

XRCVC announces a new batch of **ORIENTATION AND MOBILITY TRAINING** covering knowledge and skills in the following areas:

- Sensory development, or maximizing all of your senses to help you know where you are and where you want to go.
- Using your senses in combination with self-protective techniques and human guide techniques to move safely through indoor and outdoor environments.
- Using a cane and other devices to walk safely and efficiently.
- Soliciting and/or declining assistance.
- Finding destinations with strategies that include following directions and using landmarks and compass directions.
- Techniques for crossing streets, such as analyzing and identifying intersections and traffic patterns.
- Problem-solving skills to determine what to do if you are disoriented or lost or need to change your route.
- Using public transportation and transit systems.

**For whom?**

High school or college students, and adults with blindness or low vision.

**Following are the proposed dates:**

2nd December, 2024 – 3rd January, 2025

**Proposed days and time of the week:**

Thrice a week (Mondays, Wednesdays and Fridays) - 2:00 p.m. to 5:00 p.m.

**Venue:** XRCVC, St. Xavier's College, Mumbai

Interested participants may register by filling in [this form](#).

For more details/queries, please contact Shizanne D'mello ([shizanne@xrcvc.org](mailto:shizanne@xrcvc.org) or call 022-22623298 (extn: 105))