

A WEEK AT RYLA

RYLA takes place at the Storey Arms in the heart of the beautiful Brecon Beacons. The course is sponsored by Rotary, but run by fully trained instructors who are employed by Cardiff County Council.

What is RYLA?

This is a course which helps students learn leadership techniques by means of outdoor activities, team building skills, enhancing the idea of working with others and lots of fun exercises. The aim is to develop / bring out your leadership skills. There is no pass or fail! It is all about experiencing working in groups towards a common goal and having fun at the same time.



You will stay in modern accommodation at the foot of Pen Y Fan, one of the highest peaks in Wales. There are separate accommodation blocks for boys and girls with their own facilities. There are communal kitchen, dining and meeting areas. The accommodation blocks consist of modern bunk rooms of 4 and 6 bunks. All the food is prepared on site, which enables the centre to cater for all dietary requirements. In the kitchen area there is usually a supply of home baked cakes and tea / coffee making facilities. There are members of staff on site 24 /

7. All staff is first aid trained. One important thing to note is that once you are at Storey Arms, you may not leave the site without express permission of the Head of Centre.

Your Week

You will arrive at between 4pm and 5pm on the Sunday. You will be shown to your bunk rooms and then there will be a short time to allow you to meet your new friends. Then there is a short introduction. You will then be put into teams, given a tour of the centre and then given the activity which your team will specialise in. This could be caving, kayaking, gorge walking, climbing [normally on a "wall" at the centre] and a team task at the end of the week. You all experience each activity. Activities depend on the weather. All activities are very closely supervised. On the final day there are team challenges culminating in a "race". There are also evening activities, such as team games and orienteering or maybe a stroll up Pen Y Fan. You will have lots of time to get to know your new friends.



You will also have housekeeping tasks. Small groups will be responsible for helping in the kitchen – not preparing food or washing up – before and after each meal.

On the final Friday after you have completed the last task, showered, packed your bags and made sure you have left your room as you found it, there is a small ceremony where you will receive your certificate. There will be a small buffet for yourselves, family and Rotarians.

FAQs

- You are active all day, but you do not have to be super fit!!
- You do not need to be able to swim.
- You do not need to have previous experience in any of the activities – you are there to learn / experience new activities.
- You do not need to have or buy any specialised equipment.

General Comment

You will have a great time, learn new skills and make lots of new friends. On the RYLA web page there are links to photos and videos of students who attended courses over the past couple of years.