



NATIONAL FEDERATION OF THE BLIND

2018 NOPBC Youth Track **Live the Life You Want**

Welcome to the 2018 NOPBC Youth Track!

We are so excited that you are taking part in this year's Youth Track. We hope that you find these sessions not only prepare you to live the life you want, but that they also will be a place where you will meet new friends, become more confident and independent and have a lot of fun. So, bring your cane, your positivity, and your open mind for a great Youth Track in Orlando! Don't have a cane? That's okay – we will have a cane bank there for you to use for Youth Track sessions.

Sessions are open to all blind and low vision students, children of blind adults and sighted siblings aged 11-18 unless stated differently in description.

Day 1: Tuesday, July 3, 2018

7:30 AM – 8:45 AM: Youth Track Registration

Panzacola Ballroom F-1, Level 1

9:00 AM – 10:45 AM: Ice Breakers and Introductions
Wekiwa 1 and 2, Level 2

Let the games begin. This first session we will see old friends, and discover new ones. If this is your first time, or you are a little bit shy, no worries, everyone will have a perfect place in our introduction session.

11:00 AM – 12:15 PM: Introduction to your National Federation of the Blind Convention and Youth Track Activities

Wekiwa 1 and 2, Level 2

So much to do, So little time. This convention has so much to offer. It's sometimes hard to decide which sessions to attend. Come learn what happens each day, and get your questions answered so you can make this

convention your best ever. In this session, you never know who you may meet. You may even win a door prize.

12:15 PM – 1:45 PM: Lunch

2:00 PM – 3:30 PM: Breakout Sessions

- *Expressions*

Wekiwa 1 and 2, Level 2

Express yourself. There are so many ways to construct beautiful artistic creations. Come learn all the ways you can create tactile art.

- *Philosophy and Games*

Wekiwa 1 and 2, Level 2

In the Federation, we talk a lot about our positive philosophy of blindness. Let's dive in together and explore what that means. This session is all about you. Blindness, Handicap or Characteristic.

3:30 PM – 5:00 PM: Breakout Sessions

- *What Kinds of Jobs Can Blind People Do?*

Wekiwa 1 and 2, Level 2

Not sure what you want to be when you grow up? Come meet blind mentors working in all kinds of jobs. Already have your career planned out? Great! Come

meet someone in your field who can give you some useful tips and tricks.

5:30 PM – 7:00 PM: NOPBC Family Hospitality
Wekiwa 1 and 2, Level 2

7:00 PM – 8:00 PM: Mocktail Party
Wekiwa 1 and 2, Level 2

Mix and mingle with Federation leaders. Practice those networking skills and get to know the people who are paving the way for us to live the lives we want.

8:00 PM – 10:00PM: Breakout Sessions

- *National Association of Blind Students Networking Event*

Wekiwa 1 and 2, Level 2

Come meet students in college. Mentors can help facilitate introductions and assist in initiating conversations that can help answer some burning questions for our high school youth.

- *It's Cool to be in Middle School*

Wekiwa 1 and 2, Level 2

Welcome to all students in middle school for a night to mix and mingle – or in Middle School language – “Chillax.” If you are in Middle School, then come out for a night of meeting other middle schoolers, music, dancing, snacks and socializing!

Day 2: Wednesday, July 4, 2018

8:45 AM – 10:30 AM: Breakout Sessions

- *Looking Good, Feeling Good*

Wekiwa 1 and 2, Level 2

Looking and feeling your best often comes when skill meets confidence. Many blind mentors are excited to share with you their tips and tricks you can use to look and feel your best. Some of the things you can learn include: Tying a tie and shaving; putting on makeup and creating fabulous hairstyles; choosing and shopping for your style of clothes; and how to use and understand body language to communicate your thoughts and feelings.

- *Cane Walk*

Wekiwa 1 and 2, Level 2

Don't have a cane yet? Come explore how a cane can give you more freedom. You can receive a free NFB white cane. Then take a walk with the world's

best cane training instructors. Come learn how awesome it feels to walk proud and free.

- *Philosophy: Accommodation or Special Treatment*
Wekiwa 1 and 2, Level 2

In school and in work, we use accommodations to accomplish the same assignments and tasks as our peers. But, what does that mean? How can we tell if we are getting fair accommodations to get the same treatment, and hold the same expectations as our peers? Let's explore this important conversation together.

10:30 AM – 12:00 PM: Breakout Sessions

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12:00 PM – 1:00 PM: Lunch

1:00 PM – 4:00 PM: Breakout Sessions

- *NOPBC Style Show Breakout Session*
Wekiwa 8, Level 2

1:00 PM – Rehearsal

2:45 PM – Style Show Begins

What better place to be if you are looking and feeling good than the Youth Style Show? We will be working with you on how to own that runway so why not sign up to show off your style?

- *STEM for College and Career*
Wekiwa 1 and 2, Level 2

Science, Technology, Engineering, and Math is for everyone. Come learn how to use nonvisual tools and techniques to conduct experiments and projects in the fields of physics, Engineering, biology, geology, and mathematics. We promise, it won't feel like school, but you will bring back many ideas to share with your teachers.

4:00 PM – 6:00 PM: Resolutions Explained
Wekiwa 1 and 2, Level 2

What is a resolution mean, and how does the National Federation of the Blind use resolutions to make us stronger? We'll explore the resolutions recommended by the National Federation of the Blind resolutions committee.

6:00 PM – 7:00 PM: Dinner

7:00 PM – 9:00 PM: NABS Meeting Breakout Session
(Registration opens at 6:00 PM, meeting begins at 7:00 PM.)

Wekiwa 1 and 2, Level 2

Day 3: Thursday, July 5, 2018

**9:00 AM – 11:30 AM: National Federation of the Blind
Board of Directors Meeting**
Sebastian Ballrooms I and J, Level 1

Come hear from all the leaders you met at the Mocktail Party and learn how they are working together to help us live the lives we want.

11:30 AM – 1:00 PM: Lunch

1:00 PM – 5:00 PM: Exhibit Hall Challenge
Wekiwa 1 and 2, Level 2

Join a team, gather information, tools, and win prizes as you explore the exhibit hall., Learn all the ways you can accomplish any task you choose in school and in work. We will all explore the exhibit hall located in Sebastian Ballroom K and L, Level 1. When each team has completed their challenge, you will return to our youth track room, and submit your challenge card. Prizes will be awarded in our last session.

5:00 PM – 6:30 PM: Braille Book Fair and Dinner

6:30 PM – 8:30 PM: Unconventional Convention
Scavenger Hunt
Wekiwa 1 and 2, Level 2

There won't be anything conventional about this Convention scavenger hunt! You will be working in teams to scour the hotel for the next clue that will lead you to the final destination!

Day 4: Friday, July 6, 2018 – GENERAL SESSION

7:00 PM – 8:00 PM: Dancing with the Federation Stars: Panzacola Ballroom F-1, Level 1

Whether you want to learn the latest dance steps happening in your favorite music video, or just not embarrass yourselves or the ones around you, we're all going to dance till we drop. Sure dancing is about self-expression, and we have just the right mentors to help you get comfortable with your most original or freshest moves.

8:00 PM – 10:00 PM: Breakout Sessions

- *Dating 101 (Ages 14 and up)*

Wekiwa 1 and 2, Level 2

So many questions. How do we meet people? how do we get there? What if my date is also blind? What if my date is sighted? And so much more! We will create a safe space to talk with mentors and each other to explore how dating can be a fun safe, and exciting part of our lives.

- All in the Family

Wekiwa 1 and 2, Level 2

Are you a sighted Sibling of a blind person? This session is for you. Let's talk with other mentors about any questions or thoughts you may have. What does the cane actually do? Can I read braille too? How can I make sure my sibling and I get the same kinds of chores? How can I deal with people who stare? Siblings can experience a cane walk, learn the alphabet in Braille, and ask any questions they have.

Day 5: Saturday, July 7, 2018 – GENERAL SESSION

7:00 PM – 9:00 PM: Breakout Sessions

- 7:00 PM – 8:00 PM: Philosophy: What Have We Learned so Far, and Next Steps?

Wekiwa 1 and 2, Level 2

WE have accomplished so many things together this convention. Let's explore all the things we learned, and learn all the ways we can stay connected, and keep our federation spirit alive all year long. Prizes will be awarded from the exhibit hall challenge.

- 7:00 PM – 9:00PM: Career Fair

Wekiwa 1 and 2, Level 2

Take all you have learned and use those skills to impress potential employers in the career fair. Here is

the place where you can practice a job interview,
review your resume, and meet people who may hire
you in the future.