



IST Life

This workshop was designed to take you through the next 14 months up to and including the Jamboree, as a guide to what to expect.

Here are some ideas about the things you should consider at each stage throughout your journey. There may be other things that aren't on the list or you may not experience them all. Everyone's journey will be different.

IST Weekend

- The realisation you are part of the UK Contingent: 750 IST, 3,600 young people, 400 Unit Leaders and 50 Contingent Management and Support Team members.
- You will find out lots of information and get questions answered.
- Make new friends, share contact details and join social media groups.
- Enquire about travel options.

This is where your journey starts!

Over the next year!

1. Fundraising

- Be as creative as you want to be and share ideas online.
- Group together with other IST members.





2. Personal Development

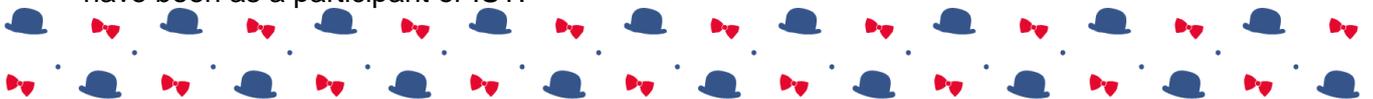
- Make sure you check out the Personal Development Zone.
- Choose your goals and start working towards completing them.
- Use our hashtag #UK24WSJPD.

3. Link up with local Units

- Ask if they need help and express interest in joining a Unit through EventsAir.
- Get to know young people and Leaders in Units.
- Discuss with Unit Leaders what support you can provide them at Unit weekends.
- Talk openly with young people and Unit Leaders about Personal Development and help them with ideas. Can you be an assessor to sign off some of their goals?

4. You will be attending the Jamboree as an adult

- Ensure you are aware of your Association's key policies, you might need to do additional training (maybe a Personal Development goal?) so you know what these are.
- Ensure you comply with your Association's rules and requirements. The Jamboree organisers will have their own rules for the event as well.
- For Scouting, please read the [yellow](#), [purple](#) and [green](#) cards.
- For Girlguiding, please read the 'A Safe Space' [pocket guide](#) and the [code of conduct](#).
- Ensure you complete any necessary training required by your Association and the Jamboree organisers when released.
- You will require a Disclosure Check (England and Wales), PVG (Scotland) or Access NI (Northern Ireland). Double check now to ensure your is in date for when you travel, or discuss locally how you will obtain one if you have never had one before.
- Each Jamboree is different, assumptions from previous events might not be helpful. Whether you have been as a participant or IST.





5. Meet up with other IST members

- Share contact details amongst yourselves. If you are over 18, remember that some members of the IST are currently under 18 and how you contact them must be in accordance with child protection policies. If you are under 18, you should also be aware of what limitations that places on how over 18s can contact you.
- Try to get to know other IST and other Contingent members before you travel.
- People you know in advance will be an informal support network, they could be there for you when you need the support on site. There will be lots of other support mechanisms at the Jamboree.
- Enjoy yourself - make friends and have fun.
- Answer questions posted by other IST if you know the answer, we all miss things! But don't guess at answers, all the known information will be on the [IST Zone](#) on the website.

6. Documentation

- Ensure that your passport is in date with a minimum of six months' validity beyond your final return date.
- Check you have the correct travel documents.

7. Your life at home

- Begin the discussions with your work about time off. Ensure they understand the importance of your role in supporting young people. Template letters for this will be released shortly.

8. Share your journey

- We love seeing your stories on social media, so share them – don't forget the hashtag #UK24WSJ.
- Have fun whilst you do everything.
- You are in control of how much fun you have in the build up to the Jamboree!





9. Make sure you ask for help

- Check the website frequently for updated FAQs, do read them!
- If you can't find the answer on the website, use the contact form.
- Find support locally from people who may have been to Jamborees before.

All Adult Weekend

- The final burst of information and the last chance for questions.
- Change any kit that doesn't fit.
- You may even know your role by this stage, it might be an opportunity to meet up with people on your team.
- Meet old friends and make even more new ones.

At the Jamboree

- Find out what support networks are on site. For anything to do with your role this will be your supervisor. Rest assured you will always have a fellow IST colleague to turn to.
- Ensure you read the all information given to you and familiarise yourself with the site and timings.
- Make the most of your time off during the Jamboree.
- Make the most of working in an international team, and all that can offer.
- Check out the IST programme.
- Keep an open mind and be flexible.
- Ensure you immerse yourself whilst at the Jamboree.





Post-Jamboree

The Jamboree doesn't just stop when you return home. There are lots of things you can do once you return home, make a plan before you get home.

- Think about how you can contribute to the lasting legacy of the Jamboree.
- Offer to give talks to local Scouting, inspire others to take part in international adventures.

You will have developed as an individual. What can or would you do now that you would never have done a year ago? Make sure you record this in the Personal Development Zone. This will impact your life back home - think how you can use the experience to improve your work, school or Scouting life.

Our top tip: Many people talk about the Jamboree blues, the feeling of coming back from the Jamboree and feeling a bit empty. Make sure before you go you have a plan for after the Jamboree to focus yourself. This could be something like having a date in the diary to meet up with Jamboree friends.

Going forward

The Jamboree will leave you with memories for life. Make sure you capture them at the time and share your experiences to inspire others. You will make many friends at the Jamboree, so make sure you keep in contact with them.

