

Rotary Youth Program of Enrichment (RYPEN)

Young people are really energetic and really like to get involved and active when presented with challenges. RYPEN gives Year 10 students the opportunity and skills to really 'Go for Gold' - please welcome Kaitlyn Crowe and Hannah Kelly who have just recently been a part of the RYPEN experience at Collaroy.

Hannah: Hi I'm Hannah and this is Kaity. We are both students in Year 10 at Abbotsleigh Senior School.

Kaity: This year, we were sponsored by Turramurra Rotary, to attend the Rotary Youth Program of Enrichment from 3rd-5th of February at the Collaroy Centre.

Kaity: Over 70 Students from around Sydney - all sponsored by different Rotary clubs - attended RYPEN. Students were placed into a colour groups for the entirety of the program. These groups ensured that each person was in a separate group from anyone from their school. Each had two leaders to help them throughout the weekend.

Hannah: Over the weekend, each colour group completed a variety of activities that developed our leadership skills by working collaboratively with other people as well as adapting to new situations. The six activities that were undertaken by each group, contributed to the overall point score at the completion of the programme. The activities that we undertook of the weekend included:

- Icebreaking activities
- Team Challenge
- Eco Challenge
- Communication Development
- Charity Video
- Trivia
- Bomb Challenge

Kaity: Whilst each challenge at the time seemed to be just fun, we ended up taking away a variety of values and leadership skills that we learnt from these activities, and will keep these skills for the rest of our lives.

Hannah: The first activity that we undertook at RYPEN was a series of Icebreaker activities that we used to get to know members of our colour groups on the Friday Night. This activity was made up of a lot of smaller ones such as

- Personality Bingo
- Passing the Clap
- Beach Balls
- Character Matching
- Toilet Paper Activity
- Paper Activity Explanation

One of the most popular ones was the Toilet Paper Challenge. A roll of toilet paper was passed around and we were told to take as many pieces of toilet paper as needed. After taking as many

pieces as we thought that we would need, we were told that for every piece of paper we had picked, we would be required to say something about ourselves.

From this activity we learnt about the importance of effective communication

Kaity: One of the other activities that we had taken place was the ECO CHALLENGE ACTIVITY that we completed in our colour groups. The activity involved a series of smaller challenges split into two within our colour groups. Activities such as crossing Lava Rivers, solving puzzles and climbing nets were amongst the challenges.

One of the most challenging parts of the activity was to keep our mannequin - (Jeffery) safe during each of the various challenges.

From this activity we learnt more about working together and effectively communicating amongst a group of people especially considering that we never met them before.

The Charity Video, was a video we created to raise awareness for a charity of our choice. The videos were scripted, written and edited by each of the groups. The self-devised videos were then acted out by members of the groups and shown to the parents at the final RYPEN presentation. For the videos, the Green group chose the Camp Quality Charity and the red group chose the Make a Wish foundation.

From this activity we learnt a lot about the values of people working together, but also the advantage of having a leader help oversee lots of smaller components.

Hannah: The Communication Session that we undertook was a session run and directed by the camp organiser Jon Phegan. This particular segment of the camp was designed to help us improve our confidence and communication skills within new situations. Of all the activities this was one of the most beneficial activities that we undertook.

Kaity: Overall, RYPEN was a very beneficial experience. We had a great time and learnt a lot of skills that will stay with us for the whole of our lives.

Hannah: (will finish with some personal statement about impact of RYPEN)