

Catch a Sailboat Ride Across the Ocean



What do you do when you have the dream to sail across the ocean but no boat, no budget, and no sailing experience? You just go to a harbour and put your thumb up, like a hitch-hiker? Ocean enthusiast Suzanne sailed the Atlantic three times on a strangers' sailing vessel and wrote a book about how (and how not) to hitch-sail the high seas: "Ocean Nomad, the Complete Atlantic Sailing Crew Guide - how to catch a ride & make a difference for a healthier ocean."

The 400-pages ocean travel guide encourages an alternative and nature-minded way of adventure travel. Ocean Nomad explains the ins and outs on how (and how not) to hop on a boat for a sail across the Atlantic. Packed with practical advice and stories, Ocean Nomad, persuades and guides the adventure traveller to go from the idea of "someday I would like to go on a big sailing trip", to sipping a coconut on the other side of the Atlantic Ocean celebrating the achievement. After reading the book excuses will be thrown overboard for good and action modus is on.

Called the "doyenne of sailboat hitchhikers!" by captain Lyon, Suzanne emphasizes that traversing an ocean is not just about finding a boat. Finding the right boat, careful investigation and preparation are what makes it a fun, safe, and meaningful ocean adventure. Book Ocean Nomad explains what to be mindful of.

With interwoven stories throughout the book, Suzanne, who has been living more at sea than on land the last years, makes you feel, what it is like to stay on a boat with strangers for weeks in a row. What does it do to your mind, body and soul to be offline and be away from everything but nature for weeks? How to stay happy and healthy? How to deal with seasickness? How to manage waste at sea and on the islands? What does it mean to be on 'watch'? What's it like to arrive in a new land after weeks at sea?

The author's love for the Ocean splashes off the pages. "The fresh ocean air, day by day, jumping dolphins next to the boat, the wind in your hair, the pure connection with nature: on the ocean you find it and it gives you energy," says Suzanne van der Veecken. "During my sailing trips and freedive expeditions, she has also seen and learned about the fast decline of the oceans. "Bags, bottles, straws, I've seen them all drifting past. Hundreds of miles off the coast! On every sail. On every dive." "Once a fellow crew member thought he caught a fish. But it was a plastic bag! Every water sample

that I took – a curiosity project - contained pieces of plastic. With the naked eye, you could not see it but the research results gave me a mega wake-up call" says Suzanne.

Plastic pollution is just one of the challenges. In the book, Suzanne explains in depth about the importance of the ocean, what is happening, with, for example, plastic, climate change and the fishing industry. But the main focus is on what we can do! In addition to the tips and tools to make an ocean sailing dream a reality, Suzanne provides easily actionable take-aways on how we can make a positive contribution to the health of the ocean. "We can 'just' cross an ocean and have a memorable adventure, but we can do more! The ocean brings us so much. As fanatic users, we are responsible for bringing life back into the ocean. We have no time to lose when it comes to preserving the ocean" says Suzanne, who was one of the 100 invited Ocean Youth Leaders at the global Our Ocean summit in Malta this year.

With Ocean Nomad, Suzanne hopes to get people off the couch, excite and inform others about this adventurous style of travel and connect people to the ocean. Now is the time to make the dreams happen. Because you never know what tomorrow will bring. Suzanne believes that when you experience the magic and direct dependence of the ocean, you'll start caring more for it too.

Ocean Nomad: The Complete Atlantic Sailing Crew Guide - How to Catch a Ride and Contribute to a Healthier Ocean by Suzanne van der Veeken

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