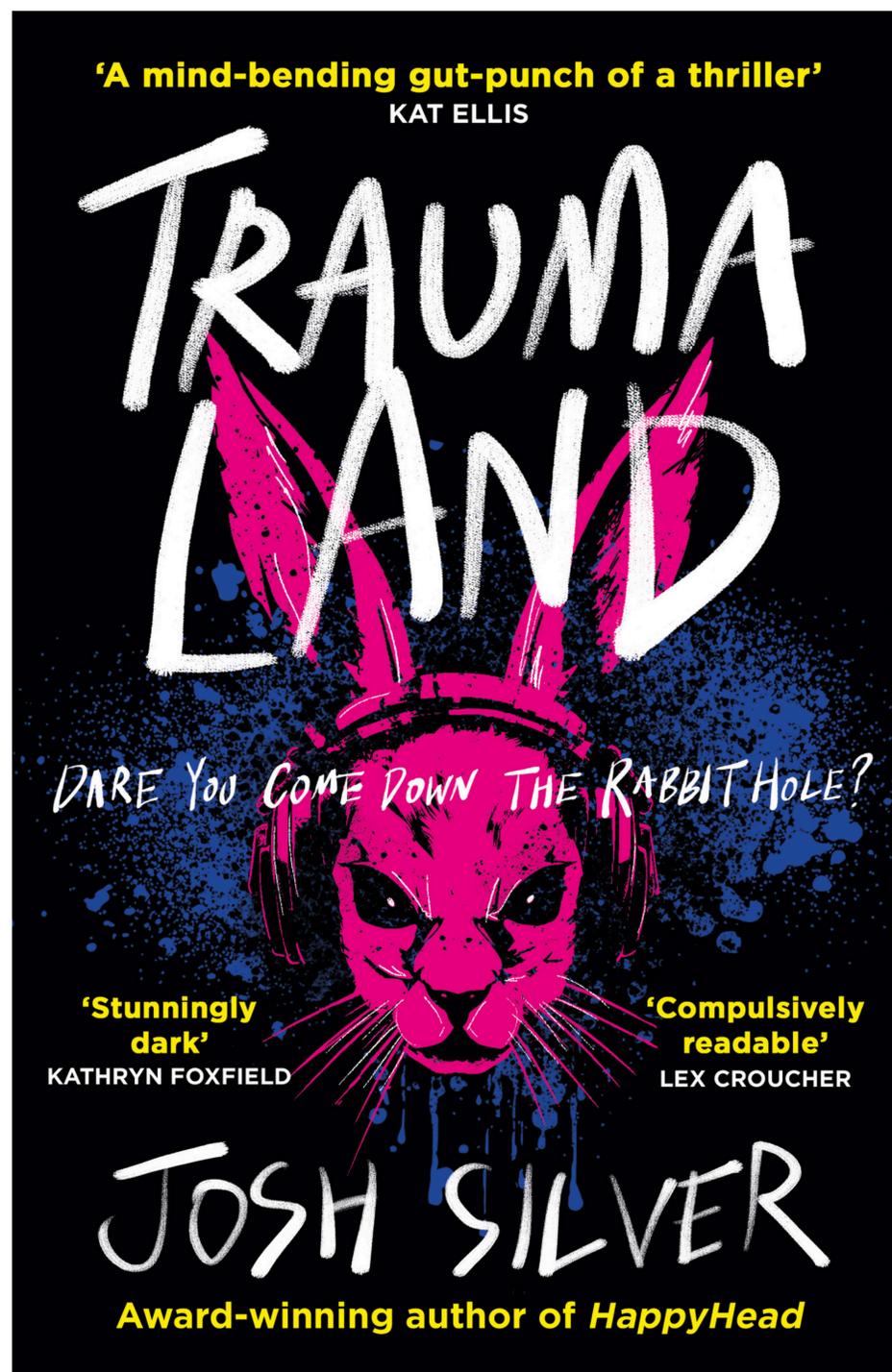


The Carnegies



The Carnegie Longlist 2026 Shadowing Resources



Traumaland

Carnegie Medal for Writing

Author: Josh Silver

Age range: 14+

Description:

Following an accident, Eli has become increasingly emotionally detached from the world around him. This leads him to Traumaland, an underground club which manipulates its audiences through its hyper-real simulations. A vividly written, darkly-satirical high-concept thriller which maintains tension throughout and explores areas of mental health. There's a meta element to the storytelling as readers are exposed to the impact of trauma in much the same way as the characters are.

Themes:

- Trauma
- Emotion
- Grief
- Abuse
- Ethics
- Therapy

Shadowing Ideas:

1. Do you like to be scared? Why? What is the most thrilling/scary book that you have ever read? If you don't like to be scared, why is that? Can you recommend a calming/comforting book that you have enjoyed?
2. Elias talks about the smell of his family. His brother smells like a meadow (a masculine meadow!), his parents smell like lavender soap and hard work. He also notices colours. What smells and colours make you feel calm? What smells and colours do you really dislike? Can you say why? Write a poem or create a piece of artwork exploring these concepts.
3. Elias has ADHD. What do you know about this and other types of neurodivergence? Can you research any gaps in your knowledge as a group using online resources? Are there any other books that you would recommend with neurodivergent characters?