

## **What is RYLA?**

It is quite simply a life changing 5 days in the life of any young person. Students from different backgrounds are put together in groups to experience not only learning new activities, but also teaching these activities. They learn the skills of working and living together in groups. They learn how to help each other, communicate and solve problems. They are taken out of their comfort zones and put in situations they would probably not otherwise find themselves in.

Activities are very much dependent upon the weather but include kayaking, orienteering, caving, climbing and team-building exercises. For those who have been to the final day of a RYLA course, they will have seen a far different candidate to the one that arrived on the previous Sunday. They will have made a new circle of friends which, thanks to social media, will last for a very long time.

## **Accommodation and Food**

There are 2 separate modern accommodation blocks, one for boys and another for girls. *There are rooms available if a candidate needs to be in a private room.* Each of the blocks is divided up into separate sleeping areas which can accommodate between 4 and 6 young people. Each accommodation block has its own shower-blocks.

There is **no** laundrette but there is a drying room. Students need to bring enough general clothing for the 5 days.

The students receive at least 3 full meals a day, plus various snacks. The dietary requirements of the students are met as long as they are given to us in plenty of time. Clubs will receive a form asking for medical information and dietary requirements.

## **Where Does It All Take Place?**

The outdoor pursuits centre is called Storey Arms. It is run by Cardiff County Council. It is situated in the middle of the Brecon Beacons at the foot of Pen Y Fan on the A470. Directions will be sent to all Clubs, which wish to send candidates.

## **General Information**

The safety of the students is the main concern of the staff at Storey Arms. All the instructors are professional outdoor pursuits specialists and are first aid trained. Two members of staff will be on site during the night. The building is locked when the students are there.