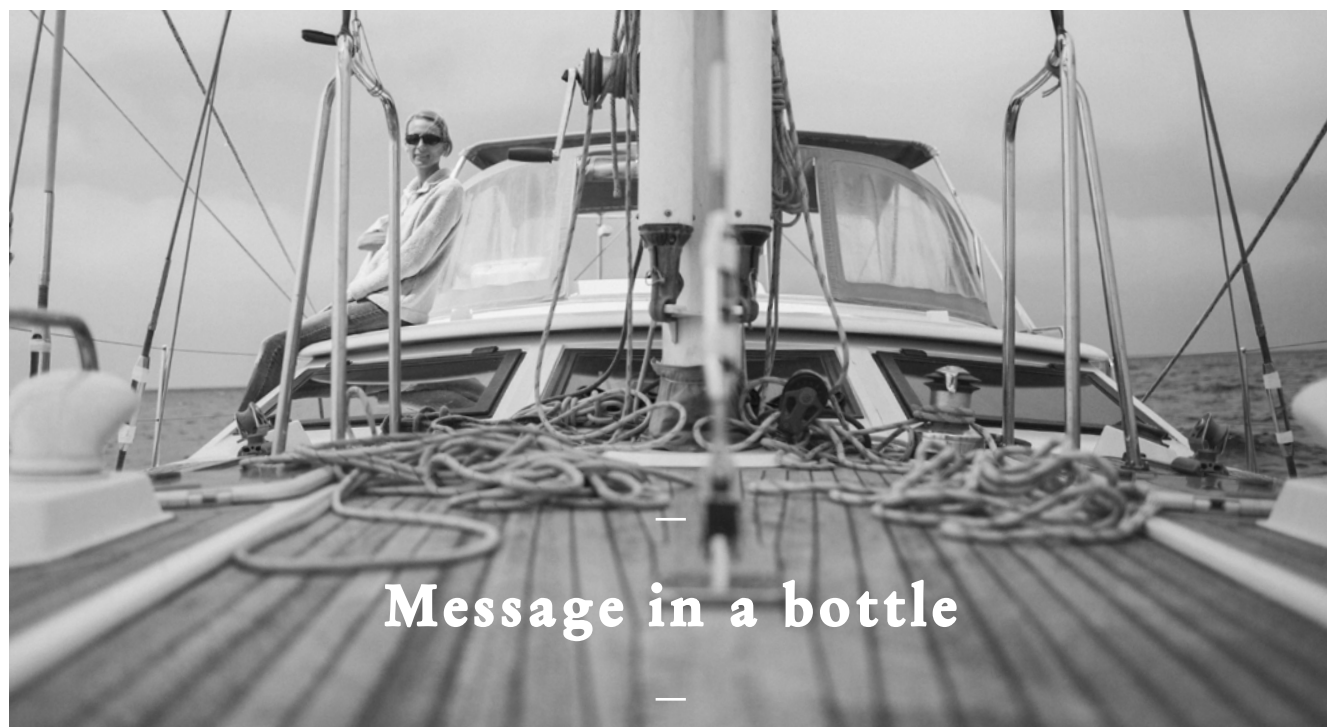


## EXPERIENCE

The joy of life's great adventures



### Message in a bottle

**Kim Brown sold her business and home for a round-the-world trip. Six months in, she reports back from her boat in the Greek islands**

*By the time my company was six years old* I started to feel burnt out. My face, more often than not, carried a frown and I felt like I was slowly drowning in an increasing amount of frustration. Life wasn't working for me any more.

After pushing week after week to find and retain clients, productive employees, efficient suppliers, competent partners and an ever-increasing profit, I felt like a slave to my creation.

As the company became more successful, I became more depressed. I had everything I wanted: a successful company, a large house, a beautiful convertible, and amazing holidays. Who wouldn't be happy?

Before exiting my company, I spent a further two years feeling frustrated, alone and lost. Nothing was working any more and the thrill of growing a business lost its lustre. Making more money was no longer a driver for me.

By chance, my business partner and I signed up for a business growth programme at Cranfield University. Ironically, rather than grow the company, I realised it was time for me to leave it.

I'd like to say that exiting my company was easy, but it was hell. I was taking a step into the unknown but I knew it had to be done. My health was declining and I couldn't breathe any more. Two years after my exit, and after doing some serious soul searching, I said to my husband: 'Why don't we sell everything we have, buy the best boat we can afford and sail around the world for three to five years?'

While mulling over the idea I felt a growing sense of excitement and sheer terror. I mention excitement, as sailing has always been a passion of mine. The only thing that could ease my stress and calm my nerves was the fresh sea air, the sound of wind in the sails and water lapping up

against the side of a hull. Sailing meant freedom to me.

And the terror came from all the unknowns. Could we afford it? How would our three-year-old daughter cope with the decision? Could we homeschool? Is it safe – what about pirates? Are we skilled enough? What route would we take? Who will cook (I didn't know much about cooking before we left)? The list went on and on.

It's now almost one year since we made the decision to sail away and six months that we've been living on our boat full time. Despite the calm and peaceful image of sailing into the sunset, our experiences have been exciting, scary, blissful, expansive, exhausting, meaningful, freeing and extremely fulfilling. For the first time in my life, I feel like I'm truly alive and I have absolutely no regrets! 🇺🇸

Follow Kim's journey at [SailingBritican.com](http://SailingBritican.com)

ILLUSTRATION ALBERTO ANTONIAZZI, PHOTOGRAPHY KIM BROWN

## HOW TO DO IT

**FUEL**  
Italy: €2/ltr Greece: €1.40/ltr. Our tank holds 1,000 litres. In six months we've only added fuel twice. I know sailors who only fill up once a year, if that.

**THE ROUTE**  
The aim is to follow the 'good' weather around the world, avoiding hurricanes, cyclones, and rainy and cold seasons.

**LENGTH OF TIME**  
Average: 3 years  
Recommended: 5 years

**RUNNING COSTS**  
In theory: 15% of boat's value per year  
In practice: Considerably less

**BOAT COSTS**  
Our 56ft boat: £500,000  
A used 36ft boat: £50,000

**OTHER BOAT OWNERS**  
Millionaire ex-company owners.  
Bankrupt ex-company owners...

**HIRING A CREW**  
Captain: £2,500 per month  
Hostess, deckhands, other crew: £1,500-£2,000 per month  
Willing volunteers: Free

**TRAINING TO DO IT YOURSELF (AS WE HAVE)**  
Royal Yachting Association (RYA) courses cost around £450 each  
Competent Crew Practical: 5 days  
Day Skipper Shorebased: 40 hours plus exam time  
Day Skipper Practical: 5 days  
Coastal Skipper & Yachtmaster Shorebased: 40 hours, plus exam time  
Coastal Skipper Practical: 5 days  
Yachtmaster Ocean Shorebased: 40 hours, plus exam time

**ANCHORING**  
In most of the world this is free.

**HARBOUR FEES**  
Sicily: €100/night minimum  
Greece: Free. Marinas: €10 to €40 per night

**MOORING BUOYS**  
Italy: €40 per night  
Greece: Free

**PIRATES**  
You can avoid areas where pirates are active, such as the east coast of Africa and Indonesia, or join a convoy of boats travelling through the area. Theft is an issue in the Caribbean, so we lock everything up and have a boat alarm.

**CHILDREN**  
*Education:* There are no requirements other than to 'educate' your child when homeschooling. We're mixing unstructured learning with the school curriculum.  
*Good points:* Improved relationship and bond with our child. An increase in maturity, flexibility, adaptability – our daughter is often playing with kids from different age groups, different nationalities and different languages!  
*Recommended boat:* We chose an Oyster. The centre cockpit is far from the water so there's no back slope from the cockpit into the sea! It is also very solid and roomy.

### THE PLAN

*Leaving Europe, we will cross the Atlantic after hurricane season to enjoy the warm winter in the Caribbean.*

Then we'll go through the Panama Canal around April. After two or three years in the Pacific, we will head to New Zealand and Australia, Thailand and Indonesia – avoiding the pirate areas.

Then into the Indian Ocean, round South Africa up to St Helena, and over to Brazil. Up the northeast coast of South America to arrive back in Europe around May – if we decide to come back!

### KEEPING IN THE RAT RACE

*I've started up a few other businesses but I definitely wouldn't say I'm in the rat race. I currently generate an income from my blog. I could have stopped my interest in the business world, but I enjoy business!*

*How to come back – or not?*

We sold our house and bought a flat in the UK so that we had a base in case of an emergency.

Our boat is actually very comfortable; we could sail the boat to England, find a mooring and live aboard.