

RELAXED MORNING

NGV INTERNATIONAL

What is a Relaxed Morning?

A Relaxed Morning is an opportunity for visitors with autism, sensory sensitivities, or disability and their families or carers to have a quieter Gallery experience, with fewer people and reduced noise.

The NGV will be open from 8.30am for visitors who have booked to attend the Relaxed Morning. The session will conclude at 10am, when the Gallery will open to the public.

Some sound or projection elements may be turned off or lowered for this session.

What is the recommended age range?

The Relaxed Morning is open to all ages.

How can I book tickets?

Tickets can be booked over the phone by calling 03 8620 2222 or [online](#).

Is there somewhere to take a break?

Yes. The Great Hall will be a designated quiet space during the Relaxed Morning, where visitors can take a break at any time.

While using this quiet space, we ask that you follow these guidelines:

- Have phones on silent
- Talk quietly
- If using headphones, have volume on low
- Do not bring food into the room

Can I take my own headphones or ear plugs into the exhibition?

Yes. You are welcome to bring any headphones, ear plugs, fidgets or other self-regulating devices into the exhibition, as long as they are hand held and do not present a risk to artworks or other visitors. Food and drink are not permitted inside exhibition spaces.

Are there any guidelines for my visit?

Whenever you are at the NGV you need to refrain from:

- touching artworks on display; and
- eating or drinking in artwork display areas.

Whenever you are at the NGV you need to:

- leave any large bags, umbrellas, or any other item identified by NGV security staff, at the NGV Cloakroom;
- wear footwear at all times which will protect you against injury; and
- supervise any children in your care.

Will the Gallery Kitchen and NGV design store be open?

Yes, both Gallery Kitchen and NGV design store will be open during the Relaxed Session. Coffee, tea, hot chocolate and a selection of cold, sweet and savoury foods will be available for purchase from Gallery Kitchen, on Ground Level.

Is the NGV accessible for people who use wheelchairs or people with limited mobility?

Yes, all Gallery spaces including exhibitions, entrances, exits, café, toilets and Great Hall are wheelchair accessible. Wheelchairs are available for free hire, and can be booked by calling 03 8620 2222.

Where are the accessible toilets? Are there parent facilities?

There are three accessible toilet locations on Ground Level. There is also a parents' room equipped with baby change facilities, private feeding space and a microwave. Please refer to the sensory map for specific locations. Breastfeeding is welcome at the NGV.

When will the Relaxed Morning conclude?

At 10am, regular Gallery hours will resume and the NGV will be open to the general public. Visitors to the Relaxed Morning are most welcome to stay in the Gallery once the session has concluded, however the Gallery will become busier from 10am onwards.

There are several Gallery spaces located on upper levels which may provide a quieter environment, and these will all be open from 10am and are free entry.

Will staff be available if I have any questions?

Yes. Our customer service and security team members are here to assist with any queries you may have while at the Gallery. Staff will be located in the main foyer, cloakroom, exhibition spaces, café and NGV design store.

Getting to the NGV

NGV International is located at 180 St Kilda Road, Melbourne. You will be able to enter via the main entrance on St Kilda Road from 8.30am. A staff member will be located near the entrance to scan your ticket when you arrive.

Travelling to the NGV by car

Parking is available in the Arts Centre Melbourne carpark, located beneath NGV International. Enter from Sturt Street, Southbank. For more information, visit the Arts Centre Melbourne's parking website [here](#).

Please note that due to roadworks, there are several road closures in the vicinity of the NGV. For more information, visit the City of Melbourne website [here](#).

There may also be paid street parking available along St Kilda Road.

How do we get to the NGV by public transport?

Train – NGV International is a short walk from Flinders St Station. Follow Swanston Street across Princes Bridge and walk past Arts Centre Melbourne.

Tram – Take any tram along St Kilda Road and get off at Arts Precinct, Stop 14.

For more information about public transport options, please visit the website [here](#).

For further information about access facilities and services, please visit the website [here](#).

If you have any further queries, please contact:

Email: ngvenquiries@ngv.vic.gov.au

Ph: 03 8620 2222