

It was a week of opportunities, stepping outside your comfort zone and meeting like-minded young people, who were from different backgrounds.

The highlight for me was the high ropes course out at the Groynes - everyone was so supportive of one another and because of this we were able to achieve activities we didn't dream possible. Another highlight was the public speaking afternoon. We all took turns to perform a two minute impromptu speech on a topic of our choice. It was a pivotal point of the week, because not only were we nervous to get up in front of everyone, but many of us chose to speak about personal experiences and details of our lives. It was a most memorable and bonding session for everyone at RYLA.

Overall RYLA 2016 was an experience that I will never forget. Everyone has made life-long friends, connections and memories that we will cherish endlessly. It was a once in a life-time opportunity to grow and extend yourself as a person, at a point in your life where you're transitioning from school, university and into a career.

Thank-you very much to the Christchurch South Rotary Club for both the support and sponsoring to attend such a rewarding week.

Sophia Shamy