



Welcome to the

2023 NOPBC Youth Track **Live the Life You Want**

Room 332
Hilton Americas—Houston

We are so excited to reach for the stars together this year as we make new friends, reconnect with old friends, and gain all the confidence and resources we need to touch the stars together. We hope you will find that these sessions will not only prepare you to live the life you want, but that 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 Houston! 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 the description.

Day 1: Saturday, July 1, 2023 Room 332

7:30 – 8:45 AM: Youth Track Registration Outside Room 332

9:00 – 10:45 AM: Games and Prizes Room 332

Come join your Federation Youth family for Ice Breakers and Introductions. 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 Room 332

So much to do, so little time. This convention has so much to offer. Come learn about what will happen each day, and get your questions answered so you can make this convention your best. In this session you never know whom you may meet. You may even win a door prize. --

12:15 – 1:30 PM: Lunch on your own

1:30 PM – 3:00 PM: We Got Those Moves! Room 332

From yoga to dance to strength training, we've got it all in Youth Track to show off those moves that will impress your friends.

3:00 – 4:00 PM: What Are Soft Skills? Room 332

Those are the skills you need to make friends, impress your boss, and make things happen in your life. Come learn the tips and tricks you can use to live the life you truly want.

4:00 – 5:00 PM: Career Mentoring Fair--What Kinds of Jobs Can Blind People Do? Room 332

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.

Day 2: Sunday, July 2, 2023

8:45 AM – 10:30 AM: Cane Walk Boardroom 331

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.

11:00 AM - 12:30 PM: Fun with STEM Room 332

Flex your creativity muscle, and try your hand in creative science experiments, demonstrate your artistic genius, and take home some skills you can use in your classrooms next year with tactile graphics.

4:00 – 5:30 PM: Resolutions Explained Room 332

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.

Day 3: Monday, July 3, 2023

1:00 – 4:00 PM: Exhibit Hall Challenge Room 332

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. 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.

Day 4: July 4, 2023

7:00 - 9:00 PM: Game Night Room 332

Come join 64-ounce Games and make new friends with some fun and strategy in a night of fun and games.

Day 5: Wednesday, July 5, 2023

7:00 – 10:00 PM: Wrapping It All Up Room 332

7:00 – 8:00 PM: Philosophy—Healthy Boundaries and Mindfulness

The surest path to confidence is to know our own minds. Come join us as we offer the opportunity for you to build your own healthy foundations in confidence.

8:00 – 10:00 PM: Unconventional Convention Scavenger Hunt

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! Prizes from the Exhibit Hall Challenge will be awarded.