



This Visual Story is to help me prepare for my trip to the Australian National Maritime Museum



The Maritime Museum and the Hidden Disability Sunflower

The Sunflower is a globally recognised symbol for Hidden Disabilities

The Sunflower lanyard is a way that people with Hidden Disabilities can indicate to staff that they may need extra support, time and understanding.

I can collect a Sunflower Lanyard to wear at the Museum if I would like one.

It is OK if I don't have a lanyard, I can still get help if I need

If I already have a Sunflower lanyard I can bring it with me



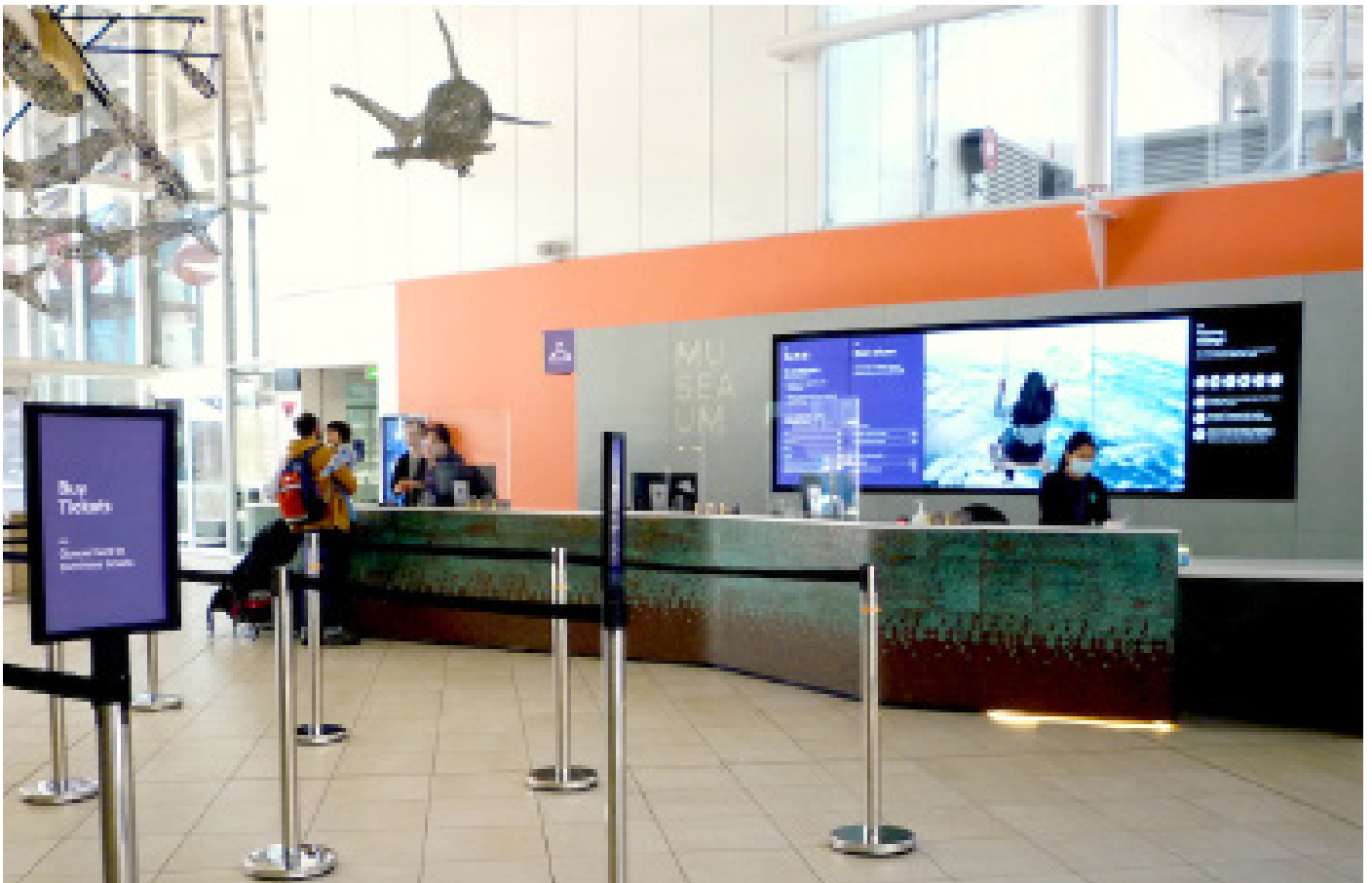
This is the Maritime Museum

During term time the Museum opens at 10am and closes at 4pm

During school holidays the Museum opens at 9.30am and closes at 5pm

I can visit the website to find out the opening hours on the day of my visit

www.sea.museum/visit/plan-your-visit



When I arrive at the Museum, I will line up at the ticket desk.

I can get a free ticket to see the galleries, or a paid ticket if I want to see the ships and special exhibitions today.

A staff member will give me a map of the museum and a stamp- this is my ticket to the museum today.

Once I have my ticket I can exit and re-enter the building as many times as I like.

I do not have to go back to the ticket desk each time.



RULES AT THE MUSEUM

I can bring a water bottle inside the museum.

I can not bring food or other drinks inside the museum.

There are places to eat outside if I am hungry.



There are lots of things to touch and feel inside the museum.

There are some things that I am not allowed to touch.

I will see this sign beside things I am not allowed to touch.
This is to keep everyone safe.

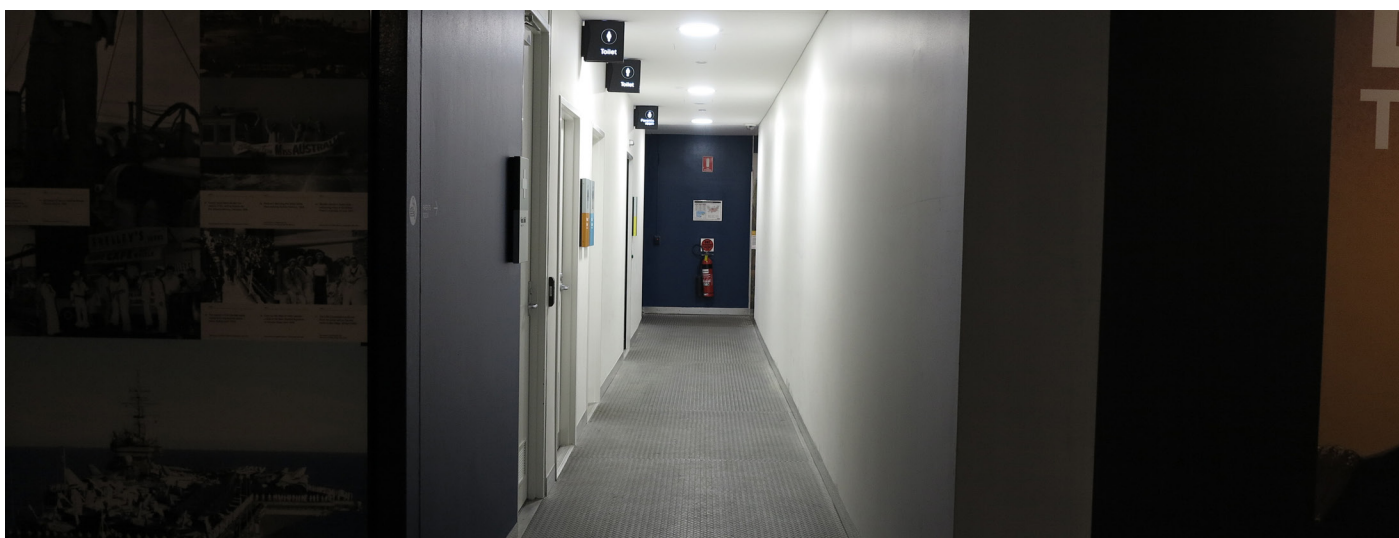


RENOVATIONS

The museum's boardwalk is currently undergoing renovations.

There are construction sites along the water that may impact how I access the museum. I can follow the signs to enter the museum if any access points have changed.

There may be loud noises or strange smells because of these construction works. I can wear ear defenders if I am overwhelmed by the noise.



TOILETS

There are toilets located in the main foyer of the museum

There are toilets located in the lower level of the museum

There are also toilets located next to the Ripples café

It is important to remember that there are no toilets in the upper level of the Museum

I should make sure I have time to get to the lower level if I need to use the toilet



GOING OUTSIDE

I can visit the outdoor exhibitions by using the stairs near the ticket desk.

I will hold onto the hand rails to stay safe.

The doors are automatic so I do not need to open them.

I can also use the ramp next to the stairs to exit or enter the museum.



CLOAKING BAGS BEFORE VISITING SHIPS

If I am going on the ships I will leave my large bags at the cloakroom near the ticket desk.

The museum staff will give me a numbered ticket. It is important to keep my ticket safe.

My bags will be safe in the cloakroom and I can collect them when I am finished.

I can also get a locker to put my bags in at Action Stations ticket desk, instead of using the cloak room.



QUIET ROOM

I can find a quiet space if I feel overwhelmed or need a break.

A quiet space is a safe space and it is OK to have a meltdown.

The Sydney Harbour Gallery on the upper level of the main museum is a quiet area.

I can ask a museum staff member to help me find a more enclosed quiet space if I need.



FINDING MY WAY AROUND

I will be given a Museum Map when I arrive at the Museum

I can use this map to find all of the Museum exhibitions.

There is also an activity trail at the front desk. I can use the activity trail to explore the collections if I want to.

If I want to buy food or drink, I can go outside to the cafe. There is also a water bubbler station outside near the cafe.



INSIDE THE MUSEUM GALLERIES

I can visit the museum galleries.

The museum galleries are inside the main Museum building.

The sound inside some galleries can be very loud.

The sound inside other galleries can be very quiet.

There are 'lower level' galleries on the ground level.

There are 'upper level' galleries on the first floor.



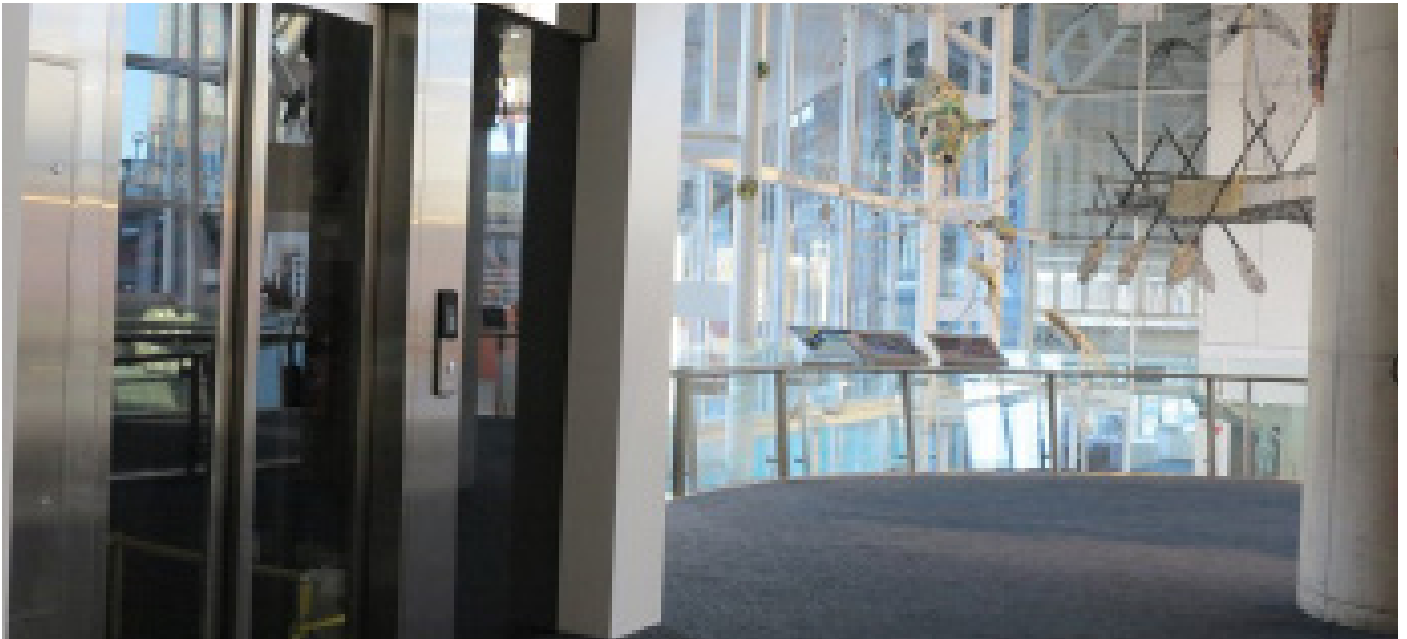
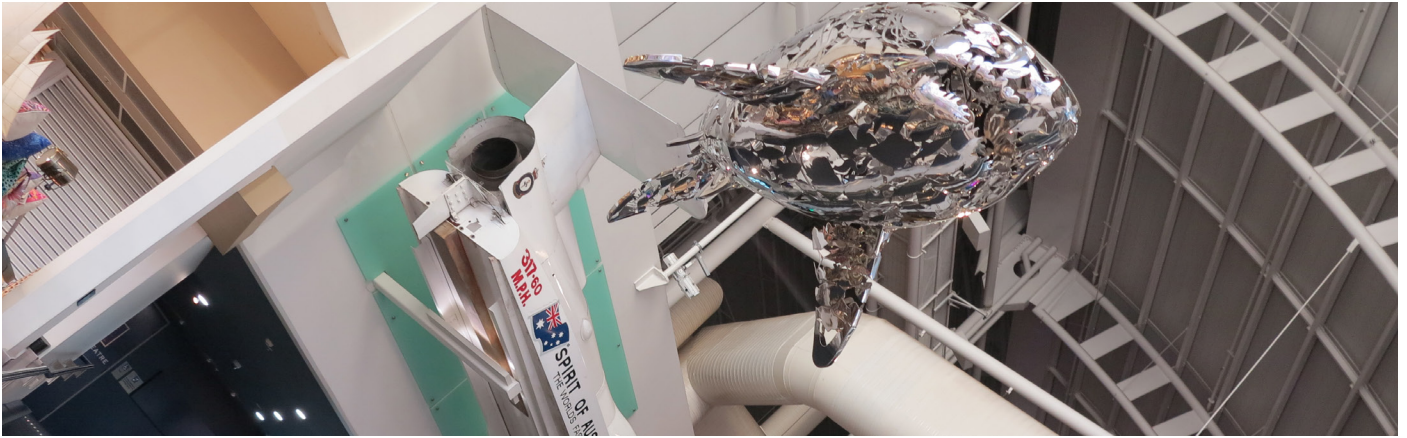
INSIDE THE MUSEUM GALLERIES

I can visit the different exhibitions in the lower and upper level galleries.

Some of the exhibitions have things to look at, touch and listen to.

I need to remember to look out for 'no touching' signs.

If it is too loud, bright or I feel overwhelmed I can visit the Quiet area.



MOVING AROUND THE GALLERIES

I can use the ramp to travel between the upper and lower level galleries.

If I use the ramp I will pass a big silver shark sculpture
This is an art work called 'Swimming' by Zou Laing.

I can also use a lift to travel between the upper and lower level galleries.



LOWER LEVEL GALLERIES

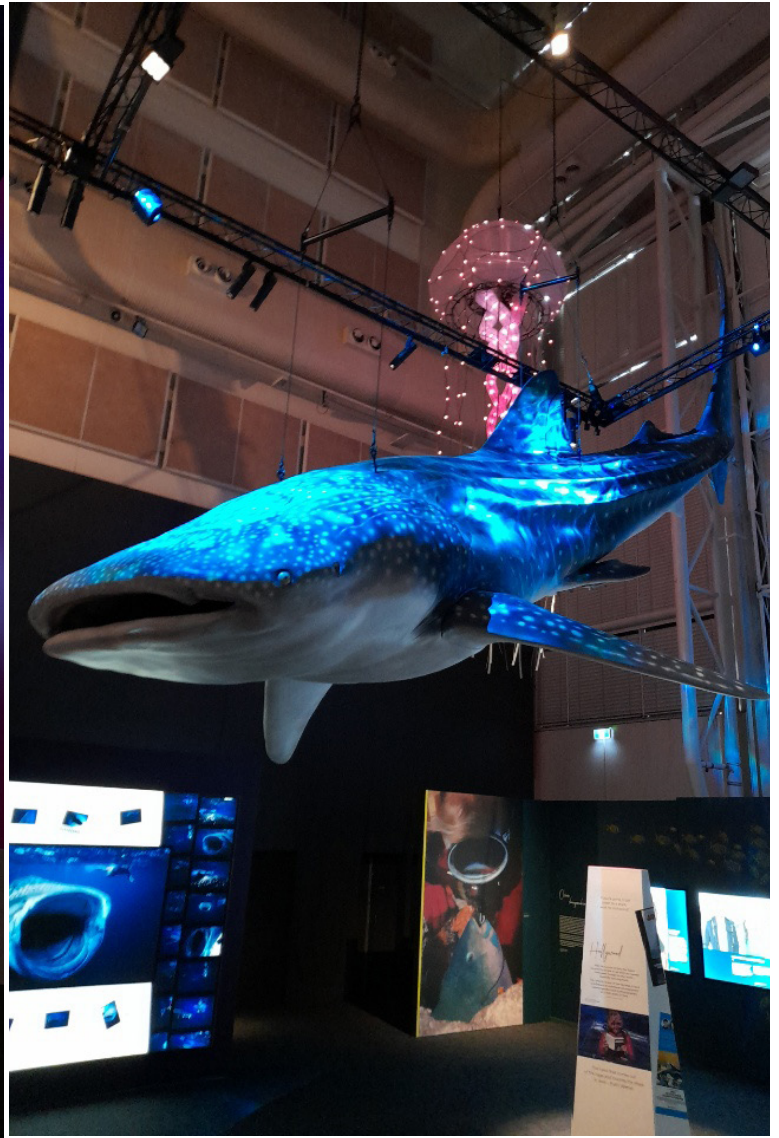
I can visit the Shaped by the Sea exhibition in the lower galleries. This exhibition is shaped like a spiral - there is no set path to follow.

This is a no-touching exhibition, a loud alarm will go off if the artworks are touched.

Shaped by the Sea has:

- Very dark areas
- Loud audio tracks

I can sit and watch the multimedia works in this space if I would like. I don't have to stay in this space if I don't want to.



LOWER LEVEL GALLERIES

I can visit the Valerie Taylor - an underwater life exhibition today. There are spaces to sit and relax, read books and colour in this exhibition.

There are also interactive projections I can touch and lots of different colourful lights.



UPPER LEVEL GALLERIES

I can visit the upper level galleries today if I want to

The Passengers Exhibit in the upper level galleries has a lot of reflective glass and can be very bright.

Passengers also has audio and videos.

I can use sunglasses to help me if it is too bright.



UPPER LEVEL GALLERIES

I can visit the Under Southern Skies Exhibit in the upper level galleries.

This exhibit has a beautiful starry night ceiling.

I can find a chair and look up at the starry night ceiling if I choose.



UPPER LEVEL GALLERIES

I can visit the Mana and Baru exhibition in the upper galleries.

There are hanging sculptures of fish, sharks and a crocodile made by artist Guykuda Munungurr in this exhibition.



UPPER LEVEL GALLERIES

I can visit the Kay Cottee First lady exhibit in the Upper level Galleries.

If there are volunteers working here today, I can have a tour of the boat. If I go onto the First Lady I will need to take my shoes off to protect the boat.

I do not have to go on the First Lady if I don't want to.

I can sit on the lounge areas and relax if I need a break.



UPPER LEVEL GALLERIES

I can visit the Sydney Harbour Gallery today.

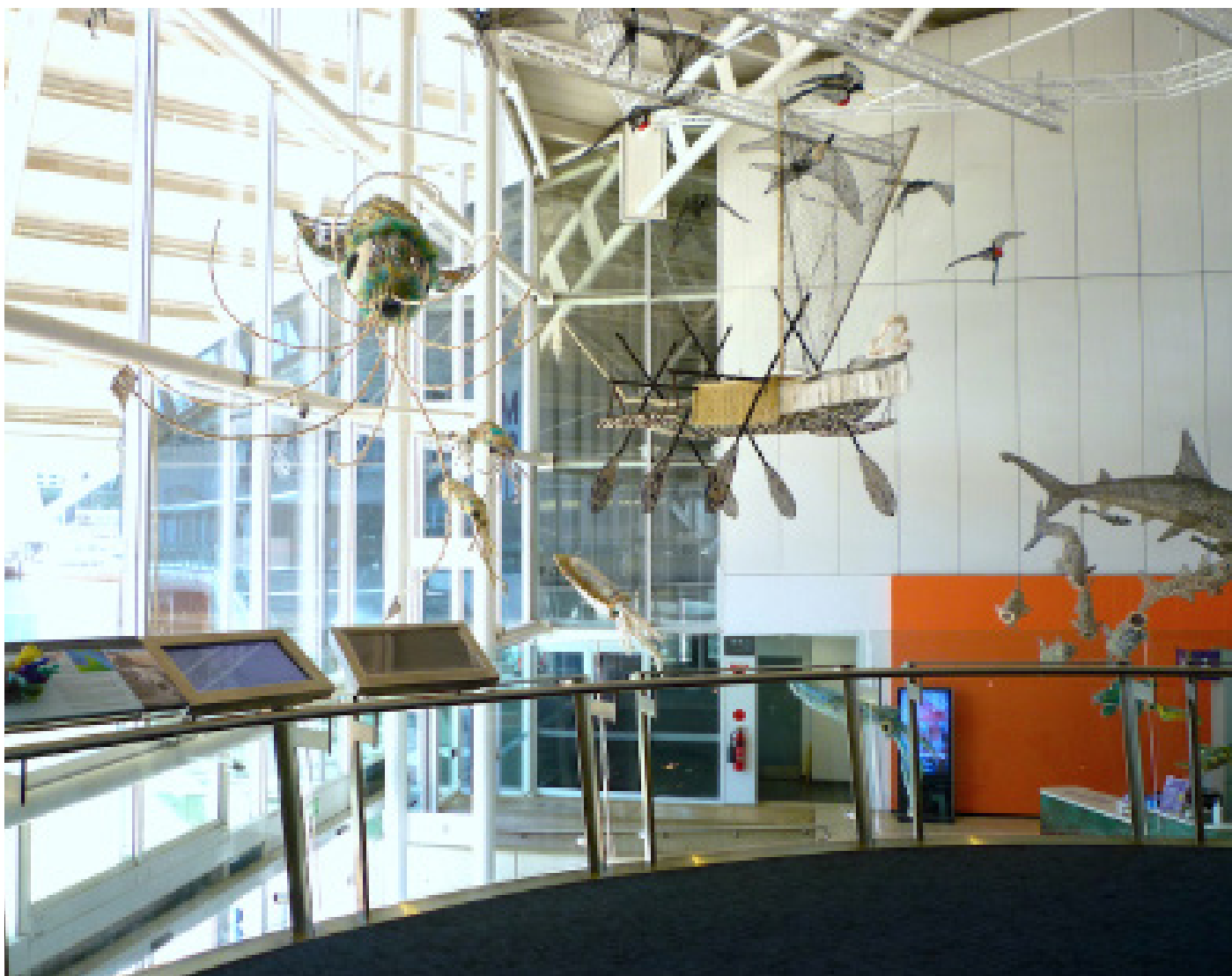
This exhibit leads to an outdoor covered terrace.

If I would like to go out to the terrace I can press the green button.

I can enjoy the view or have some snacks on the terrace if I would like.

The Sydney harbour gallery also leads to the North gallery.

This is where the museum has special exhibition displays that change every few months.



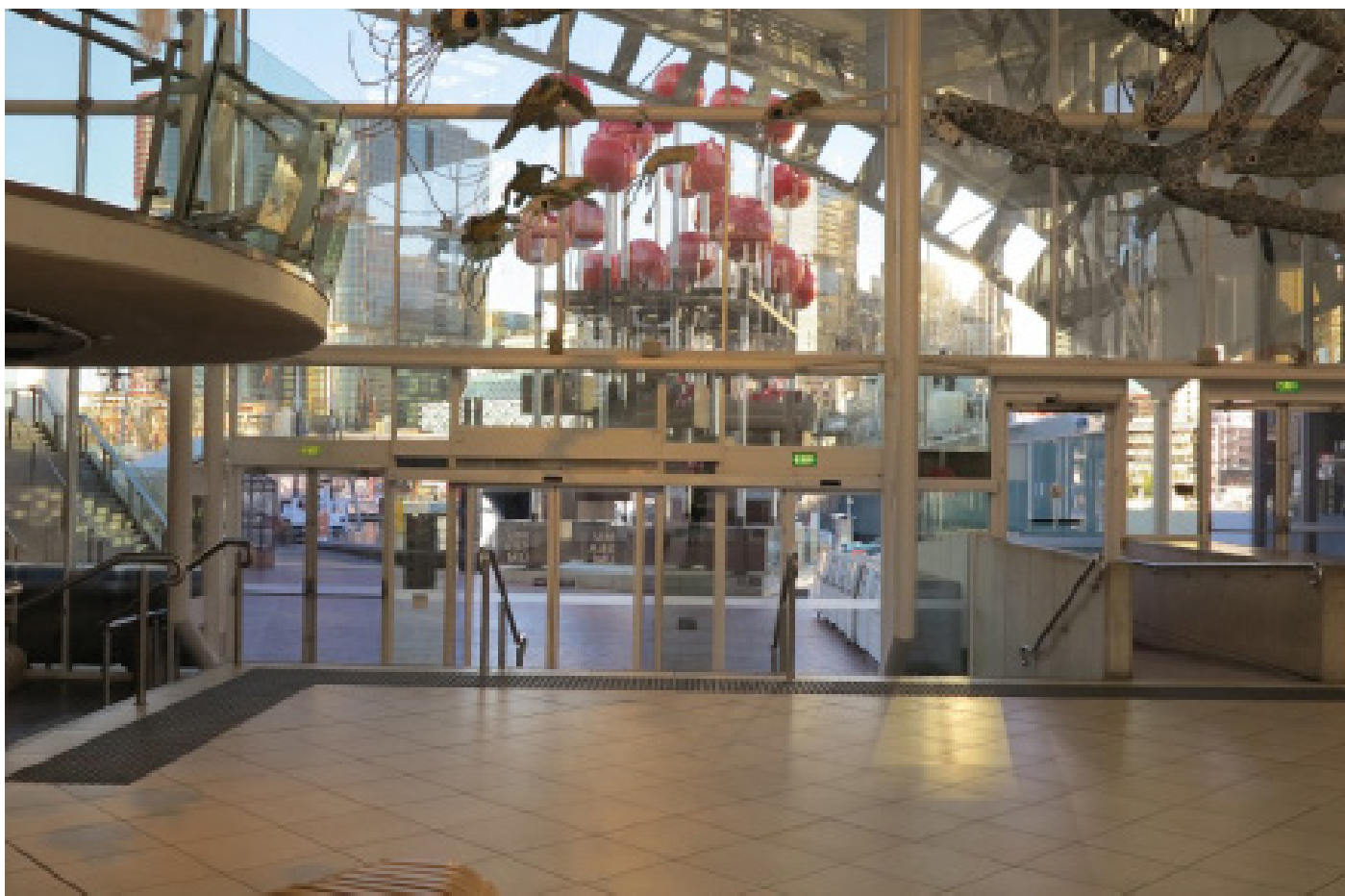
LEAVING THE MUSEUM GALLERIES

I can use the ramp to leave the Upper Level Galleries

If i walk along the ramp I will see these artworks. The artworks are called 'Au Karem Ira Lamar Lu' which means 'Ghostnets of the Ocean'

These were made by Erub Arts Collaborative, a group of artists from the Torres Strait Islands.

I can also use the lift to leave the galleries if I would like to



LEAVING THE MUSEUM GALLERIES

When I reach the lower level I can use the main doors to leave the museum.

If I go outside, I can still come back into the museum today.



OUTDOOR EXHIBITION

Ocean Wonders is outside the museum building near the ferry stop.

This exhibition shows photos of rare sea creatures taken by researchers from the Schmidt Oceanographic Research Institute.

I can run around in this outdoor area if I want to.

I do not have to visit this area.



OUTDOOR EXHIBITIONS

Outside can be loud and bright. If there is bad weather it can also be wet or cold. The construction works can also be very loud.

The ships, the cafe and the Kids activity space are outside the museum building.

I can buy a hat, raincoat or umbrella at the store if I need to. I can also borrow ear defenders from the front desk if I need.

I must remember to put my rubbish into the bins to keep the animals and environment clean and safe.



EXPLORING THE VESSELS

I can purchase a See it All ticket that includes going on board the ships if I want to.

SAFETY RULES:

I have to be taller than 90cm and able to walk confidently to go on board a ship. Prams, baby carriers and wheelchairs can't go on board the vessels. This is to keep everyone safe.

To get to the warships- HMAS Onslow and HMAS Vampire- I will have to go upstairs in the Action Stations building. I might have to line up and wait to go on board.



EXPLORING THE VESSELS- DESTROYER

I can go on board the HMAS Vampire.

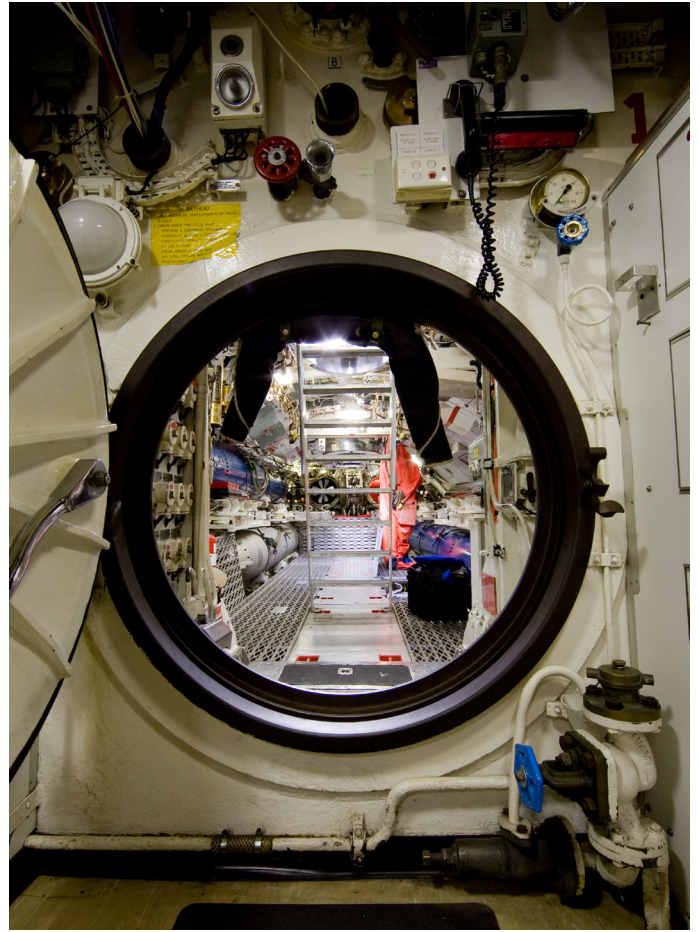
The bridge to HMAS vampire is steep and curved, I can take my time walking across this.

There will be guides on board who can tell me about the Vampire if I have questions.

I can follow the red arrows to find my way around.

There are weapons on board the Vampire
These no longer work so I am not in danger.

Some rooms in the Vampire are small and have bright red lights.
I do not have to go into these rooms.



EXPLORING THE VESSELS- SUBMARINE

I can go on board the HMAS Onslow

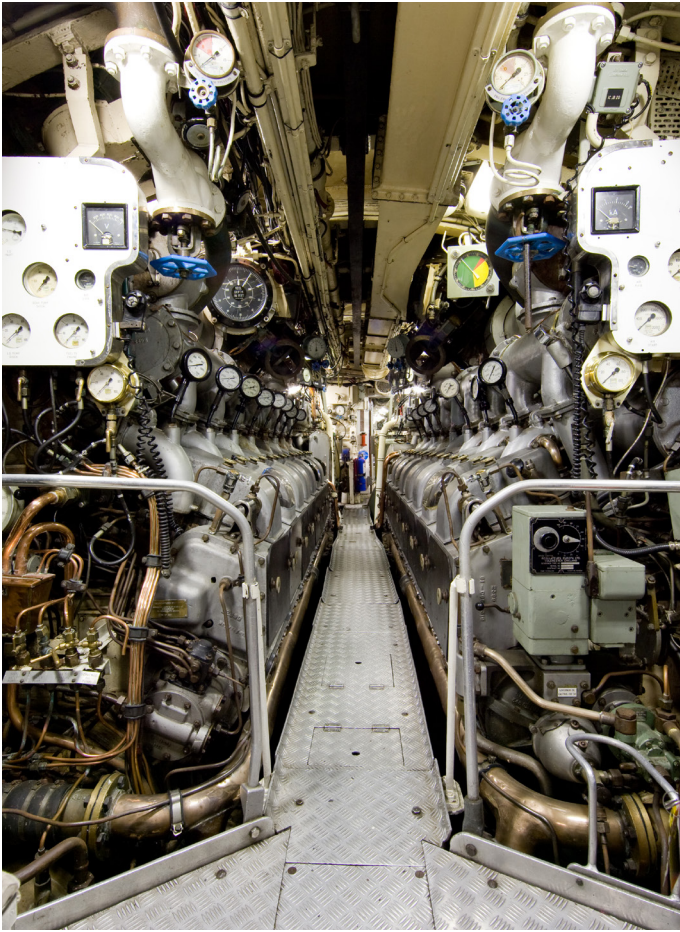
I will be given a yellow tag when it is my turn to go on board.

The staff on the vessels use noisy 2 way radios to communicate. I can wear headphones to help me deal with the noise.

I have to climb down a ladder backwards to go in a submarine.

The submarine is a one way journey and I will have to walk all the way through.

I will need to climb through the airlock doors.



EXPLORING THE VESSELS- SUBMARINE

I can touch things in the submarine if I want to.

The buttons in the submarine are not connected any more so it is safe to touch them.

There will be guides on board who can tell me about the submarine if I have questions.

When I exit the submarine I will give back my yellow tag.



EXPLORING THE VESSELS- DUYFKEN

I can go on board the DUYFKEN if I want to.

I will have to go to the North Wharf, near the lighthouse and walk along the small vessel pontoon to access the Duyfken.



EXPLORING THE VESSELS- DUYFKEN

The small vessel pontoon floats on the water.
It moves a little bit side to side as the waves go by.

This might make me feel wobbly and unsteady.

I can sit down or walk very slowly if I need to.

If I don't like the feeling of walking on the pontoon I can go back to another activity instead.



EXPLORING THE VESSELS- DUYFKEN

To get on board the ship I need to walk up a small set of stairs and across a narrow bridge.

The Duyfken has a strong scent, it smells like tar. There are small cabins at either end of the vessel. I can explore these areas if I want to. I have to bend down to go into the cabins so I won't hit my head.

There are guides on board to help me explore the vessel safely and answer my questions.



EXPLORING THE VESSELS

To get to the **HMB Endeavour** I must walk past the lighthouse

To get on board the ship I must walk across a bridge with stairs

I have to climb down a steep flight of stairs backwards with a rope to go below deck on this vessel



EXPLORING THE VESSELS

Below deck is dark, so I will have to let my eyes adjust

There are very low ceilings below deck so I will have to be careful. Sometimes I can even feel the ship sway with the tides.

I must listen to the staff on board the vessel to help keep everybody safe



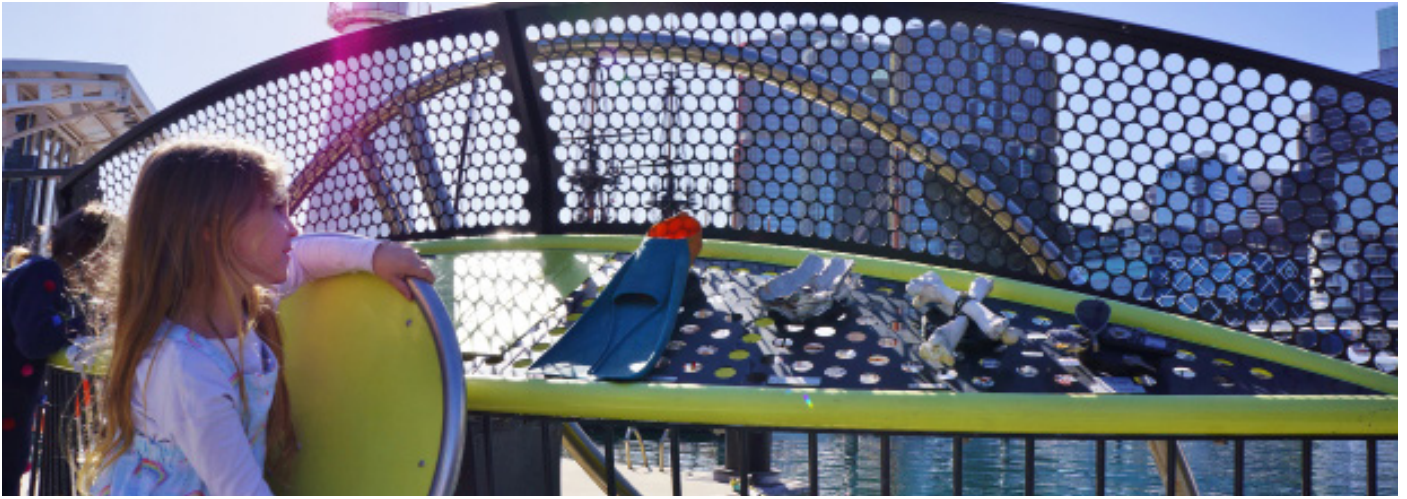
EXPLORING THE CAPE BOWLING GREEN LIGHTHOUSE

On selected days and times the lighthouse stairs are open.
I can find out at the front desk if the lighthouse will be open today.

Only a few people at a time can go up the stairs.
This is to keep everyone safe.
I might have to wait in a line to get inside the lighthouse.
A volunteer will give me instructions when it is my turn.

There are 75 stairs up to the viewing platform.
Climbing to the top might make me feel very tired and sore.
I can take my time and I don't need to rush.

Out on the viewing platform it's very high but there is a railing here to keep me safe.



ALONG THE WATERFRONT

Along the waterfront I can also see the Seabin and the Sea Science pontoon.

I can spin the wheel on the sea science pontoon to look at what plants and animals are living on the different materials attached to this wheel.

The Sea Bin collects rubbish from the harbour to help keep the water and sea creatures safe.

The rubbish from these bins is sorted by scientists at the Seabin Ocean Health lab.



ACTIVITIES AND PROGRAMS

The front desk has free, borrowable sensory backpacks which contain fidgets and ear defenders. I can borrow one of these if I would like. I must return the backpack to the front desk after my visit.

The museum also runs activities like artmaking and play spaces, special tours, workshops, talks and performances. These are not on every day.

I can find out if there are any programs and activities on today that I want to see by visiting on the museum website.

sea.museum/whats-on/events

The museum runs a quiet morning access program every month called Sensory Friendly Sundays. If I am interested to visit during quiet hours I can find out more on the website as well.

sea.museum/whats-on/events/sensory-friendly-sundays



THANK YOU FOR VISITING THE MUSEUM

We hope you enjoyed your visit to the Maritime Museum!

You can share your experience with us @sea.museum