

VICTORIAN CONTINGENT

PARENTS RESOURCE BOOK



22nd AUSTRALIAN JAMBOREE

*Cataract Park, Appin,
New South Wales
January 4th— 14th, 2010*

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"YOU CAN ALWAYS COME HOME":

THE JAMBOREE EXPERIENCE

A Jamboree is a unique experience for both youth and adults alike. It is an event remembered for a lifetime and is often considered the ultimate Scouting experience.

The Jamboree is one of the greatest examples of Scouting's ability to encourage and promote teamwork, participation, fun, understanding and new challenges. Nothing else we do in Scouting showcases our principles and method better than a Jamboree.

It is via a Jamboree that our youth extend their knowledge of themselves through involvement in an extensive range of challenging activities. It is vital therefore that all Leaders who attend a Jamboree understand that their primary responsibility is looking after the well-being of our youth members.

Experience shows that lifelong friendships develop amongst Scouts and Leaders as a result of attending Jamborees and whilst it is impossible to fully explain why it occurs, it is this that makes a Jamboree truly the ultimate Scouting event.

GENERAL INFORMATION

Jamboree Dates

Members of the Victorian Contingent will depart Victoria on Saturday 2nd and move in to their Jamboree Troop sites on Sunday 3rd January 2010. The Contingent will depart the Jamboree site late on the night of Thursday 14th January 2010.

The Jamboree Site

AJ2010 will be held at the Cataract Scout Park located on the edge of Cataract Lake in New South Wales. Cataract Park is approx 70 kilometres from the Sydney Airport and about 1 hour drive from Sydney.

Scattered throughout the site are a number of permanent buildings which will be utilized for the Jamboree. Also onsite are a number of man-made dams, with each Contingent Headquarters in one central location.

Climatic Conditions

Sydney in January is known for its hot weather, with temperatures reaching 30^o to 35^o Celsius for prolonged periods of time. It can also be rainy at this time of year so make sure you bring wet weather gear.

At all times, all Jamboree participants must remember to Slip, Slop and Slap by wearing a high protection sunscreen, hat and shirt at all times.

Of an evening, Cataract Park can become fairly chilly. Although temperatures are unlikely to drop to significant lows, the change from the heat of the day can make the evenings feel cooler than they often are. It is advisable therefore to ensure you have adequate clothing to accommodate hot days and cool nights.

Wearing of ID tags

Officially issued Jamboree Photo ID tags must be worn at all times on and off site by Jamboree participants. Leaders must also ensure all Jamboree participants wear their Jamboree ID tags at all times.

Banking

Banking facilities will be available from ATMs and EFTPOS. It is also planned to have an onsite Westpac branch.

Postal Services

Post boxes will be available in the Mall for outgoing mail. Stamps will be available for sale. Incoming mail will be distributed via Subcamps.

Mail should be addressed:

Full Name
Victorian Contingent
Troop Number
22nd Australian Jamboree
Baden Powell Drv
Appin
NSW 2560

Contact with Parents / Guardians in an Emergency Situation

In the event of an emergency, the Victorian Contingent Headquarters will contact parents/guardians or families if this should be necessary. This will apply to all contacts resulting from incidents while Contingent members are in transit or at the Jamboree.

The Contingent Leader is responsible for making calls in these circumstances because he will decide when sufficient detail and facts are known to be able to justify the contact. Our aim is not to scare or mislead parents/guardians or families.

Therefore, please stress to the Scouts in your Jamboree Troop that they must report any sickness or accident to one of their Leaders and should not call home. This is particularly important in the case of off-site activities.

Emergency Messages

As you can appreciate, it will be difficult for messages from home to be given to Scouts and Leaders at the Jamboree campsite. Parents/guardians and families should understand that all emergency messages from home should be directed to the Victorian Contingent Headquarters. The Jamboree emergency telephone number will be advised when available.

All in coming mail should be addressed:

Full Name
Victorian Contingent
Troop Number
22nd Australian Jamboree
Baden Powell Drv
Appin
NSW 2560

Every effort will be made to communicate emergency messages to Scouts and Leaders, it will be of great assistance if anyone likely to want to contact a Scout or Leader in an emergency is aware of the appropriate Sub Camp number.

Messages of a general nature can not be handled by the Contingent Headquarters staff or the Jamboree Administration Headquarters.

Visitors

Unlike past Jamborees the 22nd Australian Jamboree will not be open to the public as a result all persons wishing to visit must apply to enter the site. All Scouters who plan to wear their uniform must apply no later than 48 hours prior to their visit. All non Scouters must apply 5 days prior to allow for the compulsory clearances to be obtained. Failure to apply will mean access will be denied. It is also important to note

that all visitors must be off the site by 6pm unless prior approval to remain has been granted by the Jamboree Organising Committee.

Independent Travelers to AJ2010

All members of the Victorian Contingent (both Leaders and Youth Members) travelling to the Jamboree independently on Sunday January 3rd will be required to register **off-site** at a location and time to be advised prior to the Jamboree

All independent traveling **Scouts and Venturers** will register at this point and be bussed into the Jamboree site as soon as practical to coincide with the arrival of their Jamboree Troop.

Leaders and Rovers who are traveling in their own vehicles will be responsible for their own personal gear, before being directed to the Jamboree Leaders car park. (no private vehicles will be permitted on the Jamboree site.)

Scouts and Venturers traveling with Leaders will remain at the registration point with their personal gear until directed to board the bus to the Jamboree site.

Independent Travelers from AJ2010

At the conclusion of the Jamboree **All** Scouts, Venturers, Rovers and Leaders departing independently must report to the Victorian Contingent Headquarters prior to the departure of the Contingent buses from the Jamboree site.

Independent travelers will be advised of times and location for pick up will be advised prior to the Jamboree.

All youth members traveling independently from the Jamboree **must** submit a 'Release Form'.

The 'Release Form' will be available at Orientation Day and on the Victorian Contingent Website. It must be completed, signed by both parents / guardians, who signed the application form, and returned to the Jamboree office prior to 15th December.

The 'Release Form' will require a photocopy of the driving license of the person picking up the youth member.

On Arrival at Jamboree with Your Troop

Prepare your Troop for arrival to Jamboree. As soon as you all get off your bus – it will be an "All hands on deck" time to unload the bus quickly and move all your gear to your campsite. Your bus will disembark as close to your campsite as possible. You and your Leaders and scouts will need to immediately layout your campsite and put up all sleeping tents, Kitchen tents and Dining Fly. Depending on the time of day you arrive will depend on what you decided to erect first. However, the kitchen tent and dining fly should go up first before sleeping tents.

Designate a small area for all luggage to be neatly stacked and instruct the PLs to put the patrols to work unpacking the Troops gear. Each patrol can take responsibility for tent erection, and working as a team this should be done quickly.

Once sleeping tents are up – patrols can move their personal gear to set up beds and gear in their tents. Practicing this at pre-jamboree camps can make this a pain free exercise once you are at the Jamboree. Absences from Camp Approval

Scouts and Leaders may need to leave the camp during the Jamboree for a number of personal reasons. In these special circumstances, Scouts must have approval from the Victorian Contingent and the JTL. This approval will only be given with prior written authority from the Scout's parents/guardians. These arrangements must be made before the Jamboree by submission of the appropriate form.

The JTL must know:

- where and with whom the Scout will be
- exactly when the Scout will be leaving and returning to the Troop
- a contact telephone number during the period of absence.

An Absence from Camp Approval form will be issued to troops at Orientation Day

Clothes for Jamboree

When assisting your Scout to choose clothing for Jamboree, keep in mind the general state of most teenagers' bedroom floors, and their idea of bag packing! Clothes should be "camp clothes"!

That is — comfortable, stretchy, sunsafe, and of an age where if they are lost, stained beyond help, packed into bottom of bag wet and muddy for 10 days to grow mould and fungi —you are not going to be heartbroken because it cost a fortune!

Clothes at Jamboree have a very hard life. They do get wet, muddy, washed repeatedly (hopefully), abandoned and lost (we end up with tonnes of lost property!). One of the best things to prevent loss of your Scout's clothing is to supply your Scout with a fabric marker, and get them to write their name and troop number on EVERYTHING they are taking, from their contingent supplied bag, to their hankies. It should be noted that only appropriate modest clothing should only be brought to the Jamboree.

Another hint for helping them keep their gear close is to help them add something to their Jamboree Bags, backpacks etc that identifies it to them. Remember there will be around 5000 NSW Contingent Bags.... and they all look the same when they come out of the bus! Having names embroidered on the bags is fantastic; however, your Scout's Troop leaders will have lots of suggestions about identifying bags too.

Packing for Jamboree

Whilst we all know that it is faster to do it ourselves, it is really, really important that your Scout packs his or her own bag for Jamboree and knows what is in the bag, and where! You can help by going through the gear list with your Scout and perhaps lay all items out on the bed or table ready for packing so you both know it's all there, but your Scout should be the one who puts all the gear in the bag, deciding what goes where.

Birthdays

If your Scout has a birthday at Jamboree we will make their day extra special too. A basket of goodies and a bit of fuss will hopefully make up for some of the separation from family.

Personal Medications

If your Scout requires medication whilst at Jamboree, we strongly recommend that they be packaged in a Webster pack by your local chemist to help prevent errors being made. Please provide clearly written instructions about when and how the medications are to be taken.

Youth members should give all medications, with the appropriate written instructions, to their Jamboree Troop Leader. Any medication taken to the Jamboree should be carried in the Scouts hand luggage while travelling.

Obviously it is a very good idea for you as the parent, along with your Scout, to have a clear discussion about the medications, with your Jamboree Troop Leader before Jamboree. Also ensure your Scout is confident and capable of administering all his or her own medications at the right times each day. This may need to be practiced in the months leading up to Jamboree.

Food related Allergies

Your Jamboree Troop Leader needs to know about your Scout if they have a food allergy. This information goes on the application form, but letting the Troop leader know first-hand is important too.

Mobile Phones

It is strongly recommended that mobile phones are not brought to the Jamboree, for a number of reasons. There is a serious privacy issue to start with, especially in tents and showers whilst others are washing or changing.

There will be no access to power for charging of mobile phones for youth members as the camp sites their troops will be on do not have power. The potential risk of losing or damaging such an item is high. The Jamboree site also has poor mobile phone reception.

Past experience has shown that Scouts are happy to access the telephone facilities on site using a Home-link number or prepaid phone card.

Electronic equipment like computers, game boys etc should also be left at home for safety and enjoyment when the Scout returns home. Storage, charging and safety of these items cannot be ensured.

If you believe that your Scout will not cope with a 10-12 day holiday from home...without you...without their phone...without their computer(s) and consoles, now is the time to start to work with your Scout Leader so that your Scout is prepared. It is part of being a Scout that they learn to cope with many experiences through the support of those around them, not always relying on parents!

Scouts should be encouraged by leaders and their parents to make responsible decisions about the exclusion of these items in their Jamboree gear.

THE JAMBOREE TROOP

The Victorian Troop size in most cases will be 36 Scouts (6 patrols of 6 members) and 4 adult Leaders.

Sleeping Arrangements

In accordance with the policies of the Victorian Branch, the Victorian Contingent policy regarding sleeping accommodation at the Jamboree is:

- Separate tents must be provided for and used by youth members and adults
- All members of a patrol will be accommodated within a designated area although separate male and female tents must be provided for each mixed gender patrol

Troop Funds

If Troops intend to organise a kitty to fund additional replacement items such as batteries etc. contributions from Troop members must be kept to a minimum amount so as not to place further financial burden on families.

Badge Swapping

This is an important Scouting tradition, promoting interaction between members of different contingents and expanding Scouts' knowledge of the breadth of Scouting.

Market Day

During the Jamboree, an event called 'Market Day' takes place, where Sub Camps will have areas for Troops to set up their stalls and be given specific times to peddle their wares. During this day, each Jamboree Troop is asked to organise an activity for other Troops and visitors to enjoy – the activity should be fun and designed to amass "Jamboree Cash". The equipment for your activity needs to be simple and easy to transport to the Jamboree, and you will need to bring it with you in amongst your Troop gear.

Religious Observation

This starts with the Scout Promise and is reinforced with grace at meals and prayer. Make sure that dignity is maintained at these times. Every effort should be made to identify those who wish to take part in the observance of their own religious beliefs. Care should be taken to ensure that all Scouts are given the opportunity to attend services if they wish.

Religious Services for all denominations will be organised along with a Thanksgiving Service for the whole Jamboree.

Eating Sensibly at the Jamboree

There will be sufficient food provided at the Jamboree. It will be possible to gain extra rations if necessary from the Sub Camp QM if your Troop should be running short of food. While Jamboree food has been carefully selected to give a proper nutritional balance, there is sometimes a tendency for Scouts to eat junk food and skip meals.

Kitchen Hygiene

Strict cleanliness should be paramount especially in the kitchen, food storage and dining area. Needless to say, those involved in the preparation and serving of food should frequently wash and rinse their hands in hot water with soap.

Rubbish Disposal & Recycling

Separate rubbish and recycling wheelie bins will be located throughout the sub camps. These will be exchanged daily for clean bins.

Slip, Slop and Slap

With the hot climate and amount of sunshine expected during the Victorian summer in January, it is absolutely vital that every member of the Contingent is "sun smart". Therefore a wide brimmed hat should be worn at all times when outside as well as long sleeved shirts and 15+ or 30+ block out sunscreen should be used on the face, neck, ears and other exposed areas.

Stings and Bites

There is a risk of mosquito bites at the site. Preventative measures by Scouts and Leaders to be undertaken include the use of roll-on insect repellents (**do not take pressure packs**). It is recommended that "Rid" or "Tropical Strength Aerogard" repellents be used and that full cover-up clothing be worn at dusk and onwards during the evening. Mosquito netting can also be used to ensure a good nights sleep.

Washing and Showers

Troop members will require supervision to get into a regular washing routine at the Jamboree. This must be continuously checked and enforced.

Clothes Washing

This should be encouraged on a daily basis to avoid being caught out by wet weather or clothes going mouldy in the heat.

First Aid Kits

Each Sub Camp will have a full time First Aid Post (FAP) staffed by qualified personnel. Any illness, incident or emergency situation should be referred to the medical staff. Minor injuries should be treated in the Troop and Scouts should be encouraged not to go to the First Aid Post for Band-aids, etc.

Leaders must not administer any medications without the specific written permission and instructions from parents/guardians.

Medication Management

Make a list of all Scouts in the Troop on medication and what drugs they are on; keep one copy and provide a copy to the Contingent Medical Team. Make a list of Scouts with chronic illnesses for the Contingent Medical Team. e.g. diabetes, asthma, epilepsy, eczema and allergies. It is strongly suggested that you have a "treatment sheet" to mark off when medications have been taken.

Personal Medications

Anybody bringing medication to the Jamboree must make sure that there are clearly written instructions about when and how it is to be used included with the medication.

Youth members should give all medications, with the appropriate written instructions, to the Jamboree Troop Leader. Any medication taken to the Jamboree should be carried in the Scouts hand luggage while travelling.

CONTINGENT ISSUED GEAR

All members of the Victorian Contingent will receive the following contingent items:

- | | |
|-------------------------|---------------------------------------|
| 1 Contingent Shirt | 1 Contingent Aluminium Water Bottle |
| 1 Contingent Roller Bag | 2 Luggage Tags |
| 2 Contingent Badges | 1 Name Badge for Lanyard (Youth Only) |
| 1 Contingent Bum Bag | |

Leaders will also receive a Contingent name badge

Personal Gear

The following list has been drawn up to help you prepare for your time at the Jamboree. The Personal Gear List is for youth members.

General Clothing Items

- 1 Full Scout Uniform with Jamboree scarf**
- 1 Spare Pullover (warm, woollen)
- 3 Pairs of Shorts
- 5 Tee Shirts (collar style recommended)
- 1 Swimming Costume
- 1 Bathing Cap (optional)
- 5 Changes of Underwear (minimum)
- 2 Pairs of Pyjamas/Sleepwear
- 5 Pairs of socks
- 6 Handkerchiefs or 1 Box of Tissues
- 2 Pairs of Long Trousers, Jeans or Track Suit Pants
- 2 or 3 Pairs of Track Shoes or Joggers (including one old pair for water activities)
- 1 Spare Pillow Case
- 1 Wide Brimmed, Soft, Floppy Hat (supplied)**
- Thongs will not be permitted.*

Bedding

- 1 Small Pillow (Backpacker's style)
- 1 Ground Sheet (1400 mm x 2000 mm)
- 1 Sleeping Bag and Blanket if required 1 Inner Sheet
- 1 Air Bed (not plastic) or Sleeping Mat Camp Stretchers are not permitted unless they can fit inside your case/bag with your clothes.

Eating Utensils

- 1 Mess Bag (with a 20mm loop on an outside top corner)
- 1 Unbreakable Plate (shallow)
- 1 Unbreakable Plate (deep)
- 1 Unbreakable Cereal / Sweets Bowl
- 1 Knife, Fork, Spoon and Teaspoon
- 1 Unbreakable Mug
- 2 Tea Towels

Toiletries

- 1 Face Washer
- 2 Towels (for showers and the beach)
- 1 Toilet Bag containing:
- Soap in a container
- Toothbrush in a container and Toothpaste
- Comb and/or Brush
- Nail File/Scissors
- Roll-on Deodorant (no aerosols permitted)
- Unbreakable Mirror
- Shaving Gear (if necessary)
- Cosmetics (if necessary)
- Sanitary Napkins (if necessary)

Wet Weather Gear

- 1 Pair Over Trousers (optional)
- 1 Raincoat or Japara Jacket or Poncho

Miscellaneous Items

- 1 Contingent 100 Itr Travel Bag** (supplied)
- 1 Day Pack (for hand luggage)
- 1 Pair of Reef Style Sandals (for showering)
- 1 Repair/Sewing Kit
- 1 Air Mattress Repair Kit (if appropriate)
- 1 Writing Set, including envelopes & Stamps
- 1 Large Insect Repellent Cream (no aerosols permitted)
- 1 Bottle Sunscreen, Lip Salve (15+) 1 Pair Sunglasses
- 1 Camera and Film (optional)
- 3 Large, strong and clear Plastic Bags (for soiled or wet clothes or shoes)
- 1 Shoe Cleaning Kit
- 1 Pegless Clothesline
- 1 Small Bag to store valuables in Troop Security Box (e.g. 300 mm x 300 mm, zippered top with name on the outside)
- 1 Small Torch and Batteries
- Clothes Hangers
- Swap Badges (optional)
- Small Personal Radio or "Walkman" with extra batteries

Personal & "Walkman" Cassette Radios: The JOC is planning to operate a Jamboree Radio Station.

Pocket Money: Youth members to discuss the amount with their JTL.

Travel Bags: All items must be carried in the supplied Contingent bag.

Personal Luggage Limitations:

- ⊘ For safety reasons, flammable liquids and other dangerous goods must not be carried in your luggage.
- ⊘ Prohibited goods include matches, lighters, any aerosol, methylated spirits, paints, gun powder and some cleaning agents.
- ⊘ Because of the safety risks and potential security problems, it is strongly recommended that such items as cellular telephones, portable CD players and electronic games are not taken to the Jamboree. This especially applies to youth members.

Pocket Knives:

- ⊘ Under no circumstances are youth members allowed a knife of any description at the Jamboree.

Dress Code

All Victorian Contingent Members travelling to the Jamboree will be required to wear the Victorian Contingent T shirt and Jamboree Scarf.

At the Opening and Closing ceremonies everyone will wear their normal Scout uniform with Jamboree Scarf

When we go off-site we go as Jamboree ambassadors – Jamboree hat, shirt and scarf.

At all other times – including water activities – you dress Sun smart ... hat, sunscreen, etc, but otherwise it's up to you.

At Jamboree

Once your Scout reaches Jamboree, he or she needs to be ready for action! 10 days of it in fact! Highlights of the activity program include:

Activity Program

The Activity Program will run from Mon Jan 4th until Thursday Jan 14th.

The 22nd Australian Jamboree is jam packed with 9 days of adventure, excitement and fun. An awesome line up of on-site and off-site activities, plus tons of great entertainment at night time will keep Scouts so busy they will need a holiday just to recover.

On-site

- Adventurous activities - Test your limits and get your adrenalin pumping on the climbing wall, high ropes, laser skirmish and much much more
- Cirque du Scouté - Run away to the circus and learn to juggle, ride a unicycle and take part in tons of great circus themed games.
- Brownsea - Rediscover traditional Scout craft and bush craft at the Brownsea base.
- Global - Learning was never this much fun. At the Global base you will learn about DNA, plant a tree, make movies and even try wheelchair basket ball.

- Skills base - Reach for the moon. Learn how to build a rocket, fix a car and turn wood.

Off-site

- Water activities - Get wet! The perfect way to cool off on a hot summer day.
- City tour - Discover one of the world's most famous cities.
- Jamberoo Adventure Park - Take control of the action at NSW's biggest fun park.
- Endurance - Test your navigation skills and endurance by completing challenging activities spread through the bush
- Air activities - The sky is the limit on your own Jamboree flight. (optional at extra cost)

Air Activities

Air activities will be run from Camden Airport and a shuttle bus will run from the Jamboree to the airbase.

Bookings will be required and flights will be at an additional cost of \$50.00 above the standard Jamboree fee with a non refundable fee of \$30.00 if Scouts are unable to fly. The non refundable fee covers the program at the Air Base less the flight component. More details on how to book flights will be provided from the activities team at the Jamboree. Note members attending the Air Activities will miss out on the Rostered Patrol Activity,

Entertainment

AJ2010 will have two arenas pumping with music, movies and comedy every night. Check out the [entertainment guide](#) to find out more.

Swimming and Water Activities

During the Jamboree, Scouts will have the opportunity to swim at a number of activity sites. Jamboree Troop Leaders are requested to make certain that all members of the Jamboree Troop and their parents are aware of the Policy and Rules, R12.10 and R12.11. It is also recommended that both Scouts and Leaders wear a T-shirt at all times when swimming to help protect them from sunburn.

IN CONCLUSION

Jamborees can be a wonderful life experience for our Scouts and Leaders, not to mention Parents, so it is imperative that Scouts are prepared and supported for such an event.

Your local Scout Leader, Jamboree Troop Leader and Contingent Team will provide the Scouting knowledge, camping environment and preparation for the Jamboree, but it is up to you to support your Scout's attendance in a positive manner through encouragement and to be a part of the sharing of the experience from the start (when the decision is made to apply to attend) right through to the months following the event.

Remember, the Jamboree starts when a Scout decides they want to attend.

The 22nd Australian Jamboree will be the most rewarding experience the Movement can provide for a Scout and the memories will last a lifetime.

Appendix 1: Homesickness in Youth Members

Homesickness is universal. Doctors and Psychologists call it 'separation anxiety' and it can affect most people at one time or another.

There's No Place Like Home

When you are used to having certain people or things around you, it can make you feel sad or scared when they are gone. Feeling homesick can be even rougher if you're dealing with other problems too. Your parents might be going through a divorce, or someone you know has just died. These kinds of scary and sad experiences may make you even more attached than usual to the 'safe' people or things around you, including little things you don't even think about until they're not there.

You may think it's silly to miss home so much, but it's not. Everyone gets homesick. Children, adults, and even animals get homesick! If a creature is locked away it often cries, refuses to eat, and doesn't want to talk to its friends or play with them. In modern zoo's, professionals do their best to re-create a natural habitat so the animals have familiar surroundings and feel less homesick.

So, What Is Homesickness?

Homesickness isn't the same kind of sick you feel when you've eaten too much cake, or if you have a cold or flu. It's very different. It happens because emotions change what the body is feeling. It might be because you miss your family and friends, your bedroom, your pets, or even the regular sounds and smells of home.

You may feel sad or scared, but these are only emotions and they can't physically hurt you. You could experience headaches, dizziness, and/or an upset tummy, but this is your body's way of reacting to the emotions. You might even cry, but that's okay, because everyone cries (even though some people pretend they don't).

How Do I Cope With Homesickness?

Just like you can take medicine when you are ill, you can do things to help you feel less homesick, only there are no pills to swallow!

Having lots of fun is the best way to get rid of homesickness. At big events like the Jamboree there are heaps of exciting activities to keep you entertained both during the day and at night. There's so much to see and do, you'll hardly know where to start! The bus trip to the Jamboree is your first great chance to have fun. You can make new friends and play games and chat and relax. If your tummy feels upset, ask a Leader if you can sit up the front. The front of the bus has less vibrations, so your stomach will settle quicker. Chewy lollies can help if your ears are hurting. When you get to your site you will set up your tents and the rest of your camp. This will be your home for the next ten days, not that you'll spend much time there!

Try to limit your telephone calls home. Contacting home will probably make the homesickness seem more real, as it will reinforce the feelings of isolation. Jamboree are about having fun and experiencing new things so you have lots of great stories to share with family and friends at the end of the Jamboree. The more fun you have, the better you will feel.

Remember

It's fine to admit you're feeling homesick. After all, it's a natural response to feel a little uncomfortable away from your home and family. You can discuss your feelings with your Patrol, your Leaders, or anyone you can talk to easily. Jamboree is about having as much fun as possible and the more fun and adventurous activities you join in the better you will feel.

Appendix 2: How Parents can help with Homesickness. What can a parent do to help?

Homesickness, or its correct name, separation anxiety, is something we can all suffer from, through early childhood and into adult life. However, it does change and we do develop coping mechanisms.

Handling homesickness is all part of maturing and developing as a person. For young people dealing with it as they progress through life helps them develop their own self confidence and independence. Every Adult on their first time away from home from more than a couple of days starts to 'miss home', perhaps getting a little anxious wondering what's happening, missing their own bed, or toilet. Its simply 'I need reassurance that everything is happy or OK'.

In younger children this is more pronounced, as away from home they no longer have the safety of the families and familiarity of their room. In very young children it's simply separation from the only thing in life mum, even if she is only in the next aisle in the supermarket.

How do I help minimise homesickness and help my child?

1. SYMPTOMS:

Symptoms normally only last a day or two at the most. They range from the usual 'nobody loves me everybody hates me', through things such as headaches, feeling sick, stomach aches, sad, deserted, off food and sometimes sleeping difficulties. These are all transient and quickly overcome if handled properly. (Remember at the Jamboree we have a full medical staff who checks in case they are genuinely sick).

2. MAIN CURE:

Reassurance and keeping busy. The same technique you used when you left your child with someone else for the first time, they distracted them and kept them busy. That's what we do at the Jamboree.

3. TRAVEL:

Travelling to Jamboree with the group is an essential part of helping them cope. In the case of the 2010 Australian Jamboree even a relatively short bus trip helps them develop a stronger bond forming a support group for each other. They arrive as a group and are kept busy assembling the tents and camp, that night they sleep well and start off refreshed the next day.

4. PHONE HOME:

This is the biggest problem because it is so easy for those at home to unintentionally make the problem worse for their child. The very worse thing is for Mum or Dad to say 'We miss you'. You should direct the conversation around to what they have been doing and what they plan for the rest of or next day. If they ask if you miss them simply answer along the lines of 'Oh yes, but we are really looking forward to hearing all about the Jamboree and seeing your pictures when it's over.'

Encourage them to be to get involved, to go and meet other Scouts from other places, to develop some contacts, to talk to their Patrol Leaders and Leaders, even the Sub Camp Team, who all there to support them. Be very positive! This event will be a great part of their development.

5. "YOU CAN ALWAYS COME HOME":

NEVER suggest that they can come home. The phrase 'If you don't like it you can come home' causes problems. There are better ways of supporting your child.

At Contingent and Jamboree HQ we have a medical team and other professionals with years of experience in adolescent problems. If they feel it's in the child best interest to return home they will contact you.

If your child's Leader doesn't feel he can fully help, he has a main Welfare Leader and a Sub Camp Team to call on. In fact they in turn can call on the Contingent HQ Team with accredited personnel. The Contingent HQ, check daily with each sub camp, seeing what is happening and if their help is needed.

True there's no place like home and being away and homesick not much fun, but if it happens at all it normally only lasts for a couple of days and it is a great help to your child's development learning ways of beating it. You don't want them to miss out on all the fun and adventure that will be a rich part of their life.

Greg Timney

Deputy Contingent Leader AJ 2010