



Christina Matthew's *Top Tips* for A Happy NFYT



Top Tips for Leaders:

**There are two of you for a reason:
share out tasks!**

**Usually I get my co-chaperone to get the young
people sorted for morning workshops, and I take
the bedtime slot.**

**It's a marathon not a sprint, and there's no sense
in both of you doing what one can do**

**This is a great opportunity to steal
from other leaders!**

**Scripts they've liked, workshops they've run,
funding they've gotten, artists they have
collaborated with: who knows what would come
out of this!**

Find one time a day where the two of you meet with all 8 young people.

I usually make us all have breakfast together. It's important they remember they came as a group, and to have each other's backs as well as meeting all these new people! It gives you a chance to check in with them too each day.

Make friends with the leaders whose young people are sharing dorms with yours.

Again- divide and conquer- can you share lights out checks between you?

If you are exhausted the whole thing becomes a slog.

Don't be afraid to take some time for you, especially when the young people are occupied in workshops.

I once took part in a leaders workshop, none of us were playing nicely with each other, everyone was trying to take over, we were sabotaging so hard in a way we all would have killed our young people for! By the end of it I was so toxic I had to tag my co-chaperone in and go off and read a book for an hour, then I was fine.

**If it is possible, having a small float for the shops
is great.**

**‘Cos it sucks when some kids don’t have pocket money,
and the rest are getting giant ice creams etc.**

**(they will want to go to the shop an unrealistic amount of
times, but again its another nice opportunity to casually
check in with them)**

See if you can share a bus down with another group, even if you don't know them!

This has saved us a lot of money in the past

Top Tips for Young People:

There are no mirrors in the dorms, so some young people will bring one between them

There is basically no wifi.

You will survive this.

**Bring a pillow with you if you like,
you only get one each**

You don't technically need money as food is included, but there is a shop across the road that does icecreams, slushies etc

Do check in with your humans at home at least twice during the week

This is a really good opportunity to steal ideas! Facilitators, games, ideas: what can you bring home to your youth theatre?

The ants are REAL! My boys had ants in their beds last year, it was deeply unpleasant, seriously don't keep food in your dorms