**Rotary Youth Leadership important information**

Congratulations on being selected by your local Rotary Club to attend this year’s RYLA (Rotary Youth Leadership Award) residential at Grafham Water Centre.

You will be amongst lots of other young people, with ages ranging from 18 to 26 years. Collectively you represent a wide range of involvement and interest in leadership and personal development, coupled with a variety of occupations and personal backgrounds. As a member of the group you will meet and exchange interests, as well as participate in the shared experiences of the week. The programme has been arranged in consultation with members of your Rotary District and many of them will be involved during the course.

It is no exaggeration to say that RYLA can and has been **life changing** for many people.

**RYLA Aims**

•  To experience, discover, discuss, and reflect on Leadership Development and what it means to be a leader in our modern, connected world

•  To observe and recognise the qualities of leadership in other people and in themselves through problem solving activities, personal contact and experiences which will be challenging physically, intellectually, and socially
•  To gain skills, awareness, understanding and self-confidence which will enable participants to return to their own community and contribute to a leadership role and/or as an effective member of a team
•  To take ownership of Personal Development throughout the week by having new experiences, reflecting on those experiences, recognising strengths, challenges and growing new skills to take away from the programme
•  To experience Team Development and contribute an effective part of a team on new challenges, (physical, mental, and social) by using existing strengths even more effectively and developing new skills as a team member
•  To develop resilience during the programme whether that be physical, mental, social, or emotional.
•  To work on Project Management throughout the week on a variety of different physical, intellectual, and social topics
•  To develop increased Time Management skills during the week by balancing a demanding timetable and tight deadlines with a wide range of activities

**RYLA Programme**

The programme is intensive, and free time will be limited. You will receive a programme on the first day but part of the course is responding to different events with very short notice, so you will receive all of the relevant information and the right time.

The programme will include:
-  Interaction, teamwork, and group dynamics
-  Simulation Business Prototype exercises which will include a computer-based simulation and role play.
-  Physical activities offering new experiences and the learning of skills both in didactic and collaborative sessions and with opportunities for experiential self-managed learning
-  Expedition presenting challenge, adventure, and opportunity for initiative
-  Talks and discussions on the pattern of leadership
-  Workshops on personal development skills, including opportunities to act as leaders
-  Public Speaking - Preparation and delivery of a formal presentation
-  Opportunities for contact between individuals of differing background and experience Group tutorials to identify needs and to provide support
-  Social occasions involving hospitality and protocol

On the final Saturday morning you will be asked to give a short presentation (10 minutes) on something that you are passionate about, to a small group. Please decide on the subject and prepare **before** you arrive.

**The Venue**

The RYLA course is delivered at Grafham Water Centre, an outdoor learning centre in Cambridgeshire.  The centre provides comfortable but basic residential shared accommodation.

Details of the centre can be found at: [www.grafham-water-centre.co.uk](http://www.grafham-water-centre.co.uk)

**RYLA:  KIT LIST**

The following is a suggested kit list for the week. You cannot bring enough spare clothing and could easily use three changes a day where water-based activities are involved.  Check out the weather forecast for the week before you choose your clothes.

 **For activities** the Centre will provide all the specialist safety equipment, but you must be prepared for all weathers:
Trousers (jeans are no good when wet), T Shirts/ Tops x 9, Jumpers / fleeces x 5 (warm items if the forecast is bad), Shorts x 4, Swimming kit (to wear under wetsuits), Old trainers / wetsuit boots for use on the water, Trainers x 3, Warm waterproof coat, warm hat,  Sun cream, sunglasses and a sunhat,  Insect repellent.

 **For the overnight expedition**
Sleeping bag and sleeping mat, Walking shoes / boots that are comfortable, the terrain is relatively flat, Waterproof jacket and over-trousers, Rucksack (must be large enough to carry overnight expedition equipment; spare clothes/ sleeping bag / food / cooking equipment etc. 45 litres is a minimum size and 60 litres is ideal), Torch and spare batteries, Water bottle, plastic plate / mug / cutlery.

**For evenings and when working inside**
Several changes of comfortable / casual clothes,  You must also bring smart clothing to wear for presentations, presentations take place on three evenings during the week, Formal clothing for the formal dinner, One pair of shoes (or slippers) reserved for indoor use.

**Other**
Bring a watch, preferably waterproof and with an alarm,  Do not rely on your mobile phone, A notepad and pen for use in presentations and throughout the week, You will need to bring your own towels x 2, Personal medication.

We look forward to meeting and working with you during RYLA. We have no doubt you will benefit from the programme and will have an enjoyable and memorable week.  If you have any questions or concerns then please do not hesitate to contact us.

**Other information**

All of the information contained in this form is also available on our website. Under People Development.

[RYLA - Grafham Water Centre](https://www.grafham-water-centre.co.uk/people-development/ryla)