

# Staff Programme Activity Overview

New for EIJ 2024, a staff programme has been put together for those staff who wish to partake in activity across the week when they are not on shift. Before attending any staff programme, please make sure that your staff manager is happy that you are not needed to cover any EIJ activity.

Recognising that staff will be working a variety of patterns throughout the week, the programme has been worked into three session types: morning, afternoon and evening. A formalised schedule with dates and times will be published in due course and will be available on site during the event.

## Activities on offer...

The following activities will be run across four main sites including staff comforts, the staff canteen, the staff bar and the main stage area.

Some sessions will be repeated so that a variety of times and locations can be achieved

<b>Quiz</b>	Find a team and get your quiz on. Which team will be victorious and will be crowned quiz winners.
<b>People Bingo</b>	Get to know your fellow volunteers by trying to find those who can say yes to the question on your bingo sheet.
<b>Board Games</b>	A selection of board games will be on offer to play throughout the designated session, so grab a fellow volunteer and get gaming.
<b>Conversation Cards</b>	Prompts to strike up a conversation with people you don't know. Why not test the prompts out on people you know to see if it highlights anything you may not know.
<b>Olympic Games Viewing</b>	View the Paris 2024 Olympic games on site with our watch parties.
<b>Talent Show</b>	Support participants in their quest to become winners of EIJ 2024's finest talent contest.
<b>Laughter Yoga</b>	Try this delightful and unique style of exercise that combines laughter with simple yoga-inspired breathing techniques.

<b>Gold</b>	Going for gold, meet the Guiding Overseas Linked with Development volunteers who are here to show case and present their works as part of the gold initiative.
<b>Inspire GGUK</b>	Be inspired by the GGUK volunteers who want to help you understand this UK wide initiative for 18 - 30 year olds.
<b>Morning Yoga with Sue</b>	Salute to the sun with yoga to start your morning off feeling energised and supple for the day ahead.
<b>Craft Sessions</b>	Get your craft on and take time out to be creative, follow along or just make your own things with the supplied materials.
<b>Book Club</b>	Books, Books, Books. Bring, read and swap with fellow volunteers.
<b>fitness Aerobics</b>	Shimmy 'n' groove to a high energy aerobic workout. Bring suitable clothing and don't forget to hydrate and work within your own ability.
<b>fitness Chill &amp; Stretch</b>	Yoga inspired moves to stretch you mentally and physically as you wind down from a previous shift. Bring suitable clothing, some mats will be available, but feel free to bring your own. Don't forget to hydrate and work within your own ability.
<b>Bingo</b>	Chance your luck and match the numbers on your cards, aiming to complete rows by marking called numbers.
<b>Micro Knotting</b>	Can you Knot on a micro scale? Weave your way through intricate knotting for an artistic and practical session.
<b>Silent Disco</b>	Party the night away in silence with our Silent Disco, which channel will you choose to listen to?
<b>Lego fun</b>	Build Lego and challenge others to a duel in Lego building, can you beat the clock?
<b>Meet the Chiefs</b>	Chat with the camp chiefs can you find a question they have not been asked yet?
<b>Raspberry Pi</b>	Providing an inexpensive tool for teaching basic computer science in schools and developing countries.
<b>Bell Ringing</b>	involves a team playing tuned bells in intricate patterns. Precision, timing, and teamwork create harmonious melodies.

<b>Open Mic Session</b>	Come and perform your talent and use the platform to showcase your varied skills. Can you perform a song, recite a poem, showcase a skill, wow us with an instrument, perform a drama skit or make us laugh with a comedy sketch. If you need to bring along things from home for this, remember to pack them.
<b>Talks</b>	Come and listen to live experts who will relay their experiences on topics such as travel and managing money.
<b>Campfire</b>	Experience the warmth, camaraderie, songs and stories. As you pop along to create cherished memories around nature's hearth. Since you are not allowed your own fire, we thought we'd make one for you! This is a chance for everyone to join in and participate in a traditional campfire.

## Themed Nights

Head to the Urban Umbrella for a night themed with fun. Bring your own costumes	
<b>Barn Dance - Sunday</b>	The Famous Potatoes will swing into action to help you do si do the night away.
<b>A Night at the Musicals - Monday</b>	Sing and dance along to hit musical songs with Southend Operatic and Drama Society in this musical extravaganza.
<b>Neon Night - Tuesday</b>	Party like it the 90's, with our Neon inspired party night. Will you glow in the dark?
<b>International Night - Thursday</b>	Celebrate our EIJ Internationals by representing your country and sharing the joy of diversity and coming together for a shared event
<b>Staff Party, Hawaiian Night - Saturday</b>	Hoola your way to the urban umbrella and say Aloha to the final party night. Bring the laid back beach vibes. Simultaneously a staff kidz night will be in action for those who still have young people on site.

# Main Stage Headliners

Head to the main stage for a week of headline activity that includes music, dance and acts to entertain you throughout your EIJ experience.

<b>Opening Ceremony - Saturday</b>	Attend the opening ceremony to help declare the jamboree open
<b>Video Sessions on Screen - Throughout the week</b>	Bring a chair, be inspired and learn something new with the video session on the main screen.
<b>Essex Gang show Bonanza</b>	Celebrating the best of Essex Gang Shows on stage at EIJ
<b>Outdoor Cinema</b>	Bring a chair and relax in front of the big screen with a movie night.
<b>Band Night</b>	Dance and sing your heart out at the main stage with the live band showcase
<b>International Showcase</b>	Enjoy what the International attendees bring and show as part of their cultural offering
<b>Picnic on the Green - Friday</b>	Bring your lunch and share in the joy of a picnic with others.
<b>Talent Show finals - Friday</b>	Cheer on the talent show finalists, as they take to the main stage to perform in the finals.
<b>Staff Celebration</b>	Bringing together passionate individuals who made it happen. Let's celebrate you as staff.

<i>Parade - Friday</i>	
<i>Closing Ceremony - Friday</i>	Bring the Jamboree to a close, recount and reveal in your memories of a Jamboree that's been a shared experience.

## Zone Activities

Explore what the participants are enjoying out in the field with our staff programme nights, out in the zones.	
<i>Up &amp; Under - Sunday</i>	Climb, duck, delve, slide, crawl, scramble, bounce, knot and bound your way through the Up and Under zone, it is stuffed with adventurous activity.
<i>Survival - Sunday</i>	<p>Fire lighting, pioneering, bush craft, knotting and many other outdoor activities await you in the survival zone. So if you want to try a new skill or practise existing ones, then this is the zone for you.</p> <p>Special equipment or clothing requirement:</p> <ul style="list-style-type: none"> <li>● Clothing that can get smokey!</li> </ul>
<i>In Motion - Monday</i>	Come to get your fix of speed, fun and adventure. Test your skills out and see how fast you can get round our tracks and try to beat your friends. Why not try your hand at riding our range of weird and wacky bikes?
<i>Balancing Act - Monday</i>	Balancing Act offers you the chance to learn new skills while taking part in exciting and challenging physical activities – a combination of fitness and fun! Enjoy the excitement of the circus atmosphere, with activities housed in a Circus Big Top!
<i>On Target - Tuesday</i>	Come and shoot, fire, chuck, throw, kick, fling, heave, lob, hurl, and launch every kind of object at every kind of target!
<i>Tech Lab - Tuesday</i>	In the Tech Lab you can code, build, experiment, broadcast, play, fly and submerge yourself in current technology. The area will feature interactive activities that will expose you to the latest in computing, robotics and VR.

<p><i>Enterprise - Wednesday</i></p>	<p>Think you've got what it takes to make it big in the cut throat world of sweets? Now's your chance to prove it by starting your own sweet making business. You'll be making, marketing and selling your own sweets</p>
<p><i>Wet &amp; Wild - Wednesday</i></p>	<p>Wet and Wild where you can go wild trying out the zorbing challenges or get wet on our giant water slide. Alternatively, go and try out the kayaking challenges that take place in our huge onsite pools. In addition, there will be a number of adventurous activities for you to take part in</p> <p>Special equipment or clothing requirement:</p> <ul style="list-style-type: none"> <li>● Clothing that you're happy to get wet!</li> <li>● Towel</li> </ul>
<p><i>It's a Knock Out - Thursday</i></p>	<p>Come and join the It's a Knockout team for one of the most fun and enjoyable daytime activity zones at EIJ 2024. Working in teams you will make your way around the knockout arena taking on each of the challenges. From logic puzzles to teamwork, physical to skill, the games will be testing but ultimately great fun. For those not involved in the action of a game then there is the opportunity to win bonus points by showing off your latest dance moves or singing along to a cheesy classic. Will your team be crowned champions of It's a Knockout 2024.</p>