

Ways of implementing game therapies in adult learning

Methodology / guidelines (Non-formal learning and method)

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Lindner Lília Klára - Mészáros Mercedes:
ChangeFever: Preparation for Release, Sensitization Board Game
VÁLTÓ-SÁV ALAPÍTVÁNY



Some of the professionals at Váltó-sáv Alapítvány have been working with prisoners and released prisoners since 1997, and the foundation itself has been operating as a separate legal entity since 2002. During the 20 years, the focus of all our programmes has been on preparation for release, directly or indirectly. We started to develop the ChangeFever preparation for release board game in 2010, and for a long time we used it in a "hand-made" form. However, in 2018, as part of an EU project focusing on method development, we further developed the content of the board game and the design. The Hungarian Intellectual Property Office has issued a trademark registration number M 17 00317 for the development. At present, the content and design of the board game "ChangeFever: preparation for release" meet the requirements of the most modern board games and can be used for preparing prisoners for release, for reintegration work and for social sensitization. We believe that the two areas are closely linked in terms of crime prevention.

The reason for the development of the board game: either there had been a significant change in the professional work of our organization or the prison population has changed, or both: in any case, we had experienced that we are encountering prisoners with lower competences. In the early 2000s, our organisation developed the Practical Knowledge on Release publication (based on a booklet created and produced by young released prisoners), which is still

reviewed and updated annually. The basic information needed on release was written in an accessible format and style, but over the years we had found that the pages densely written and packed with language signs are difficult to understand for a significant group of prisoners. We therefore added pictograms to the brochure and also used visual cues to help better comprehension. However, this still proved to be insufficient. We then tried to 'gamify' the information, i.e. to provide 'hands-on' information conveying through play. The ChangeFever: preparing for release was created for this particular reason; during the development and afterwards it was tested and played several times in/with professional environments, with representatives of the prison staff and of course with prisoners. We also incorporated the ideas and experiences (e.g. on the suggestion of a reintegration officer we changed the name of the "luck" cards to "event" cards, which expresses the content and meaning of the cards much better).

We are consciously using gamification in our method development project, which has been running since 2018, to prepare for release. By this term we mean the process of incorporating psychologically motivating elements and mechanisms present in games into a non-game-like medium, with the aim of making the processes involved more interesting and effective. Gamification can be applied with excellent results in many areas of life, such as the workplace, health care, culture or education, where gamified methods and developments can have significant positive effects. Gamification can be implemented with great success in areas that are particularly difficult/demanding and/or where first-hand experience is not available or difficult to obtain. It also has a positive impact on motivating participants, on the development/learning process or facilitating the mentioned process, and on overcoming difficulties. The mechanisms taken over from the game can help to acquire a "learning material" much more effectively, the interest can be sustained for a much longer period of time, and there is a greater sense of achievement for both the participant and the group leader. The benefits of the gamification methodology are that the playfulness, the game elements make the user (prisoner, pre-release people, members of the majority society, etc.) more motivated, the opportunities in the game reduces the stress experienced in real life (e.g. release crisis); the player has to make decisions in the game, which is done in a simulated situation, in a safe way, i.e. techniques can be practiced and learnt, which can be transferred later to the "real world". The participant in the game is autonomous, can immediately experience the results and consequences of his/her decision (immediate feedback), can experience the "reward" of a correct decision. Games develop a range of competences (communication, decision making, the ability to obtain and use information, problem solving, etc.) and, in the case of board games, cooperation skills can be developed as well. Games provide opportunities for participants, even of different ages, educational backgrounds or competences, to learn from each other, to participate together in a common activity, as is the case in real life ("community learning", i.e. learning based on community interactions). The concept of "community game", outside the online context, is understood as individual, personal interaction, which also gives the interpretation of community learning, responsibility, attention to each other, to the individual and to the community together.

The ChangeFever: preparing for release board game's focus is the first 30 days after the release, where the players have to execute the different post-release life tasks ("missions"). It

is a combination of a board game, a card game, a role-playing game and an alternative reality game, i.e. it has elements of all of them. Board games can also be used for sensitization, after some development, which mainly involves visual design/upgrade. It can be played in a group (4-6 players), with the interaction between the game leader and the group members being decisive in the process. The game can be used in several sessions, based on the principle of "everybody wins" (experience).

In the reintegration process and in the preparation for release process, the gamification methodology and the use of the existing board game is undoubtedly an innovation. Prisons in Hungary have also opened up to this opportunity and over the years many prison professionals have become acquainted with the game, played it and tested it. For the game to be applicable, a short training course for game masters is needed.





The game rules

The game rules clarify how the game is to be played, but it is primarily for the game masters and not for the players (prisoners). Especially because it would significantly diminish the game experience if we were to start with clarification of this for group games of about 2 hours in duration for impatient prisoners in penitentiaries. Therefore, the game is designed in such a way that the main rules and guidelines are clearly visible on the so-called personal files and game board, and can be distinguished by pictograms. Reviewing this requires a much shorter time than going through the long game rules, and attention and focus can be maintained.

PERSONAL FILE

APPEARANCE

JOB SEARCH + 1: 1 POINT

AVOIDING POLICE CHECKS: 1 POINT

FITNESS

JOB SEARCH + 1: 1 POINT

ONE MORE STEP: 1 POINT

HEALTH

JOB SEARCH + 1: 1 POINT

AVOIDING ILLNESSES, ACCIDENTS: 1 POINT

INFORMATION

JOB SEARCHES + 1: 1 POINT

ONE MORE STEP: 1 POINT

DAILY MEALS HUF 1500

INITIAL CAPITAL:
NUMBER OF YEARS WORKING
IN THE PRISON x 10000

EDUCATIONAL QUALIFICATIONS FOR JOB SEARCH

8 GRADES+1,

10 GRADES+2,

HIGH SCHOOL DIPLOMA+3,

VOCATION+3,

HIGHER EDUCATION+4

WITH PUBLIC TRANSPORTATION
(tram, metro, bus, etc.)
5 STEPS
(SINGLE TICKET: HUF 500 ,
MONTHLY TICKET HUF 9500)

CIGARETTE: HUF 1500/DAY

ALCOHOL: HUF 1000/DAY

COFFEE: HUF 3000/MONTH

DAILY MEALS FOR YOUR
CHILDREN IS HUF 500 PER HEAD

JOB SEARCH:

AFTER OBTAINING THE NECESSARY DOCUMENTS (IDENTITY, ADDRESS, SOCIAL SECURITY AND TAX CARDS), GO TO ONE OF THE FIELD THAT ALLOWS YOU TO FIND A JOB AND ROLL TWO DICE.

BY DEFAULT, YOU WILL FIND A JOB IF YOU ROLL 11 OR 12. YOU CAN ADD THE INDICATED VALUE OF EXTRA POINT TO YOUR ROLL POINTS.

IF YOU HAVE EXTRA POINTS, THE ROLL POINTS CAN BE INCREASED BY MAXIMUM 4 EXTRA POINTS. YOU CANNOT USE EXTRA POINTS AT HOME.



MISSIONS:

- PROBATION OFFICER
- ID CARD
- ADDRESS CARD
- TAX CARD
HUF 3000
- SOCIAL SECURITY CARD
HUF 3000
- BANK CARD
HUF 5000



CLOTHES
DISTRIBUTION:
+ 1 APPEARANCE POINT



INTERNET
SUBSCRIPTION: HUF
4000 ON SALE, HUF 5500
NORMALLY.
+ 1 INFORMATION POINT
FOR EVERY USE



TICKET CONTROL:
IF YOU DO NOT HAVE A VALID
TICKET, PAY HUF 6000.



YOUR "FRIENDS" OFFER YOU A
"JOB".
ROLL 2 SIXES TO AVOID PRISON.



SOUP KITCHEN:
YOU DON'T HAVE TO
PAY FOR YOUR DAILY
MEALS



CELL PHONE:
Device HUF 6500, 5000 Ft on
sale
Prepaid card HUF 5000, 2500 on
sale
+ 1 INFORMATION POINT FOR
EVERY USE



POLICE CHECK:
IF YOU HAVE NO ID
AND ADDRESS CARD, YOU WILL BE
TAKEN TO THE POLICE STATION.
YOU MISS ONE ROUND.



YOUR BET IS DOUBLED IF
YOU ROLL 2 SIXES,
OTHERWISE YOU LOSE IT.



CASUAL LABOR: IF
YOU HAVE A TAX
CARD YOU GET
HUF 6000



THE COAST IS CLEAR:
NOTHING UNEXPECTED WILL
HAPPEN TO YOU THIS TIME



EVENT CARD



YOU HAVE TO GET HOME FROM
PRISON FIRST, THEN YOU CAN
CONTINUE THE GAME.





GAME RULES

Váltó-sáv Alapítvány's preparation for release board game
(Trademark M 17 00317 , Hungarian Intellectual Property Office)

I What you should know before playing

This rulebook is for the game master(s).

As the basic purpose of the game is to prepare prisoners for the tasks and challenges of the first month after release in a group setting, there is obviously no opportunity to explain the rules of the game in detail to the players. At best, a group session lasts an hour and a half, just long enough to finish a game. Therefore, on the one hand, we have tried to keep the rules as simple as possible, taking into account the basic objectives and the realism of the game, and on the other hand, we have included almost all the necessary information for the game in the form of short text explanations and icons on the **PERSONAL FILES** and on the **GAME BOARD**, so that the players can easily navigate in the game process. However, specific information, less frequently occurring information or information that requires explanation would have made the aforementioned surfaces opaque or overly complicated, and it is therefore the game master's responsibility to know them in order to instruct the players in such situations. It is therefore important that, in addition to the information available to players, these are also carefully studied by game master.

II Object of the game

The object of the game is to prepare prisoners who are about to be released for the first month or so after their release in a playful, didactic way. This includes

- covering housing and related costs;
- obtaining needed documents;
- the difficulties and opportunities of finding a job;
- the challenges of self-reliance;
- the problems of unexpected costs;
- presenting possibilities to make the process easier.

III Game box components

(for eight players)

- 1 **GAME BOARD**, where the game is played
- **INFORMATION BOOKLET**, size A4, for the game master, copy of the information sheets to be distributed to the players
- **INFORMATION SHEETS**, size A5 , 8 copies, to be distributed to the players during the game in the order in which their content appear
- 8 binders, to collect the abovementioned sheets
- 8 pieces to indicate the position of the player and 8 markers to indicate the destination to be reached
- 8 **PERSONAL FILES** containing basic information for playing
- 1 pack of **LANE-CHANGE** cards for moving, 40 pcs
- 1 pack of **EVENT CARDS** (48 pcs) (marked ? on the back)
- 1 pack of **EXTRA POINTS** that players can use to help them achieve their goals.
- These include **HEALTH** (30 pcs), **FITNESS** (30 pcs), **APPEARANCE** (30 pcs) and **INFORMATION** (30 pcs) cards.
- 8 **CELL PHONE** cards, which can be purchased during the game and entitle the user to different benefits
- 8 **INTERNET** cards, which can be purchased during the game and entitle the user to to different benefits
- 1 pack of game money: 60 HUF 500, HUF 1000, HUF 2000, HUF 5000, 30 HUF 10000, HUF 20000.
- dice
- 8 bus ticket photocopies
- 8 utility bills

IV Setting up the game

A Daily expenses, initial capital, educational qualifications

- At the beginning of the game, the game master records the following information in the appropriate **PERSONAL FILE**
- section of the the number of children; each child adds HUF 500 per day to the cost of the player's **DAILY MEAL**
- educational qualifications (8 grades, 10 grades, high school diploma, vocational training, higher education); these mean extra points, as indicated on the PERSONAL FILE, for job search (8 grades translates to 1, 10 grades 2, vocational training 3, high school diploma or higher education 4 extra points)
- the number of years working in the prison; this determines the initial capital of the players at the beginning of the game, 10000 forints per year worked;
- addictions (cigarettes, alcohol, coffee); cigarettes add HUF 1500 per day, alcohol HUF 1000 per day to the amount of the **DAILY MEAL** cost, coffee is HUF 3000 per month.

These should always be fixed at the beginning of the game, as they have a cost, and thus avoid "haggling" afterwards.

B Housing

Each player then decides where they would like to live based on the **GAME BOARD's** information (the green fields show the prices) and their financial situation. The options are:

- **HOMELESS SHELTER**
- **FRIEND, FAMILY, HALF-WAY FLAT,**
- **RENTED APARTMENT,**

The game master should draw attention to the financial implications of these housing options. At any time during the game, and at the end of the game at the latest, each player must pay the cost of their housing actually (or on a loan if they have no money). This is HUF 5000 at the **HOMELESS SHELTER**, HUF 15000 + HUF 5000 utilities at a **FRIEND, FAMILY** or **HALF-WAY FLAT** and HUF 45000 + HUF 15000 utilities in the case of a **RENTED APARTMENT**.

Once the housing has been decided and the PERSONAL FILES have been filled out, the game master distributes the initial capital and explains the objective and procedure of the game.

V Objective of the players

The objective of the players is

a.) to complete the missions indicated on the right-hand side of the PERSONAL FILE, i.e.

- to visit the probation officer, if necessary,
- to obtain the basic personal documents
- (ID card, address card, tax card, social security card),
- to register for a job search and/or find a job,
- and get a bank card to receive their payment;

b.) and to finish the game in the best financial situation as possible.

VI Game overview

Players will take turns in an agreed order.

Each player can do two things in a turn:

- A completing a mission,
- B staying home to collect extra points.

A Completing a mission

If it's their turn, the player places their marker on the next chosen target field in the order of the missions, and then sets off from the housing location of their choice. Before leaving, the player decides and tells the game master whether they go by

- public and tells the game master whether they go by transportation with a ticket,
- public transportation without a ticket, or
- walking.

They can take four steps on foot or five steps by public transportation in one round, but the number of steps can be reduced by certain unexpected events on the **EVENT CARDS** or increased by extra points. The player has to pay HUF 500 for a single ticket, after which the game master will hand out a ticket. For a monthly ticket HUF 9500 has to be paid. The monthly ticket is valid for the whole game. When travelling without a ticket, the player can only move to the **TICKET CONTROL** direction after paying an on-the-spot fine of HUF 6000.

Target fields

Target fields can only be selected in the order indicated on the **PERSONAL FILE**. The player may only choose a **JOB SEARCH** field if they have already obtained their ID, address, tax and social security cards.

Steps

Before each move, the player must draw one **LANE-CHANGE** card. The given card must be aligned with the orientation of the **GAME BOARD**. Each card indicates four possible directions. It is not possible to move diagonally. An icon next to each direction marker on the cards indicates what to do (or not to do) when moving in that direction.

ICONS



CLOTHES DISTRIBUTION – the player choosing this direction receives an APPAREANCE point and the corresponding information sheet.



SOUP KITCHEN – the player choosing this direction does not have to pay for DAILY MEAL, including that of their children, and will receive an information sheet on food distribution.



CASUAL LABOR – the player choosing this direction, if have already obtained their tax card, receives HUF 6000. Otherwise, the direction still can be chosen, but they will not get any money.



INTERNET SUBSCRIPTION – going in this direction, the player can buy an internet subscription for HUF 4000. This translates to 1 INFORMATION point for each use, which the player can claim by showing their card. The game master should remind the player of the importance of the internet and because of this that it is a big advantage to have this card (e.g. one extra move per turn).



CELL PHONE SUBSCRIPTION - going in this direction, the player can buy a cell phone subscription for HUF 5000 and a pre-paid card for HUF 2500. This translates to 1 INFORMATION point for each use, which the player can claim by showing their card. The game master should remind the player of the importance of the internet and because of this that it is a big advantage to have this card (e.g. one extra move per turn).



THE COAST IS CLEAR– Moving in this direction, nothing happens with tha player.



TICKET CONTROL– in this direction, players who chose to travel without a ticket will have to pay HUF 6000. Those who have a ticket or who have started the day's mission on foot are free to move this way without having to pay.



POLICE CHECK – players who already have their ID and address card are free to go this way. But those who don't and are going this way have to go to the police station, so they miss a round.



EVENT CARD – the player choosing this direction must draw an EVENT CARD and follow its instructions.



OLD FRIENDS – the player moving in this direction is confronted with the challenges posed by his former "friends". This means that the easy, high-paying, "sure thing" jobs are most often the first stage of recidivism. The game master first draws the player's attention to this fact, and then to what the player has to do in this direction. They must roll two dice. If they roll two sixes, they avoid jail and receive HUF 3000 for their "work". Otherwise, they must place their piece on the PENAL INSTITUTION field.



CASINO – moving in this direction, the player must play at least HUF 1000. After placing the bet, the player rolls 2 dice. If they roll 2 sixes, the player gets back double the amount of their bet, otherwise the bet is lost.

After each step, the used LANE-CHANGE cards must be flipped over and collected separately. When the last card from the original pack has been used up, the discarded cards are shuffled by the game master and can then be reused. The same thing shall be done in the case of EVENT CARDS.

After moving the possible number of steps

a.) When the player reaches their destination, they receive the document that can be obtained there. The identity card and the address card are free of charge, i.e. players do not have to pay for them, while the social security card and the tax card each costs HUF 3000. The game master should draw the players' attention to the cost of the documents to be obtained before the start of the move, so that the player is aware of this during their turn. If the player does not have enough money when reaching the target field, there is a possibility to borrow money (from the bank with a 10% interest rate or from another player who is willing to loan some money interest-free) or ask for a legal aid if equity so requires. Whether this is granted gets decided by rolling two dice; if the player rolls at least 7 they are granted the aid. If the player fails to pay, and the legal aid is not granted, their mission is unsuccessful and they do not receive the document. The game master reminds the player of the importance of time and the possibility of a loan.

The an.player then places their piece and destination marker in front of them. If they have purchased a ticket, they return it to the game master and pay the daily meal cost, unless they got exempted from this during the course of their turn (by means of a **SOUP KITCHEN** or an **EVENT CARD**). The next player may then start their turn.

b.) If the player has reached the **VÁLTÓ-SÁV** field by an **EVENT CARD** they receive a **HEALTH** and an **INFORMATION** point and can also search for a job.

Only here is it possible to look for a job before obtaining an identity card, address card, tax card and social security card. However, even if the player is successful in finding a job, they will not be paid until they get their ID, address, tax, social security and bank card! This fact should be brought to the players' attention by the game master.

The player who reaches the **VÁLTÓ-SÁV** field during a mission, after finishing their business, must return home, remove their piece and his destination marker from the board and restart their original mission. If they have bought a ticket, they must return it to the game master and pay the costs for that day.

c.) If the player has made their maximum moves but has not reached the target field of their choice yet, they do not have to return home; they can leave their piece and destination marker on the **GAME BOARD** and can continue their mission from that field in the next round.

d.) If the player gets placed on the **PENAL INSTITUTION** field for any reason, they must remove their destination marker from the chosen target field, place their piece on the **PENAL INSTITUTION** field, return their ticket, if purchased, to the game master and the round is over for them. The daily meal cost must still be paid. However, starting from here in the next round, they must first reach the place of residence of their choice, only then may they continue to complete the missions. On returning home (after their release), they must pay their daily cost.

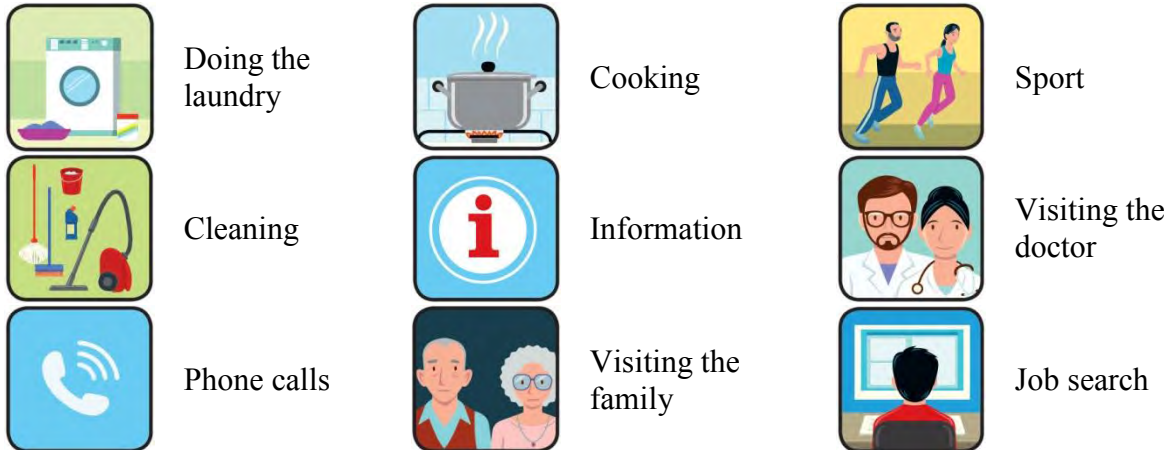
e.) If the player is directed home by an **EVENT CARD** and also misses a round, they remain on the **GAME BOARD** and can continue their mission the next time it is their turn.

f.) If the player does not miss a round according to the instructions, they must remove their piece and destination marker from the board, but they may perform home activities.

B Home activities

If the player does not complete a mission but chooses to stay at home, or gets directed home by an **EVENT CARD** but does not have to miss the round, they can earn extra points to use during the game.

Activities that can be performed at home:



The player can choose any three of the abovementioned activities for a total of HUF 1000. In return for each completed activity, the player receives extra points corresponding to the color of the icons, thus a total of three extra points.

The player gets an **INFORMATION** point for blue, an **APPEARANCE** point for green, a **HEALTH** point for red and a **FITNESS** point for yellow.

The daily meal cost must be paid even if the player stays at home!

The importance of extra points

The earned extra points give the players an advantage during the game.

- **INFORMATION** – the player can use this to add 1 point to their dice points or to the points provided by the field when searching for a job, or can move one more step in their turn.
- **APPEARANCE** – the player can use this to add 1 point to their dice points or to the points provided by the field when searching for a job, or can avoid the consequences of a police check, i.e. can move freely in the direction of a police check without an ID or address card.
- **HEALTH** – the player can use this to add 1 point to their dice points or to the points provided by the field when searching for a job, or can avoid the harmful health consequences caused by **EVENT CARDS** (flu epidemic, slipping on icy pavement, waking up with a hangover, etc.).
- **FITNESS** – the player can use this to add 1 point to their dice points or to the points provided by the field when searching for a job, or can move one more step in their turn.

Used extra point must be returned to the game master!

The task of the game master in such cases is to highlight the importance of the chosen activities and their positive impact on reintegration. The game master should also highlight the associated costs, i.e. give an explanation about why these activities should be paid for.

Paying the bills

At any time during the game, but no later than the end of the game, players must pay the cost of their housing. At the time of payment, they will receive a **UTILITIES BILL** which they must fill in and hand to the game master together with the payment itself. The game master will instruct the players on how to fill in the form, check that it has been filled in correctly if necessary, and point out any errors made. If the player is unable to pay at the end of the game, the game master will record the amount owed.

Wage

A player who has obtained all the necessary documents and successfully found a job will receive HUF 7000 per day. The player has to pay their daily meal cost, but also has the option to go on a mission to one of the **JOB SEARCH** fields to find a second job, or to stay at home to earn extra points. If the player is successful in their job search, they will continue to receive HUF 5000 per day.

VII End of the game and evaluation

Even under optimal conditions, the game may not be over in the maximum hour and a half available. Approximately 10 minutes before the end of the time available, the game master will suspend the game (preferably in the end of a round), collect the housing costs from the players who have not yet paid, then summarizes the results and evaluate the game. During the summary, the financial situation of each player and the missions they have completed are recorded and the results are converted into points.

Points system

- Each completed mission is worth 1 point,
- Every HUF 10000 cash is worth 1 point, fractions must be rounded (i.e. HUF 4500 is 0, while HUF 5000 is 1 point).
The loan amount (with interest if necessary) is given a negative sign.
- Each work obtained is worth 5 points.

The points system should be presented at the beginning of the game, highlighting the importance of the work obtained. The above points system is only a guideline and can be modified as required.





Every year, we have several long weekends to relax thanks to our national holidays. Today is no exception. Stay at home, do your laundry, clean and tidy up so you can hit the road the next working day feeling well-groomed. And for all that, you get 1 APPEARANCE point.	Smoking is forbidden in underpasses and bus stops. Yet you did so. Pay a fine of HUF 5000. Smoking is harmful for your health. It is never too late to stop. Get help.	There is a flu outbreak. Not everyone is eligible for free vaccination. You can buy the vaccine from pharmacies on prescription, as the vaccine protects against serious complications of the disease, such as pneumonia, chronic bronchitis and purulent middle ear infections. Get vaccinated. Pay 2000 HUF. + 1 HEALTH point	You need to buy basic groceries such as bread, pasta, rice and oil. Pay HUF 5000. This will buy off your daily meals as well.
You crossed the road in the wrong place (not on the crosswalk). You have been fined HUF 4000.	Keeping your home and surroundings tidy and clean is your responsibility. Neighbors complain about dirt and noise coming from your place. Move back one field.	Smoking in public spaces, including the underpass, is FORBIDDEN. Yet you did so. Pay a fine of HUF 5000. Get help to quit smoking.	You wake up hangover and untidy from last night's party. You wouldn't make a good impression on people. Also, you invited your friends for two rounds. Pay HUF 2000 and stay at home, you'll miss this round.
You did the right thing by calling for help in a street fight. As a reward you can move forward once more. Emergency number: 112 in all EU states to reach the fire brigade, medical assistance and the police.	You slipped on the icy pavement and broke your hand. If your social security is in order, you don't have to pay anything. If not, the system will immediately tell the doctor's office or hospital that you don't have valid insurance. The National Tax and Customs Administration will contact you to check whether it's true. If so, you will have to settle the bill retroactively. Pay a monthly contribution of HUF 7500.	You have attended a lung screening, protecting your health and the health of those around you. Your reward is 1 HEALTH point.	You went for an anonymous HIV and hepatitis testing. You get 1 HEALTH point.

Smoking is harmful for your health and also expensive. Calculate how much you spent on cigarettes in a week and in a month if you bought one pack a day and one pack costs HUF 1200. If you get it right, you get HUF 2000.	You got on the wrong bus, move back 1 field.	You've been playing the lottery for a month, unsuccessfully. Pay the price of the tickets, HUF 3000. Some people are unable to stop playing, which can become an addiction. Get help.	You've found a one-way public transport ticket that will take you straight to the destination of your choice.
You to shovel snow at night, you earned HUF 6000.	You can now get a cell phone at half price, for HUF 5000. This includes a prepaid card subscription offer for HUF 2500. You can get +1 INFORMATION point for every use.	You didn't plan your route accurately enough, so you lost valuable time. Move back two fields.	You can now get a cell phone at half price, for HUF 5000. We will credit your card with HUF 2500 as part of a top-up promotion. + 1 INFORMATION point
It's high time to pay your bills. Visit the nearest post office and pay your overdue electricity bill, including late payment interest. Pay HUF 5500.	You're late from the homeless shelter. For 1 HEALTH POINT you could get admitted. Otherwise you will miss a round.	TOP UP YOUR BALANCE. It's important that you can be reached by phone, but equally important that you can reach others. Top up your balance with HUF 3500.	You made a smart decision this morning when you called your employer to tell them you couldn't go to work because of a burst pipe in your flat, and you were waiting for the plumber. Move forward a field.
As part of an internet subscription promotion, you can now buy a package for half price, HUF 4000. If you buy it, you get +1 INFORMATION point.	You have been working in the same job for six months. Your boss is happy with your work. You will receive a bonus of HUF 7000. +1 FITNESS point	Saturday night at a party, you did drugs. You spent HUF 3000. You're in a bad mood again, almost depressed. Move back a field.	It's your significant other's birthday. You've given them a present, which they're very happy with. Move forward a field.
You won HUF 10000 on a scratch card, which the cashier paid you immediately. But you should	You have bought a gym season ticket for HUF 10000. Pay to the Bank. You	You got a call from school saying your child is sick and you need to take him to the doctor. Then you	You were called in for a taster day, you did well. You get HUF 10000, which the Bank pays

know that it was just a matter of luck! Life has such moments, but they aren't typical...	get +1 FITNESS point	go home, you're out of this round.	you.
You've applied for a subsidized certificate course, which will give you a big advantage when searching for a job. Save this card for later and you'll have a +1 point advantage when looking for a job.	You have successfully drafted your Europass CV, which will be a great help in your job search. Save this card for later and you'll have a +1 point advantage when you start looking for a job.	With this card, you can go straight to Váltó-sáv Alapítvány's field, where they can help you make phone calls, write your CV, prepare you for job interviews and find other job opportunities.	Instead of the 24-hour shop you've consciously planned your shopping to get everything you need at the cheapest place. You can now take the amount you have saved which is HUF 5000.
You took an undeclared work. This type of jobs can have risks, such as not being paid your agreed wages. Roll two dice. If you roll more than ten, you get your wage, HUF 8000.	You've helped your partner with household chores such as cooking, doing the laundry, cleaning the house, etc. Your reward is an extra move forward. + 1 FITNESS point	You found a wallet on the metro. Inside it has HUF 15000, an ID card, an address card and a bank card. You handed it all in at the station office. The owner gave you a reward of HUF 5000 for finding the wallet.	You didn't go to your previously agreed-upon job interview because you overslept and didn't even notify the employer. You miss one round.
Every year, we have several long weekends to relax thanks to our national holidays. Today is no exception. Stay at home, do your laundry, clean and tidy up so you can hit the road the next working day feeling well-groomed. And for all that, you get 1 APPEARANCE point.	You took an undeclared work. This type of jobs can have risks, such as not being paid your agreed wages. Roll two dice. If you roll more than ten, you get your wage, HUF 8000.	You didn't go to your previously agreed-upon job interview because you overslept and didn't even notify the employer. You miss one round.	With this card, you can go straight to Váltó-sáv Alapítvány's field, where they can help you make phone calls, write your CV, prepare you for job interviews and find other job opportunities.
You've found a one-way public transport ticket that will take you straight to the destination of your choice.	You've applied for a subsidized certificate course, which will give you a big advantage when searching for a job. Save this card for later and you'll have a +1 point	There is a flu outbreak. Not everyone is eligible for free vaccination. You can buy the vaccine from pharmacies on prescription, as the vaccine	You were called in for a taster day, you did well. You get HUF 10000, which the Bank pays you.

	advantage when looking for a job.	protects against serious complications of the disease, such as pneumonia, chronic bronchitis and purulent middle ear infections. Get vaccinated. Pay 2000 HUF. + 1 HEALTH point	
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OTHER COMPONENTS

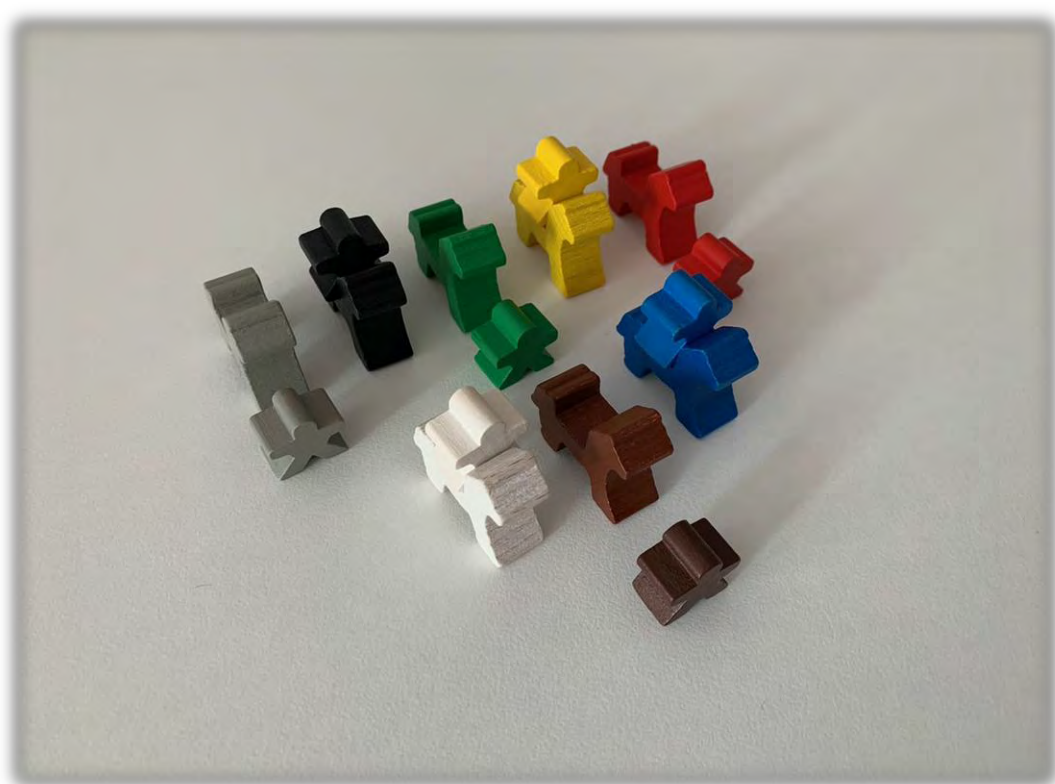
1 Extra points



2 Personal documents (ID card, address card, social security card, tax card, bank card, monthly public transportation ticket)



3 Pieces



4 Lane Change cards (for moving on the board)



5 Other cards (internet, phone subscription, visit to the probation officer, etc.)





Ways of application for sensitization

2021 Campus Festival, Debrecen



2021 Night of Researches, Corvinus University of Budapest



2022 International Training (GREEN ZONE-project, Small-scale partnerships in adult education)



2022 Final conference: The model of crime prevention (EFOP-5.2.1. project)



Niovi Stavropoulou: Role Play Game "COOP"

AMAKA ASTIKI MI KORDOSKOPIKI ETAIPIA / AMAKA NGO

INTRO

‘The Coop’ is a co-operative Role-Playing Game (RPG), designed to promote psychosocial interventions through strategies built up by the group during the process of playing.

In a world of creativity and imagination, players have the opportunity to develop or activate basic social skills and collaborate / communicate in a group setting.

The game aims to be educational but also a fun activity, in order to capture the interest of learners and foster motivation and engagement. It also provides a secure environment where people are unafraid to share ideas, practice assertiveness, active listening and other necessary social skills for their well-being. Specific life situations are presented on the cards in a symbolic way. The players assume different roles, analyse, evaluate, think and propose appropriate solutions, but also experience the drawbacks their characters’ will be facing, acting appropriately as if they are the character.

In general, the power of the play consists in placing oneself in another’s shoes. Through this prism, the game provides opportunities to develop both emotional intelligence and empathy, but also opportunities in the cognitive domain where analysis and evaluation of experiences take place. This perspective is consistent to Jacob Moreno’s idea that people could gain more from acting out their problems than from talking about them.

As the group take on their roles, they distinguish between the conflicting and precise functions, they discover new creative ways of dealing with a situation and experience new choices and possibilities.

The working axis is centred in Sociodrama Methodology in the sense that the real subject of the game is the group itself. "In sociodrama, through its spontaneous role-playing techniques, everyone shares their subjective impressions, participates in the construction of the work, puts oneself in the place of the other, structures their interpersonal relationships, understands historical-cultural determinations, networks and communication standards, develops co-responsibility for the collective process and can become social agents of change” (Marra, 2004)

A significant aspect of the game is the factor of Chance, as it is determined by the die. Chance and luck have a prominent role in our lives and could not be excluded from the game.

The Characters are designed to include different personal traits one can identify with, or have possessed at some point during their lives.

The Scenarios symbolically and metaphorically relate to social events one might have experienced in the past, present or will possibly experience in the future.

Finally, there is no winner or loser. Either all the group wins, or loses, developing a sense of cohesion among the players, but also a sense of responsibility and solidarity.

GAMEPLAY

3-5 Players / Approx. 2 Hours

Contents

7	Character Cards
16	Scenario Cards
16	Weather Cards
42	Skill Cards
51	Item Cards
27	Event Cards
1	Day/Night Card
1	Six-sided Die
5	Pencils
1	Eraser

Main Goal

You must work together in order to successfully solve/win Scenarios and collect points.

Each scenario has a value (Points) based on its difficulty. If a scenario is successfully solved it is won and collected. If not, it is discarded and cannot be re-attempted during the current game. The team wins the moment a total of **25** scenario points have been collected or **4** Scenarios have been successfully solved, whichever comes first.

To increase your chances of winning the game, each player must improve their chosen character by acquiring/learning new Skills and by discovering special Items that will help the party along the way!

Game Ends

The game ends either with a group **Win** or if there are **no** cards left in at least one of the card piles to draw from (Items, Skills, Scenarios, etc.). This would be a group Loss. Don't give up though, you can try again, using different characters and improving on your strategy...

Basic Rules

‘The Coop’ is a **turn-based** game, played in **rounds** before revealing the scenario that the team will try to resolve, depending on the number of players:

With 3 Players | **5** rounds before attempting to solve a scenario.

With 4 Players | **4** rounds before attempting to solve a scenario.

With 5 Players | **3** rounds before attempting to solve a scenario.

A Player’s Turn

This section covers a player’s normal turn. A player’s turn during a Scenario situation is covered in more detail in: **SCENARIOS > Scenario Play**.

A player’s normal turn begins with the roll of a six-sided die. Depending on the result their turn concludes or continues (See: **The Die**). During your turn you are also allowed to:

1. Use 1 item card, (before or after you roll the die.)
2. Stack any eligible Skill cards in order to upgrade your Character’s Level.
(See: **Characters > Level**)

The Die

It is used in various ways. In this section, basic normal turn die results are covered.
(See also: **Scenarios** and **A Player’s Turn**.)

1 : **Changes Day to Night** or vice versa (Instant. Using the double-sided Day/Night card)

2/3 : **Pick an Item** (Instant. See also: **Items**)

4/5 : **Get a Skill** (Further action required. See: **Skills**)

6 : **Event** (Instant. See also: **Events**)

What is a hit?

In various situations a player will be asked to roll for something. (e.g. acquiring a Skill or during a Scenario Play). A **hit** means the Player got the result required for the roll to be deemed successful.

What is a miss?

A **miss** means the player did not get the result required for the roll to be deemed a successful one (e.g. You needed a 6 and you got a 4).

1 is always a miss!

Regardless of how gifted (or equipped) you might be, you will **always** be expected to roll:

1. For acquiring a Skill

2. During a Scenario Play.
(See also: **Skills and Scenario Play**)

The lowest possible number to get a hit is **2**.
Rolling a **1** is **always a miss**, which means your attempt was unsuccessful.
1 is the only result that could make you lose even when you are overqualified!

NOTE

You can **never** use an Item card or your bonus (The Elf) to turn a **1** into a **2**.
The only exception to this rule would be:
The Magician rolls a 1 during a Scenario Play. (See: **Characters and Scenario Play**)

What does ‘above a number’ mean?

On various occasions you will need to calculate the result you will need for a roll to be a hit.
(See: **SAMPLE PLAY I / II** and **Calculations**). Let’s assume the number you get after your calculation is a **3**. You will need to get a number **above 3**. In this case 5 or a 6.

What if I get a 0 or a negative number after a calculation?

The general rule is:

1. You must **always** roll the die when acquiring a Skill + during Scenario Plays
2. You will always need to roll at least a 2 to get a Hit, even if your calculations give a 0 or even a negative number! (See: **1 is always a miss!**)
3. You always need to roll +1 or more than the number you get after a calculation. This applies both to acquiring a Skill + during Scenario Plays.
4. The only case where these (1. , 2. , 3.) are bypassed is when a card clearly states it:
e.g. ‘Roll a 3 or above’
e.g. Pay Day Event Card : ‘Everyone gets an Item or Skill from the top of the deck.’
e.g. ‘Enchanted Garden’ scenario: B: Enchantment: Die result 3 or above (except if immune.). The Elf is immune to enchantments, so it is not required to roll! Anyone else taking part in the Scenario will need to roll (or use a special Item).

SAMPLE PLAY I

Let’s assume that during a Scenario Play it’s your turn and you are playing for **Dexterity: 6**.
(See also: **A Player’s Turn**)

Your character’s **Dexterity** adds up to: **6**. (see: **CHARACTERS > Levels | Total ability score | Calculations**)

Hence, the result for the roll needed is modified to : **6 - 6 = 0.**

As mentioned there is always the luck factor (even amongst the best), so you will still be expected to roll, hoping you don't get a **1**. You roll a 3. It is a Hit!

SET UP

Shuffle the 16 Scenarios and (without looking) place them in an envelope or cover them up. You will get back to them once everyone has chosen and built their character.

Place the 3 decks in the middle of the table in the following order:

Items | Skills | Events

Choosing your Character

Each player chooses a character. The order is decided through a roll. The player with the highest number goes first, followed by the player with the next best roll, until each player has picked a character.

All characters are based on the same core abilities (Dexterity, Intelligence, Charisma, Wisdom & Strength), each with special features, advantages and disadvantages that make them unique and potentially a hero! (See also: **CHARACTERS**)

Building your Character

You build your character, starting with the player that picked first, in a clockwise fashion.

The table on each character card is empty to begin with. This will be showing its level (plus/minus bonuses) throughout the game for each ability. The higher the level the more chances your character has of completing a related task successfully.

(Hint: All attributes will prove to be important during the game so try to improve on the ones you are lacking.)

The first player selects **2 Abilities** they would like to build upon (e.g. Strength & Charisma) and roll for each one respectively:

A **1- 4** roll will give you a **Level 1**. A **5** or a **6** gets you a **Level 2**.

Mark these down on your character's table.

Your Character is almost ready. The only thing left now is to gear up and get some Skills!

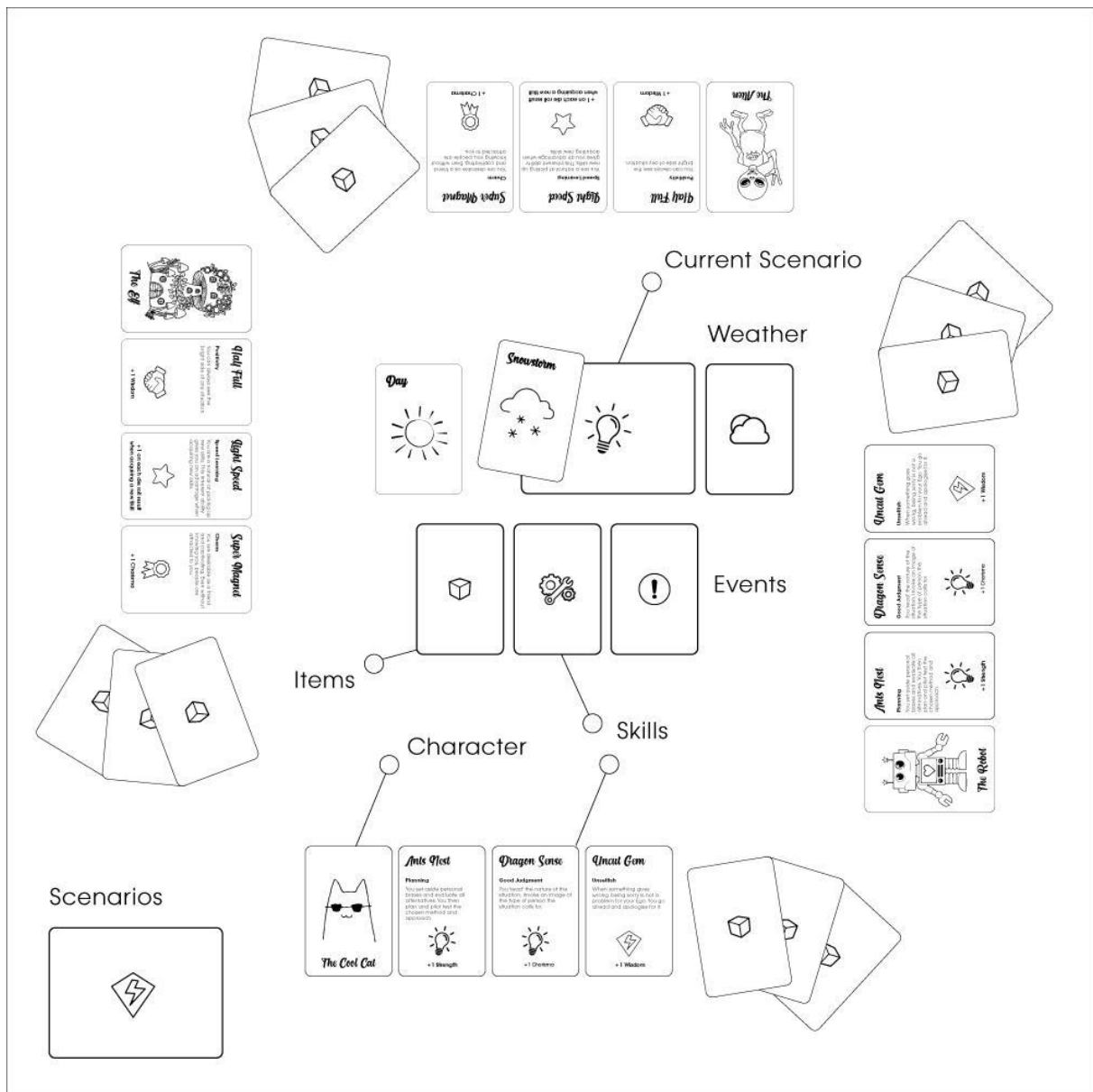
1. Draw 2 Items from the top of the Items' deck and keep them on your hands, without showing them to anyone yet.
2. Draw 2 Skill cards from the Skills' deck and place them next to your character.

Once everybody has finished building their character the party is ready to embark on an epic adventure!

Picking a scenario

Once everyone has finished building their character, put the Scenarios back on one side of the table (face-down). Pick the first one from the top, placing it face-down next to the Items | Skills | Event cards.

Use the illustration below as a guide, once you are ready to start a game:



NOTE

The scenario you picked will be the scenario the team will be playing for and will be revealed only once the necessary rounds are over (See: **Basic Rules**).

The **only** clues you get at this point are:

1. The type of scenario you will be playing for (e.g. 'Solve a Problem') and
2. The type of scenario that will follow up next, which will be visible at the top of the Scenarios pile (See also: **SCENARIOS**).

These clues will help the team decide as to which Skills each member will be focusing on.

Hint: Regardless of the upcoming scenario(s) all Skills will be important at some point, so make sure you have a balanced and varied set. (See also: **SKILLS**)

CHARACTERS

Level

Your Character has a **Level** (max 5) for each ability. This is the number of marked boxes in your character's abilities table. It can never be 'lost', unlike Items that are used only once and are then discarded or even your Skills in some cases! (e.g. 'Amnesia')

Total ability score calculation

How to calculate a Character's total ability score. **Strength** for example:

1. Your **Strength Level**: (e.g. Strength: **2 boxes : Level 2**).
2. Add to that any inherent ability **bonus** your Character might have (Shown next to your Character's abilities table). For example your Character has a permanent **+1 Strength** (e.g. The Robot). This would mean that your character has a standard **Strength : 3**. This shows the total amount of your Character's Strength if you had no Skills + without using any special Items that would add to your Strength. (See: **ITEMS** and **SKILLS**).
3. Next, add up all your acquired **Skills** that give you a **+1 Strength** :
You have for example **2 x Skills** with a +1 Strength. **Strength : 2** (From your Skills).
4. Your **total** Strength then, including your Character's Level (+Bonuses) and your Skills is modified to **Strength : 5**
Note : This Strength total (5) is not the same as your Strength Level (2).

NOTE

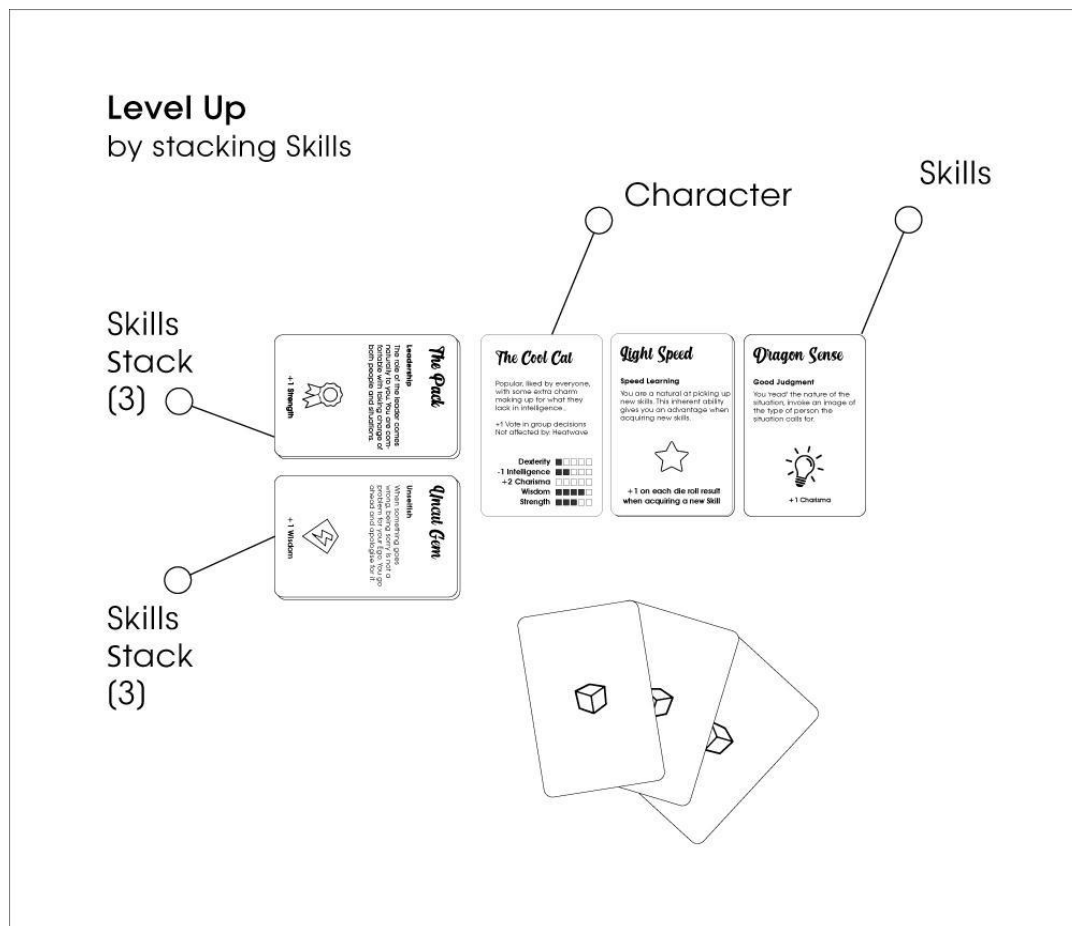
Items that give extra to an ability (e.g. +1 Wisdom) are added at the end, if necessary and are immediately discarded. (See also: **Definition of 'using' an item**)

When you build your character, your initial Level for each ability is established (see: **Building your Character**).

The way you will be improving your character's level after that is as follows:

For every **3 Skills** featuring the same **ability** (e.g. Strength) you will create a stack and increase your Character's (Strength) Level permanently **by 2**. Mark it down on your character's table. Keep the most important Skill for you at the top of the stack as this will be the only one used for taking part in Scenarios from now on. (See: **Scenario Play**)

In the same manner for every **3 Skills** featuring the **same type** (e.g. Resolve Conflict) make a stack and increase an ability level of your choice permanently, also **by 2** (e.g. You choose to increase your Charisma Level by 2). Apart from the joy of increasing your Character's Level, this will also safeguard you from the events that can cost you a Skill (or even more). Stacked Skills cannot be lost!



ITEMS

General

Items are a vital part of the game as they will increase your chances of getting a hit by giving you extra ability bonuses (e.g. +1 Intelligence), special powers (e.g. Teletransportation) or by even saving you from unfortunate events! (e.g. Wellies: *Use to Cancel: 'Lightning'*)

Number of items

Each player can only hold up to 3 Items in their hands. When picking up more than 3 the player must choose which one(s) they will discard. Hint: You might be able to use an item instead of discarding one if you play smart. (See: **A Player's Turn**)

Types of items

There are rare items (unique) and common items, each one with a different feature. Items will help you during a Scenario Play or when acquiring a Skill. Use them wisely, since if there are no items left on the Items pile to pick from, before achieving your goal (25 Points or 4 Scenarios) the game automatically ends with a group loss.

NOTE

Common items will appear more than once, whereas rare items appear only once. Not all items can be used by all Characters. (See also: **Definition of 'using' an item** and **EXCEPTIONS**)

Items can only be used once

Once they have been used they are discarded.

All discarded items should be placed in a 'discarded pile'. Once they have been discarded, they cannot be used anymore. Exception: 'Recycling' Item Card (*Get any Item card from the discarded pile*).

NOTE

The same applies to all other discarded cards (e.g. Skills, Scenarios, etc.) which should be put in their own separate 'discarded' pile.

Definition of ‘using’ an item

There is a difference between using an item to cancel an event (for example Wellies: *Use to Cancel: ‘Lightning’*) and using an item as in ‘drinking, consuming, wearing, etc. Some items cannot be used by certain characters for various reasons. For example, The Robot cannot ‘use’ (as in ‘consume’) the Chocolate to gain extra Intelligence because it cannot eat it nor can it ‘use’ the Gloves during the Snowstorm to gain +1 Wisdom because it is unaffected by Weather Conditions. But it can still use the Horse Shoe to get an extra roll on the die!

Using the ‘Transportation’ Item Card counts as using an Item Card. Transporting the Item does not count as using it. In most cases it is a matter of common sense.

(See also: **Wild Cards & Exceptions**)

SKILLS

As opposed to Items, Skills cannot be simply ‘picked up’.

There is some extra work involved, with the help of the die:

When you roll a **4 or a 5** during your normal turn (not during Scenario Play) you are called to choose which Skill you will be attempting to acquire.

How to acquire a Skill

1. You open the 3 first Skills from the top of the Skills deck.
2. You choose which skill you will be playing for, putting the other 2 (randomly) back into the deck.

Rule: You need a **4** or above to acquire a Skill and you can use any special features or Items to increase your chances (e.g. **Elf** : +1 on each die roll. or **Horse Shoe** : 1 extra die roll.)

Don’t forget though: 1 is always a miss!

You will need a lower number depending on the similar type of skills you already have.

If for example you already have 2 skills of the same **type** (e.g. Resolve Conflict) or 2 skills of the same ability (e.g. Strength) the die result you need is modified as follows:

4-2 = 2

so you need **above 2** which means a 3/4/5/6 result will be a hit. After you roll the dice (and see the result) you can add any further bonus items/features, **if required** (e.g. **Elf** : +1 on each die roll).

NOTE

The lowest die result you will ever need when rolling for a hit, including scenario situations is **a 2**, since rolling a die to get a 1 is pointless! (See also: **What is a hit?**)

Skills are essential for **3** reasons:

1. You cannot take part in a Scenario type (e.g. Get a Reward) if you do not possess at least one related Skill. Exception: **Master Skill Card** : Can be used with any scenario.
2. Each skill gives you extra ability points (Strength, Dexterity, Wisdom, etc.) that are added to your total ability amount when rolling for a scenario task.
3. Combined Skills will increase your Character's Level.
(See: **CHARACTERS > Levels**)

SAMPLE PLAY II

You are in scenario situation and you have agreed with the rest of the members that you will be rolling for a task requiring **Strength : 6**

Your character's **Strength** level + any ability bonuses adds up to : **3**

You happen to possess one Skill that gives **+1 Strength**

This automatically re-adjusts your total Strength to : 3 (Your level + bonus) +1 (Skill) = **4**

This means that the result needed for the roll is : $6-4=2$, so anything **above 2** (3/4/5/6).

Once you roll the dice and see the result you can add any further bonus items/features, **if you need** to (e.g. **4-Leaf Clover** : +1 on die roll).

SCENARIOS

Resolve a Conflict [Handshake icon] (4)

- Easy
- Medium
- Hard
- Hardest

Help Someone/Creature [SuperHero/Lightning icon] (4)

- Easy
- Medium
- Hard
- Hardest

Solve a Problem [Lightbulb icon] (4)

- Easy
- Medium
- Hard
- Hardest

Get a Reward [Ribbon icon] (4)

- Easy
- Medium
- Hard
- Hardest

Each Scenario Play will need a combination of Skills and Abilities from all players involved in order to be successfully resolved/won/collected. A Scenario Play begins by revealing the current/picked scenario, which has been placed face-down next to the card piles, the moment the required rounds have been completed (See: **Basic Rules**).

Scenario Play

1. Any player can roll for an individual task/result required (e.g. Dexterity: 6)
2. The only restriction for a player to take part is that they must have acquired **at least** one Skill, related to the specific scenario [e.g. Resolve Conflict(Handshake icon)].
(Hint: **Master Skill Card** : Can be used with any scenario.)
3. Before the Scenario Play the Party discusses and agrees upon which player(s) will be undertaking each Task/Die Roll. A step/task that requires for example a combination of **Strength: 6** and **Intelligence: 3** (See: 'The Caravan Way' scenario **A**), could be undertaken by the same player or by 2 different players, getting one roll each.
4. This is the **only** moment (right before the Scenario Play begins) that the members of the Party are allowed to: Offer **one**(no more than one) item card each, to the Player(s) that will be taking part in the scenario Play. Offered items are placed face-up in front of each character that will be rolling.
5. Each Player taking part can make use of a maximum of **4 Item cards** (from both the ones they already hold + the ones they have been offered/placed in front of them). It is completely up to them which ones they will use or not, with the following restrictions:
 - a. +1 on die roll cards cannot be combined. (more than one 'Get an extra roll' bonus/cards are allowed).
 - b. +1 on die roll cards cannot be used to turn a rolled 1 into a 2. ('Get an extra roll' bonus/cards are allowed).
 - c. at the end of the scenario Play phase they should not have more than 3 cards in their hands. They can choose which 3 cards to keep. Any extra cards must be discarded and put in the discarded items pile.

Hint: Make sure you decide when is the right moment to cancel a major event that affects you all (e.g. before or during a Scenario Play).

6. If a Scenario is won it is collected by the Party and added to the total victory points.
7. If a Scenario Play is unsuccessful the scenario is discarded.
8. At the end of a Scenario Play, successful or not Weather and any Events that were affecting it are also discarded and put in their 'discarded pile'.

Calculations

How to calculate a successful roll needed during a Scenario Play.

Add your character's total **Dexterity** points for example:

- a. Character abilities table (Dexterity) : **2**
- b. +1 for each Skill that adds to Dexterity : **1**

This gives you your Character's total **Dexterity : 3**

Let us assume you will be rolling for a task that requires **Dexterity : 6**

This means that the result needed for the roll is : $6-3=3$, so anything **above 3** (4/5/6) is a hit!

Hint: Once you roll the dice and see the result you can add any further bonus items/features, if needed. Remember: 1 is always a miss and cannot be adjusted in any way.

NOTE

Regardless of whether you cover the amount required (e.g. $6-6=0$), the lowest die result for a possible hit is a **2**. So you still need to roll the die and will always lose if you get a 1 in a roll during a Scenario Play (1 is always a miss!).

The only case where a roll is not needed is when a special feature of your character makes you completely unaffected or immune to a situation.(e.g. If you are the Elf taking part in the 'Enchanted Garden' Scenario you do not have to roll a dice to leave the garden, because you are immune to curses, charms, witchcraft, hypnosis or enchantments.

DAY/NIGHT | WEATHER | EVENTS

Scenario Plays are affected in different ways, depending on the Weather, the Events that have occurred prior to unfolding the Scenario and whether the Scenario takes place during Night or Day time. Each factor can be an advantage or a disadvantage, depending on how the group will decide to approach the situation (e.g. Which player(s) will take part in each step/task, which items will be shared/used, etc.).

Day/Night

Day/Night is a double sided card that alternates each time a player rolls a **1**, during their normal turn. A Scenario Play taking place during nighttime, means that all players incur a -1 penalty on each die roll. This, for example, does not affect The Elf that much, which has a +1 on each die roll (so it just loses its advantage) and a +1 Dexterity during Night, nor the Bear or the Robot who are not unaffected by nightfall.

Weather

There are 4 types of weather:

Fine Weather

Heatwave

Rainstorm

Snowstorm

[4 x 4 Types = 16 Weather Cards]

Each weather type changes the way Item Cards are used/counted (e.g. Gloves: +1 Wisdom during Snowstorm). The Robot is the only character not affected by weather conditions, so items like the Coat or Wellies are of no use to it. It can still use an item for cancelling an event. e.g. Wellies: *Use to Cancel: 'Lightning'*. (See also: **Definition of 'using' an item**).

Events

When a player rolls a 6 during their normal turn, an event card is drawn. If the event is not favourable for the team, the player has a second chance to cancel it by rolling another 6. If the roll is successful (6), the Event is discarded and it's the next player's turn to roll. If the roll is unsuccessful, the Event stands, it is placed face-up on the current scenario and it will take effect during the Scenario Play(end of required rounds, depending on the number of players).

Unless otherwise stated Event Cards affect every member of the group during a Scenario Play. In any other case the Event takes place right there and then (e.g. Amnesia).

An Event card can be also cancelled by a Player, using a Wildcard/Item during their normal turn or right before they are ready to roll for a Scenario Play. (See: **A Player's Turn and Scenario Play**)

WILD CARDS & EXCEPTIONS

Wild Cards

There are special Items that can cancel certain events.

(e.g. Engine Oil : *Use to cancel: 'Quick Sand'*. It can only be 'consumed' by the robot but another player is allowed to use it / discard it only in order to cancel the event.)

There are also special items that, when used by a specific character, can lead to a Wild Solution to certain scenarios. (e.g. 'Antimagic Field' Scenario, WILD SOLUTION:

The Robot uses the Lie Detector and rolls a 3 or above.

Exceptions

The Alien

Not affected by:

Super Peanuts

Hypnotised

Separated

Too many drinks

Separated Event: The Alien can teleport an item per turn, without the use of an Item card. The rest of the players must use the 'Teleportation' card (during their turn). During the 'Separated' event the Alien can still use their power to give an item to a player. The rest of the players can only pass an Item to another player by using the Teleportation card, since no items can be given normally to another player during the scenario affected by the event.

The Robot

Not affected by:

Night

Weather Conditions

Monkey Magic

Friendly Charm

Super Peanuts

Evil Eye

Hypnotised

Too many drinks

Cannot consume/wear:

All standard consumable Items (Water, Chocolate, etc.)

All wearable Items that add +1 during a Weather Type.

The Elf

Not affected by:

Monkey Magic

Friendly Charm

Evil Eye

Hypnotised

Quantum Witchcraft

Charmed

Enchanted Garden

Weasel's Curse

Cannot use:

Lucky charm

The Magician

Not affected by:

Friendly Charm

Evil Eye

Hypnotised

Quantum Witchcraft
Charmed

The Bear

Not affected by:
Night
Muddy Road

The Wise One

Not affected by:
Weasel's Curse
Panic

The Cool Cat

Not affected by:
Heatwave

PRODUCTION & GUIDELINES

The game has been designed in a way that allows for both DIY production (through the use of an office printer, paper, knife and scissors) and by sending the files to a professional printing shop.

DIY Production Guidelines

Paper weight : **160 gsm** (min) - **200 gsm** (max)

Paper size : **A4**

NOTES

1. After printing all required pages (2-sided) use a knife to cut the cards, along the marked lines.
2. Use a pair of scissors to finish, applying the rounded corners.
3. Recommended: Make sure you make multiple copies of the 7 characters, as they will be prone to wear and tear, with players marking/erasing their score on them.
4. A few copies of the DAY/NIGHT double-sided card are included and can be cut with the Weather cards.

5. In some cases there are extra/spare cards that can be used as a quick replacement if a card gets damaged. Alternatively, all necessary cards can be printed in more than one copies and be ready for use, if required.
6. The use of pencils/erasers is recommended in order for the character cards to be reusable. After a certain number of uses Character cards will need to be reprinted.

This method has already been tried and tested, successfully.

Professional Production Guidelines

Paper weight : **300 gsm - 400 gsm**

Paper types : Velvet / Munken

Rounded corners : Die-cut

The Alien

Is able to control space and time. He might be a foreigner, but he is the smartest in the group!

Teleportation:
Can give or exchange one item with anyone, per turn

Dexterity ☐☐☐☐☐
+2 Intelligence ☐☐☐☐☐
Charisma ☐☐☐☐☐
Wisdom ☐☐☐☐☐
Strength ☐☐☐☐☐

The Elf

Is quick and lucky, can go unnoticed and is immune to curses, charms, witchcraft, hypnosis or enchantments.

+1 on each die roll
+1 Dexterity during Night

Dexterity ☐☐☐☐☐
Intelligence ☐☐☐☐☐
Charisma ☐☐☐☐☐
Wisdom ☐☐☐☐☐
-2 Strength ☐☐☐☐☐

The Magician

Is very good at creating illusions, convincing people and distorting reality.

Cheat on the result:
1 extra roll in scenarios

+1 Dexterity ☐☐☐☐☐
+1 Intelligence ☐☐☐☐☐
Charisma ☐☐☐☐☐
Wisdom ☐☐☐☐☐
-1 Strength ☐☐☐☐☐

The Wise One

Is well-respected by everybody. Wise, and caring, offers guidance when needed the most.

+1 Vote in group decisions

Dexterity ☐☐☐☐☐
+1 Intelligence ☐☐☐☐☐
Charisma ☐☐☐☐☐
+1 Wisdom ☐☐☐☐☐
Strength ☐☐☐☐☐

The Bear

Is the strongest of the the bunch. Handy when in need of an extra strong hand!

Night Vision
Not affected by: Night

Dexterity ☐☐☐☐☐
Intelligence ☐☐☐☐☐
-1 Charisma ☐☐☐☐☐
Wisdom ☐☐☐☐☐
+2 Strength ☐☐☐☐☐

The Cool Cat

Popular, liked by everyone, with some extra charm making up for what they lack in intelligence...

+1 Vote in group decisions
Not affected by: Heatwave

Dexterity ☐☐☐☐☐
-1 Intelligence ☐☐☐☐☐
+2 Charisma ☐☐☐☐☐
Wisdom ☐☐☐☐☐
Strength ☐☐☐☐☐

The Robot

Is strong and smart. With a bit of work it can even get a heart and learn how to empathise!

Not affected by weather conditions, day/night or standard item/event cards.

Dexterity ☐☐☐☐☐
+1 Intelligence ☐☐☐☐☐
Charisma ☐☐☐☐☐
Wisdom ☐☐☐☐☐
+1 Strength ☐☐☐☐☐



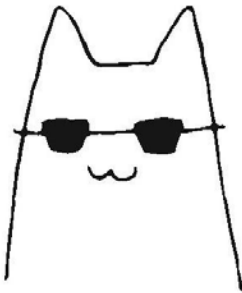
The Magician



The Elf



The Alien



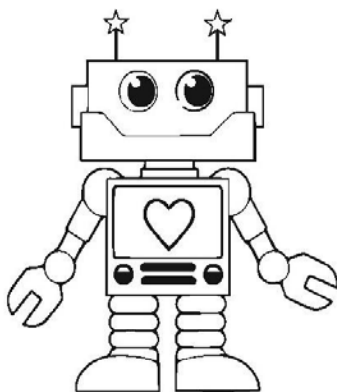
The Cool Cat



The Bear



The Wise One



The Robot

Quantum Witchcraft



Everyone loses one Skill.

Not Affected:
The Elf & The Magician.

-1 Skills Card

Charmed



Everyone loses one Item.

Not Affected:
The Elf & The Magician.

-1 Item Card

Robbed



All players must discard all
their Item cards, except one.

Lose Item Cards, except 1

Separated!



No Items can be given to
another player during
current scenario.

Not Affected: The Alien

Too many Drinks!



Everyone loses 1 Skill

Not Affected:
The Robot & The Alien.

-1 Skills Card

Pay Day



Everyone gets an Item or Skill
from the top of the deck.

+1 Skills or Item Card

Amnesia...



The player that drew the
event loses all Skill cards.

Not Affected: The Robot

Lose All your Skill Cards

Hypnotised



The player that drew the
event loses 2 Skill cards.

Not Affected: The Elf, The
Magician & The Robot

Lose 2 Skill Cards

Tesla's Ghost



Affects everyone taking part
in current Scenario. Place on
top of scenario and discard
once it is over.

+1 Intelligence



Lightning



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-2 Intelligence

Weasel's Curse



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Intelligence

Binge-watch



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Intelligence

Buddha's Hint



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

+1 Wisdom

Total Eclipse



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-2 Wisdom

Wrong Directions



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Wisdom

Panic



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Wisdom

Jumbo Speed



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

+1 Dexterity

Oily Hands



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-2 Dexterity



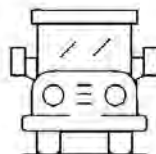
Monkey Magic



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Dexterity

Muddy Road



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Dexterity

Super Peanuts



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

+1 Strength

Quick Sand



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-2 Strength

Evil Eye



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Strength

Low Battery



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Strength

Friendly Charm



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

+1 Charisma

Cupid's Arrow



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-2 Charisma

Cow Fall



Affects everyone taking part in current Scenario. Place on top of scenario and discard once it is over.

-1 Charisma



Umbrella  +1 on die roll, during Rainstorm	Fruit & Nuts  +1 on Die Roll when rolling for Skills	Sunglasses  +1 Charisma, during Day
Energy Bar  +1 Strength	Night Vision  +1 on die roll, during Night	Water  +1 on die roll, during Heatwave
Coat  +1 on die roll during storms	Magnifier  Get the first skill from the top of the stack.	Lucky Charm  Use to cancel: Curses, Enchantments, Witchcraft or Hypnosis.

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4-Leaf Clover



+1 on die roll

Teleportation



Give/Take/Exchange an Item with another player.

Horse Shoe



1 extra die roll

Hot Brew



+1 Intelligence during Snowstorm

Gloves



+1 Wisdom during Snowstorm

Ice Cream



+1 Charisma during Heatwave

Calculator



+ 1 Dexterity

Transferral



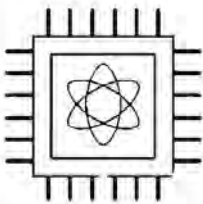
Give/Take/Exchange a Skill card with another player

Chocolate

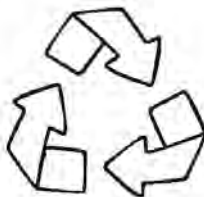


+1 Intelligence



Soap  +1 Charisma Use to cancel: 'Oily Hands'	Flashlight  +1 on die roll, during Night Use to cancel: 'Total Eclipse'	Magic Potion  +1 Wisdom Use to cancel: 'Cupid's Arrow'
Engine Oil  +1 Wisdom Only drunk by The Robot; Use to cancel: 'Quick Sand'	Wellies  +1 Dexterity during storms Use to cancel: 'Lightning'	Back up  Undo last event. Can be used at any point, even if it's not your turn.
Quantum Chip  * Only used by The Robot and The Alien +1 Dexterity (The Alien) +1 Intelligence (The Robot)	Time Machine  Add 3 extra rounds *Requires Intelligence 3 +	Brain Swap  Exchange any Skills you like with another player.



The Master  Get any Skill card you like from the stack. * Shuffle remaining cards.	Magic Lamp  Swap your character with an unused one, if you wish! Keep your abilities, skills and items.	Spaceship  Can only be used by The Alien. Resolves: Alien Invasion.
Unicorn  +1 Charisma Resolves: Get a Reward, when used by The Elf.	Lie Detector  +1 Intelligence Resolves: Anti-magic Field, when used by The Robot.	Recycling  Get any Item card from the discarded pile.

Print : 2-sided | Cut : Using Marks with ruler, knife & Scissors (Rounded Corners) | Paper : min 160gsm - max 350gsm



Alien Invasion

The Earth is being attacked by Aliens. Can you save the day, by negotiating with them?

A Meet and negotiate with the invaders.

B Sign a Peace Treaty.

10 Points

A Wisdom: 6

B Strength: 5
Dexterity: 4

REWARD

Each player involved draws 1 Item or Skill card from the top.

WILD CARD SOLUTION

The Alien uses the Spaceship and rolls a 3 or above.

Who Gets the Loot?

Two members of the party are fighting over the last reward. Can you help them settle down and discuss it?

A Avoid the fight.

B Split the winnings fairly.

7 Points

A Wisdom: 5

B Intelligence: 5

Pub Brawl

There is an incredible racket coming from the Inn. Can you get in and put some sense into everyone?

A Avoid the bottles and glasses hurled above your heads.

B Convince the punters to calm down.

5 Points

A Dexterity: 4

B Wisdom: 4

None Shall Pass!

The palace guard is having none of it! You are trying to explain to him that you need to get past but he just won't listen.

A Convince him why he should let you pass through the gate!

3 Points

A Charisma: 3
Wisdom: 3



Antimagic Field

Help a fellow wizard escape from the antimagic field.

- A** Enter the antimagic field through the passage
- B** Avoid any sources of danger.
- C** Carry the Wizard back to safety.

NOTE

All magical features such as charms, curses are disabled in the field.

10 Points

A Dexterity: 6

B Avoid Dangers: Die result 3 or above

C Strength: 5

WILD CARD SOLUTION

The Robot uses the Lie Detector and rolls a 3 or above.

Raised by Wolves

The village is surrounded by Sacred Wolves. They are strong and scary but should never be hurt by anyone.

- A** Protect the peasants from the Sacred Wolves
- B** Do not hurt them

7 Points

A Strength: 5

B Wisdom: 5

Druid's Quest

Travel to the mythical city of Utana and find some 'Black Lotus' extract. Deliver it to the Druid for the potion he's preparing for the upcoming Magic Gathering.

- A** Reach safely Utana.
- B** Convince the city council to give you a vial of the rare extract.

5 Points

A Wisdom: 4

B Intelligence: 4

The Caravan Way

A huge tree that fell during the last storm is blocking the road. Can you help the Caravan continue on it's way?

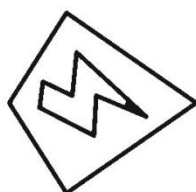
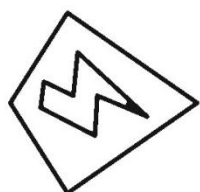
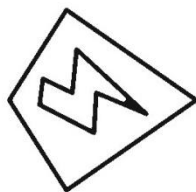
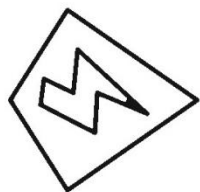
- A** Combine all your party's strength, using (if you need to) any items that give + Strength to reach a total of 6.

Group Strength:

- 6+ Roll a 2 or above
- 5 Roll a 3 or above
- 4 Roll a 4 or above
- ...

3 Points

A Strength: 6
Intelligence: 3



Enemy at the Gates

The citadel is under siegel. Will you be able to fend off the enemy?

- A** Inspect the fortifications
- B** Raise the citizens' morale.
- C** Resist the attack

10 Points

A Intelligence: 6

B Raise morale: Die result 3 or above

C Strength: 5

WILD CARD SOLUTION

The Magician uses the Magic Lamp and rolls a 3 or above.

Icey Peaks

You get ready for a long adventure through the mountains.

- A** Traverse the icy crevasses without incurring any losses.
- B** Be careful. It's slippery!

5 Points

A Intelligence: 5

B Wisdom: 5

The Cursed Sword

The sword's curse is torments the neighbouring village. Can you break the curse?

- A** Cross the desert
- B** Find the secret passage to the crypt.
- C** Destroy the cursed sword, regardless of how valuable it looks!

7 Points

A Strength: 5

B Find the passage: Die result 2 or above

C Wisdom: 4

Ready for Winter

Winter is coming and it's going to be harsh. Will you be ready?

- A** Gather the village's supplies for the winter.

3 Points

A Intelligence: 3
Strength: 3



Enchanted Garden

You find yourselves inside a walled garden. In the middle of the garden lies a chest, guarded by a golden lion.

A Retrieve the locked chest.

B Leave the enchanted garden.

C Unlock the chest to get the reward.

REWARD

Each player involved draws 1 Item or Skill card from the top.

You collect the points even if you don't complete **C**.

10 Points

A Charisma: 6

B Enchantment: Die result 3 or above (except if immune.)

C Dexterity: 5

WILD CARD SOLUTION

The Elf uses the Unicorn and rolls a 3 or above.

Bard Down

The Bard ate the wrong wild mushrooms and was poisoned. Prepare the potion that will cure him!

A Spot the right ingredients in the woods.

B Light a fire and simmer, until done...

5 Points

A Wisdom: 4

B Light the fire: Die result 3 or above 4 if it's raining!

The Secret Pass

You need access to the 'Unseen Library' for a new spell. The Astronomer is in charge of the library.

A Convince the Astronomer to grant you access.

B Study the sources and memorise the Spell.

REWARD

Use this scenario to get a +2 Wisdom in: 'XXX'

7 Points

A Charisma: 4

B Wisdom: 5

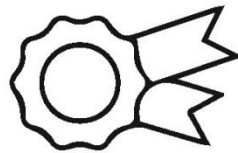
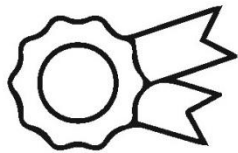
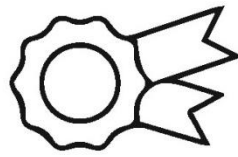
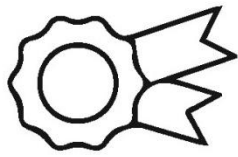
The messenger

Get this message asap to the next town!

A Deliver the message, by avoiding the wild beasts!

3 Points

A Intelligence: 3
Wisdom: 3



Magic Pen

Written Communication

You are versed at conveying ideas & information through the use of written language.



+1 Intelligence

Magic Tongue

Oral Communication

Convey Ideas & Information through the use of spoken language.



+1 Dexterity

Chameleon

Contextual Communication

If you feel your behaviour is not having the intended effect, you can readily change it to something that does.



+1 Charisma

Wonder Forge

Non-verbal & Visual Communication

You are good at conveying ideas & information through the use of imagery or word-less cues.



+1 Charisma

Golden Ears

Active Listening

You pay attention to the person talking, absorbing what they're actually saying. A trait that's highly valued, it involves not responding until a person is finished.



+1 Wisdom

Bright Light

Emotional Intelligence

Highly sensitive to both verbal and nonverbal cues, you can tell truth-tellers from deceivers and can decode social roles, situations and scripts.



+1 Intelligence

Eagle Eye

Focus

You remain focused and open to communication. You watch what you are saying even when you are saying nothing at all.



+1 Dexterity

Spy Glass

Perspective

You are curious and have a strong motivation to observe and understand human behaviour without falling prey to biases.



+1 Strength

Magic Mirror

Know Thyself

To realize your mistakes and accept them is a great thing for you. You are not ashamed of apologizing or forgiving others.



+1 Strength



Half Full

Positivity

You can always see the bright side of any situation.



+1 Wisdom

Magic Voice

Communicator

You are skilled at conversing with others, engaging in discussions in a meaningful and non-demeaning way.



+1 Intelligence

Silver Nest

Support

You love helping and taking care of people.



+1 Dexterity

High Spirits

Optimism

You are a positive and optimistic person with the capacity to boost morale, empower, motivate and inspire others.



+1 Charisma

Summer Breeze

Intuition

People find you warm and approachable, yet you know how to get rid of fake friends.



+1 Charisma

Knight's Crest

Respect

You treat others with respect. When you respect someone you are showing you value, admire and honor their position.



+1 Wisdom

Golden Mirror

Empathy

You are empathetic and compassionate. You take time to truly understand others and are considerate to their needs.



+1 Intelligence

Happy End

Story Telling

When you tell a story, you use different verbally persuasive techniques like elaborations, emotive language and attention to detail.



+1 Dexterity

Golden Heart

Caring

You demonstrate concern, care, and warmth for others.



+1 Strength



Lion Shield Self Control You know how to control your emotions, under stressful and demanding situations.  +1 Strength	Uncut Gem Unselfish When something goes wrong, being sorry is not a problem for your Ego. You go ahead and apologise for it.  +1 Wisdom	Crystal Ball Rounded View You view situations from many different perspectives and points-of-view.  +1 Intelligence
Bull's Eye! Attention To Detail You emphasise on accuracy over speed, constantly gathering feedback from all parties involved.  +1 Dexterity	Dragon Sense Good Judgment You 'read' the nature of the situation, invoke an image of the type of person the situation calls for.  +1 Charisma	Root Digger Deep Grasp You dig at the roots instead of just hacking at the leaves, aiming at curing the disease instead of just the symptom.  +1 Charisma
The Rock Patience You avoid making premature judgments or ruling out possibilities. You are able to spend the time required to find the right solution.  +1 Wisdom	Bird View Analytical You are able to identify where a problem lies, determine and specify the underlying causes.  +1 Intelligence	River Flow Flexibility There is always a way. You are open to alternatives and willing to keep your options open.  +1 Dexterity



Feedback Loop

Feedback

You accept criticism without being defensive. When presented with an opposing view or when being critiqued, you listen to what is being



+1 Strength

Ants Nest

Planning

You set aside personal biases and evaluate all alternatives. You then plan and pilot test the chosen method and approach.



+1 Strength

Logic 101

Dialogue

You can differentiate fact from opinion. You are open to dialogue, understanding the difference between being assertive and being aggressive.



+1 Wisdom

Super Bond

Connector

You expend effort in understanding others and forging a connection with them.



+1 Intelligence

Magic Net

Networking

A skill that involves forming relationships and exchanges of communication with other people who share a common interest with you.



+1 Dexterity

Super Magnet

Charm

You are desirable as a friend and captivating. Even without knowing you, people are attracted to you.



+1 Charisma

Nice Joke!

Humour

You are funny and you make people laugh. This puts others at ease and helps forge a deep connection



+1 Charisma

F-Ray Vision

Understanding

Since you have high empathy and compassion, you can equally understand others' positive and negative feelings.



+1 Wisdom

Ultra Sense

Emotional Quotient

You observe social roles, contextual cues and subconsciously mimic the mannerisms, postures, and behaviours of the people you interact with.



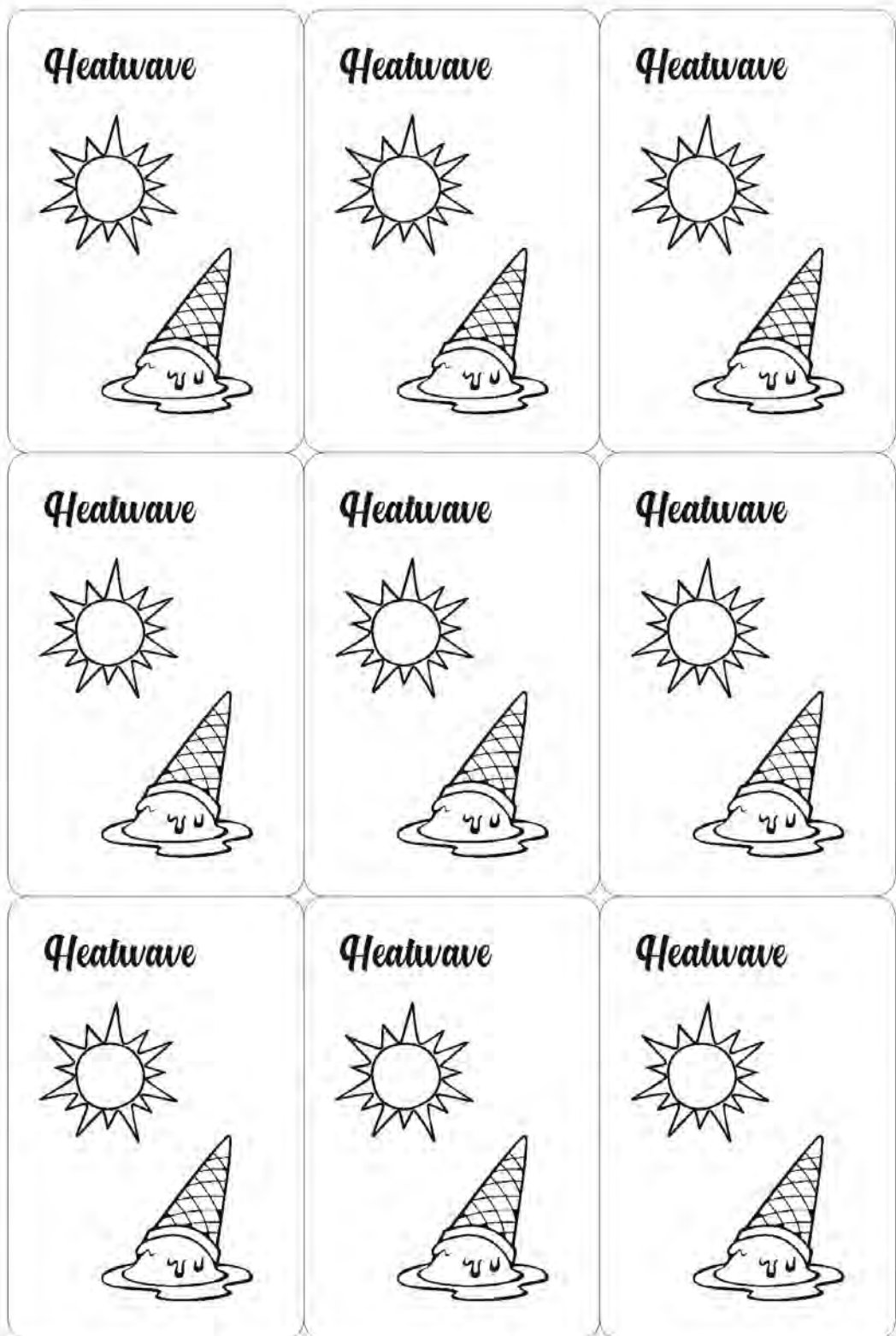
+1 Intelligence



<i>Flying Carpet</i> Narrator Your narrative method is imbued with an indefinable magic or spark and imagination, allowing you to form a strong connection with your listeners.  +1 Dexterity	<i>Bird Song</i> Public Speaker You have presence and charisma in public speaking situations. Your utterances are delivered with eloquence, passion and power.  +1 Strength	<i>The Pack</i> Leadership The role of the leader comes naturally to you. You are comfortable with taking charge of both people and situations.  +1 Strength
<i>The Owl</i> Team Player You give people your full attention and place the focus on others. You are observant of your surroundings and naturally curious.  +1 Wisdom	<i>Light Speed</i> Speed Learning You are a natural at picking up new skills. This inherent ability gives you an advantage when acquiring new skills.  +1 on each die roll result when acquiring a new Skill	<i>Master Key</i> Adaptability You are flexible and adative to your social environment. This allows you to deal with any given scenario, even if you lack a specific skill.  Master Skill Card. Can be used with any scenario.

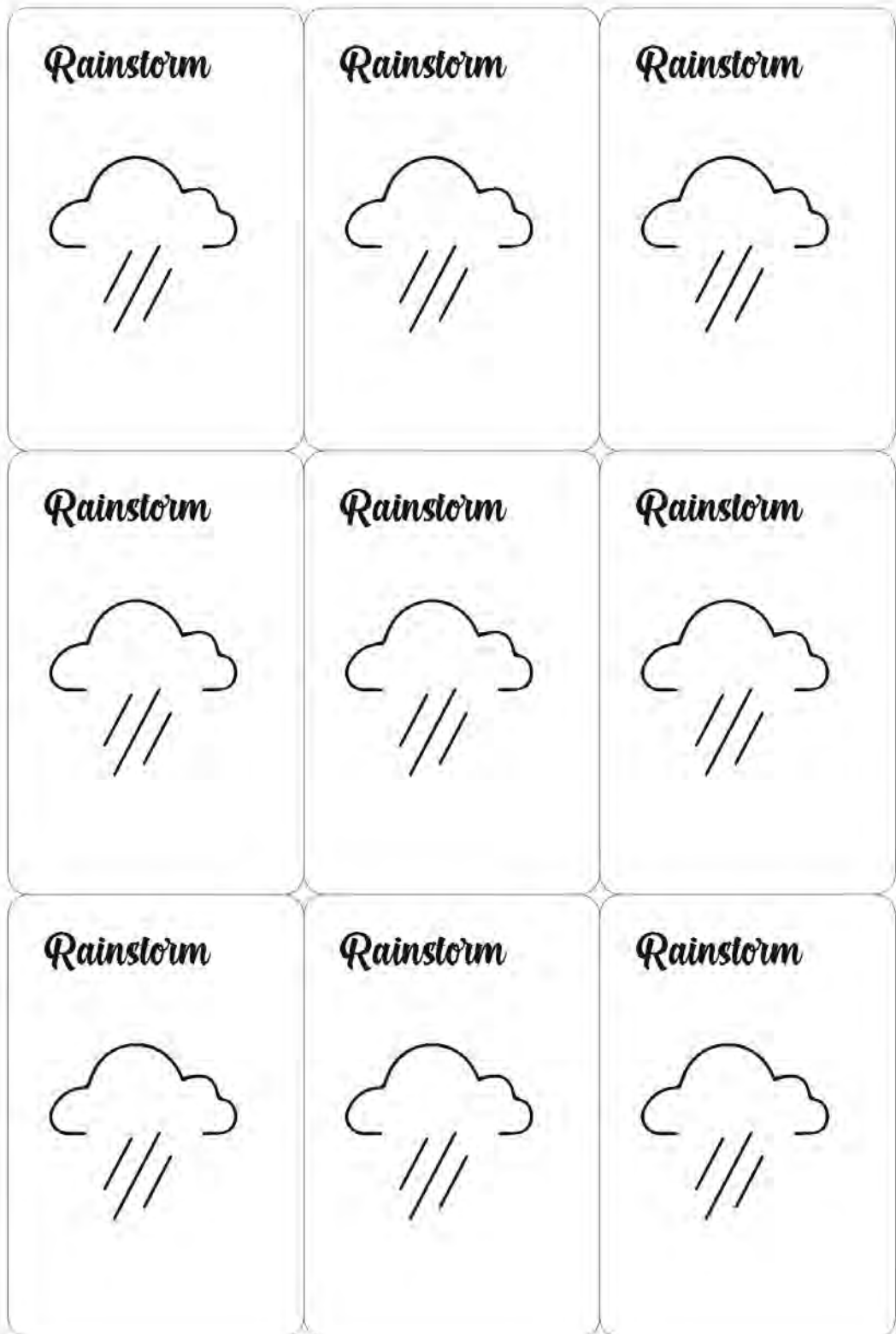
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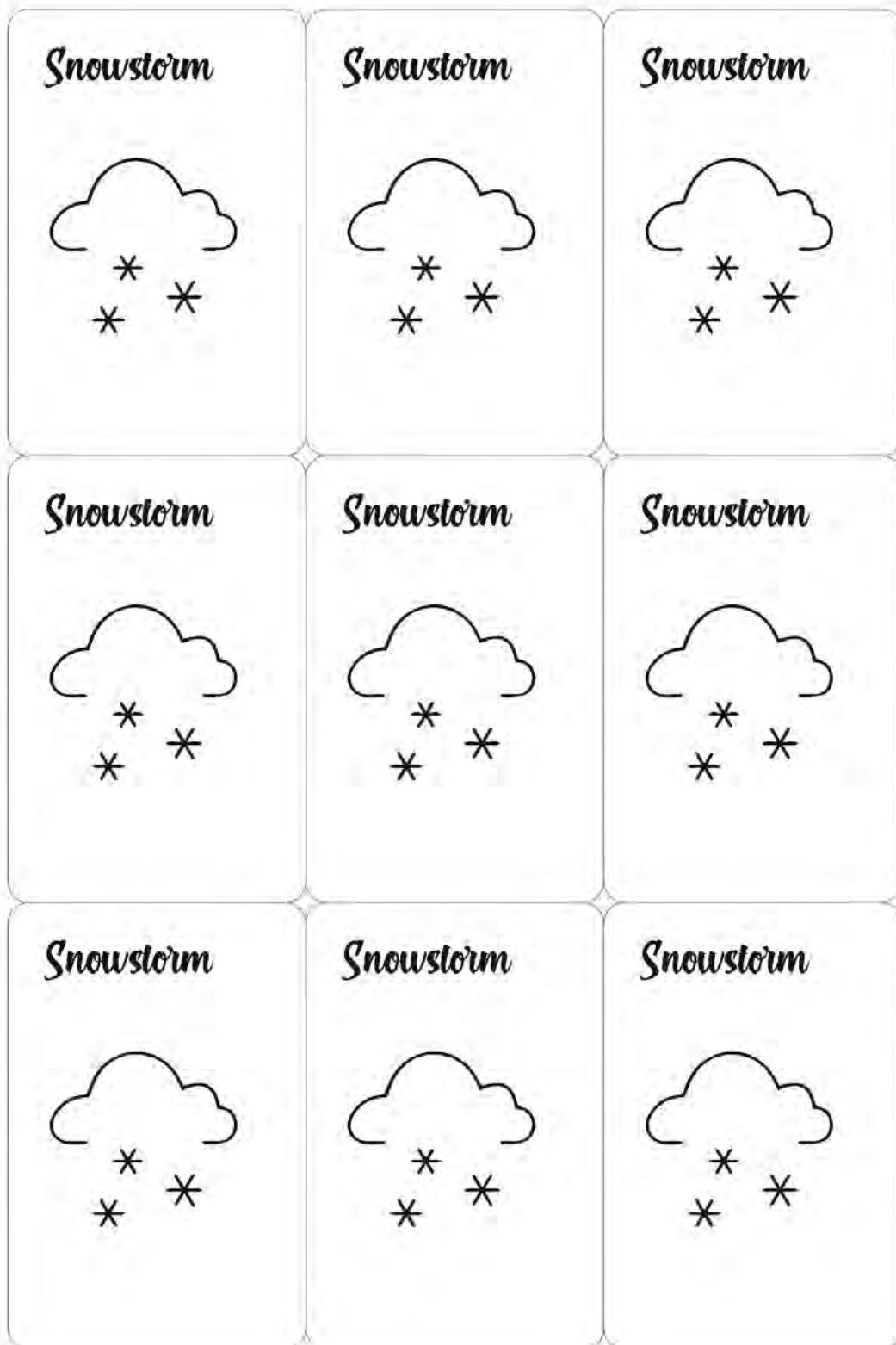
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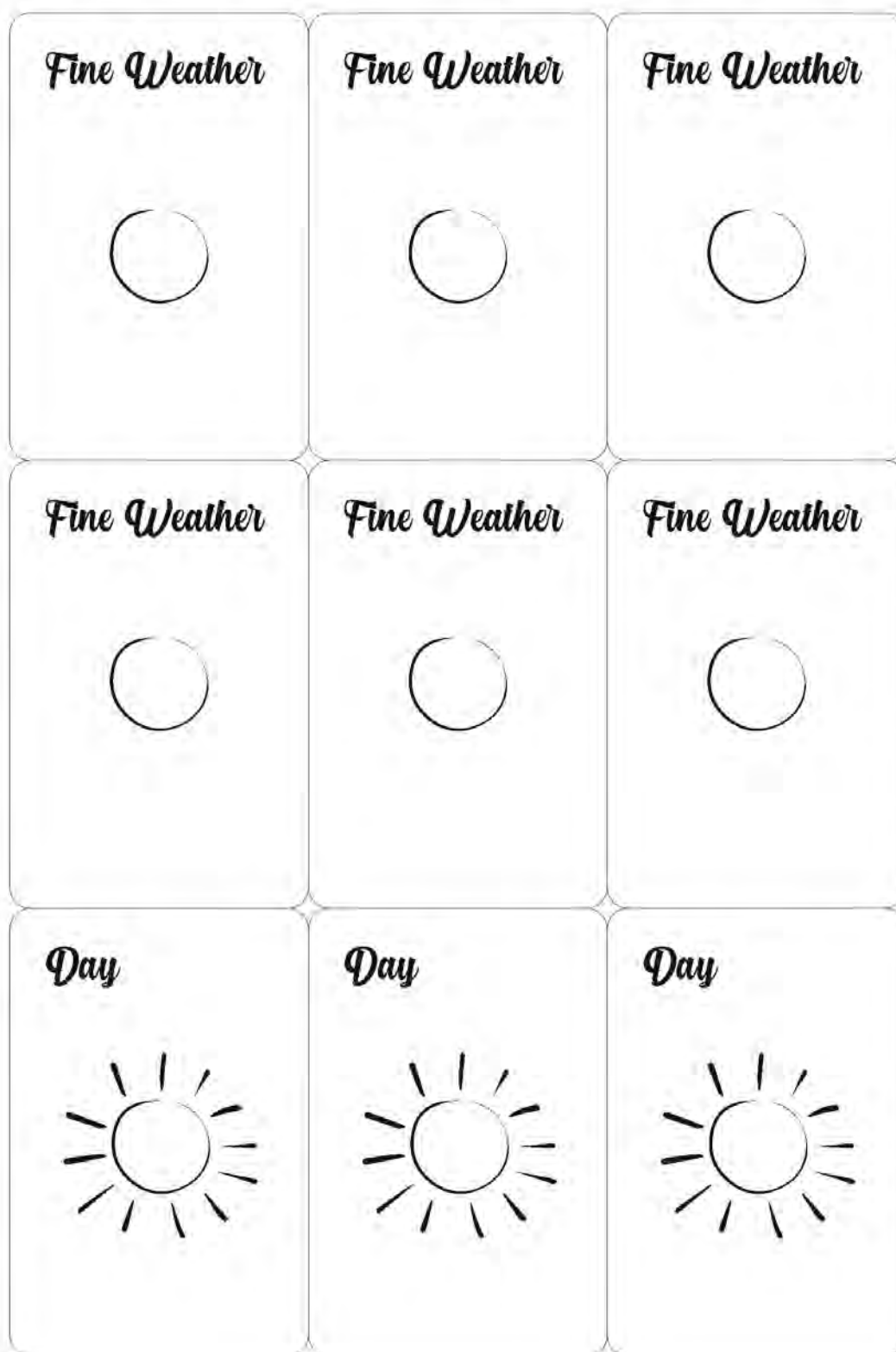
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Print : 2-sided | Cut : Using Marks with ruler, knife & Scissors (Rounded Corners) | Paper : min 160gsm - max 350gsm



Night

Night

Night



-1 on each dice roll.



-1 on each dice roll.



-1 on each dice roll.

Andrey Momchilov:
“The Good Life” Solo Card Game
Crime Prevention Fund – IGA

Crime Prevention Fund – IGA’s Intellectual Output 8 explores the concept of using the method of gamification to create a product that can have an effect on an individual’s understanding and attitudes towards key concepts and elements of successful (re)integration in the society.

This is achieved by the proposing and creation of a card game that is intended to be played individually. The game rests loosely on the Good Lives Model, a criminological theory that has gained significant popularity over the past 20 years. The GLM is a strengths-based rehabilitation theory that augments the risk, need, and responsivity principles of effective correctional intervention through its focus on assisting clients to develop and implement meaningful life plans that are incompatible with future offending. It stipulates the basic premise that offenders/ individuals at risk, like all humans, value certain states of mind, personal characteristics, and experiences, which are defined in the GLM as primary goods. Currently 11 such “goods” have been identified, including life and health, knowledge, excellence in work, play and agency, relatedness and community, inner peace and spirituality, pleasure and creativity.

The solo card game “The Good Life” simplifies several of these primary goods to introduce them as “resources” in the game. Hence, the game is based around five key resources, the value of which increases or decreases based on the decisions an individual makes, but also events on which he/ she cannot have impact. These resources are:

1. Sociality (related to the concepts of community and relatedness), which affects a person’s ability to foster social relationships, be liked and accepted, and this to some extent also reflects on the concepts of joy and pleasure.
2. Reliability is related to agency, work, education/ gaining of knowledge, but is also related to the ability to foster and maintain those meaningful and important relations such as intimate partnership and family relations.
3. Skills are mostly related to one’s vocational education and suitability for finding and maintaining a job.
4. Education is related to the primary good “knowledge”, as such it affects elements such as employment and income. It also affects (often “negatively”) elements like sociality – one has to devote some of the available free/ leisure/ social time to free up time necessary to acquire

knowledge through formal or informal education. Making such decision though would affect positively the “reliability” of the individual and this has been reflected in the game.

5. Income – a basic resource that reflects and affects the everyday life and feeling of satisfaction of all human beings. It is a leveling resource, as many of the events/ activities the individual chooses require the spending of monetary resources, while at the same time these “investments” repay the individual further down the line.

The resources values allow the player to unlock “achievements”. Again these have loosely been based on the Good Lives Model, but also on the widely accepted achievements that most of the members of modern communities value highly. The achievements incorporated into “The Good Life” are the following:

1. Job – a fundamental element of any regular individual human being’s life, it is widely reflected in the game and should almost always be the first achievement that a player unlocks. Having a job allows for the acquisition of material resources and requires skills, knowledge and also both requires and fosters one’s reliability.

2. Partner – getting an intimate partner in life is something almost any individual human being strives for, and as such is related to the ability to foster positive emotional relationships. Of course in the modern era people have to possess certain traits and values (and to some extent resources) in order to achieve this more easily, therefore this “achievement” is unlocked by reaching a certain level of sociality, reliability but also some material resources (even though it might seem non-idealistic at a first glance, this is often the reality and needs to be accounted for). This is an achievement that can be lost if the values of the resources drops drastically.

3. Child – life’s main, if not only, objective is to reproduce itself while evolving at the same time. Therefore having a child is something almost everyone dreams of; it though requires commitment, relatedness and agency, plus stable material resources and conditions. Once unlocked though, it cannot be lost (in theory it could, but for the purpose of keeping the game on the positive side this possibility has been ignored, this could also teach individuals that even if a partnership/ marriage breaks down, the responsibility for the child should remain for the sake of its wellbeing).

4. Own home – in modern societies young people widely accept that at one point they need to leave their parents’ homes and become truly independent, so they value having a place of their own quite highly.

5. Own car – although the game strives to be gender neutral, this achievement has been introduced with young men in mind, as having their own ride is something almost all of them dream of since boyhood. That said, with the emancipation of females and the ever growing number of women, who drive and own cars, we believe this achievement will also please female players, and is much better than having stereotypic elements introduced such as a new oven or washing machine.

6. University diploma – gives the notion that anyone can achieve higher education if they are willing to push hard and devote time to it.

The game is resolved through drawing randomly events. Some of them allow for one choice (take or not take action) where the resources either change or remain unchanged, others provide choice between two options which affect different resources. Some events cannot be affected by the player, they just happen with the relevant consequences and they can show a person the effect of previously taken decisions. The final type of cards are the “bonus” and “malus” cards, which are designed to provide the player with opportunity to choose, thus strengthening pro-social decision making, but also to offset the effect of randomness in setting up the game (if the random order of cards happens to place the majority of certain resources towards the end of the deck, these cards would help the player to accumulate those resources they think are necessary). Same is valid for the malus cards, which also teach the concept of “bad luck” thus helping build resilience.

Requires: **JOB**



Your boss has been pleased with you and offers you a bonus. What would you choose?

Vacation (+1 sociality)
OR
Pay rise (+2 income)

Requires: **NOTHING**



You are offered the chance to attend a paid course to improve your education level. Do you want to join? If yes:

- 1 income
+ 1 education

Requires: **NOTHING**



You have been working out in the gym lately, and you feel an look very well!

+1 sociality

Requires: **NOTHING**



There is an evening school program that can improve your diploma, but will take up a lot of your free time. Would you like to join? If yes:

- 1 sociality
+ 1 education

Requires: **CAR**



You have been caught ignoring a red light at a street crossing. You have to pay a fine.

- 1 income

Requires: **NOTHING**



There is a vocational course that can give you professional qualification if you are prepared to give up some of your free time. If you want to participate:

- 1 sociality
+ 1 skills

Requires: **NOTHING**



Lucky you! A lottery ticket you bought at the supermarket wins you a small sum.

+ 2 income

Requires: **JOB**



Your employers offer in-job training if you stay overtime. If you agree, then:

+1 skills
+ 2 income
- 1 sociality

Requires: **PARTNER**



Your better half has asked that you visit the in-laws. At the same time one of your best friends has invited you to their birthday party. What do you choose?

Visit in-laws (+ 1 reliability)
OR
Go to the party (+1 sociality)

Requires: **OWN HOME**



You manage to flood your home leaving the water in the bathtub running.

- 1 income

Requires: **NOTHING**



You find some money on the street. What do you do with it?

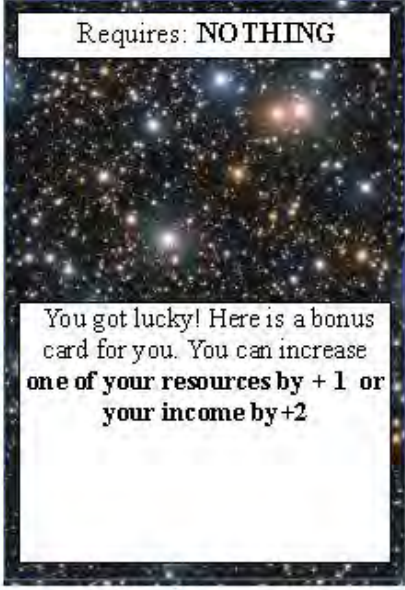
Return it (+ 1 reliability)
OR
Keep it (- 1 reliability, +2 income)

Requires: **NOTHING**



You got lucky! Here is a bonus card for you. You can increase **one of your resources by + 1** or **your income by +2**

Requires: **NOTHING**



You got lucky! Here is a bonus card for you. You can increase **one of your resources by + 1 or your income by +2**

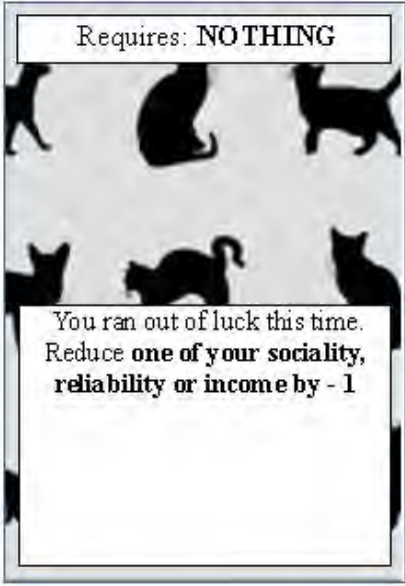
Requires: **JOB**



You get a nice big annual bonus from your employer. Would you spend it on

new clothes (+1 sociality)
OR
your home (+1 reliability)

Requires: **NOTHING**



You ran out of luck this time. Reduce **one of your sociality, reliability or income by - 1**

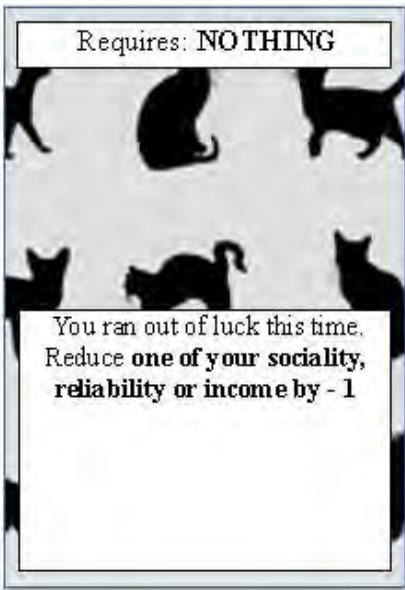
Requires: **CHILD**



Granny wants to gift your kid some cash. Do you spend it on

what the kid wants (+ 1 sociality)
OR
what the kid needs (+ 1 reliability)

Requires: **NOTHING**



You ran out of luck this time. Reduce **one of your sociality, reliability or income by - 1**

Requires: **CHILD**



Your kid has broken a neighbor's window throwing stones. Do you

pay for it (- 1 income)
OR
make the kid do chores to pay for it (- 1 sociality)

Requires: **CAR**



You hit a parked car while passing through a narrow street. Would you

tell the owner (-1 income)
OR
run away (-1 reliability)

Requires: **CHILD**



You decide to set up a fund for your kid. What for?

driving licence (+1 sociality, -1 income)
OR
education course (+1 reliability, -1 income)

Requires: **JOB**



You get into a conflict with one of your colleagues. Would you

back up so that you can finish the project (+1 reliability, -1 sociality)
OR
stand up for yourself (+1 sociality, -1 income)

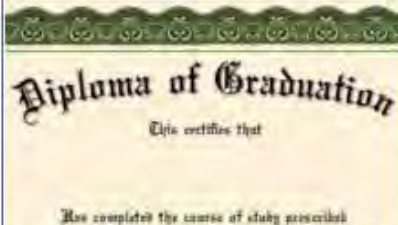
Requires: **NOTHING**



You got lucky! Here is a bonus card for you. You can increase

one of your resources by +1 or your income by +2

Requires: **UNIVERSITY BA**



You can take up a Master degree if you want to spare the time. Do you

take the course (+2 income, -1 sociality)

Requires: **NOTHING**



You ran out of luck this time. Reduce **one of your sociality, reliability or income by -1**

Requires: **JOB**



You get angry with your boss.
Would you

quit for a less well paid job (+1 sociality, -1 income)
OR
hold your nerves (-1 sociality, +1 reliability)

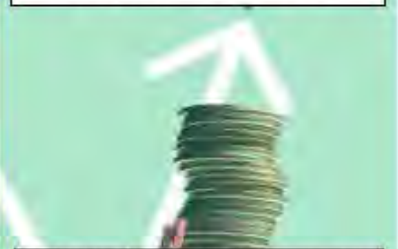
Requires: **PARTNER**



It is your partner birthday. What gift you would choose?

a domestic appliance (+1 reliability)
OR
dinner at a fancy restaurant (+1 sociality)

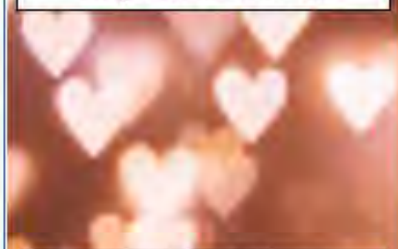
Requires: **NOTHING**



Inflation has been eating up your savings.

Reduce your income by -1

Requires: **PARTNER**



A cutie is trying to talk you up in the cafeteria. Would you

respond to them (-1 reliability, +1 sociality)
OR
excuse yourself and leave (+1 reliability, -1 sociality)

Requires: **NOTHING**



Your neighbors are having a loud party and you are getting angry.
Would you

call the police (+1 reliability)
OR
go and talk to them (+1 sociality)

Requires: **NOTHING**



A free online course is available, but it takes 100 hours to complete. Would you **take it?**
(-1 sociality, +1 education)

Requires: **NOTHING**



Your parents have decided to help you out with some cash.
Increase your income by +2

Requires: **CHILD**



Time for the kid to get a nice birthday gift. What would it be?

**gaming PC (+1 sociality,
-1 reliability)**
OR
**Laptop (+1 reliability,
+1 sociality)**

Requires: **CAR**



You get caught on camera speeding with the car. You have to pay a fine.
Reduce your income by -1

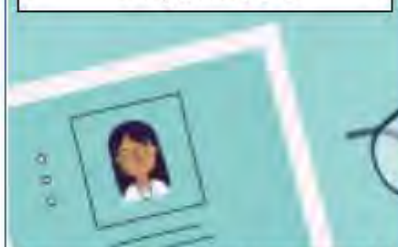
Requires: **NOTHING**



You meet an old friend and decide to go have a drink. The drinks become quite a few, and you get home very late.

Reduce your reliability by -1

Requires: **JOB**



You are offered a better paid job but the working hours are longer. Would you **take the offer?**
(-1 sociality, +2 income)

Requires: **NOTHING**



You help a friend finish a job on time, so he shares some of the pay with you.

Increase your income by +2

Requires: **NOTHING**



You manage to lose your wallet.

Reduce your income by -1

Requires: **NOTHING**



You got lucky! Here is a bonus card for you. You can increase **one of your resources by +1 or your income by +2**

Requires: **JOB**



Your team are given a day off and most of your colleagues are setting up a midday barbeque. Would you

go with them (+1 sociality)
OR
go home to rest (+1 reliability)

JOB



REQUIREMENTS
Education: 2
Skills: 2
Reliability: 2
If less, you lose your job!

Increase income by +2

Requires: **PARTNER**



Congratulations on your anniversary! Now splash the cash for a nice gift for your better half.

Reduce your income by -1

PARTNER



REQUIREMENTS
Sociality: 3
Reliability: 3
Income: 3
If two of the three are less, you lose your partner!

CAR



REQUIREMENTS
 Education: 2
 Skills: 2
 Income: 3
If less, you lose your car!

OWN HOME

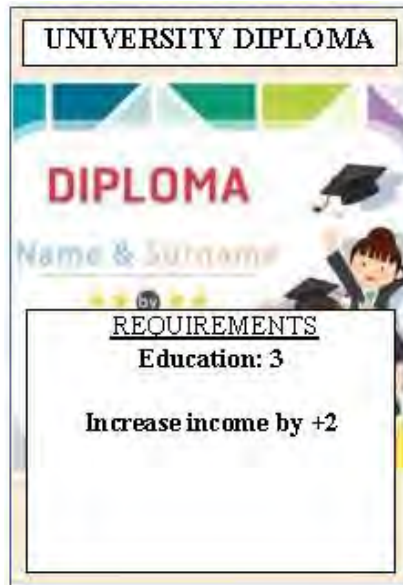


REQUIREMENTS
 Income: 5
If less than 4, you lose your home!

CHILD



REQUIREMENTS
 Partner
 Income: 5
 Decrease sociality by -1
 Increase reliability by +1



Reliability	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Sociality	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Education	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Instructions
Setup : Set the Instructions and Resource tracking cards aside. Set the six Achievement cards to one side, face up. Shuffle the 40 Event cards face down. Mark the starting resources: Reliability 2, Sociality 2, Education 1, Skills 1, Income 2 Game play: Play the Event cards in order one at a time and follow the instructions. If a card can be played, set it aside after you play it. If not, place it at the end of the deck face down. Play until the deck is finished, or no more cards can be played. Win: There is no specific win condition. Try to collect as many Achievements and Resources as possible.