

# Frequently Asked Questions

## 1. What is free-time and what can I do?

**Answer:** Free-time is a time that you're not required to be at a specifically assigned spot. We have several activities set up for you to do.

**You can:**

1. Go bowling (Sign up in Headquarters. There's a limit to how many can bowl).
2. Go swimming (Sign up in Headquarters. There's a limit to how many can swim).
3. Play basketball on the courts behind Stevenson Hall.
4. Color in the lounge area of Stevenson/across from Headquarters.
5. Play board games; take the elevator to the lower level of Stevenson.
6. The Activity Coordinators will have a new team-building activity to do each day. Join in!
7. Yard games – bags/corn hole, ladder ball, volleyball, etc.
8. Relax in the shade.
9. Take a nap. You just need to check-in with the staff assigned to your floor.
10. Create your own game! We just ask that all the participants stay in the grass area outside of the dorms and do not cross the street.

We encourage all of the participants to find an activity each day to participate in. You're welcome to go to your room to change your clothes, freshen up, or rest but participants are not to be hanging out in the dorms. This is for your safety and our liability.

## 2. What? I can't hang out with my friends in my dorm room?

**Answer:** Yes, you read that correctly. Your dorm room is just that – yours! You are not allowed to be in anyone else's dorm room but your own. Why? Do you want someone who you do not know or trust in your room? I think we can all agree we wouldn't, especially with our belongings and personal items.

So to avoid any confusion, concerns, safety, and liability issues – we're going to recommend you hang out in the common areas. Plus, you're not allowed to be on any other floor but your own and your friends will be mixed throughout the dorm floors.

## 3. Where do I go for meals?

**Answer:** All of the meals are in Stevenson Hall. You'll use the two sets of stairs to go through the line. The meals are the same on both sides so pick the shortest one. It might seem like you're in a really long line, but everyone will definitely make it through and have plenty of time to eat.

We just ask that when you finish your meal, you clean up your trash and go outside to make room for others. The cafeteria seats about 200 people at a time and we typically have a little over 500 register. You'll hear friendly reminders from our Activity Coordinators to clean up and move out if you're finished.

Also, if you see someone looking for a seat and you have one available at your table, let them know! We are here to make new friends and help one another out. Not everyone is here with a team and could be here alone. Make them feel welcome!

## 4. What is Headquarters and where do I find it?

**Answer:** Headquarters is where you registered. It's located in Stevenson Hall. There's also a banner that says "Headquarters" to help define the area. This is the place you can go if you need a pen/pencil, writing material, have a general question, or need assistance.

## 5. Where do I sit at the general session?

**Answer:** All of the general sessions are held in the MLK Grand Ballroom. If you've finished early from breakfast, you'll just hang out in the area behind Stevenson Hall until you're released to go to MLK. You will sit by your discussion group.

**6. I don't feel well or I need a medical supply. Where do I go?**

**Answer:** We have a nurse! If you're near Headquarters, the nurse will either be located in that area or Headquarters can locate her for you. Sometimes she's in the nurse's suite with another participant. When in doubt, find a Care Team member or a Staff member who can locate Care Team. They will assist you!

**7. I heard there is pizza and soda for sale. Where do I get that?**

**Answer:** We sell water, soda, and snacks throughout the day. In the evening, during free-time in dorms, we sell pizza!

**8. That's an awesome CGTI shirt. Do you sell them?**

**Answer:** We also sell shirts and other CGTI apparel items in the store. This is open all day. You can find the store next to Headquarters.

**9. Can I just walk through the parking lot behind the dorms to get to Coleman Hall?**

**Answer:** No! Please use the sidewalk. We also recommend you use the crosswalk right next to the dorm. We are not the only group on campus and there are still students living and parking on campus.

**10. What's Care Team and why would I need them?**

**Answer:** Care Team is made of up seven individuals who are here to assist you if you have any concerns or issues. They'll be introduced at the general session and do a pretty good job of standing out throughout the week. They will be outside of all the scheduled activities so you should be able to quickly find one of them.

**11. How do I find my discussion group, Community Action Team, or TRAX workshop classroom location?**

**Answer:** We hang signs in Headquarters and at the entry of Coleman Hall with the activity and classroom number. You'll be able to find which group you're a part of by using the back of your name tag. Then you'll find the number on the poster and locate the room number. It's a good idea to write the room number in the front of your manual so you can quickly locate it. If there is a room change, we will make the correction on the poster.

**12. What should I wear today?**

**Answer:** Be comfortable! You'll be walking and sitting a lot throughout the day. Some of the activities are team-building activities where you will move around. It's more than likely going to be hot too!

**13. What's Monday Night Entertainment? What about Tuesday Night Live? And the Wednesday Celebration?**

**Answer:** These are activities we have planned out each evening. Monday Night is a team-building activity you will do by discussion group. Tuesday Night Live is a talent show, which you'll try-out for during free-time Monday and Tuesday. Look at your agenda for the try-out locations. Wednesday Celebration is a dance. This year, both middle and high school participants will be in the same dance. There will also be a lounge area and a place to play games.

**14. Can I have my phone out?**

**Answer:** We get it! You want to take pictures, videos, snapchats, etc. You're totally welcome to do that as long as it's not disruptive. Phone should not be used during TRAX Workshops, discussion group or Community Action Team (CAT) meetings. Staff may ask you to put your device away, please respect that.

**15. I'm having an issue or have a questions. Who do I see?**

**Answer:** You'll want to find a Staff member. Staff have a different color lanyard. You'll easily be able to spot them!

**16. I have a dietary restriction/allergy, what are my food options?**

**Answer:** EIU catering has been notified of all dietary restrictions and allergies that were included on the participant applications. If you have a restriction or allergy, you will ask for an alternative option or find options that work for you.