

Jean-Christophe ANTOINE

PROFESSIONAL SKIPPER
SAILING INSTRUCTOR

INDIVIDUAL COMPANY

Do It Your Sail

<https://do-it-your-sail.webador.fr/>
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Professional Liability Insurance

CONTACT

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French Passport + US Visa B1/B2

LANGUAGES

French : Maternal Language
English : Basic Level
Spanish : Basic Level

STUDIES AND DIPLOMAS

2014 : French Wooden and Composit Boat Builder graduation at "Les Ateliers de l'enfer" in Douarnenez

2012 : Engineering training in Sète

2011 : "Capitaine 200 voile" (french skipper graduation STCW, complete, with all certificats : radio, medical, safety, ...) Updated in 2020

2008 : "BEES Voile Habitable" (french graduation for sailing teaching and coaching) : « ENVSN » (National Sailing and nauticals sports School)

2006 : "MF" French Diploma of Sailing Instructor

2003 : International Driving Licence

2003 : Bacchalaureat Economic and Social

TECHNICAL SKILLS

- Engine Maintenance and electricity
- Woodworking and composites
- Seamanship and rigging

INFORMATIC

- **Navigational Software** : Open CPN, Time Zéro, Navionic, I.Sailor, ...
- **Routing and Weather Software** : QTVLM, SailGrib, Squid, Wheather 4D, ...
- **Iridium GO**
- **Office, Web, Social Network, ...**

INTERESTS

Sailing, Diving, trekking, fishing, history and social studies, sound, photo and video, Music, ...

PROFESSIONAL EXPERIENCES

LES GLÉNANS SAILING SCHOOL

2006-2022

• SAILING INSTRUCTOR :

Training courses : Costal cruises, Offshore cruises, Dayboat courses, for beginners or advanced trainees. **Duration** : 1 to 3 weeks **Public** : 4 to 7 adults or teenagers (12/14 y/o ; 15/17 y/o)

Boats : sailing boats 5,70 m to 16 m, Monohulls, Catamarans and Trimarans **Areas** : Norway, North Britany, Channel Islands, England, Irish Sea, Mediteranean Sea, Adriatic Sea, Baltic Sea, Caraïbean Sea, Celtic Sea, Atlantic Ocean, Bay of Biscay...

• SAILING CAMP MANAGER :

Sites : « **Ile Verte** » (Brehat archipelago) for teenagers, « **Coz Castel** » (Paimpol) for adults

Nautical management : coordination of 5 to 10 sailing instructors, in charge of nautical security and pedagogy. **Boat maintenance** of a 10 to 15 Glenans 5.7 boats, and motor tenders.

Housing management : general maintenance, in charge of food hygiene standards for collective kitchens

Teenager public : daily animations, and in charge of implementing the educational project.

• TRAINER FOR SAILING INSTRUCTOR :

« **Formation continue** » : In charge of training and certification of 12 trainees, during a 4 to 6 month program leading to Sailing Instructor diploma. **Tutoring** and training of sailing instructors

SILOÉ

2015-2017

• CAPTAIN OF "BIR HAKEIM" :

Sailing with people in social difficulties and Tradicinnal sailing school, Patrimonial and environmental discovery and sensitization. **Boat type** : 1948's mediteranean tradicional boat, 10,89m with lateen sails. **Area** : « Golfe du Lion » (south of France)

• FIRST MATE OF "VALENTINE" :

Sailing with people with social problematics

Discovery of patrimonial and natural environment **Boat type** : 1946's traditional fishing boat, dundee of 21 m. **Area** : coastal and offshore in Mediteranean sea

• WOODEN BOAT BUILDER : building, restoration and maintenance of tadionnals wooden boats.

Management and facilitation of wooden boat work shop for integrational and educational project

VOILES ET TRADITIONS

2014

• CAPTAIN OF "ENEZ KOALEN" : North Britany's traditionnal fishing boat, 14,50 m cutter.

Touristics Sailing with passengers, Discovery of partimomial and natural environment, in archipelago of Bréhat and Paimpol bay (North Britany)

• FIRST MATE OF "NEBULEUSE", 1948's Traditionnal fishing boat, 32 m dundee.

Sailing with passengers along Britany's coasts, and Channel.

• WOODEN BOAT WORKER : repairs and maintenance on theses boats

CAP AU LARGE

2011-2013

• SKIPPER AND SAILING INSTRUCTOR

Duration : 1 to 4 weeks, **Types of activities** : Social, cultural and educationnal projects, Artistic Creation, environmental actions, ...

Sailing Boats : 11 m and 17 m, **Publics** : teenager and adults with social difficulties or disabilities.

Area : Mediteranean sea (coastal and offshore)

• COMPANY DIRECTOR :

Nautical activities management, Planning and comptability management, Team recruitment and coordination, Social, educational and cultural project development, Marketing and communication, music festival organization, ...

• TECHNICAL DIRECTOR :

Management and execution of maintenance and repairs of boats

OTHER PROFESSIONAL EXPERIENCES

2003-2023

• SAILING BOAT DELIVERIES (CAPTAIN) :

Transatlantic E-W and W-E : 39ft Monohulls (2021-2022-2023)

Sète-Croatia (Dubrovnik and Split) : 53ft "Leopard" Catamarans (2016-2017) ;

Les Sables d'Olonne-Split : 53ft "Lagoon" Catamaran (2021) ;

Multiple La Rochelle-Lorient : Racing Monohulls "Grands Surprises" (2006), ...

• CHARTERS (CAPTAIN) : Corsica : 42ft Mono and 45ft Cata (2007, 2009, 2011) ;

St Malo-Channels Islands : 35ft and 50ft Mono (2009, 2017), **Grenadines Islands** : Mono 37ft (2023)

• **SKIPPER AND ANIMATOR** for teenagers itinerants summers camps. Sailing Monohulls 8-14m, Britany, Biscay and Mediteranean sea (École Valentin and UCPA) (2009 and 2017)

• WOODEN BOAT BUILDER : Ak Ilen work shop, Limerick, Irland (2014)

• **CARPENTER** : Wood and Staw Houses Building in Montpellier (2011, 2014)