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## Self-experience of BVI Inclusion in astronomy through outreach and research

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Giving visibility to BVI (Blind and visually impaired) researchers is fundamental to provide valuable references and encourage young people with a disability to begin a STEM career. In this contribution I describe the objectives, methodologies and activities carried out in the framework of the outreach project “Astroaccessible”, aimed at the teaching of astronomy in an inclusive way (i.e. utilizing supplementary resources other than those based on the sense of vision), led by a BVI researcher.

In addition, I will describe my own experience doing research with a visual disability and the main obstacles that can be found but, at same time, the great advantages that the inclusion of a person with different abilities can provide for any research group and centre, forcing the working environment to adapt communication strategies that, at last, clearly enrich the productivity and clarity of all obtained results.

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