailing Today Awards in the category 'Best Cruise'.

It is the ambition of the Oceans of Hope Challenge concept to be a leading world wide sailing event organiser for people with MS.

Want to participate or know more?

See www.oceansofhope.co.uk or Facebook: [oceans of hope challenge 2018](https://www.facebook.com/oceansofhopechallenge2018) or contact challenge@oceansofhope.org



Arctic Expedition

“Oceans of Hope Arctic Expedition bear the same values as sailing around the world, that we take responsibility for ourselves and for each other in the same way as we take responsibility for our beautiful blue planet”

Mikkel Anthonisen, founder of Oceans of Hope

The next project is under development. The Project is called Oceans of Hope Arctic Expedition. We will sail from Denmark, along Norway to North Cape, further to Svalbard, East Greenland, Iceland, Faroe Islands and home again.

Oceans of Hope's sailing around the world showed a strong way of being together and created great results. People with multiple sclerosis (MS) got back their hope and belief in themselves.

We will cooperate with research institutions and others who work in this field and tell the story about the climate and the arctic waters importance for the whole earth. The target group of the crew will be a majority of young people - with MS as well as others radically affected on their existence. We want to get hold of them, before the disease breaks down their identity and belief in themselves and the future.

People radically affected on their existence know better than anyone, that we cannot take life for granted, that we must take care of what we have - that we take responsibility and live our lives now and here. We will create the parallel story between the stress and breakdown of the individual and the state of the planet with a coming climate disaster - if we do not act today.

Oceans of Hope Sailing Center

Out into the world – into life



Oceans of Hope sees sailing and activities related to water and the sea as part of an integrated way to think about health.

The sailing center will through cooperation with other societies and institutions be deeply anchored in the community – and at the same time reach out to the world.

Besides the possibility of sailing and water activities there will be associated research, education and communication through cross professional cooperation with research institutions and through lectures, seminars and workshops. The Center will include all aspects in relation to health, hereunder focus on diets, mental wellbeing, exercise, community and environment.

Oceans of Hope Sailing Center does not only address to people with multiple sclerosis (MS), but to all who have been affected hard in life and must live their lives under difficult conditions. Whether it is a chronic disease, accident or other radical changes of life incidents.

Identity and community - quality of life and about contribution

We will create the framework for human expression and growth through sailing and by finding possibilities, when we meet limitations. Oceans of Hope is about dignity, affiliation, identity and hope, and about nourishing people's full potential for the benefit of themselves and the community.

“The ties linked between us, that are common on Oceans of Hope have a special healing and strong character like new nerve fibers that replace those damaged by MS. It is a very strong medicine.”

- Marie Stjernholm
- MS crew on sailing around the world

“Oceans of Hope is an exciting and untraditional project, that has created the framework in order that participants can get involved in some processes that promote the central aspects of empowerment: To train and challenge circumstances that daily limit the experience of being in control and develop central human competence in a meaningful community”

- Bobby Zacharias, Professor in Health Psychology



Oceans of Hope creates a framework for human development and growth through sailing

Oceans of Hope turns to everyone who has been seriously affected on their existence and who have to live their lives under certain conditions

Oceans of Hope refers to general human life conditions, that none of us know what tomorrow brings, and that we must live our lives now and here - under responsibility to each other.

Oceans of Hope tries to find the possibilities when we meet the limit

Oceans of Hope is about dignity, where we belong, identity and hope

Oceans of Hope nourishes peoples full potential for the benefit of themselves and for the community - reconnected with a healthy and strong side of oneself, in community with others and in contact with nature out at sea.

The Flagship in our organization is S/Y Oceans of Hope

S/Y Oceans of Hope is a Challenge 67 built to sail races around the world "the wrong way" against the constantly stormy winds in the Southern Ocean. The boat is considered one of the most seaworthy sailing boats ever built.

Safety

Oceans of Hope is safety classified with ISM (International Safety Management) protocol under IMO (International Maritime Organization). Oceans of Hope is always crewed permanently with three or four persons, of which one is a doctor, together with changing crew from four to seven people. The sailing around the world was completed without any injuries or material damages.

Lenth (LOA): 20.42m (67 ft)
Mast height: 25.98m (85 ft 3 ins)
Beam: 5.26m (17 ft 3 ins)
Draught: 2.82m (9 ft 6 ins)
Displacement: 40 ton
Hull: 50B, almindeligt stål
Deck: 316, rustfrit stål
Fuel: 1,600 liter (385 gallons)
Water: 1,100 liter (242 gallons)
Sail area upwind: 2454sq ft (228 m ²)
Sail area downwind: 4754sq ft (441 m ²)
Spinnaker: 350 m ² (3,773 sq ft)



How to support Oceans of Hope

Join us setting the sails for peoples hope for a better life

- Donate on our website, www.oceansofhope.org
- Become a company member
- Become sponsor
- Donate via MobilePay 9385 6215 (DK only)

Contact Mikkel Anthonisen
e-mail Mikkel@oceansofhope.org
or telephone +45 26172057
For Oceans of Hope Challenge
contact challenge@oceansofhope.org



Out into the world - into life

www.oceansofhope.org

Facebook [fceansofHope](https://www.facebook.com/oceansofhope)

Instagram [ceansofHope](https://www.instagram.com/oceansofhope)

Twitter [OceansofHope](https://twitter.com/OceansofHope)

info@oceansofhope.org

#WeAreOceansofHope