



**THE AUTISTIC  
ADVENTURER'S  
SUPPORT GUIDE TO  
THE ELEMENTAL  
CHALLENGE**

# THE AUTISTIC ADVENTURER'S SUPPORT GUIDE

## WHAT IS ELEMENTAL?

Elemental is a challenge award for grown-ups. You'll take on a series of challenges, become more active, learn new skills and explore new places.

Start at the Bronze, then progress through to Silver and Gold. There are five challenges for each level of the award. Choose your own challenges and work on them at your own pace.

Find out more about the award [here](#)

## WHAT IS THE AUTISTIC GUIDE TO ADVENTURE?

The Autistic Guide to Adventure is a book written by autistic author and microadventurer, Allie Mason.

Whilst Allie thought that she was writing primarily for under 18s, it has become clear from her readers' feedback since publication that the advice it contains is relevant and inspirational for all ages.

In the book, Allie shares guidance for the autistic community on how to get involved in 35 different activities, from archery to stargazing, sailing to fossil hunting, snorkeling to nature writing - and so much more.

You can buy Allie's book [here](#)!

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Here are the five challenge elements. Pick a challenge for each section and submit your plan online

## MOVE

*Regular (at least weekly) commitment over 3 months*

Improve your health and wellbeing by taking up a new physical activity or practice. You can choose anything, as long as it pushes you out of your comfort zone and provides a challenge.

From The Autistic Guide to Adventure:

- archery
- BMX
- canoeing
- climbing
- cycling
- hiking
- horse riding
- kayaking
- rollerskating
- running
- sailing
- skateboarding
- skiing
- snorkelling
- snowboarding
- stand-up paddleboarding
- surfing
- wild swimming

## LEARN

*Regular (at least weekly) commitment over 3 months*

Learning helps to give us new perspectives, trains our brains to handle new challenges and keeps our neural pathways active. Choose a new skill to practice or an area of knowledge to study - it can be a mix of courses, practical learning, self-study or coaching/mentoring.

From The Autistic Guide to Adventure:

- beachcombing
- drawing
- fishing
- foraging
- fossil hunting
- geocaching
- LARPing
- mudlarking
- nature writing
- orienteering
- photography
- stargazing

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## GIVE

*Regular (at least weekly) commitment over 3 months*

This element is all about giving back to your community - your time, your knowledge, your skills. Get involved and make a positive impact in the area where you live, work or play. You can do it on your own or with friends or family, by joining an existing group or creating your own community.

From The Autistic Guide to Adventure: conservation volunteering

## PROTECT

*This is a one off action but we ask you to make some noise about it*

The earth's resources are limited and are being severely impacted by human activity, but we can all play our part in protecting the planet and our future. Take positive action for the environment and shout about it far and wide.

From The Autistic Guide to Adventure: beachcombing (for litter!), conservation volunteering

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## EXPLORE

*Two days and one night*

Spend two days and one night exploring somewhere new, using your own energy to power the adventure. By challenging ourselves physically we push ourselves outside of our comfort zone, and that's where the magic happens. We are capable of so much more than we think.

From The Autistic Guide to Adventure:

- camping
- canoeing
- cycling
- hiking
- horse riding
- kayaking
- local exploration
- stand-up paddleboarding
- wild swimming

## FURTHER RESOURCES

Once you've signed up to start your Elemental Challenge, you will have access to loads of resources and ideas for inspiration.

You will also have access to the Elemental award coaches, who will support you throughout your award.

If you'd like to learn more about adventuring as an autistic person, head over to [Allie's website](#) where you can find links to all her articles, interviews and podcast appearances.