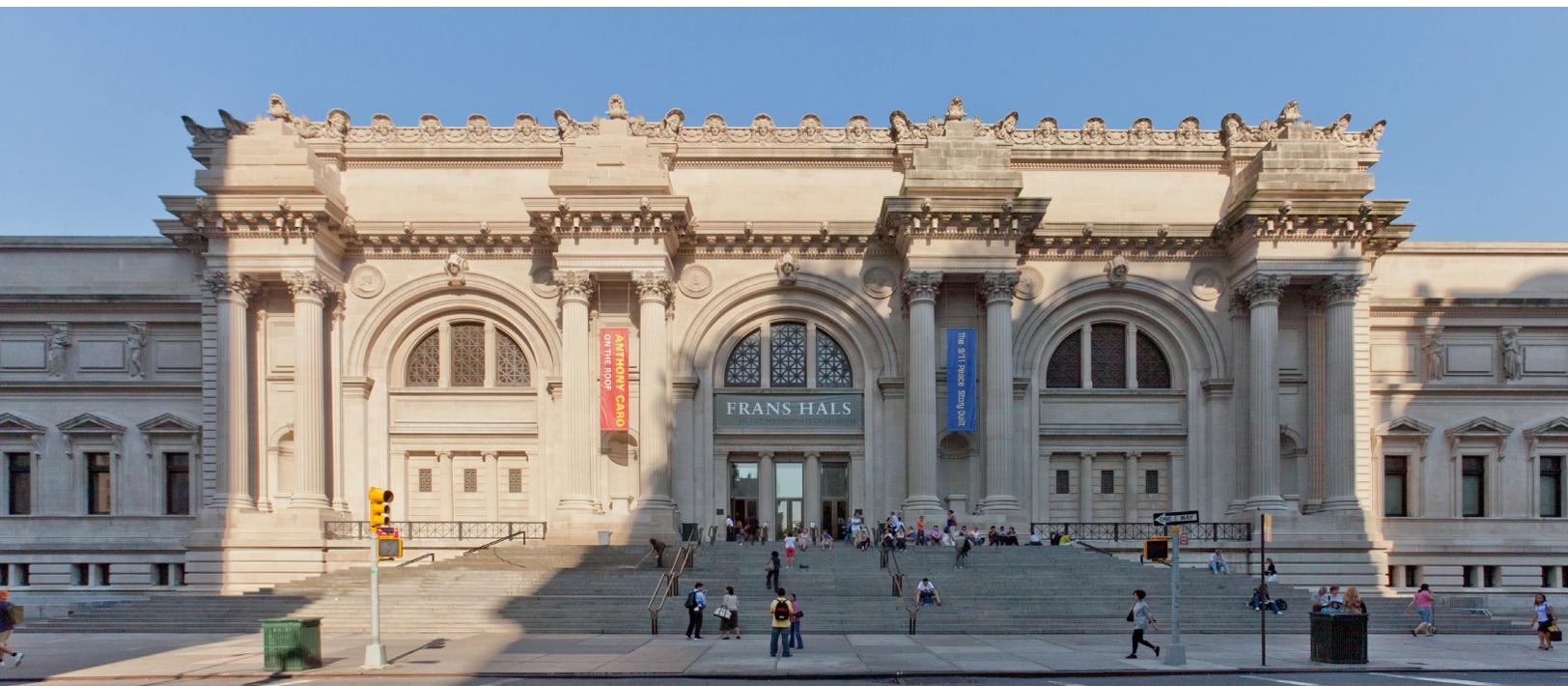


Social Narrative

Independent Visit to The Metropolitan Museum of Art for Teens and Adults on the Autism Spectrum



The Metropolitan Museum of Art

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I am going to The Metropolitan Museum of Art. Inside the Museum, there is art from all over the world. Some of the art is over five thousand years old, while some was made just last year.

When I first arrive at the Museum, I will see many steps leading to the main entrance.



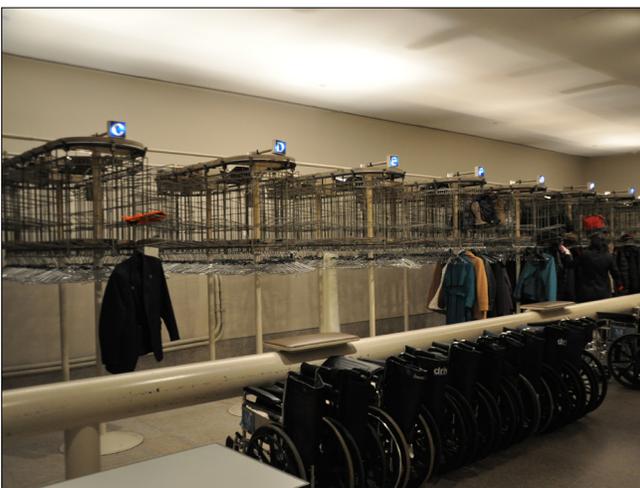
This entrance can be very crowded and noisy, so it is a good idea to use another entrance, through the Ruth and Harold D. Uris Center for Education. This entrance is located at Fifth Avenue and 81st Street, just south of the steps.



When I enter, a security guard will ask to look in my bag. I will open my bag so that the guard can look inside. If I don't have a bag, I can walk right in.



If I have a coat that I don't want to wear in the Museum, I can leave it at the coat check. There may be a short line to check my coat, so I may need to wait for a few minutes. If I have any food or drink other than water with me, I will have to leave that too.



The security guard at the coat check will give me a plastic tag with a number on it. I will keep this safe. I will return the tag when I pick up my coat before I leave.

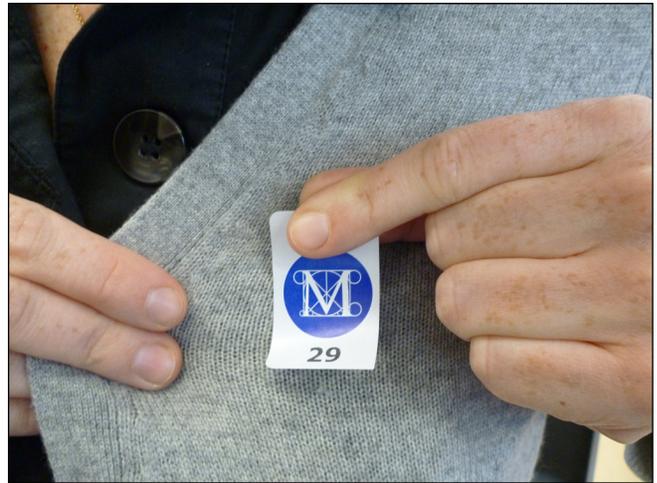


Next, I will pay admission to enter the Museum. Sometimes there is a line at the Admissions Desk. I may need to wait for a few minutes.

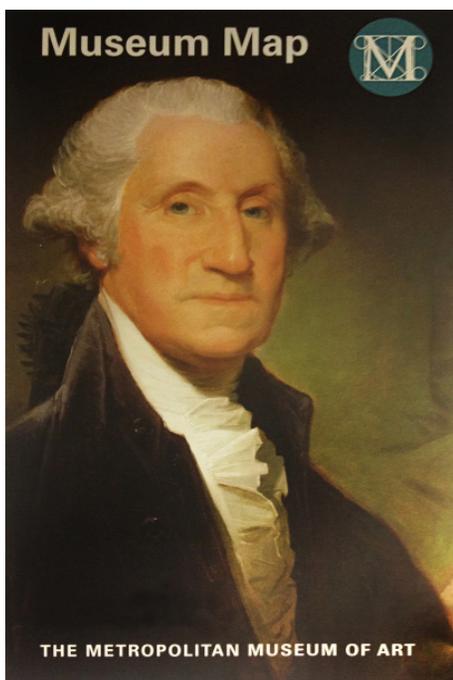


The person at the Admissions Desk will give me a sticker that shows I have paid to enter the Museum.

I will peel it from the backing and put it on my clothing in a visible place.



At the Admissions Desk, I can pick up a Museum Map, which will help me plan where I will go in the Museum.



If I enter the Museum through the Uris Center for Education, I will need to go upstairs to the galleries to see the art. I can take an elevator or the stairs.



If I designed a [My Met Tour](#) (PDF), I can follow my checklist. I can also change my tour and choose to see different things.



There will be security guards throughout the Museum. They are there to help people and to keep the art safe. If I need directions or help, I can ask a security guard.

Some areas of the Museum are loud, and some are quiet; some are crowded and some have fewer people. I can look at the [Tips for Teens and Adults with Autism](#) so I know about these different spaces.



If I need a break, I can go to a quiet space in the Museum and sit down. I can find these spaces on the [Sensory Friendly Map](#) (PDF) before I leave home, or I can ask a security guard to help me find them.



When I am ready to leave, I will go back to the Uris Center for Education entrance if that is where I came in. If I checked my coat, I may have to wait on a short line to get it back. I will give the security guard at the coat check my plastic tag so that he or she can find my coat and return it to me.



I hope I can visit the Museum again soon and see more art.

Access and Community Programs

Contact us for information about accessibility, accommodations, and programs for visitors with disabilities:

Telephone: (212) 650-2010

Email: access@metmuseum.org

Access and Community Programs

The Metropolitan Museum of Art

1000 Fifth Avenue

New York, NY 10028-0198

www.metmuseum.org/events/visitorsdisabilities



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Access Coordination at The Metropolitan Museum of Art

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