



# Gaming for Mutual Learning in Elder Care

## GAMLEC

### IO2.6 Rules of The Game for the Simple Version Without Game Coach





## Document Information

This document contains the rules of the GAMLEC learning board game for the version to be played without a Game Coach

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The results of the Erasmus+ project GAMLEC consist of these rules of the learning board game for the game version without Game Coach, of the rules of the learning board game with Game Coach, of the guide to the design of the format of the card content, of the learning game cards for adults about the quality of life of nursing home residents, a Compendium, the learning goals, and objectives of the learning board game, an instruction manual for the game version with Coach, an Educational Framework, Guidelines for the learning board game, and an interactive E-learning platform. The results are available in English, German, Italian, Dutch and Lithuanian at [www.gamlec.eu](http://www.gamlec.eu).



## **“Simple Version of the Learning Board Game” (without Game Coach) – 4 to 6 Individuals Playing Against Each Other**

### **Introduction**

The GAMLEC board game is about the quality of life of dependent residents of nursing and care homes. It is based on the 67 criteria for the quality of life of care home residents listed in the European Compendium on Quality of Life.

The aim is to improve the quality of life for older 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 older people.

### **How to Play**

Everybody can make a contribution to improve the quality of life of older people. However, you might not always know how to do this. In this game you learn what you can do, and you learn what is good and bad when it comes to quality of life for care home residents.

Accordingly, your goal in this game is to move as fast as possible from “Start” to “Excellence”, gaining lots of insights about what improves the quality of life and what is detrimental to it.

The further you move towards “Excellence”, the more knowledge you acquire on how to make a difference and improve the quality of life of care home residents. At the same time, you learn a lot about your own quality of life. Play this game to find out all about this!

You are allowed to move your pawn forward whenever you pick up a card that improves quality of life.

However, as the saying goes: the best laid plans ..... And so is this game: there are best practices to emulate, and mistakes to learn from. Whenever you pick up a card that is detrimental to the quality of life of older people, you have to move your pawn backward or stay put. This way, you have time to think about all these aspects.

Are you ready to learn by playing?

### **Instructions**

The objective is to be the first player to get your pawn from the “Start” square to the “Excellence” square by going around the board. The pawns are moved “forward” towards “Excellence”, “backward” towards “Start”, or have to stay put on the square they have landed.

To make it easy for you, every single card contains the instructions on how many squares you are entitled to move, either forward or backward. Some cards force you to stay put, others entitle you to pick another card.

The board game is laid out in a rectangle with 45 squares from “Start” to “Excellence”, with each player assigned a coloured pawn.

It is best to play the game with 4 to 6 players. The duration of the game is 20 – 60 minutes on average, depending on the number of players.



## Set-Up

Place the game board on a table so that all players can sit down comfortably and have access to the board and the cards.

Shuffle the cards and put them on the dedicated space on the board.

Prepare the dice. Lay out the pawns so that the players can choose one each.

## Rules

Each player chooses a pawn and places it on the “Start” square. Players throw a dice. Whoever throws the highest number is entitled to start playing.

Clockwise, each player in turn, draws one card from the top of the deck and follows its instructions.

To begin the game, all pawns of all players are on the “Start” square; players can only move their pawns onto the rest of the board if they draw a card that allows them to move forward.

If the instructions on the cards say that players have to move backward, they are allowed to stay put as long as they are in the “Start” square. By the same token, if players have moved forward less squares than those they are told to move backward, they simply go back to “Start”.

The player who picks up a card, reads it aloud, so that all the other players can hear the instructions to be followed by the player who has drawn the card. Accordingly, s/he moves the pawn by the number of squares written on the card either forward or backward, or stays put. In case the instructions entitle the player to pick another card, s/he repeats the same procedure with the second card. Otherwise, it is the next player's turn to pick up a card, and follow the instructions printed on the card.

When a pawn is on “Start”, and a player picks up a card that tells them to move backward, they stay put on “Start”.

The path leads from the “Start” square towards the “Excellence” square. The squares are coloured differently though.

If a pawn lands on a green square with an arrow pointing towards “Excellence”, the player is entitled to move 5 squares forward.

If a pawn lands on a red square with an arrow pointing towards “Start”, the player has to move 5 squares back.

The player who reaches “Excellence” first wins the game.

At the end of the game, we recommend players to share their experience.

Just think of one thing you have learned from playing the game.