

ROTARY



YOUTH

LEADERSHIP

AWARDS

2008

District 1040

Course Handbook



Course Date:

Awardee:

Rotary Club Of:

RYLA Course Mentor

(To be appointed on the course)

Log on to us at www.ryla.org



Follow the main road (A646) from Halifax to Hebden Bridge via Luddenden Foot and Mytholmroyd. Go through the centre of Hebden Bridge and follow the signs for Heptonstall. You will climb a small hill to a set of traffic lights and should travel straight on. The sign posts will lead you through a turning circle so that you are going back on yourself. Once back at the traffic lights follow the left fork and climb the steep hill. After a short distance the road splits, take the right fork and look for the entrance to **Hebden Hey** on the right. Signs will have been erected to assist you.

*You will probably find a **RYLA** Staff Member to assist your final part of the journey. Be prepared to stop and be directed.*

The grid reference for the centre is SD 979 291



**PLEASE KEEP IN TOUCH WITH YOUR
SPONSORING ROTARY CLUB**



**Do Not Forget To Confirm Your Travel
Arrangements To And From The
Course With The Club**

COURSE 1

Registration 10.00 - 10.30 Sunday 27th July
Collection 10.00 - 10.30 Friday 1st August

COURSE 2

Registration 10.00 - 10.30 Sunday 3rd August
Collection 10.00 - 10.30 Friday 8th August

**Please keep to the stated times of arrival and
departure as the course has been timetabled and
your arrival and departure should be
prompt to avoid delays.**

DESTINATION

HEBDEN HEY SCOUT HOSTEL
HARDCASTLE CRAGGS
HEBDEN BRIDGE
WEST YORKSHIRE
HX7 7AW

Don't rely on SATNAV!

☎ 01422 843180

Accepts incoming calls only



The Objectives Of RYLA

The development of leadership skills

The development of a sense of pride in achievement

The development of the individual as a useful member of society

To emphasise the importance of teamwork, competition, character, health and tolerance as inputs to the quality of life

All of which can be expressed in the 6 C's

COMMITMENT
COMMUNICATION
CHARACTER
CHARISMA
CONFIDENCE
COURAGE

Which are the basis of providing strong, imaginative and involved leadership

Congratulations on being selected by your local Rotary Club to attend one of the two 2008 **RYLA** Courses. We look forward to meeting you all at the start of the course and will no doubt be sad to see you go at the end of it (although the same may not apply the other way around).

You have been allocated a place and registered on the **RYLA** Course which commences on the date shown on the front of this Handbook.. There are 32 Awardees, just like yourself, on each of the two courses.

This **RYLA** Course Handbook gives you important information about the course, please read it and **bring it with you!** Keep in touch with your Contact in your Sponsoring Rotary Club (their details are on Page 2 of this **RYLA** Course Handbook) to arrange for them bringing you to the Course and returning you home afterwards (it will be your job to navigate there!) If you have any issues then please direct them to your Sponsoring Rotary Club. If for some reason they are unable to address them, feel free to email me at timdale@blueyonder.co.uk or via the web-site.

Please take a look at our website at www.ryla.org . It also contains a lot of information about the Course and what you may expect. There is also a FAQ page which may answer any questions you have, if it doesn't, leave a question! It also has a secure 'Past **RYLA** Awardees' area where you will afterwards be able to keep in touch with the many friends you are going to make on the Course, once you can work out the password. We also have support on the course and beforehand from recent past-Awardees who can answer any questions that may arise from their perspective, having been through it all themselves.

Hopefully I have your name, address, phone and email contact details correct, as on the label. If they aren't right, or if you haven't given me a contact email address, please email me.

Please let me know that you have received the letter and this **RYLA Course Handbook by emailing me or using the link on the web-site (you'll find it easily) at www.ryla.org .** That way I can keep you updated with any developments prior to the Course. We really do need an email address to assist communications.

After the **RYLA** Course you will be expected to give a presentation on your experiences to your Sponsoring Rotary Club. Don't be daunted by this, we will give you advice on it and support in doing it. Ask your Sponsoring Rotary Club Contact for a date when you will be doing it.

If you are taking part in the Duke of Edinburgh Award Scheme, then the **RYLA** Course can count as your Residential Phase requirement. If you wish to claim it as such, then bring your DoE book with you.

Please do not bring anything valuable on the Course. We cannot guarantee their safety. A list of the clothing and items you need to bring with you is in this Course Handbook further on, and on the web-site. There is a 'tuck shop' available so you may need some small amount of money for that if you wish to buy anything.

Please do not bring a mobile phone with you! There is no mobile phone signal at the venue, and there is no public telephone available. In an emergency the Centre can be contacted by phone and the number is on Page 2 of this Handbook. The staff can phone out if the circumstances make it necessary. Your Contact from your Sponsoring Rotary Club will let your parents know you have arrived safely, but please be prepared to be out of contact with home and friends for the duration of the Course.

On the last evening of the Course we hold a presentation of the **RYLA** Awards and then there is an opportunity for all Awardees, as a group or individually, to entertain everyone. If you have a talent or skill to share, then please come prepared. That's also the evening to make sure that you have some clean and decent clothes left for!

I have also enclosed a letter for your parents with the Handbook. Please make sure they receive it and encourage them also to read this letter, your **RYLA** Course Handbook and the web-site. They are more than welcome, as you are, to contact the Contact Rotarian of your Sponsoring Rotary Club, or myself if they have any questions.

Following on from the Course we will be asking you to put something back into society by way of helping others. For the last two years we have asked Awardees to support the Laura Crane Trust, a cancer charity for the benefit of young people. Please take a look at what we and they have done on the web-site at www.ryla.org and give this some thought, utilising the skills you will learn on **RYLA**.

You will probably be anxious about what you have let yourself in for. But I can assure you that you are embarking on an experience that you will remember for the rest of your life.

You will work hard and for long hours, probably harder and longer than you ever have before, but the leadership and teamwork skills that you will develop will stand you in good stead for anything you apply yourself to in the future.

Come with an open mind, be prepared to work hard, be prepared to give 100%, and be prepared to make new friends and have fun.

So, contact me to let you know you have got the letters, read this **RYLA** Course Handbook, browse 'your' **RYLA** web-site, ask questions, and we look forward to seeing you this Summer!

Tim

Tim Dale - District 1040 **RYLA** Secretary

Our Sponsors For 2008 - Without Who We Would Not Be Able To Run This Course



A Message from your Course Director

Welcome to the Rotary Youth Leadership Awards. Right now you will be wondering what you have let yourself into. You will have anxieties about the unknown and maybe even about failure. Hopefully this booklet may explain a little about the course to allay those fears, failure doesn't come into it. It is not a pass or fail course and you will be as successful on it as you are willing to be. There are no limits for your development. This is a Leadership Development course and we aim to help you realise some of the potential that others have seen when they selected you for it. It is not an outward bound course! Yes, a lot of the activities may be outside, but it is about using a variety of activities to develop you as an individual, as a team member and as a leader of a team.

I hope that you will enter wholeheartedly into the activities that have been prepared for you by the **RYLA** committee and 'Waveriders' staff. Remember the more you put in during your stay, the more you will reap the benefits and take a great deal away with you. You have been selected because other people think you have leadership potential and by putting yourself forward for selection have proved that you are prepared to work at your own development.

During the course you will be accompanied by a Rotarian who will act as a mentor and they, along with the professional staff, will offer you feedback aimed at assisting your development. You will also be offered the chance to keep a diary of experiences later on in this booklet and to discuss issues that arise with the staff and your peers. As I said, there is no pass or fail on this course, we are all here to help you develop your potential leadership qualities, the more you put in the more you will get out, so take advantage of what is on offer and be prepared for some hard work.

On the final night we celebrate the end of the course with a performance where staff and awardees alike show off their respective skills and talents. This is unavoidable so give it some thought before you arrive and come prepared with any instruments, music for singing and dancing, scripts and props or otherwise. There are always people to help you execute the show stealing performance!

See you at Hebden Hey

Ken Robertshaw

RYLA Course Director, 2008



Waveriders



During the coming course we hope to give you a lot of fun, enjoyment, excitement and a new learning experience from the programme we have prepared. Waveriders have been participating with the **RYLA** course since 1994 and each year with the feed back from awardees and course staff we have been able to improve the programme for the benefit of the following years awardees. Don't worry, you haven't been 'stitched up'. Although you might think so in the first few days!

Although you will be taking part in a full range of outdoor activities, as you will see from the programme, the course is not about learning to map read or knot tying etc, it is about helping you develop your leadership potential.

This is an experiential learning course using the KOLB learning cycle. It will involve you taking part in a problem solving task/activity followed by a review session involving you, your team members, the Rotarian mentor and the instructors. Learning points from the review sessions are highlighted for the benefit of all, from which you will then be able to plan and put into practise the lessons on your next activity.

This is then repeated throughout the course and can even be a model for your personal use in your future personal development. This is not a pass/fail course, there are no examinations at the end, you will be observed and given personal feedback and advice.

At the same time be under no illusions about this course, it is both mentally and physically demanding, but judging from the responses of past awardees very beneficial and rewarding.

The Rotarians and Waveriders will be on hand to check your progress and assist you with any problems you may have. We may seem like a bunch of 'Old Wrinklies' but we are very approachable so never be afraid to ask if there is anything you want to know or need during the course.

Finally, don't forget to pack your sense of humour in with your kit!

Paul Findlay



A Message from the District Governor



I extend to you a warm welcome to this course. I hope you will feel relaxed and 'at home' here during the week. My colleagues and all the staff are here to ensure that you enjoy the week.

Firstly, let me remind you that you are here because someone else saw in you the potential to be a leader. It is probable that you have already demonstrated your leadership qualities in some way. But you are here because someone noticed your potential and felt that it could be enhanced by offering you this opportunity.

I hope you will, during this week, become aware of your own leadership skills. The course will offer you opportunities to develop them further. This will happen by a range of tasks, designed to encourage you to try out new approaches and ideas, surrounded and supported by like-minded people. It is likely that the activities will involve you getting wet and dirty, almost certainly a bit tired. Hopefully you will laugh at times and may even cry! But remember that every single person on the course is exactly like you. They will share with you the experience and support you.

Secondly, my fellow Rotarians are glad to offer their time and skills to ensure that you get the best out of this week. This is part of Rotary's service to young people. As you will appreciate, we have a commitment to do our best for young people, because we believe that they are the future. This course has been running for several years and has received wide acclamation for its content and high standard. The people who will care for you are committed and dedicated professionals, volunteers and Rotarians. They will ensure that you become more self aware and confident in your own abilities. Above all, this is an opportunity for you to help each other and make new friends.

Rotary is proud of you. I therefore welcome you into our 'family' and I know that your sponsoring club will welcome you back to hear of your experience with great interest. I also hope that you will continue your connection with Rotary, which is an international organisation of business and professional people whose motto is 'service above self'.

John Philip

District Governor, Rotary District 1040,
2008 - 2009



Personal Development

By now the phrase 'Personal Development' will have been discussed by you in various different formats and situations ranging from selection of courses for study at school and college through to career choices. It may not have been called the same as we have here but the aim is identical. As you go through life you will be faced with all sorts of chances and challenges, opportunities and set backs and you will need to be prepared to get out of those situations what is best for you and those around you.

Your personal development is your responsibility. Other people will offer you the opportunity or even stand in your way, what you choose to make of the situation is up to you. You need to plan.

So where does **RYLA** come into all this? Well you have been selected to attend this course because other people think you have potential to be a leader in the future. That is not to say that you are expected be the Prime Minister one day (although if you do get there remember us!) but that you will be in a position where others will look to you for direction. Others have recognised that you have potential to improve on your skills and that is where this course comes in.

The activities on the course are based on elements of **problem solving, communication** and **teamwork**. They are mainly centred on outdoor activities and can be physically demanding. This is an experiential course, you will not be taught how to navigate or tie knots etc, you will be involved in an activity which has certain lessons contained within it, the lessons will be discussed after each activity with staff on hand to debrief you on what you did and highlight the learning points. In this way you will be able to reflect and learn from the success and/or failure and adapt your actions for the next activity. This approach will also stand you in good stead for the rest of your life as you will be able to apply the lessons learned to all situations you encounter.

To help you get the most from this process each team will be accompanied by a Rotarian who will be there to observe you in action and to offer you advice on the learning points within the course. They will be with you getting wet, tired and dirty so can offer real first hand advice on your performance and development.

Remember, what you get out of this course is in direct proportion to what you put in, but above all else it has to be fun so come prepared to work hard and laugh a lot.

The Rotarians are there to help you, we have quite a bit of experience in life and will be only too glad to discuss anything you want to raise. REMEMBER this is for your self-development so take the opportunity being offered and make the most of it.

The diary pages towards the end of this booklet can be used to record your thoughts and actions and may be a useful tool to note down anything you would like to discuss with your Rotarian Mentor. It may also be helpful when composing your presentation for your sponsoring Rotary club when you get back home.

Above all else, enjoy the **RYLA** experience, you'll hopefully remember and look back on it for the rest of your life.

Model of 'The Experiential Learning Cycle'



Programme

As well as the activities you will be involved in, there are also guest speakers every morning. These are people drawn from a wide variety of backgrounds, some are Rotarians, others may be past **RYLA** awardees, but they all have aspects you will find interesting.

There are also a few domestic tasks that you will be asked to do, nothing too strenuous just a bit of washing up for 42 people and a spot of light cleaning. So it's in your own interests to keep the centre tidy!

Hopefully by the end of this programme you will have learnt more about leadership and teamwork and have developed your self-confidence in a variety of activities.

- ◆ You will be given responsibility
- ◆ You will be given set tasks
- ◆ You will be asked to do things individually
- ◆ You will be asked to do things as a team
- ◆ You will be asked to plan and prepare
- ◆ You will make mistakes

But don't worry, they say that you learn from your mistakes, so the more you make the more you learn. And there will be all the help and support you need along the way.

Rotary Youth Leadership Awards
Daily Timetable

Day 1 - Sunday

- 1030 Arrivals complete
Introductions
Ice Breakers
Lunch
Whole Course Project
Group Allocation
Evening Meal
Evening Activity
Exercise Review and Supper
2300 Lights Out

Days 2/3/4/5 - Monday/Tuesday/Wednesday/Thursday

- 0630 Reveille *You'll like this!*
Early Morning Surprise *No escape!*
Breakfast
Dixies and Area Cleaning *According to Tim's Rota!*
Guest Speaker
Briefing for Days Activities
Activities
Evening Meal
Dixies and Personal Time
Evening Activities
Group/Personal Reviews/Supper
Free time *If you're awake!*
2300 Lights out

Day 6 - Friday

- 0700 Reveille *A lie in!*
Short surprise *Honest!*
Breakfast
Clean Rooms and Centre/Dixies/Pack Kit
1030 Departures Complete

Evening Activities

1. Hashing *(...is smashing)*
2. Auction & Bivvie Night *(Have you got the nerve?)*
3. 'Service Above Self'
4. Raft Race
5. Show Time! *(Use your imagination!)*

Mobile Phones Are NOT Allowed On Site. Sorry!

EQUIPMENT LIST

All safety equipment that is needed for the daily activities will be provided. There are onsite First Aiders. The following list of clothing is a suggestion of what you will need, weather obviously has an important part to play and never forget that Hebden Hey has its very own micro climate that is very changeable so all events must be considered.

CLOTHING

Few full sets of comfortable clothes
(Be prepared to get wet and dirty! - Jeans are not suitable)
Warm jumper/sweater
Spare Sweater
6 pairs socks
Hat, Scarf, Gloves
Set of casual clothes for free time/last night
Casual shoes/slippers (Indoor)
2 Trainers/shoes (prepared to get wet and dirty!)

ACTIVITIES

Sturdy pair of walking boots
Waterproof coat
Swim wear
Pen & Paper
A WATCH!

****DO NOT BRING EXPENSIVE DESIGNER CLOTHES****

(They won't be expensive for long!)

SLEEPING

Sleeping Bag
Pillows and Sheet
Blanket
Night wear

PERSONAL EQUIPMENT

Flask/Drinks bottle
Torch and Batteries
Day Sack
Toiletries
Towels
Small First aid kit
Plasters
Sun cream

****INSECT REPELLENT****

EXTRAS

Small amount of change for tuck shop
Any Medication
Plastic bags for dirty/wet clothes and shoes

****NO LARGE AMOUNTS OF MONEY****

Do Not Forget Any Medication

Talent Night!

Don't forget the talent show evening -
you'll be expected to join in...



Do you play an instrument?
Drama? Singing? Magic?
Impressions? Dancing?

Come on, use your
imagination and make the evening a brilliant send off!
(Almost) anything goes!

Check list

- Clothes
- Toiletries & Towel
- Medication
- Sleeping bag
- Pillow/Sheet
- Insect Repellent

- Equipment for Talent night

- Valuables left at home,
No large amounts of cash.

- Mobile phone left at home,
There is no signal...
But there is emergency outside contact if needed.

- This Course Handbook

DAY 1 - SUNDAY

What Happened Today?

What Went Well Today? - And Why?

What Didn't Go Well? - And Why?

How Will I Use The Experiences Of Today For The Rest Of The Course?

What Issues Would I Like To Discuss With Someone?

DAY 2 - MONDAY

What Happened Today?

What Went Well Today? - And Why?

What Didn't Go Well? - And Why?

How Will I Use The Experiences Of Today For The Rest Of The Course?

What Issues Would I Like To Discuss With Someone?

DAY 3 - TUESDAY

What Happened Today?

What Went Well Today? - And Why?

What Didn't Go Well? - And Why?

How Will I Use The Experiences Of Today For The Rest Of The Course?

What Issues Would I Like To Discuss With Someone?

DAY 4 - WEDNESDAY

What Happened Today?

What Went Well Today? - And Why?

What Didn't Go Well? - And Why?

How Will I Use The Experiences Of Today For The Rest Of The Course?

What Issues Would I Like To Discuss With Someone?

DAY 5 - THURSDAY

What Happened Today?

What Went Well Today? - And Why?

What Didn't Go Well? - And Why?

How Will I Use The Experiences Of Today For The Rest Of The Course?

What Issues Would I Like To Discuss With Someone?

Mentor/Awardee Notes:

Your RYLA Notes

*RYLA website – www.ryla.org
User Name:
Password:.....
ryla@blueyonder.co.uk
timdale@blueyonder.co.uk*

www.lauracranetrust.org



The information about your Rotary Presentation is:



Date:

Time:

Location:

Other Info:

This box is for your Sponsoring Rotary Club to fill in for you



So...What is 'Rotary'?



Rotary is a world fellowship of business and professional people united in the ideal of service. It is acknowledged as the world's leading service organisation. Rotary has more than 25,000 clubs with membership of over one million men and women in more than 170 countries.

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular, to encourage and foster:

- First: The development of acquaintance as an opportunity for service.*
- Second: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society.*
- Third: The application of the ideal of service in each Rotarian's personal, business and community life.*
- Fourth: The advancement of international understanding, good will and peace through a world fellowship of business and professional persons united in the ideal of service.*

