I’m going to the Fraser Festival, presented by Central Roofing Company!
The festival will be at the Saint Paul RiverCentre, like last year. The festival will be inside again, too.
I might get dropped off at the front doors, or I might park in the parking ramp. If I’m in the ramp, I might take the stairs or elevator to the Skyway level, and then navigate to the Saint Paul RiverCentre for the event.
Arriving

Saint Paul Downtown Alliance volunteers will be available to help me find the festival. When I get to the Saint Paul RiverCentre, I will use the stairs, escalator, or elevator to go to the Exhibit Hall level. This is where the festival activities will be. I will stay close to the person I came with.
There will be a table to receive a festival tote bag. I can put items from the festival inside this bag that I can keep and take home.
If I need to use the bathroom, I can tell the person I came with. There are women’s and men’s restrooms with multiple stalls, and there are single-stall restrooms. All restrooms have automatic sinks, automatic flushing toilets, automatic paper towel dispensers, and automatic hand dryers. I can use earplugs in the bathroom if it’s too loud.
The activities are arranged in zones for each of the eight senses. I can look at the map to see where each zone is located, so I know which zones to visit and which to avoid, based on my sensory preferences.
Silent Disco

There will be a silent disco at the festival. If I want to participate, I can wear the music headphones and choose between three different styles of music. I can see what music others are listening to based on what color their headphone lights are. I can move to the music however feels comfortable to me.
Musical Performances

There will be musical performances at the festival. The performances will happen on a stage. If the performances are too loud, I can use ear plugs, find another activity, or go to a quieter area.
Animals, Mascots, and Performers

There will be therapy animals, mascots, and performers at the event. There will be dogs, an alpaca, and maybe other animals. I can look for the signs that say where the animals, mascots, or performers will be. If I feel afraid of the animals, mascots, or performers, I can keep my distance.
I might have to wait my turn for some of the activities, like face painting or the rock climbing wall. I can ask the person I came with for help if I’m having a hard time waiting.
If I am feeling overwhelmed, I can find someone in an orange or purple Sensory Support shirt. They have backpacks with tools in them to help me feel calm, so I can have fun at the event. I can also visit the take-a-break space if I need a quiet place to go during the event.
After the Event

When the event is over, the person I came with will help me navigate back to the parking ramp or to the front doors to leave the building.
See You Next Year!

I had fun at the Fraser Festival, presented by Central Roofing Company! I can come back next year and participate again.