

RYLA

Rotary Youth Leadership Award

District 7030 · Caribbean & South America

Youth leadership development programme

2-Day Format · Ages 14–18



Leadership



Bullying & Cyberbullying



Health & Obesity



Environment & SD

What is RYLA?

RYLA (Rotary Youth Leadership Award) is Rotary International's flagship programme **for youth leadership development.**

14–18

Target age group

2 days

Programme duration

20–...

Participants per session



Official Rotary programme

Recognised in 200+ countries, certified by the District Governor



Active learning approach

Expert talks, hands-on workshops, design thinking



Measurable impact

Commitment tracking at M+3 and M+6 by sponsor clubs



A lasting network

Participants join the District 7030 RYLA alumni network

Our pedagogical vision



*Participants are not passive recipients of knowledge.
They are future leaders — the decision-makers, professionals and citizens of tomorrow.*



Learn

Expert talks from local specialists on each theme, grounded in the realities of the territory.



Feel

Immersive workshops, role-plays, design thinking. Emotion as the engine of engagement.



Commit

Personal leadership declaration. 3 concrete commitments tracked at M+3 and M+6.

The 4 programme themes



Leadership

The thread of the entire weekend. Leadership styles, the 4-Way Test, inspiring testimonials. Every theme is a leadership exercise.



Bullying & Cyberbullying

Unified talk (in-person + digital). RETHINK workshop: 93% of young people chose NOT to send their message after the alert. Active bystander role.



Health & Obesity Prevention

Public health talk. Nutrition workshop. Cooperative physical activity at end of day. A 30-day collective health challenge designed by each group.



Environment & Sustainable Development

Local expert on territorial issues. UN SDGs. Design thinking: each group proposes a concrete local solution, presented Sunday morning.

Programme — Saturday

Full day · Talks & workshops

8:30 AM	Welcome & registration
9:00 AM	Talk — What is a leader?
10:15 AM	Talk — Bullying & Cyberbullying
11:45 AM	Workshop — RETHINK
1:00 PM	Lunch · health transition
2:00 PM	Talk — Health & Obesity Prevention

3:00 PM	Talk — Environment & Sust. Development
4:00 PM	Workshop — Design thinking & engagement
5:45 PM	Panel — Testimonials
7:00 PM	Workshop — Moving bodies, leading minds
8:30 PM	Dinner & free evening

Bullying & Cyberbullying

Unified talk + RETHINK workshop

Part 1 — School Bullying

The 3 roles: bully, victim, **BYSTANDER** · The bystander is the most powerful lever for change · Anti-bullying programmes · Emergency helplines

Part 2 — Cyberbullying

Anonymity · virality · permanence · invasion of private space
1 in 5 young people (ages 8–18) experience cyberbullying
Reporting platforms · online support helplines

RETHINK

Trisha Prabhu · age 13 · Google Science Fair finalist

93%

of young people tested chose
NOT to send their message
after the RETHINK alert

The prefrontal cortex is not fully developed until age 25 → teens often act impulsively

Health & Childhood Obesity Prevention

Talk + Nutrition workshop + Physical activity



Health Talk

Physician or public health professional. Local epidemiological data. Overlapping causes: nutrition, sedentary lifestyle, socio-economic factors.



Nutrition Workshop

Lunch co-facilitated by a dietitian. Reading nutritional labels. Spotting hidden sugars and food marketing tricks.



Moving Bodies

Cooperative physical activity at end of day. No competition. Links between physical well-being, self-esteem and leadership.

Group challenge: each group designs a 30-day collective health challenge for their school

Environment & Design Thinking

Expert talk + Workshop "What Would You Do?"



Local Expert Talk

Local specialist (researcher, NGO, institution)

Territorial environmental overview:
biodiversity · water · waste · energy

UN SDGs · Paris Agreement

Inspiring local youth initiatives

Design Thinking Workshop

Each group freely chooses their theme (bullying, health, environment or leadership)

1

Empathise

Who in my community is directly affected by this problem?

2

Define

[Who] needs [what] because [real obstacle]

3

Ideate

10 ideas, no censorship · vote for the best one

4

Prototype

A3 sheet · solution · actions · success indicator

Project presented Sunday morning before a Rotary jury

Programme — Sunday

Half-day · Social connections · Closing ceremony

8:30 AM



Active wake-up

Gentle activity, breakfast. Re-reading the personal journal.

9:15 AM



Group project presentations

Each group presents their project (4–5 min). Supportive Rotary jury. Constructive feedback.

10:30 AM



Leadership Declaration

3 personal commitments written and signed by participant and Rotary mentor. M+3 and M+6 follow-up.

11:30 AM



RYLA Talent Market

1-min intro · business card exchange · creation of District 7030 RYLA alumni network.

12:00 PM



Closing Ceremony

Official certificates signed by the Governor. Group photo. Rotaract introduction.

12:30 PM



Closing Lunch

Pre/post evaluation. Free exchanges. Club-organised departures.

Participant tools & materials

Two tools designed to last well beyond the weekend

RYLA Journal

A5 format · Printable in-house by clubs

- Identity page & opening intention
- 1 section per theme with guided reflections
- Personal RETHINK page
- Design Thinking A3 canvas (reduced)
- Leadership declaration + signatures
- Notes & participant contact pages
- Back cover with the closing quote

RYLA Business Card

A6 format · Double-sided · Customisable template

Front

- Full name in large font
- Title: Leader in the Making (fixed for all)
- Club sponsor · Country · School

Back — 4 sections

- My leadership skill
- My RYLA commitment
- My Design Thinking project
- Contact details

Cards are used at Sunday's Talent Market: each participant gives out 3 cards and leaves with 3 real connections

Recommended speaker profiles



Opening Talk — Leadership

Rotarian, elected official, business leader or inspiring athlete



Bullying & Cyberbullying

School psychologist or Education Dept. anti-bullying officer



Health & Obesity

Physician or nutritionist, positive and non-judgmental approach



Environment & SD

Local researcher or NGO, territorial issues specialist



Dietitian — Saturday lunch

Nutrition professional, informal group facilitation



Sports Educator

Cooperative games, leadership debrief



Panel — 3 speakers

Rotaractor · social entrepreneur · locally engaged young person

Post-RYLA follow-up & lasting impact

RYLA does not end at the certificate ceremony



“

This weekend, you moved

from young people to leaders.

The rest belongs to what you do tomorrow morning.

District 7030 · Rotary Youth Leadership Award

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Leadership



Bullying



Health



Environment