



Staying Awesome Workshop

As IST you are expected to work hard during the Jamboree to deliver a fantastic experience for the participants. But you also need to maximise your own Jamboree experience during your time off.

To deliver on this you need to look after yourself at the Jamboree. You may be working long days, face challenges and be working with new people. By thinking through these situations now we hope you can prepare yourself.

How would you feel...

Objective: To develop tools and an understanding of ourselves to ensure we have the energy to keep us going at the Jamboree! Take a look at the following questions and have a think about what you would do and how you may feel in the situations described. You may want to discuss this with a fellow IST member.

Question 1: *The weather is hot, you've had a long shift and walked back to your tent, which you are sharing with one other person. They are in, and seem to be feeling really chatty, how do you feel?*

- *I wish I was on my own, I need space and possibly sleep.*
- *Great, someone to talk to! I'll put the kettle on maybe some more people will join us.*

Talking points – What gives you energy? How do you cope?

Question 2: *You've walked a long way and reach the dining hall on your own. There is no one there you know, and there's only one food option which you don't like. What do you do?*

- *Go to my tent hungry – I've probably got some snacks.*
- *Grab what's on offer and pull up a chair with a group of people who look fun.*

Talking points – How important is food to you? Do you have a trigger or comfort blanket?





Question 3: *You've been allocated a job that you don't enjoy, within a team of people who don't really speak your language. What do you do?*

- *Get on with it – it's opportunities like this that can forge friendships with others.*
- *Lobby for change with your supervisor – either a new job or different people.*
- *Complain to the UK Contingent.*

Talking points – IST should go to the Jamboree prepared to do any job. If at any point you do have an issue with your role you should approach your job supervisor. These are the people who can help you with this issue.

Question 4: *Your tent mate wakes you up, apparently because you were snoring. What do you do?*

- *Try and get back to sleep – it's their problem and I can't help it.*
- *Feel bad and wake up lots due to the worry that I was disturbing people.*

Talking points – Whose welfare comes first for you?

Question 5: *You haven't been able to contact home and really miss your dog/partner/ family, what do you do?*

- *What do you mean contact home, I'm fully immersed in the Jamboree bubble!*
- *I can't eat, sleep or relax without knowing people are ok.*

Talking points – What things niggle you?

Question 6: *Your tent buddy has 2 shifts in 48 hours, yet you seem to be working morning, noon and night. How do you feel?*

- *Irritated – we've paid the same yet I'm putting in twice the effort.*
- *It doesn't bother me, roles are different, it's the luck of the draw.*

Talking points – Have you considered what your role may involve? How do you ensure you don't burn out?





Well-being

Objective: To think about practical things that you can do to look after your own well-being

Shoes

Physical wear on shoes will be big – might be mighty! Need to keep on walking!



Watch

Planning where you will be and what you can do to reduce wasted time/ make the most of your opportunities / job. The site is huge!

Rucksack

What will you need for the whole day? The site is huge and you won't want to be going back to your tent and missing the fun!



Water bottle

Hydrated IST are happy IST. Ensure you stay hydrated. There are water stations all over site.

Cultural picture

What are the different expectations between cultures? Consider that others may work differently.





Expensive/ branded items

Many people may have less than you – things might walk – don't take anything you're not prepared to lose.

Pie, Pint, Cigarette

Smoking area is a long way away, no booze, fuel not food.



Summary

Keeping healthy at the Jamboree will ensure you stay happy and enjoy the Jamboree. Make sure you prepare and don't hide your Jamboree trouble. There will be help to support you!

