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## Licenses:

### **Royal Yachting Association:**

- Yachtmaster Ocean with Commercial Endorsement
- Yachtmaster Offshore with Commercial Endorsement
- Cruising Instructor Sail
- Shorebased Navigation Instructor

### **Deutscher Segler-Verband:**

- Sporthochseeschifferschein (SHS)
- Sportseeschifferschein (SSS)
- Sportküstenschifferschein (SKS)
- Sportbootführerscheine Binnen und See (SBF)

### **VHF:**

- Short Range Certificate (SRC)

### **Further Courses/Licenses:**

- STCW Proficiency in Medical First Aid – May 2024
- Yachtmaintenance (Hamble School of Yachting) – July 2023
- Sea Survival (STCW, RYA/MCA, World Sailing) – February 2023
- First Aid (Deutsches Rotes Kreuz) – Summer 2022
- First Aid on Board (Deutscher Segler-Verband) – February 2019

## Experience as Trainer/Instructor:

2024  
4 weeks over the year

### **Driven by Nature**

- Instructor
- Competent Crew and Day Skipper
- Amsterdam, Cherbourg, Canaries

2023  
2 weeks in November/December

### **MCO Sailing Academy**

- Cruising Instructor
- Tidal Trainings for Women
- From Port Hamble Marina (Solent – UK)

2023  
2 weeks in July/August

### **Sail Squad Ltd**

- Cruising Instructor
- Competent Crew and Day Skipper

- From Port Hamble Marina (Solent – UK)

2018-2020

#### **Deutscher Hochseesportverband Hansa e.V.**

- Volunteer Instructor
- Keelboats/Folkeboats

Summer 2019

#### **Segelschule Hering**

- Instructor for Beginners
- Sailing Dinghies

Summer 2016

#### **Segelschule Langeoog**

- Instructor and Skipper
- Team-Events
- Sailart17

#### **Experience as Skipper:**

#### **Training Voyage Amsterdam to Cherbourg for Coastal Skipper**

- Skipper
- First 40
- Driven by Nature

#### **Midsommer Sail in Norway in June 2024**

- Co-Skipper
- Performance Yacht Knierim JV-53
- Ålesund to Bodø and Tromsø
- The Ocean Collective

#### **Yacht Delivery Les Sables-d´Olonne to Flensburg in February 2024**

- Skipper
- Excess 11
- Les Sables – English Channel – Netzerlands – Kiel Canal – Flensburg
- BM Yachting

#### **Yacht Delivery Preveza to Olbia in Autumn 2023**

- Co-Skipper
- Boat: Lagoon 500
- Preveza – Levkas – Vulcano – Olbia
- Mara1One-Yachting

#### **Atlantic Crossing West-East in Spring 2023**

- Co-Skipper
- Boat: Lagoon 500
- Martinique-St.Martin-Azores-Lagos-Gibraltar-Mallorca
- Mara1One-Yachting

#### **Atlantic Crossing East-West in January 2022**

- Co-Skipper
- Boat: Lagoon 500
- January ARC 2022, Gran Canaria to St. Lucia
- Mara1One-Yachting

### **Baltic Sea**

- Skipper
- Different trips
- Boats (Cross 25, Bavaria, Hanse, Oceanis)

### **North Sea**

- Co-Skipper
- Jeanneau 53 and Bavaria 44
- Trip Emden-Brest and Amsterdam-Hamburg
- Segelschule Hering

### **Further Areas:**

- Croatia
- Mallorca
- Canary Islands

### **Job if not sailing:**

### **Journalist, Presenter and PR-Consultant**

- Freelanced
- Sailing magazine "Segeln" and "Blauwasser.de"
- Different Companies for Corporate Communications
- Based in Flensburg (Germany)

**In total sailed around 15.000 nautical miles since 2016**

Flensburg, 8th of October 2024

