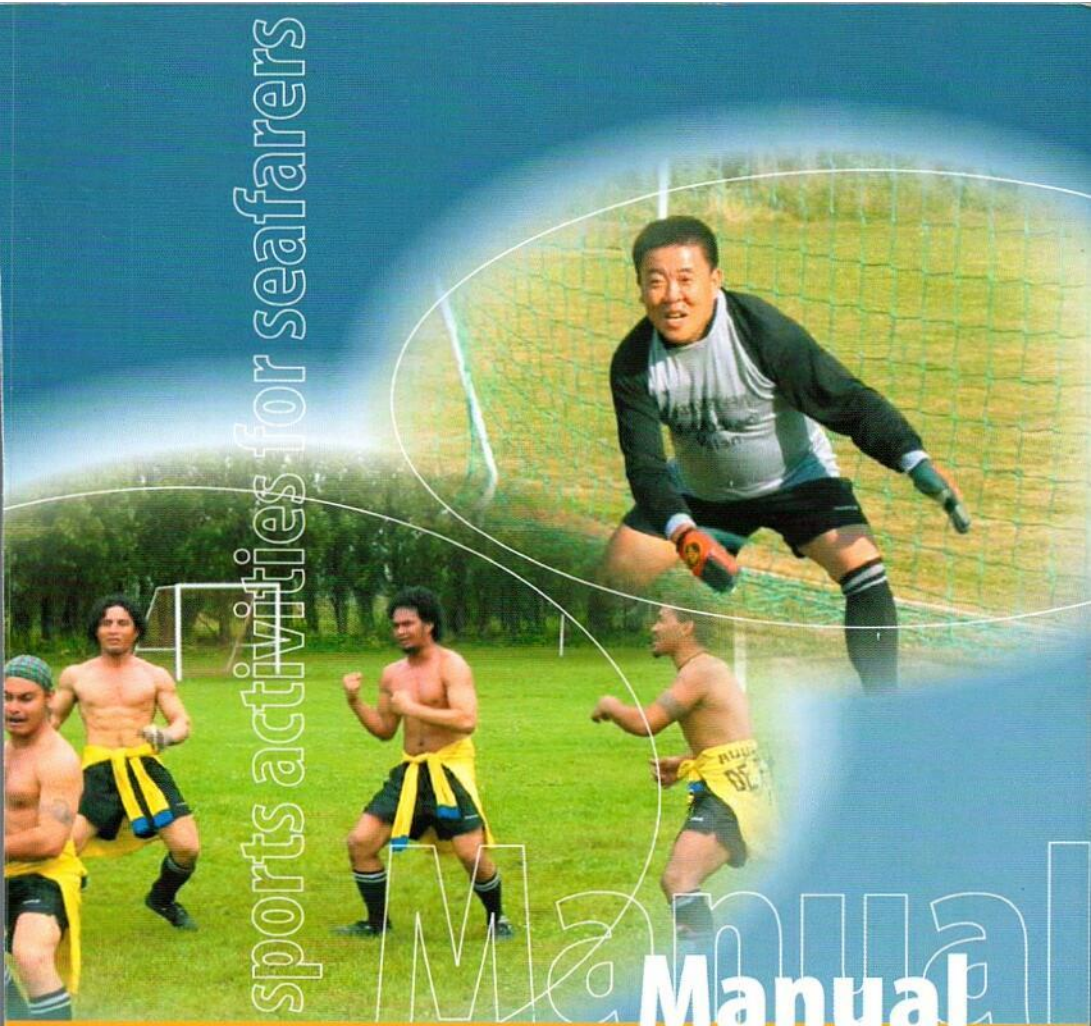


sports activities for seafarers



# Manual

for organising **sports activities**  
for **seafarers**



International Sports Committee for Seafarers

Editor Sports Manual:  
Jörg Pfautsch  
Michiel Melynstr.9  
B-2000 Antwerpen  
Tel: +32 (0)478 292 469

## **The international Sports Committee for Seafarers (ISS)**

is pleased to present this manual, which should help organisers to arrange team games between ships and crews from the whole world.

Any games, football, volleyball, table tennis or basketball, gives not only the players healthy recreation and a good physical status, but also international understanding and cooperation, and a better teamwork and environment onboard.

In many ports around the world local welfare agencies arranged sports-activities for seafarers, and ISS hopes, that this manual will inspire others to join in.

The five Seven Seas Series are built up by simple rules, and that means that all players follow the written rules as well as the unwritten. Participating in seafarers sport should be fun and fair for everybody.

Seafarers love doing sport and many participants use sport as an opportunity get ashore and relax for some hours, and those few hours ashore joining a football -or basketball match, gives many of them a personal satisfaction and enjoyment.

Hopefully this manual will help old and especially new organisers of seafarer's sport in the future and hopefully many seagoing sports men/women will benefit from this.

Lars Jørgensen, chairman

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## 1.1 Introduction

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This manual is intended for the use of organisers of welfare activities for seafarers worldwide and especially for those who want to organise sports activities for seafarers.

It might help to prepare sport events like International Sports Weeks, Sports Weekends, Sports Days or local sports competitions for seafarers and students of maritime schools training to become seafarers.

Sport is a good vehicle to bring people from different nationalities together, to build up friendships, tolerance, teamwork and to prepare people for work on board ship. Sport activities are good for the physical condition and fitness of seafarers.

This manual gives an overview of the sports activities for seafarers in general, focuses on the benefits, rules and provides organisers and seafarers addresses and information about our world wide net of activities.

## 1.2 International Sports Committee for Seafarers (ISS)

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(A Sub-Committee of the International Committee on Seafarers Welfare)

### Present ISS Members:

Danish Government Seamen's Service, Welfare Council of Harbour Gdynia, Norwegian Government Seamen's Service, International Christian Maritime Association, Association of International Seamen's Clubs (Ukraine), United Seamen's Service

### ISS Observers:

International Shipping Federation, ITF Seafarers' Trust  
International Labour Organisation (ILO)

### ISS Secretariat:

Danish Government Seamen's Service  
Hejrevej 39, 2nd floor  
2400 Copenhagen NV, Denmark

### ISS Chairman: Lars Jørgensen:

ISS Vice Chairman: Rev. Fr. Edward Pracz



The objective of International Sport for Seafarers (ISS) is to create international understanding and co-operation between seafarers of all nations through peaceful competitions in healthy sport activities.

IMO Statistics show that 80% of accidents onboard cargo ships are related to the 'human factor', which is significantly affected by the fitness and health of seafarers, as summarised in our slogan:

**"A FIT SEAFARER = A SAFER SHIP"**

The International Sport for Seafarers Committee (ISS) was founded in 1976 and incorporated as a standing Sub-committee of the International Committee on Seafarers' Welfare in 1992.

The ISS provides sporting events for seafarers in the form of international leagues for football, table tennis, basketball and volleyball, coupled with sport events arranged in various international locations throughout the year. The Danish Government Seamen's Service chairs the ISS and co-ordinates much of the activity.

Over recent years the ISS has over seen a significant proliferation in sporting and fitness activities for seafarers around the world.

The ISS programme is based on the ILO Seafarers' Welfare Convention 163 (1987) and Recommendation 173 (1987) that defines and specifies welfare facilities and services to be provided to seafarers. The term welfare facilities and services means welfare, cultural, recreational and information facilities and services.

**Seafarers clubs and sports facilities are needed everywhere in the world where ships and seafarers are coming.**

The year and sport season 2005 was a very busy an active year for organizers and seafarers clubs.



The total number of games played across all sports reached an all time high in 2005, with **929 matches** (403 football, 104 five-a-side-football, 271 basketball, 114 table tennis and 37 volleyball) being played. Not counted are all the recreational activities in the many seafarers clubs around the world.

The total number of centres providing sports activities for seafarers reached an all time high in

2004/2005, with 27 centres providing at least one sport. There is a need to ensure these new centres continue to provide sport in future years, coupled with a need to encourage more centres to participate in ISS activities. New centres participated in 2005; others have stopped in organising activities.



## 2. Seafarers Sports Activities in General

Concerning sports activities for seafarers in general we have to focus on three different ways of practise:

### - Recreational activities in the clubs



Table tennis, power lifting exercises, ball games, table games, gymnastic exercises, swimming, walking, jogging, and others...

### - Organised activities on a sports ground or sports hall



Football, basketball, volleyball, 5-a-side-football, table tennis, tennis, track and field, golf, swimming, skiing, cycling, walking, hockey (ice- and indoor), cricket and others

### - Fitness programs on board



Gymnastics, power lifting exercises, walking, exercises with dynaband and others

### 3. Seafarers World

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Sport among seafarers has been going on for many, many years, and in 1968 the first World Series in football was introduced, which was the start of "The Seven Seas Football Series".

Time changes, and so does our Seven Seas Series.

Years ago, when there were more seafarers on board, the average time in port was much longer, the distance to town and club very short and we had plenty of visitors in our seamen's houses, clubs and sport fields. All kind of activities were welcomed and were actually very easy to present.

Today we have to accept the changed circumstances in the maritime world. Seamen often work and live under inhuman circumstances on board of ships. We all know that and we are not happy with this situation.



In this context it is very important to highlight the circumstances in which the centres organising ISS/Sport of the Seven Seas activities: As an aftermath to 9/11 events, increased security regulations effectively denied many seafarers from shore leave and opportunity to use shore-based facilities. In addition, many seafarers' centres have been struggling to raise funds for the upkeep of their facilities and activities and therefore have been forced to reduce their resources or even close down their centre.





**Sport activities are good for the physical condition and fitness. Seafarers become prepared to cope with emergencies and stressed situations on board.**



There is no discussion about the fact people need physical exercise to enjoy good health. Seafarers are no exception (port-chaplains either) to the rule that physical training is necessary.

The 24-hour community on board a ship is demanding both physically and mentally and you need to be fit to deal with the different working situations.



So, in fact, it is the difficulty of getting started that prevents most of us from spending some minutes every day giving our muscles a bit of extra exercise. Our excuse: "I don't have the time" or "I am just too tired".

## 4.1 Benefits of Sports Activities

Those who take part in sports activities including many organisers in different ports have understood that sport-activities are important for the seafarers:



Seafarers return to their ships in better physical condition. A physically fit sailor is more able to cope in emergencies and better equipped for hard work and long watches.

**"A FIT SEAFARER = A SAFER SHIP!"**

Sporting activities help to build up good camaraderie among a crew. Men who have played together in a sports-team work well together as a crew. It can be a means of helping to build up teamwork on the ship. This spirit of togetherness can build a man's self-esteem.



An afternoon on the sports field gives opportunities for good cross cultural contacts. Sometimes, it provides a wonderful opportunity to bridge the gap between men who come from countries who are at war. Anyone who takes part in a sports afternoon or evening soon learns the importance of tolerance when mixing with such an International group which is drawn from so many nations.



Many seafarers, who have very little money to spend ashore because they want to send as much money as possible to their families, can have very little leisure time. After sports they can go back to their ships with good memories and they have spent very little money.

If men leave their ship for a game of football, this provides them with an opportunity to meet and get know the chaplains, welfare staff and volunteers. They discover so many things about the port such as: the location of the seamen's clubs, there services and so many other things.



## 4.2 Benefits of Regularly Fitness on Board

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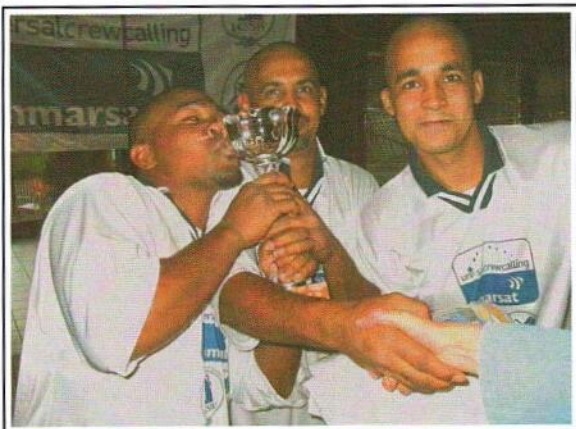
- Greater Stamina
- Feeling less tired
- Lower risk of heart disease
- Improved posture
- Better shape and appearance
- Improved feeling of well-being
- More energy

## 4.3 Benefits for Shipping Companies:

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### **"A FIT SEAFARER = A SAFER SHIP"**

- More Teamwork on board
- More Tolerance and understanding among the crew
- More mental relaxed + satisfied seafarers - ready for the work on board
- The economic factor
- Publicity for the company



## 5. The Future of Seafarers Sports:

### A Multi Purpose Sports Ground



The ISS is in favour of small sport facilities according to the needs of seafarers nowadays.

*Seafarers club in Paranagua / Brazil*

Sport and fitness programs are in general very popular among seafarers and the benefits for seafarers and organisers are well known.

It is important to offer our facilities and activities in a more professional way when we would take our aims more seriously.

Seafarers have only spare time in the port for visiting the seafarers clubs or for sport activities.



Organisers should be prepared. A solution could be a multi purpose sports facility next to or close to the Seafarers Club:

*Recreational sports centre in Kaszuby / Poland*

- seafarers are more motivated to practise sports activities when they see nice sport facilities
- an artificial out door sports ground or a sport hall does not need much preparation to start activities
- an artificial multi purpose sports field has little maintenance costs
- seafarers are welcome to play mini football, basketball or volleyball
- a small size sports ground for a smaller team (smaller crew)
- fun and exercise for single players or for team sports





Photos: - seafarers club "Welcome" in Bremerhaven \ GER  
- Antwerp Mariners' Sports Field



## 6. Equipment

Not only the sports ground is needed, space for a dressing room, material room and for to take a shower afterwards should be considered for all sport organisers.



photo: Stella Maris Sports Centre Kaszuby \ POL

Of course the right equipment is needed to be in order:

- sports wear (shirt, short, socks, shoes, leg protection)
- balls and rackets
- medical aid box in case of injuries
- counting boards, stop watch, a whistle

Example of basic sports equipment sets:



- 30 pairs of football shoes (size 40 – 45),
- 30 pairs of basketball shoes (size 40 – 45),
- 4 sets of uniforms (shirt, short and socks) for football,
- 4 sets of uniforms (shirt, short and socks) for basketball,
- 30 pairs of leg protection,
- 5 balls for football, 5 balls basketball, 3 volleyballs,
- balls for table tennis (100, 40 mm),
- 10 rackets for table tennis,
- a volleyball set (movable),
- a ball pump, 3 whistles, stop watch, counting board for basketball,
- medical aid box

Ready for the activities?



## 7. Check Up List

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for organising sports activities

**7.1 Check the infrastructure** of your port **and** the **possibilities** (what kinds of ships are coming, which nationalities, time-tables...) to offer sports.



**7.2 You need the support** of local organisations (churches, unions, port-authorities, welfare-organisations, doctors...) for the activities and for sharing the operational costs and the costs for equipment. Organise meetings in advance; involve people, organisations and institutions. Check the possibility of cooperation and which resources they can provide.

**7.3 You need a sports ground,** an indoor facility or a club for your activities. Alternative you can rent a facility.





**7.4 You need equipment** for your activities:

- Shoes, shirts, trousers, gloves for the keeper, balls, rackets...
- First aid box (well equipped with sprays, ice, salves or gels, bandages...)



**7.5 You need a team** of port-chaplains, welfare-workers or volunteers who support and help to organize the activities. Sports grounds and sport-activities must become a cooperative effort.

Volunteers can help with transport, refereeing the games, helping behind the bar, cleaning, washing the equipment, lining up the fields general help and so much more.

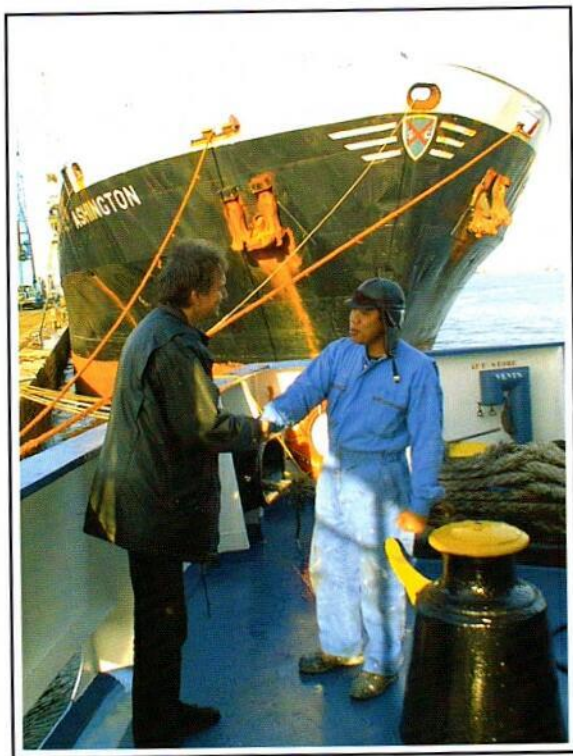


## 7.6 Present your activities.

A leaflet, with detail information and phone numbers can help:

- To inform seafarers on board
- To inform agencies and local organisations
- The press could be informed about your activities

**7.7** You have to make **ship-visits**. One or two days before and sometimes on the day itself you must visit the crews on board to present your programme, to explain the practical points (rules, number of players, playing time, transport pick up times...and so on). Often seafarers can't decide immediately because they do not know if they have enough players on board, if the ship will shift or leave the port. Often you must visit a ship a second time to finalise the arrangement. Information material, leaflets, the magazine "Sports of the Seven Seas" are welcome for the presentation of your event.



### 7.8 During the event:

- Plan and organise the games realistically (not too many games at the same day, max. 2, short game units, let weak teams play against weak teams)
- Each team should start with a warm up session.
- Mix teams (fill up teams with one or two local players or from a different ship) if necessary.
- Provide them the right equipment including protection
- Tell them that the games are organised for the benefit of all sailors and that they should practise fairplay on the court.
- Let them have a break between the games
- Organise the counting and registrations of the activities (fill in the registration forms, publish the standings, and make photos of the teams). Report the results later to the registration office by post or by e-mail.

### 7.9 After the games:

- Organize a prize-giving ceremony.
- Try to present to all teams a cup, a banner or a prize. Cups for the winning teams, a Fairplay Cup, Best Player, Best Keeper, Best Scorer...
- Present them the standing, some nice stories from the event and ...

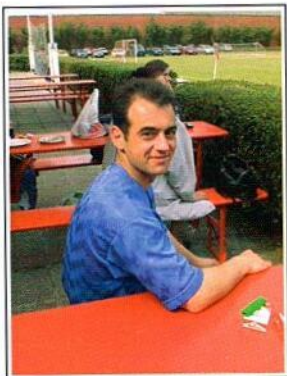


- Invite everybody to a small reception afterwards. Some drinks and snacks could be served.
- Invite important supporters and appreciate the participating organisations, volunteers and other supporters.
- A press announcement can give you publicity and can help for organising activities in the future.
- Please register the games for the seafarers world cup: [www.seafarerssport.org](http://www.seafarerssport.org).

### At the end:

Do not forget your volunteers after the event; they did a big job during the activities!

And never forget that fun is important during the games, going for the victory and the statistics is nice but after all it is and we should keep it as a welfare activity for seafarers.



## 8. Rules of The Seven Seas Series

### GENERAL RULES

All series begin on 1st December and games can be played until 30th November. Each ship team must be made up of players from the same ship.

### WHERE AND WHO TO PLAY WITH

Games may be arranged in any port in the world where appropriate facilities exist. It doesn't matter if one team is a local team.

### NUMBER OF GAMES

6 games or more. A minimum of two of these six games must be played against ships from other nations (flags). You may play the same opponent twice.

### CALCULATION OF POINTS

Two points are awarded for a win, no points for a loss. After termination of the series, the ship's 6 best matches during the year will be recorded as the official games in the series. To decide the winner from among the ships with six victories (12 points), the points from their six beaten opponents will be added up. The ship with most points in this column will be declared the winner. The ranking of ships with less than 12 points will be determined on the basic points and goal averages.

### MATCH REPORTS

After the match, leaders from both teams shall sign the match report, and the organizer shall send the report promptly to the secretariat and no later than two weeks after the event. Match reports can be sent online (<http://www.seafarerssports.org>)

### PROTEST

Any protests must be filed no later than two days after the match to the ISS administration office.

### THE SEVEN SEAS FOOTBALL SERIES

#### FOOTBALL WITH 7-11 PLAYERS ON EACH SIDE

The teams and the referee if there is one have to agree on the number of players before the match. The size of the playing field should be adjusted to suit the number of players. Playing time is 2 x 30 minutes. Depending on the size of the teams and during tournaments, playing time may be reduced to 2 x 15 minutes.

### FIVE-A-SIDE FOOTBALL

The games are played on a small field with handball goals (indoor and outdoor). If the indoor field is very small the number of players can be reduced on 4 players on each side. Playing time is 2 x 10 minutes. In tournaments playing time may be reduced to 2 x 7 minutes.

### THE SEVEN SEAS BASKETBALL SERIES

Each team should consist of 5 players, but a team may use up to 10 players during one game. With fewer players, 4 player teams may be allowed. Playing time is 2 x 15 minutes running clock. If the score is level at the end of normal time, an extra 1 x 5 minutes will be played. If the score still remains level there will be a "sudden death" play off, meaning that the first team to score wins.

### THE SEVEN SEAS TABLE TENNIS SERIES

Ships of any nation may enter one or more teams, but each player can only represent one team from his ship in the same year. A team shall have a minimum of two players and in a team match they will play four singles matches and one doubles match. Each match is played to best of five sets. A set shall be won by the team first scoring 11 points. If both players or pairs score 10 points, the game shall be won by the first player or pair gaining a lead of 2 points. After each 2 points the service will be changed. If both players or pairs score 10 points each player shall serve for only 1 point in turn. The team match is over when one team has won three matches.

### THE SEVEN SEAS VOLLEYBALL SERIES

Each team shall consist of 6 players, but a team may use up to 10 players during one game. When a ship is short of players, the minimum team size allowed is in accordance with 4 players. The team that first takes 2 sets is the winner. It is played on the rally point system. Every point is counted and each set is won by the team who first scores 25 points with a minimum of 2 points lead. In the case of a 24-24 tie, play is continued until a two-point lead is achieved.

**IMPORTANT** Please advise before arrival if your ship wants to take part in any activity. This will give the organizer more time to prepare, especially when it comes to finding another ship's crew to play against you.



## 9. Whom to contact for organizing sports activities around the world:

### BELGIUM

Antwerp Seafarers' Centre  
Italiawei 72, 2000 Antwerp  
Tel : +32 3 233 3475  
Fax : +32 3 232 2910  
E-mail : [antwerpen@seemannsmission.org](mailto:antwerpen@seemannsmission.org)

### BRAZIL

Stella Maris Centre  
Avenida Washington Luis 361  
SP 11055-001, Santos  
Tel : +55 13 234 8910  
Fax : +55 13 234 7398  
E-mail : [santos@seemannsmission.org](mailto:santos@seemannsmission.org)

Centro de Apoio aos Marinheiros (CAM)  
R.Joã Eugenio 816  
83203-400 Paranaguá  
Tel: +55 41 422 0454  
E-mail: [luislucas4@yahoo.com](mailto:luislucas4@yahoo.com)

### CAMEROON

Cameroun Deutche Seemanns Mission  
BP 5194, Douala  
Tel : +237 991 54 52  
E-mail: [douala@seemannsmission.org](mailto:douala@seemannsmission.org)

### DENMARK

Danish Seamen's Service  
Hejrevej 39  
2400 Copenhagen NV  
Tel : +45 35 43 31 11  
Fax : +45 53 43 36 36  
E-mail : [info@hfv.dk](mailto:info@hfv.dk)

Esbjerg Havne-Service  
Auktionsvej 5  
6700 Esbjerg  
Tel : +45 75 13 28 59  
Fax : +45 75 13 28 58  
E-mail : [ehswelf@mail.tdcadsl.dk](mailto:ehswelf@mail.tdcadsl.dk)

### FINLAND

Finnish Seamen's Service  
Box 170  
00161 Helsinki  
Tel : +358 9 668 9017  
Fax : +358 9 622 1808  
E-mail : [mepa@mepa.fi](mailto:mepa@mepa.fi)

Finnish Seamen's Service  
Linnankatu 90  
20100 Turku  
Tel : +358 2 23 04 995  
Fax : +358 2 23 04 993

### FRANCE

Association Rouenaise des Amis des Marins  
International Seafarers Centre  
16 Rue Duguay Trouin  
7600 Rouen  
Tel : +33 235 705163  
Fax : +33 235 705163  
E-mail : [seamenrouen@netcourrier.com](mailto:seamenrouen@netcourrier.com)

Les Amis des Marins, Seafarers Centre  
25 Rue de Forbin  
13002 Marseilles  
Tel : +33 491 900781  
E-mail : [gpelen@free.fr](mailto:gpelen@free.fr)

### GERMANY

Internationaler Seemannsclub „Welcome“  
An der Nordschleuse 1  
27568 Bremerhaven  
Tel : +49 471 424 44  
Fax : +49 471 41 92 450  
E-mail : [welcome@seemannsmission.org](mailto:welcome@seemannsmission.org)

Duckdalben International Seamen's Club  
Zellmannstr. 16  
21129 Hamburg  
Tel : +49 40 740 1661  
Fax : +49 40 740 1660  
E-mail 1 : [duckdalben@seemannsmission.org](mailto:duckdalben@seemannsmission.org)

### ITALY

Associazione Stella Maris Friends Onlus  
Fabricato 255 Marittima  
30100 Venice  
Tel : +39 41 2770690  
E-mail : [info@stellamarisfriends.org](mailto:info@stellamarisfriends.org)

### JAPAN

United Seamen's Service  
No.3 Honmoku-futo  
Naka-ku, Yokohama City  
Tel : +81 45 623 2231  
Fax : +81 45 623 2232



**LATVIA**

Seafarers Sport and Leisure Center  
36/38 Dzintaru str.  
3602 Ventspils  
Tel : +371 987 0669  
Fax : +371 366 5051  
E-mail : [ITF@delfi.lv](mailto:ITF@delfi.lv)

Liepaja Seamen's Centre  
Cetnieku 21  
3401 Liepaja  
Tel : +371 34 01441  
Fax : +371 34 01446  
E-mail : [v.radelis@delfi.lv](mailto:v.radelis@delfi.lv)

**LITHUANIA**

Seamens Club of Klaipeda State Seaport  
7 Sankryz Str.,  
5800 Klaipeda  
Bus : +370 6 351 487  
Bus Fax : +370 6 310 840  
E-mail : [infp@port.lt](mailto:infp@port.lt)

**MAURITIUS**

Apostolat de la Mer  
Port Louis Seafarers Centre  
Mer Rouge Roche Bois  
Tel: +230 217 4330  
Fax: +230 217 4329  
E-mail: [lamer@intnet.mu](mailto:lamer@intnet.mu)

**MOROCCO**

United Seamen's Service  
118 Blvd. Moulay Abderrahmane  
Casablanca  
Tel : +212 2 30 99 50  
Fax : +212 2 30 24 38  
E-mail : [usscasa@menara.ma](mailto:usscasa@menara.ma)

**THE NETHERLANDS**

Heyplaat International Seamen's Centre  
Oostbroekweg 4  
3089 KL Rotterdam  
Tel : +31 10 429 0702  
Fax : +31 10 429 1159  
E-mail : [ischeiplaat@hotmail.com](mailto:ischeiplaat@hotmail.com)

International Seafarer's Centre De Beer  
Europaweg 206  
3198 LD Rotterdam-Europoort  
Tel : +31 181 261 555  
Fax : +31 181 261 461  
E-mail : [beerint@xs4all.nl](mailto:beerint@xs4all.nl)

**NORWAY**

Norwegian Maritime Directorate  
P.O.Box 8123 Dep  
0032 Oslo  
Tel : +47 22 45 44 87  
Fax : +47 22 45 47 50  
E-mail : [velferden@sjofartsdir.no](mailto:velferden@sjofartsdir.no)

**PHILIPPINES**

United Seamen's Service  
Bonifacio Drive & 8th Street  
Port Area, Manila  
Tel : +63 2 527 2585  
Fax : +63 2 527 2637  
E-mail : [ussman@surfshop.net.ph](mailto:ussman@surfshop.net.ph)

Stella Maris Seamen's Center  
Arellano Boulevard, Pier 4, Port Area  
Cebu City 6000  
Tel: +63 32 234 4011  
+63 32 412 9392  
E-mail: [disram\\_rico@yahoo.com](mailto:disram_rico@yahoo.com)  
[aoscebu@info.com.ph](mailto:aoscebu@info.com.ph)

**POLAND**

Stella Maris Seamen's Centre  
Ul. Ks. Goreckiego  
80-544 Gdansk-Nowy-Port  
Tel : +48 58 342 13 78

Stella Maris Seamen's Centre  
Ul. Portowa 2  
81.350 Gdynia  
Tel : +48 58 620 87 41  
Fax : +48 58 620 42 66  
E-mail : [stellam@wsm.gdynia.pl](mailto:stellam@wsm.gdynia.pl)

AOS Sports and Recreation Centre  
Przewoz k/Chmielna  
Tel : +48 58 684 54 88  
Tel : +48 604 203 527

Seamen's Welfare Society  
Malczewskiego 10/12  
71-616 Szczecin  
Tel : +48 91 22 90 69  
Fax : +48 9122 85 78  
E-mail : [seamen.home@polsteam.pl](mailto:seamen.home@polsteam.pl)

**ROMANIA**

Life-International Seafarer's Center Constanta  
George Caloreanu, Nr. 7  
Agigea 8711  
Tel/fax : +40 241 73 71 57  
E-mail: [lifeoffice@rdscst.ro](mailto:lifeoffice@rdscst.ro)



**SPAIN**

Apostolado del Mar  
Pg. Josep Carner 51  
08038 Barcelona  
Tel : +34 93 443 1965  
Fax : +34 629 271391  
E-mail : apomar@icab.es

**SWEDEN**

Rosenhill International Seamen's Centre  
Kopenhamngatan  
418 77 Goteborg  
Tel : +46 31 764 3590  
Fax : +46 31 64 44 30  
E-mail : hkf@goteborg.seatime.se

Swedish Government Seamen's Service  
Kockum Fritid  
Box 212  
20122 Malmo  
Tel : +46 40 12 02 11  
E-mail : hkf@malmo.seatime.se

Johannisborg Seamens Club  
Box 261  
601 04 Norrkoping  
Tel : +46 11 12 79 94  
Fax : +46 11 13 08 99  
E-mail : hkf@norrkoping.seatime.se

Kaknas Seamens Club  
Kaknasvegen 30  
Box 27277  
102 53 Stockholm  
Tel/fax : +46 8 663 24 21  
E-mail : hkf@kaknasklubben.seatime.se

**UKRAINE**

Ilychevsk Seamen's Club  
Tel/Fax : +38 0482 691 649

Kerch Seamens Club  
28 Kirova Str.  
98312 Kerch  
Tel/fax : +380 65 611 2504  
E-mail : isc@kerch.sf.ukrtel.net

Seafarers Welfare Centre  
1 Tamozhennaya Square  
270079 Odessa  
Tel: +380 48 729 4307  
Fax : +380 48 729 4306  
E-mail : seamencl@te.net.ua

Yalta International Seafarers Club  
1 Roosevelt Street  
P.O.Box 331  
98 600 Yalta  
Tel/fax : +380 654 23-03-36  
E-mail : seaclub@yalta.us

**UNITED KINGDOM**

Flying Angel House  
12/14 Queens Terrace  
Southampton  
Hampshire SO14 3BP  
Tel : +44 2392 333106  
Fax : +44 2392 211 394  
E-mail : southamptonmts@hotmail.com

The Mersey Mission to Seafarers  
Colonsay House  
20 Crosby Roud South  
Waterloo, Liverpool L22 1RQ  
Tel : +44 151 920 3253  
Fax : +44 151 928 0244  
E-mail : Liverangel@aol.com

**UNITED STATES OF AMERICA**

Center for International Seamen and Truckers  
P.O.Box 1964  
330 Oakridge  
Gulfport, Mississippi 39502  
Tel : +1 228 868 2525  
Fax : +1 228 868 2504





**For further contact and information:**



**INTERNATIONAL SPORTS COMMITTEE FOR SEAFARERS**

2nd Floor, Forsyth House  
77 Clarendon Road  
Watford  
Hertfordshire, WD17 1DS  
United Kingdom

Mr. A. J. Elliott  
Operations Manager  
International Committee on Seafarers'  
Welfare

Registered Charity Number: 1102946

Tel: +44 (0)1923 222653

Fax: +44 (0)1923 222663

E-Mail: [a.elliott@icsw.org.uk](mailto:a.elliott@icsw.org.uk)

Web Page: [www.seafarerswelfare.org](http://www.seafarerswelfare.org)

[www.seafarerssports.org](http://www.seafarerssports.org)

[www.seafarershealth.org](http://www.seafarershealth.org)



Mr. Lars Jørgensen  
Chairman  
Danish Seamen's Service  
Hejrevej 39  
2400 Copenhagen NV  
Tel : +45 35 43 31 11  
Fax : +45 53 43 36 36  
E-mail : [info@hfv.dk](mailto:info@hfv.dk)



Mr. Jörg Pfautsch  
International Sports Co-ordinator  
Michiel Melynstr. 9  
2100 Antwerp - Deurne  
Tel : +32 478 292 469  
Fax : +32 3 232 2910  
E-mail : [sportscoordinator@icsw.org.uk](mailto:sportscoordinator@icsw.org.uk)



*"Kicking off the International Year of Sport and Physical Education, **United Nations Secretary General Kofi Annan** today said athletics are a good vehicle for promoting education, health, development and peace as part of the overall effort to achieve the Millennium Development Goals (MDGS)."*

*"Sport is a universal language," Mr. Annan told a press briefing in New York on the launch of the Year, which will be observed throughout 2005. "At its best it can bring people together, no matter what their origin, background, religious beliefs or economic status."*

*"And when young people participate in sports or have access to physical education, they can experience real exhilaration even as they learn the ideals of teamwork and tolerance."*

([www.un.org](http://www.un.org) \ November 5th 2004)