



Gaming for Mutual Learning in Elder Care GAMLEC

IO3.3 Guidelines of Playing Board Game





Document information

This document contains the guidelines of the GAMLEC learning board game.

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INTRODUCTION INTO “GAMLEC” BOARD GAME

Dear players, with big pleasure we present a new and exciting board game “GAMLEC”. The board game was created with supported of Erasmus+ programme: GAMLEC: Gaming for mutual learning in elderly care”. The project was carried out from October 2019 to September 2021 by five partners in four EU countries: IP- International GmbH (Germany), ISIS GmbH (Germany), VMU (Lithuania), AFEdeMY (The Netherlands), ASP Bologna (Italy) and CADIAL (Italy). More about a project you can find here: <https://gamlec.eu/>.

The “GAMLEC” board game is about quality of life of residents of care and nursing homes. The aim of a “GAMLEC” board game is to improve the quality of life of old people, increasing the awareness and the knowledge of the players about what improves quality of life and what is detrimental to it, as well as fostering their empathy for old people. We constructed three learning goals corresponding to three *dimensions* of quality of life of older people living in residential care: autonomy, social participation and human dignity. The content of learning objectives is corresponded to 67 *criteria* developed in the European Compendium on Quality of Life (more: https://gamlec.eu/wp-content/uploads/2020/07/GAMLEC_EU_Compndium_EN_200701.pdf).

In the GAMLEC project a learning board game is used as an educational offer for care workers, volunteers and committed family members of dependent residents in care homes. As such, we elaborated Educational Framework that we consider is equally important as the game design. An educational game is capable of achieving the stated learning objectives as well as maintaining players’ engagement and motivation. The Educational Framework is oriented at the learning outcome approach as introduced in the European Qualification Framework. Learning outcomes makes it easier to assess the match between needs for learning (GAMLEC project’s IO1) and the content of a board game (GAMLEC project’s IO2). More about Educational Framework you can read here: [www.link to short version of EF.](#)

In the guidelines we present a short checklist for the players of what they have to prepare or keep in mind before starting a game. We use hyperlinks to instructions and rules for a game without a coach and with a coach. Finally, we share with you some tips and hints for the creation of new cards by the players themselves in order to enable them to adapt or furthermore develop the game according to their needs or their specific context. We use hyperlinks to more detailed information contained in the specific areas of the e-learning platform to make navigation and the access to the desired information easy to all players.

„GAMLEC“ BOARD GAME has two versions for the players to play the game:

- 1) the board game might be played without the coach (4 to 6 individuals playing against each other), possible duration up to 60 minutes;
- 2) but also the board game might be played with the coach (4 to 8 individuals playing in two teams against each other), possible duration up to 120 minutes.



The board game is laid out in a rectangle with 45 squares from “Start” to “Excellence”, with each player assigned a coloured pawn. **Your goal** of “GAMLEC” is to move as fast as possible from “start” to “excellence”, gaining lots of insights about good and detrimental practices for the quality of life. The further you move to “excellence”, the more you gain knowledge on how to improve the quality of life of care home residents and deeper you reflect on your care experience, own attitudes and beliefs. At the same time, you learn a lot about your own quality of life.

WELCOME TO “GAMLEC” BOARD GAME *without a coach*

For a game without a coach we created 110 cards. To make it easy for you, every single card contains the instructions on how many spaces you are entitled to move, either *forward* or *backward*. Some cards oblige you *to stay put*, others entitle you to *pick another card*.

Before starting a game:

- you have to download “GAMLEC” board game and print a board and cards for the game *without a coach*. [\(link???\)](#).
- you have to arrange a place and set a time. So, you have to sit around the table suitable for the number of players, from 4 to 6. Also, we suggest to consider to have a sufficient space so that players perform their tasks undisturbed during a game.
- Recommended time for a game is up to 60 minutes.
- Before starting we suggest to read rules and instructions for *the game without a coach* carefully ([link to website of IO2.6 Rules of The Game for the Simple Version Without Game Coach](#)).

WELCOME TO “GAMLEC” BOARD GAME *with a coach*

The version of the Learning Board Game to be played with a Game Coach is meant to offer the possibility to enhance the direct exchange and the cooperation between all stakeholders.

For a game with a coach, we created special cards for game with a coach and we suggest that it is up to the Game Coach to choose one or a maximum two cards out of the card deck for the Board Game Version with Game Coach, and to add them to the card decks for the version without Game Coach. Even, Game Coach can decide to reduce the 110 playing cards, in order to reduce the playing time. In this case it is essential to keep the balance between the cards with content that is beneficial to QoL and those with content that is detrimental to QoL.

Before starting a game:

- Game Coach has to download “GAMLEC” board game and print a board and cards for the game *without a coach* and with a coach.



- Game Coach and players have to arrange a place for a game. So, you have to sit around the table suitable for two teams composed by 6 or 8 players. A flipchart or a free wall on which the results of the team work can be hung up has to be available, as well paper for notes, pens, post-its. We suggest to consider to have a sufficient space so that players perform their tasks undisturbed during a game.
- Game Coach and players have to set a time for a game. Recommended time up to 120 minutes.
- Before starting we suggest for Game Coach to read rules and instructions for *the game with a coach* carefully [www](#). Link to **IO2.5 Card Content for the Playing Cards for the Game Version with a Game Coach and Instructions.**

TIPS AND HINTS

We believe that by playing a board game “GAMLEC” you will confirm your existing knowledge and practices about the quality of life of older people living in residential home. Also, we believe that you will get some inspirations and will come up with new ideas on how to further develop the quality of life of older people.

Probably, by playing a game you recognised that some very specific content is missing in the content of cards and you would like to create and to add your own cards. You are very welcome to do it. Just before that we kindly suggest to consider several important suggestions:

- The creation of new cards should relates with a needs of older people living in residential home in terms of quality of life.
- Content of cards have to resound with a playful way to continuously improve the quality of life of care home residents.
- Content of cards have to increase the awareness and the knowledge of the players about the quality of life of care home residents.
- In the case content is related with unintentional, but definitely not contributing to the wellbeing of care home residents, the rhetoric have to be not punishing or blaming, but rather giving possibility to learn from mistakes.
- Finally, we strongly believe, that “GAMLEC” learning board game is created for inspiration of people to make a contribution to the QoL of care home residents. Every single person can make a difference, even with very small steps and we believe, you can too.

Probably in guidelines has to be something about how to use e-learning platform: Dear Javier, you are real professional in that😊.

