

LJOSÁLFAR (LIGHT ELVES)

The most striking features of the Ljosálfar are that they have pale blue/green eyes, pale white or green skin, and hair that can range from stark white to a deep forest green. There are other less common physical features present among their species, their skin can be bronze, golden or even platinum in some cases, with eyes that range from violet to golden. They have an unsettling gaze that is uncomfortable for people not accustomed to treat with the Ljosálfar. They are also very lithe compared to humans, with elegant features, long limbs and sharp ears.

HISTORY

Light elves, also known as the "Ljosálfar" (singular Ljosálf), are the opposite of the drow. Hailing from the Feywild, descended from a mix of primal elves and dryad, light elves are fierce rivals of the drow and see them as their tragic elven cousins. Light elves still retain some features from their dryad ancestors, and as such they feel more in touch with nature than with other sentient races. The first Ljosálfar, Elio the Light-Giver, born from unnamed parents deep in the Feywild, was also the first of their kind to leave the Feywild with a few other Ljosálfar and found peace within the deep fjords and green landscape of the southwest of Miklagard, later named the Alftindur Sierra. Here they founded over many decades what is now the Capital of Alfheim: Amvalora, a city that shines like a beacon at night and can be seen from miles away. The Ljosálfar have an indifferent relationship with the rest of the races. They commonly cause humans illnesses due to their isolation and different immune system, but they also have the power to heal them, and seem especially willing to do so if sacrifices are offered to them.

SOCIETY

Generally they live deep in lush forests with lots of vegetation, or high up on the tops of mountains. Their homes are normally made out of crystal, vines, and magical gems that they form over many years, reflecting light and making their towns almost blinding for outsiders. They abhor anything that goes against the natural way of things. Most light elves follow a set of beliefs and rules, a creed they call "The Path" that was created by Elio the Light-Giver.

THE PATH

Like an innate moral code, The Path is a series of beliefs and rules that the Ljosálfar are born with and uphold at any cost. The Paths core beliefs are:

1. *Darkness is simply the absence of light, so we must brighten the light until darkness is no more.*
2. *Do not allow the light to die in your own heart, be the light when others cannot or will not be.*
3. *The drow are the epitome of darkness, and must be destroyed without mercy to truly spread the light.*

LJOSÁLFAR NAMES

Light Elves usually take on names that represent the sun, the light or their affinity with nature.

Male: Sune, Barak, Bjartr, Rothull, Frar, Solvar, Meir, Blerim, Elio, Askr, Reynir, Skavithir

Female: Sunhild, Elin, Lyn, Eliora, Glaema, Vesna, Sungula, Embla, Ýr, Fura

LJOSÁLFAR TRAITS

Ability Score Increase. Your Charisma increases by 2, and your Dexterity score increases by 1.

Age. Although Ljosálfar reach physical maturity at about the same age as humans, the elven understanding of Adulthood goes beyond physical growth to encompass worldly experience. A Ljosálf typically claims Adulthood around the age of 100 and can live to be 750 years old.

Alignment. Ljosálfar are very lawful in nature, due to their innate moral code. Also a typical Light Elf is taught from a very young age what to do and what not. They tend to lean towards neutral, with some interpreting The Path differently or abandoning it completely and leaning towards good or evil respectively.

Size. An average Ljosálfar stands at 5 - 6 feet tall and weighs around 120 pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Fey Ancestry. You have advantage on saving throws against being charmed, and magic can't put you to sleep.

Be The Light. Ljosálfar are resistant to radiant damage.

Partial Photosynthesis. Due to the Ljosálfar's affinity with the sun, each hour spent in direct sunlight counts as if they had consumed 1/2 pound of food. Also, when a Ljosálfar takes a short rest spent in direct sunlight and doing only light activity or meditating they can double their constitution modifier on any hit dice spent.

Acute Vision. Light Elves have lost their darkvision due to many generations of living permanently in light, but they have gained better focus. You are proficient in Perception, and when you make a Wisdom (Perception) check in direct sunlight or bright light you make this check with advantage.

Ljosálfar Magic. As a Light Elf, you know the light cantrip. Once you reach 3rd level, you can cast Faerie Fire once per long rest. Once you reach 5th level, you can also cast the Moonbeam spell once per long rest. Charisma is your spellcasting ability for these spells.

Speak With Plants. You can communicate with plants as if you shared a language.

Trance. 4 hours of meditation counts as a long rest.

Languages. You can speak, read, and write Common and Elvish.