

## 05. Raphaëla has to take good care of herself

Raphaëla Le Gouvello Education packet - Windsurfing solo across the Indian Ocean

<http://www.respectocean.com>



### Life on board



Raphaëla has to take good care of herself during her solo adventure. Did you know that her first aid kit weighs 12 to 14 kilograms (between 26 and 31 pounds)?

*«There are other times when I cling to my wishbone like a life buoy, with my tense hands almost cramping. [...] It's torture on your arms and hands.»*

Raphaëla



### Taking a break, daily care routines

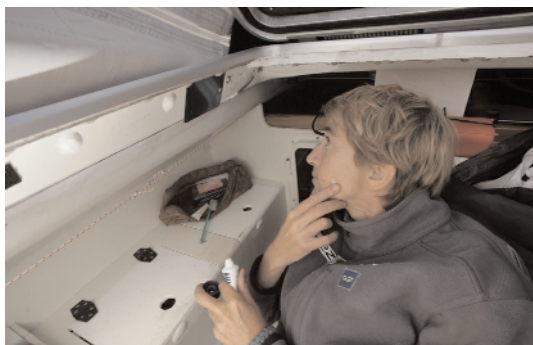
How do you endure 6 or 7 hours of sailing a day, under the burning sun, constantly splashed with salt water?

Raphaëla is careful to take time out daily to relax her muscles and protect her skin. She sails for 1 to 2 hours at a time, and then takes a 15-minute break to stretch.

Every evening, she spends an hour relaxing her muscles and her nerves, and treats the irritated spots on her skin – for example where her harness chafes.

Any wound, even a minor one, can take a long time to heal if it's exposed to seawater.

Raphaëla has to be very careful not to cut herself.



### Skin care

Raphaëla uses one moisturizing cream to protect her skin from drying, and another made from flowers and plants to keep skin moisture and oils in balance. She also gives herself rubdowns with essential oils.

She prefers alternative-medicine products and homeopathic (plant-based) treatments.

### Activity

If Raphaëla spends 75 days at sea, calculate how many minutes per day she spends taking care of herself, and how many hours that makes in all.

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### Activity

Each day Raphaëla uses 3 towelettes, 1 squirt of shampoo and 1 squirt of liquid soap.

Calculate the quantity of these products she'll use in a month, if you know that she washes her hair every other day.

### Hygiene: A top priority

Raphaëla knows that good hygiene on board is essential.

Have you ever noticed that a nice shower after a hard day makes you feel much more comfortable and at ease? All at once, you feel better. Most of the time a shower's out of the question for Raphaëla, especially when the waves are too high. But she certainly still needs to wash! That's essential, because she has to rinse the accumulated salt off her skin each day to avoid muscle sores and prevent infection from even minor cuts. And of course she wants to stay clean, feel comfortable, and have a sense of well-being. When she can't get to the mini-shower that's installed outside the cabin, she takes a "sponge bath" inside.



*Aide et Action* is an association that works for the right of every child in the world to get an education. Education helps a country develop – countries need educated people if they are going to advance. But *Aide et Action* also sets a high priority on hygiene, which ensures that kids are healthier and thus get more out of school. Poor hygiene can lead to illness, so that kids miss school and are unable to learn seriously. Which is why this humanitarian association launches programs to encourage good hygiene habits for everyone, in many different parts of the world.



### Did you know?

If you have a cut it's a bad idea to go swimming in saltwater. Why?

Because not only is saltwater not an antiseptic, salt can actually make the wound worse.

Any time a wound gets wet before it has healed – meaning before the scab has fallen off – it slows down the healing process and raises the risk of infection.

### Looking out at the world: an eyewitness account from Kamala

As a child, Kamala benefited from Aide et Action in India. Today she's a nurse.

*«When I was a girl, they set up a school in our village, and that was where I studied. Every day before school, all the children had to wash up – brush their teeth and wash hands and face. At first I didn't understand why. But now that I'm a nurse, I know it's very important to our health.»*