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# NATIONAL FEDERATION OF THE BLIND

# **2019 NOPBC Youth Track**

# **Live the Life You Want**

Betting on Blindness

Welcome to the 2019 NOPBC Youth Track!

We are so excited you are taking part in this year’s Youth Track. We hope you find these sessions not only prepare you to live the life you want, but they also will be a place where you will meet new friends, become more confident and independent and have a lot of fun. Bring your cane, your positivity, and your open mind for a great Youth Track in Las Vegas! Don’t have a cane? That’s okay, we will have a cane bank 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: Sunday, July 7, 2019**

### **7:30 AM – 8:45 AM:** Youth Track Registration-- Outside of Trade Winds D

### **9:00 AM – 10:45 AM:** Games and Prizes

### More fun than any casino, 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.--Shell Seekers A and B

### **11:00 AM – 12:15 PM:**

### Introduction to your National Federation of the Blind Convention and Youth Track Activities. So much to do, so little time. Increase your odds for the maximum amount of learning and fun. 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 ever. In this session you never know whom you may meet. You may even win a door prize. -- Shell Seekers A and B

### **12:15 PM – 1:45 PM: Lunch**

### **2:00 PM – 3:30 PM: Breakout Sessions**

#### Looking Good, Feeling Good: Shell Seekers A

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.

Express yourself: Shell Seekers B

Come learn how to use various mediums to express yourself through tactile art.

###  **3:30 PM – 5:00 PM: Breakout Sessions**

#### Looking Good, Feeling Good: Shell Seekers A

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Come learn how to use various mediums to express yourself through tactile art.

### **5:30 PM – 6:00 PM Dinner Break**

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### **6:30 PM - 8:30 PM: NOPBC Family Game Night and Raffle**: Trade Winds D

### You and your parent/guardian are welcome to get to know your National Organization of Parents of Blind Children family. You will have the opportunity to play games, and you might even win an extraordinary raffle prize. Your family must have tickets to enter the raffle.

### **8:00 PM – 10:00 PM: Breakout Sessions**

#### National Association of Blind Students Networking Event

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

#### It’s Cool to be in Middle School: Shell Seekers A

Welcome to all students in middle school for games and prizes. Think role-play. Think Game of Life.

## **Day 2: Monday, July 8, 2019**

### **8:45 AM – 10:30 AM: Breakout Sessions**

#### Protect yourself, methods and strategies of self-defense: Shell Seekers A

#### Cane Walk

Don’t have a cane yet? Come explore how a cane can give you more freedom. Learn how you can receive a free NFB white cane. Take a walk with the world’s best cane training instructors. Come learn how awesome it feels to walk proud and free.

#### Philosophy: Shell Seekers B

#### Let’s get Social. Everyone wants to make acquaintances, friends, and mentors. Come learn how to use all your networking options in a safe and meaningful way.

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

#### Protect yourself, methods and strategies of self-defense: Shell Seekers A

#### Cane Walk

Don’t have a cane yet? Come explore how a cane can give you more freedom. Learn how you can receive a free NFB white cane. Take a walk with the world’s best cane training instructors. Come learn how awesome it feels to walk proud and free.

#### Philosophy: Shell Seekers B

#### Let’s get Social. Everyone wants to make acquaintances, friends, and mentors. Come learn how to use all your networking options in a safe and meaningful way.

### **12:00 PM – 1:00 PM: Lunch**

### **1:00 PM – 4:00 PM: Breakout Sessions**

#### NOPBC Style Show Breakout Session

*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: Shell Seekers A and B

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 – 5:30 PM: Resolutions Explained:** Shell Seekers A and B

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

### **5:30 PM – 6:30 PM: Dinner**

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

## **Day 3: Tuesday, July 9, 2018**

### **9:00 AM – 11:30 AM: National Federation of the Blind Board of Directors Meeting**

Come hear from all the Federation leaders 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:** Shell Seekers A and B

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 work. We will 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 – 7:00 PM: Braille Book Fair and Dinner**

### **7:00 PM - 9:00 PM American Action Fund Celebration**

### For 100 years, the American Action Fund has been supplying us with Braille books and tactile activities. The overall goal of the American Action Fund is to help us advance our potential through literacy. Come celebrate 100 years with games, food and prizes.

## **Day 4: Wednesday, July 10, 2019 – GENERAL SESSION**

### **7:00 PM – 8:00 PM: Breakout Sessions** Shell Seekers A and B

### What Kinds of Jobs Can Blind People Do?

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.

#### All in the Family

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.

### 8:00 PM – 10:00 PM Philosophy Shell Seekers A and B

Let’s get personal. In the Federation we all know that it is respectable to be blind. Let’s talk about our personal journeys and how to navigate the barriers in the road that hinder us from respecting ourselves, and living the lives we want.

## **Day 5: Thursday, July 11, 2019 – GENERAL SESSION**

### 7:00 PM – 9:00 PM

### **Unconventional Convention Scavenger Hunt:** Shell Seekers A and B

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!

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