

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.*

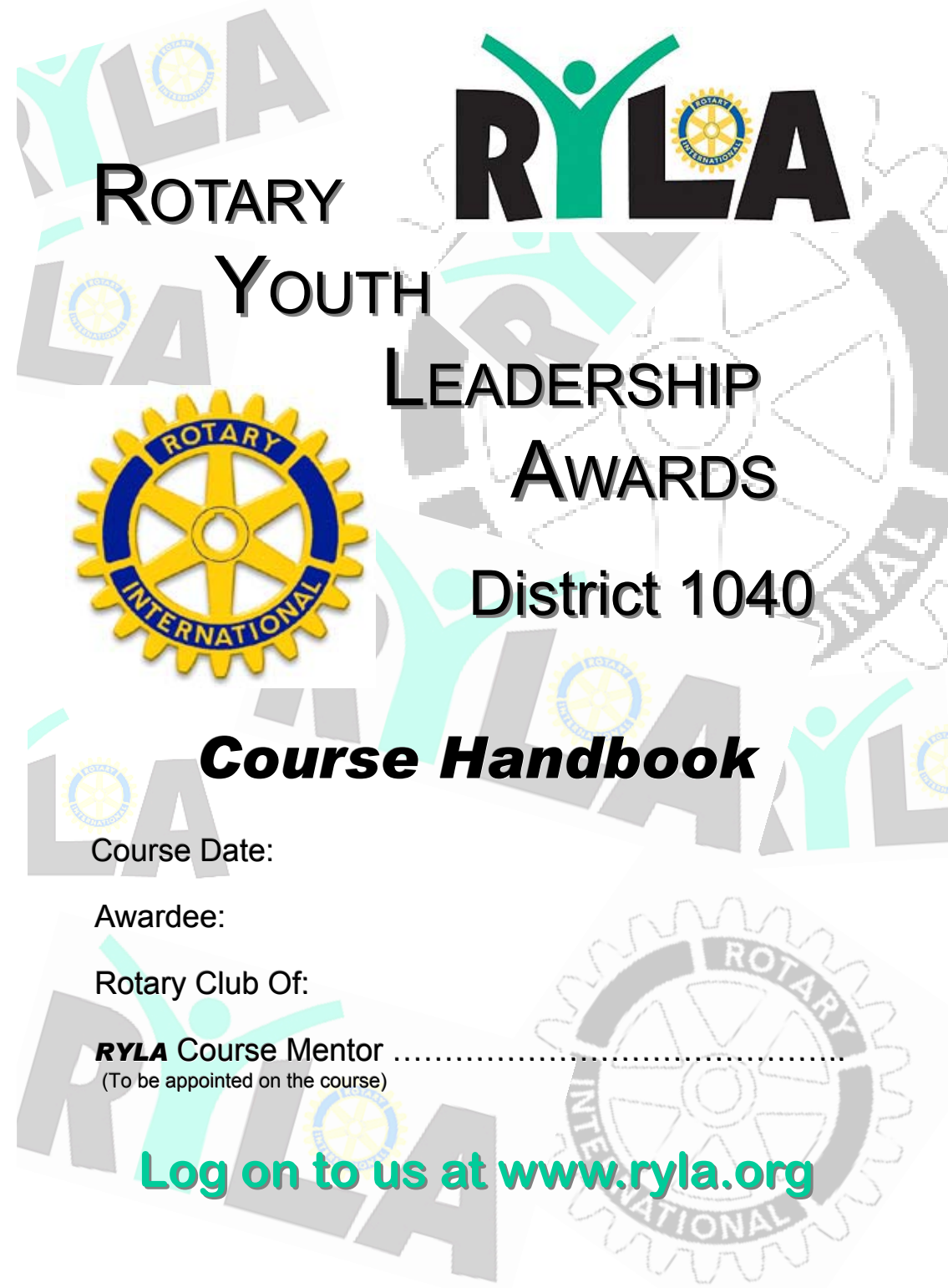
*The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular, to encourage and foster:*

*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.*



# ROTARY YOUTH LEADERSHIP AWARDS

## 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](http://www.ryla.org)

## Your RYLA Notes



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

You will be provided with a full contact list for your course!

*RYLA website – [www.ryla.org](http://www.ryla.org)*

*User Name: .....*

*Password:.....*

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 My Life?



**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 - They Will Be Bringing You & Taking You Home**

Registration 10.00am - 10.30am Sunday  
Collection 10.00am - 10.30am Friday

**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.**

**YOUR DESTINATION**

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

**Don't rely on SATNAV!**

 01422 843180

Accepts incoming calls only in case of a crisis  
(There is no mobile phone signal in the area)



## **Welcome to RYLA**

Welcome to the Rotary Youth Leadership Awards. Right now you will be wondering what you have let yourself in for. You will have anxieties about the unknown and maybe even about failure. Hopefully this booklet may explain a little about the course to calm 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. 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.

During the course you will be accompanied by a Rotarian who will act as a mentor and they, along with the professional staff, the 'Waveriders', 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.

## 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 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?

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, whether as individuals or as a team. So give it some thought before you arrive and come prepared with any instruments, music for singing and dancing, scripts or other props you may need.

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 it and look back on it for the rest of your life.

See you at Hebden Hey!



## ***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



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?

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?

## ***Personal Development***

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. Others have recognised that you have potential to improve on your skills and that is where this course comes in.



## ***Programme***

As well as the activities you will be involved in, there are also speakers on a 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 inspiring.

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!

## **'Waveriders'**

'Waveriders', our team of professional instructors, have been assisting with the RYLA course since 1994 and each year with the feedback from Awardees and staff we have been able to improve the programme for the benefit of the following year's Awardees. You will be taking part in a full range of activities, mostly outdoors, but the course is not about learning to map read or tie knots etc, it is about helping you develop your leadership potential to the full.

This is an experiential learning course. It will involve you taking part within your group, 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. 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 RYLArrians 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.



## **CHECK LIST**

Tick Once Packed

- Clothes**
- Toiletries & Towels**
- Medication you will need**
- Sleeping bag**
- Pillow/Sheet**
- Insect Repellent**
- Equipment for Talent night**
- Valuables left at home**
- No large amounts of cash.**
- Mobile phone left at home**
- This Course Handbook**
- A Watch**
- Sense of Humour**

## Service Above Self

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 Youth Cancer Trust”**, a cancer charity for the benefit of young people. Please take a look at what we have done on the web-site at [www.ryla.org](http://www.ryla.org) and give this some thought, utilising the skills you will earn on RYLA. Of course, if you have another preferred way of helping others then go for that!

## Talent Night



Don't forget the talent show evening - You will be joining in! - everyone does!

Play an instrument?

Perform?

Sing?

Magic?

Impressions?

Dance?



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

## Your Mentor on RYLA

The staff on RYLA are a mixture of Rotarians, professional instructors and often a past RYLArian. All of them have a lot of experience in leadership roles in either the public or private sector and they are all there to assist with your development.

At the end of the first day on RYLA you will be formed into four groups of eight who you will then work with for the duration. Each of the groups is assigned a Rotarian 'mentor'.

Your mentor will be there to support you throughout the course, to deal with any issues that may arise within your group, and be the link between yourselves and the rest of the staff, should the need arise. They are not there to supervise you or to instruct you or to be a team leader, but to give you the benefits of their vast experience.

Your mentor will see your development in your leadership skills over the course and will do their best to make sure your whole group benefit from the experiences you will all go through and provide continuity of your development through the programme. They are also there for you to lean on should you need it and they will be there to support you afterwards in the presentation you will give to your sponsoring Rotary Club.

You can of course go to any of the staff, whether it is the Course Director, the Deputy Course Director, or any other Rotary staff member should you need to, there are both males and females on the staff to help and assist you, but your mentor will be the one closely available to you at all times.

They will be there with you, getting as wet and as cold and as tired as you are!

## Sample 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 - Thursday

- 630 'Reveille'  
 Early Morning Surprise  
 Breakfast  
 Domestic Duties  
 Speaker  
 Briefing for Days Activities  
 Activities  
 Evening Meal  
 Domestic Duties  
 Evening Activities - Thurs *Talent Night*  
 Group/Personal Reviews/Supper  
 2300 Lights out

### Day 6 - Friday

- 700 Late 'Reveille'  
 Short surprise  
 Breakfast  
 Course Photo  
 Clean Rooms and Centre/Pack Kit  
 Course Debrief  
 1030 Departures Complete



## Equipment List

### **Mobile Phones Are NOT Allowed On Site.**

The following list of clothing etc is a **minimum** of what you will need to bring.

**\*\*DO NOT BRING EXPENSIVE DESIGNER CLOTHES\*\***  
 (They won't be expensive for long!)

#### CLOTHING

- 8 x T-shirts
- 8 x Underwear
- 8 x Pairs of socks
- 4 x Combats style trousers
- 3 x Jacket/Jumper
- 1 x Walking Boots
- 1 x Indoor trainers
- 1 x Outdoor Trainers

Additional footwear/clothing  
 for canal based activities  
 (to throw away after)

- 1 x Waterproof Coat
- 1 x Swimwear

**Smart/Casual Clothing to  
 keep for the last night's  
 presentation evening**

#### SLEEPING

- 1 x Sleeping Bag
- 1 x Pillow
- Blanket/Sheet for mattress
- Night wear

#### PERSONAL EQUIPMENT

- Personal drinks bottle
- Torch and Batteries
- Small backpack
- Toiletries
- 2 x Towels
- Sun cream

**\*\*INSECT REPELLENT\*\***

#### EXTRAS

- Any Medication you need
- Plastic bags for dirty/wet  
 clothes and shoes
- Small amounts of money for  
 tuck shop
- Pen & Small Notepad
- A WATCH!**

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

**NO VALUABLES**

**STRICTLY NO  
 HAIRDRYERS OR  
 STRAIGHTENERS**