

CONVERGENCE 2015 TEEN GUIDE

Welcome to the Teen Room's guide to CONvergence 2015! In order to help you make the most of your CONvergence experience, we've put together a few suggestions and hints about various aspects of the convention.

We hope you find them helpful.

Basics

Here are a few things you can do to ensure a great convention weekend!

- **Make some friends.** If you came alone, stop by the Teen Room and introduce yourself
- **Find things to do that interest you.** Refer to your Programming Guide for ideas.
- **Stay healthy.** This includes getting enough sleep, eating properly, and showering regularly.
- **Be a good citizen** of the CONvergence community. Watch out for the safety of others and always be respectful.
- **Make sure** to follow the rules of the CONvention!

Safety

Everyone at CONvergence has a right to feel safe and comfortable. If you ever feel unsafe or uncomfortable at any time during the convention for any reason, make your way to the Bridge, find a wandering host or look for a Safe Space poster. And remember that you can always look for any CONvergence staff member or volunteer and ask for help.

When venturing out into the convention later at night, we strongly recommend you **have a buddy with you.** While CONvergence is generally a safe place, it's always going to be safer when you have a friend looking out for you, so do your best to stay together.

If you just want a safe, low-stress place to relax, come to the Teen Room! It is the **Lobby Conference Room** on the 1st Floor of the North Tower and it is for teens, by teens.

Party Rooms

Many CONvergence party rooms serve alcohol, and it's likely many of the people out and about in the evening have been drinking. It is up to you to use your best judgment about whether to stay at a party. Do not hesitate to find a staff person or a volunteer if you need help, even if you have been drinking yourself.

Some parties that do not serve alcohol include the House of Toast, Mos Icee Cantina, and Bag End. Additionally, many parties offer non-alcoholic refreshments as an option for those who are under 21 or prefer not to drink. Connie's Space Lounge is also a great destination for hanging out in a party atmosphere! And, of course, the Teen Room is open until 1:00am every night of the convention.



Scheduling

Four straight days of CONvergence can be overwhelming, so it's a good idea to make a rough plan of what you might like to do.

- Grab one of the **printed guides** at registration or install the **CONvergence 2015 app** on your smartphone.
- Pick out some panels or events you want to go to, keeping in mind you probably won't get to do everything you plan on any given day.
- Try to schedule a couple **low-key** activities to avoid CON burn-out!

Nourishment

CONvergence can be exhausting, so remember to practice healthy habits. **Eat real food** during the convention whenever you can. The ConSuite is a good source for food, and the CONvergence Restaurant Guide on the website is a helpful resource for dining options outside the convention. **Drink plenty of water** as well to prevent dehydration.

Volunteering

If you feel up to it and have some free time, pick up a shift volunteering. It's a great way to meet people and help the convention. Check in at the Volunteer table in CONvergence Central (outside Mainstage) to see where you can help!

CONvergence Teen Hashtag Game

There will be two Teen Room teams on social media: **Team Omega** and **Team Alpha**. The goal is to recruit the most people to your team by the end of the convention.

You show your allegiance to a team by tweeting, facebooking or posting about the CONvergence Teen Room on tumblr with the team's tag! Will you be **#cvgOMEGA** or **#cvgALPHA**? Decide now and start recruiting for your team!

And don't forget to add **#CVG2015** to ALL your CONvergence tweets and posts throughout the weekend!