

24th World Scout Jamboree Australian Contingent



Newsletter 5 - AusCon is Ready to Go

July 2019

From Our Contingent Leader

We're now just over two weeks until our adventure across the Pacific commences. For some of our independent travellers though, their adventure has already begun! We're beginning to see airport departure photos of contingent members who have decided to make the most of their trip and head over early.

Last month we wrapped up our final Orientation Day for WSJ2019. It was great to be able to meet the hundreds of Scouts from around Australia coming on this adventure with us. If you need a recap on the things we covered during the information session, a video of the Sydney O-Day and presentation slides are now available on the Contingent website for your reference.

By now you should have all your Contingent Merchandise ready to go. Maybe try a practice pack of your bag, and get a friend to tie a friendship knot in your International Scarf. From previous experience, Australian merchandise is very popular at a World Jamboree, so please don't forget to clearly label all your items.

To ensure our safety while overseas, the Australia Embassy has requested that we collect a digital copy of your Passport details page. Please make sure that you have uploaded this into the registration system on the Travel Details page.

As this is the last Newsletter before our departure, there are several important reminders to assist with your final preparation. It's packed with information on emergency contact details, spending money and travel cards, troop site allocations and reminders on travel details. Please also refresh yourself with the previous four newsletters to ensure you're prepared for this adventure.

I look forward to seeing you all in Washington DC as we depart to Unlock a New World!

Yours in Scouting
Shane Troyahn

Contingent Contact Numbers

We now have established our Contingent Hotline Numbers were issued at the ODay. For your reference we have placed them below.

Contingent Hotline
+1 (443) 214 6858
or
+61 407 112 759

These numbers are to be used only by participants should they need to get in contact with the Contingent Management Team.

It will not be possible to speak directly with Contingent Members during the Jamboree. Participants scheduled for full day activities may not be contactable by the Contingent for several hours. The Contingent Management Team will however do their best to pass any urgent messages to the Contingent Member concerned as soon as possible. Contact from home should only be done in an emergency for Emergencies to Shane Troyahn - the Contingent Leader on +61 411 146 471.

Passports

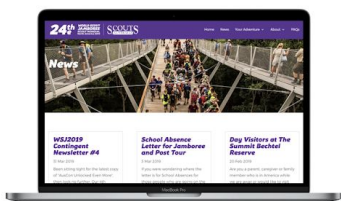
There are still people who have not loaded a copy of their passport details page into the registration system, please check that you have done so and if not please load it **now**. If you need some help, please contact Lloyd at lnurthen@wsj2019.scouts.com.au

Communication

As a reminder the Contingent will be using Workplace for the CMT to push messages and communications out to the Contingent. Workplace will also be used by your Troop Leaders to communicate with you while we are on the ground. Make sure you have the **Workplace App** and **Workplace Chat App** installed on your device. Now is the time to practice.

For those back home, don't forget we will have 3 main sources of communication back down under.

Our Website



wsj2019.scouts.com.au

Facebook



fb.me/wsj2019au

Instagram



[@wsj2019au](https://www.instagram.com/wsj2019au)

Make sure you keep your eyes posted here as we will be sharing pics and updates as we go.

Spending Money and Travel Cards

As advised in Newsletters 3 and 4 we are providing a Debit Card for all the Contingent members on which we will be loading money for meals, flight baggage etc. We have now loaded your card with money for expenses up 2nd August. The following table shows how this has been calculated:

Reason	Amount	Notes
Queenslanders staying overnight in Brisbane - Dinner on 16/7.	AUD 15.00	NB: Breakfast 17/7 included in the room rate.
Tasmanians staying overnight in Melbourne - Dinner 16/7 and Breakfast 17/7	AUD 25.00	
Meals between Australia and Washington DC NOT included in airfares.	USD 15.00 per meal	This will be different per person depending on the flights.
Luggage Fee	USD 30.00	Only if the airfare does not include luggage
Lunches (4) in Washington	USD 15.00 per meal	IST only 2 meals as they depart for the Jamboree site on 20/7
Dinner (1) in Washington	USD 25.00	

The balance may not be updated until the middle of this week due to approvals in National HQ being required. These approvals will not impact loading funds at the Jamboree as the CMT will be able to approve transactions done at the Jamboree.

An additional amount has been added to cover the Foreign Exchange Fee (3.6%) that is charged by Mastercard. The exchange rate used to convert the USD to AUD was the published rate on the 1/7/2019.

For all those that have paid for their spending money as of 1/7/2019 we have loaded these funds less 1% Load Fee, please note that you will need to take into consideration the 3.6% Foreign Exchange Fee.

We have now locked out the ability to purchase additional funds via the Application System, so if you wish to purchase additional spending money you need to email admin@wsj2019.scouts.com.au advising the AUD amount you wish to purchase. The Admin Team will create a payment in the payment schedule for you to pay. Once this has been paid we will transfer that amount (less the 1% load fee) to the Debit Card.

Should you have the misfortune to lose the card whilst travelling you will need to contact the Admin Team, either by email, admin@wsj2019.scouts.com.au or by coming to see us at Contingent HQ.

We will then issue you with a replacement card and cancel the lost card. Should you later find your lost card you will need to return this to the Admin Team.

Setting up your Travel Card Portal (Cash Passport)

To setup access to the Travel Card Portal (Cash Passport) please download and follow the instructions that have been prepared in conjunction with MasterCard. These can be found here <https://wsj2019.scouts.com.au/wp-content/uploads/sites/7/2019/07/Cash-Passport-v2.pdf>

Once you have registered your Username and Password, and created your security questions you will be able to:

- View your balance
- View your Statements
- Suspend your card
- Reveal your PIN
- View Current Activity

Please note that the only way to access the portal is via the website, using your Username and Password.

Please contact Stephen Smart (Admin and Finance Director) at admin@wsj2019.scouts.com.au if you have any questions regarding the accessing the Travel Card Portal.

Uniform

When travelling to and from the Jamboree you are required to wear your Scout Uniform;

- Australian Scout Shirt (for your relevant section) - including Australian Contingent WSJ2019 Name Bar, (which is to be worn on your pocket opening) and the Contingent Badge (sewn on the right hand side of your shirt) - please remove all other event badges
- Beige or Stone Coloured Pants or Skirt in line with the Scouts Australia National Uniform Policy
- Scout Belt
- Suitable Shoes for Uniform
- Australian Scarf with Friendship Knot
- Akubra Hat

You are representing Scouts Australia, so ensure you leave the public with a good impression. As you may be travelling up to 24+ hours we suggest that for the longer flights you may wish to change into trackie daks and a t-shirt and then back into your uniform before landing. Please ensure that you FOLD your uniform neatly and store in the overhead lockers.

Hint: Carry a small roll-on deodorant in your hand luggage as you will not be able to shower for over 24 hours! (But remember that you'll need to pull it out to show airport security)

Summary Itinerary

July 16	Some regional travellers start their journey across Australia!
July 17	Travel from Australia to Washington DC. It will be a Very Long Day! Staying at American University, 4400 Massachusetts Ave NW, Washington, DC 20016.
July 18 - 21	The Contingent gets to explore Washington DC - the National Mall area!
July 20	IST Members travel to the Summit Bechtel Reserve.
July 22	The rest of the Contingent travels to the Summit Bechtel Reserve.
July 23 - August 1	You're all arriving. And the sun out there is shining. There's no sign of stopping, and the badges are already swapping. There's smiling faces, and we'll visit so many different places. People you can meet and lots of things to see. Unlock a Brand New World at the Jamboree... JAMBOREE!!
August 1	Bus trip from Summit Bechtel Reserve to Charlotte Airport in North Carolina.
August 2	Travel from Charlotte, NC to Los Angeles, California, where we will be staying at the University of Southern California.
August 3	Disneyland.
August 4	Canada Tour flies from Los Angeles to Calgary where we will be staying at Mt Royal University. The rest of the Contingent heads to Six Flags Magic Mountain & Hurricane Harbour and then off to Los Angeles Airport to fly home.
August 5 - 8	Canada Post Tour - Rotating through activities in Banff, Calgary Olympic Park, the Columbia Icefield and White Water Rafting!
August 6	Main Contingent arrives back in Australia
August 9	Canada Tour flies from Calgary to Los Angeles and then onto Australia
August 11	Canada Tour arrives back in Australia

Print Two Copies of this Page

Leave one copy for the folks who have to stay at home (so that they can see what we are doing) and keep the other copy with your passport for completing security questions upon arrival in the States.

Safe From Harm Training (Adults Only)

As outlined in the last Newsletter, all Adults MUST complete their Safe From Harm Training (SFH) prior to arriving on the Jamboree Site. Failure to do this will result in a delay (of at least 3 hours) to entering the site.

Remember that completed SFH Certificates need to be sent to sfh@wsj2019.scouts.com.au and you must have a paper copy on you when you arrive at the Jamboree site.

Troop Site Allocations

Our Troop Sites have been allocated. The table below lists your home for the Jamboree!

Unit Number	Campsite	Base Camp	Sub Camp
AUS001	B133	B - Blenheim Palace	B1 - Brazilia
AUS002	A317	A - Agra Fort	A3 - Aksum
AUS003	A439	A - Agra Fort	A4 - Anjar
AUS004	B243	B - Blenheim Palace	B2 - Butrint
AUS005	F229	F - Fort Jesus	F2 - Fortress of Suomenlinna
AUS006	B327	B - Blenheim Palace	B3 - Boyana Church
AUS007	B128	B - Blenheim Palace	B1 - Brazilia
AUS008	C137	C - Canadian Rockies	C1 - Canterbury Cathedral
AUS009	C222	C - Canadian Rockies	C2 - Centennial Hall
AUS010	C346	C - Canadian Rockies	C3 - Carlsbad Caverns
AUS011	C410	C - Canadian Rockies	C4 - Castel del Monte
AUS012	D121	D - Durham Castle	D1 - Delos
AUS013	D211	D - Durham Castle	D2 - Darien National Park
AUS014	B143	B - Blenheim Palace	B1 - Brazilia
AUS015	A244	A - Agra Fort	A2 - Angkor

IST Update from Harry Long

G'day Everyone!

The excitement builds as our departure date draws near. I am so proud of our entire IST team and the manner in which everyone has communicated timely information. Our host NSOs (Canada, Mexico and the United States) have been extremely efficient in making an unprecedented number of early IST team appointments with only a handful of IST positions not yet assigned. Rest assured that every effort is being made to finalise this process while at the same time recognising that there may be a few of us that will arrive at the Jamboree site not knowing our IST role.

I also recognise that there may be some IST assignments that prove unsatisfactory and I will endeavour to ensure these assignment challenges are addressed as a priority. I will be accessible as much as possible once the Jamboree is underway. Each day I will have scheduled times where you will be able to meet with me at World Jamboree Australian Contingent Headquarters to discuss the successes and challenges each of you are experiencing. It follows that each day of the Jamboree I will have the opportunity to discuss the challenges you are having with our Jamboree host teams responsible for IST support. I draw your attention to the World Jamboree IST link along with a link to the Flash Updates page that are dedicated World Jamboree links that provides timely information on IST related matters.

Some recent discussion regarding tent allocation has occurred. Specific activity teams may require an accommodation model located near their activity base and apart from the Australian Contingent camping site. Those IST members affected should hear from their respective activity team leaders, if this is the case. The bulk of IST and CMT will call four-person tents home for the duration of the Jamboree within the Echo base camp. The bunks are best described as camp stretcher bunks with approximately a metre between each set of bunks. Tent height is sufficient for most members to stand upright. You'll be advised of your tent allocation upon on arrival on site.

With O-days now behind us I provide a timely reminder that items required for the journey should be complete. Check (and recheck) that you have everything required for a safe and enjoyable World Jamboree experience. I look forward to meeting with you all soon.

Harry Long
IST Manager

Independent Traveller Information

The following information is to re-confirm meeting and departure timings from the contingent depending on your travel status.

Option 1

Meeting the Contingent - 17th July at 1300 at American University, 4400 Massachusetts Avenue, NW, Washington, DC 20016 in front of Anderson Hall

Departing the Contingent

- **No Canada Post Tour** - August 4th at 1800 at Tom Bradley International Terminal (TBIT), Los Angeles World Airports
- **Canada Post** - August 9th at 1800 at Tom Bradley International Terminal (TBIT), Los Angeles World Airports.

Option 2

Meeting the Contingent - 20th July at 0700. Don't be late - it's a long walk to SBR!

Location: American University, 4400 Massachusetts Avenue, NW, Washington, DC 20016 - In front of Anderson Hall.

Departing the Contingent - 2nd August - 0630 at Charlotte Douglas International Airport, North Carolina.

Naming Your Stuff

Make sure you label your stuff with your **Name** and your **Troop Number** with **AUS0xx** where **xx** is your **Troop Number** so for those with a one digit troop number like **Troop 1** you would label your stuff with **AUS001** and those in a troop with two digits, like **Troop 10** you would label your stuff with **AUS010**. For **IST**, please label your stuff **AUS IST**.

Airport Timings for Contingent Travellers

Listed below are the meeting times for each departure airport. We'll have Airport Marshalls at Brisbane, Sydney & Melbourne International Terminals. These volunteers will be near the check-in areas to assist you with a smooth check-in process.

Flight#	From	To	Date	Arrive at Airport By	Departure Time
QF2533	Longreach (LRE)	Brisbane (BNE)	16/7/19	13:05	14:35
QF2517	Mackay (MKY)	Brisbane (BNE)	16/7/19	14:10	15:40
QF1016	Hobart (HBA)	Melbourne (MEL)	16/7/19	15:20	16:50
QF2359	Rockhampton (ROK)	Brisbane (BNE)	16/7/19	15:30	17:00
QF2058	Devonport (DPO)	Melbourne (MEL)	16/7/19	15:30	17:00
QF2286	Launceston (LST)	Melbourne (MEL)	16/7/19	15:30	17:00
QF917	Karratha (KTA)	Perth (PER)	16/7/19	17:55	19:25
QF568	Perth (PER)	Sydney (SYD)	16/7/19	22:25	23:55
QF829	Darwin (DRW)	Sydney (SYD)	17/7/19	00:15	01:45
QF1753	Cairns (CNS)	Brisbane (BNE)	17/7/19	03:55	05:25
QF1797	Townsville (TSV)	Brisbane (BNE)	17/7/19	04:25	05:55
QF732	Adelaide (ADL)	Sydney (SYD)	17/7/19	05:05	06:35
QF1514	Canberra (CBR)	Sydney (SYD)	17/7/19	06:50	08:20
QF093	Melbourne (MEL)	Los Angeles (LAX)	17/7/19	05:30	09:00
QF1466	Canberra (CBR)	Sydney (SYD)	17/7/19	07:45	09:15
QF11	Sydney (SYD)	Los Angeles (LAX)	17/7/19	06:05	09:35
QF015	Brisbane (BNE)	Los Angeles (LAX)	17/7/19	06:50	10:20
QF007	Sydney (SYD)	Dallas (DFW)	17/7/19	09:05	12:35

People and Welfare Update

In early June we provided updated dietary and allergy information to all caterers, airlines, etc. It's still really important that you keep this information up to date, but if you do make changes please email Rod Byrnes at rod.byrnes@wsj2019.scouts.com.au to let us know as we need to pass the information on to all the caterers, etc.

A final reminder to ensure you pack your medication, and enough of it for the duration of the trip! Make sure you've got some in your day pack for easy access. And if you're an epi-pen carrier, please ensure you bring it with you on the aircraft.

Fatigue Management

A World Jamboree is an intense experience – 3+ weeks of fun, excitement and challenges. Many of our team will be more active than normal. Add to this mix a changed sleep pattern (ok, most likely less sleep!) and you've got a recipe for significant fatigue risks.

This note isn't about pretending we can avoid fatigue, rather it's to help our adults recognise the signs and propose some strategies for dealing with it. Fatigue isn't just an 'adult' problem of course - whilst this document isn't written for our youth members to read, it's intended to assist the adults (supervising them in campsites, assisting them with activities, etc.) to assist our youth in managing their own fatigue too.

What is Fatigue?

Fatigue is physical and/or mental exhaustion that can be triggered by stress, medication, overwork, or mental or physical illness. Symptoms of fatigue vary but may include blurred vision, nausea, difficulty keeping eyes open, head nodding, drowsy feeling, irritability, micro sleeps, and still feeling tired after sleep. You probably recognise at least some of these symptoms!

The effects of fatigue include:

- slowed reaction time
- poor coordination
- poor concentration
- poor communication
- irritability
- high error rates
- reduced vigilance
- reduced judgment and decision-making ability

Hopefully you note that symptoms like reduced vigilance, poor decision making, and irritability aren't desirable when looking after a large group of youth! And once you're a little bit grumpy, it doesn't take much to make you more grumpy - and it's a bit of a downwards spiral from there!

Reducing the Risk of Fatigue

The only long-term effective strategy to eliminate fatigue is sleep. Adults generally require 7 hours of sleep daily, but this varies for each person. Even if you're used to running on 5 hours a night, this gets harder if you're doing twice as much physical activity in hot weather! Sleep deprivation has been likened to the effects of alcohol - being awake for 17 hours is equivalent to having a blood alcohol level of 0.05.

Rest Prior to Jamboree

Jamborees are demanding environments and it does not help if you start a Jamboree with nothing left in the battery. Prior to leaving Australia, please try to gain additional rest. If you're fatigued when the setup starts even little setbacks will feel like a major drama!

During the Pre-Tour

This is of course an exciting time – in a new country, meeting lots of new people, etc. – but tired from a long journey... and then the jet lag kicks in! Make sure you & your youth members get plenty of rest opportunities (preferably at night to help their body clock adjust) during this part of the trip.

During the Jamboree

Firstly, and probably most importantly, we need to share the workload. Each adult should be rostered off for two days during the Jamboree. Please use these days off for rest and to allow for additional sleep in. In Troop lines establish duty rosters so that not all leaders are required to wake up early and stay up late every night. Try to establish strong & trusted working relationships, so that if your mate is recognising the signs of fatigue (e.g. you're about to go off the deep end at the Scout who's lost their ID tag for the 3rd time), they can pull you aside.

A few other tips:

- Ensure you take adequate and regular meal breaks.
- Take 'power naps' when appropriate, for example during lunch breaks (under a tree), on the bus (to and from an activity) or while at dull meetings with the Contingent Leader.
- Make use of transport (e.g. shuttle buses) and avoid driving after working long hours.

If you, or a workmate, are suffering from fatigue, the best immediate course of action is to rest and, if possible, sleep. If you find that fatigue is an ongoing issue, please discuss this with your line supervisor or Contingent contact to establish specific management arrangements.

After the Jamboree

There's some great sleep opportunities on buses and planes as we move from the site to LA, and then home, so take advantage of this!

It is recommended that members are collected from airports or pick-up locations following WSJ2019 and do not drive home. From personal experience, even a 30-minute drive at the end of a Jamboree can really be a struggle!

Independent Travellers

Please don't plan on being the driver for a long road trip immediately after the Jamboree. Driving whilst fatigued increases the risk of having a micro sleep and losing control of the vehicle. We strongly recommend staying locally for the first night and getting a great sleep.

Transport Update

We've now distributed almost all the e-Tickets. We'll send out a final email when they're all done so you can check that you've got everything. Remember that your itinerary is on your online application. Thanks for your patience as the e-Tickets are distributed (it has been a very manual process with literally thousands of emails to send out). **Please take your e-Tickets with you** (you don't need to print all of the pages, just the pages with your key itinerary and booking number information).

For many of you, this might be your first International Travel experience, so you may be a little nervous. Have a good read through the [travel tips](#) document that we emailed out last month - there's some really useful information in there, including how to fill in the [Entry Cards](#). We have a few processes in place to help the trip go smoothly, including Airport Marshalls, Flight Leaders and a Transport Hotline.

We'll have Airport Marshalls at Brisbane, Sydney & Melbourne International Terminals. These volunteers will be near the check-in areas to assist you with a smooth check-in process. Watch out for them, and ask them any questions you may have.

Flight Leaders have been appointed for all of our flights. On the large flights there will be deputies to help them. At each point of the journey they'll be checking off that they have everyone, advising what time to meet back, helping navigate airports, etc.

The Transport Hotline (+61 456 493 199) will operate 24/7 during the travel periods only. Outside of this use the Contingent Hotline. This is mostly for use by the designated Flight Leaders so that we can track large groups of people. As an individual, please only use this number if you have a unique travel problem (e.g. if you will miss your flight). Please text this number as we are trying to keep the line clear. If we need to talk to you we'll call back. For now, the best contact remains via email.

All contingent members, please ensure you stay alert whilst in transit. Do not get separated from your flight group. At times, flight groups will join up for larger flights, and then split up for smaller flight. It will be easy to end up in the wrong place if you're just following the yellow backpack in front! As a team we're doing all we can to keep this under control, but every individual has a role to play.

Note that you may need to drag your luggage for many kilometres over the 3 weeks, so it's in your best interests to keep it light! Yes, your Qantas e-ticket may say that you can take 2 x 23kg bags. So yes, feel free to bring as much luggage as you like to your starting airport. It may even get all the way to Washington DC - but it won't fit on the bus from the airport so you'll be leaving your excess baggage at the airport in DC.

Yes, that's right - our 20kg, 1 Bag, luggage limit isn't to punish you! It is in place to ensure that we can manage through the entire journey.

Upon return to Australia, all youth members arriving into International terminals (Brisbane, Sydney or Melbourne) are to be met in the Arrivals hall (i.e. just after clearing Customs). All youth members arriving into Domestic terminals (everywhere else) are to be met at the gate.

See you in DC! And remember.... Don't be late!