

Summer Musings

by Amantha Krishnamurthy

1. What is your favourite summer spot?

A nice Canada Day celebration in downtown Calgary. It feels great being in the company of total strangers all united behind celebrating our great nation. I wish people would always have that attitude. A lot of big problems facing humanity would be solved.

2. What do you remember about vacations growing up and navigating through the transitions of following your family's lead?

My favourite vacations were those special India trips to see my grandparents. I loved both the warmth of my grandparents and the sightseeing. The languages, culture, food, and people fascinated me. The challenging part of those trips was the brutally long flights and connections. I was at my wit's end by the time we reached our destination. I wish there was an easier way to get there.

3. What can you suggest for parents who have children on the spectrum on how to prepare for vacations? Did your parents have a safety plan?

My parents plan a lot. They get seats where I won't be a problem for other passengers. That really helps control my anxiety. They pack all my favourite foods. They book airport hotel stays between flights to make things easier for me. Other passengers can help too, by being empathetic to our challenges.

4. Do you have any sensory-friendly vacation spots you'd recommend in your region (or anywhere in Canada?)

The best sensory-friendly outing is a hike in the Rockies! Few things are as therapeutic to me as the sounds, sights, and smells of pristine wilderness.

About the Author

Amantha Krishnamurthy is a 13-year-old from Calgary AB. He is in Grade 7 at the Science Program at Riverside School.

Amantha does most of his communication via typing or a letterboard. Creative writing gives Amantha great pride and solace; it is also how he shares his autistic experiences with the world.

He enjoys doing math and eating honey dip donuts.

