



# YMCA NYS YOUTH AND GOVERNMENT 6 TIPS TO SUCCEED AT CONFERENCE

## HAVE ALL YOUR MATERIALS

Bring all your materials that you may need for conference. This can include a copy of your bill/brief, speeches, and research. You will receive a bill book, placard, and name tag that must stay with you at all times.

## MEET NEW PEOPLE

There are over 400 students from all around New York State attending this conference! Sit next to someone new at dinner. Sing a karaoke song with someone you meet in chambers. The relationships you make at conference matter!

## DRESS TO IMPRESS

This is a professional conference. Remember when in doubt, do without. See the attached materials for the different dress codes and any other daily clothing needs.

## COME AS YOUR CHILDHOOD FAVORITE

Saturday nights delegate celebration theme is childhood favorite's. Dress as your favorite cartoon, movie, TV, celebrity favorite from your childhood. Be ready to take pictures!

## MAKE SPACE FOR YOUR MENTAL HEALTH

Through all the excitement of conference, it is important to take care of your mental and physical health. Sleep is part of this. If you need something, please ask an advisor

## HAVE FUN!

Conference files by when you are having fun. Enjoy all the little and big moments of this weekend!

# YMCA NYS YOUTH AND GOVERNMENT ADDITIONAL INFORMATION

## DRESS TO IMPRESS: ADDITIONAL INFORMATION

- Bring a coat! It is still cold in March and we will be traveling to and from the Capitol on Saturday
- Wear comfortable shoes to walk in all day
- Do not forget to bring casual clothing for the evening
- Remember to bring any toiletries and medications you may need

## DAILY CLOTHING NEEDS

**Code #1** Best Youth and Government attire or business formal. This included coat, ties, suits, dresses etc. When in doubt, dress up rather than down. Flip flops, denim, and capris are not appropriate for this time no matter how dressy they are.

**Code #2:** Nice causal or business causal. Clothing should be comfortable but look nice enough to represent yourself at a prestigious national conference.

**Code #3:** Causal or at school clothing. Clothing is causal and based off what you can wear in school.

## SCHEDULE OF DRESS

Thursday March 23	All day Code #2
Friday March 24	All day Code #1
Saturday March 25	All day until Delegation Celebration Code 1 Delegation Celebration Code 3
Sunday March 26.	All day Code# 1. Ride home Code 3

If you have any questions, please reach out to contacts below

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