

## TIPS AND HINTS

We believe that by playing the "GAMLEC", you will reinforce your existing knowledge and practices about the quality of life of older people living in residential homes. Also, we believe that you will get some inspiration and will come up with new ideas on how to further develop the quality of life of older people.

When playing the game, you will probably recognise that you have some specific requirements in your facility and would like to create and add your own cards. You are very welcome to do it!

Just before that, we kindly suggest considering the following suggestions:

- New cards should reflect the needs of the care home residents and the specific circumstances in the facility.
- The content of cards has to resound with a playful way to continuously improve the quality of life of care home residents.

Content of the cards has to enhance players' awareness and knowledge of the quality of life of care home residents. Should the content be related to unintentional practices, but definitely not contributing to the wellbeing of care home residents, the rhetoric has to be based on not punishing or blaming, but giving an opportunity to learn from mistakes. For this, we suggest developing Evil Fairy cards.

Finally, we strongly believe, that the "GAMLEC" learning board game has been created to inspire people to contribute to the QoL of care home residents. Every single individual can make a difference, even in very small steps, and we believe that you can do it too.

We invite you to visit the "GAMLEC" website where you can find information about how to make your own cards and many other exciting things: <https://gamlec.eu/>

**LET'S START PLAYING THE "GAMLEC"!**



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The results of the Erasmus+ project "GAMLEC" consist of these Guidelines of the Learning Board Game, Educational Framework, of a guide to the design of format of the card content, of the rules of the learning board game for the game version with Game Coach, of the rules of the learning board game without Game Coach, 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, the rules of the learning board game, an instruction manual for the game version with Coach, 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)



## Guidelines

## INTRODUCTION TO THE "GAMLEC" LEARNING BOARD GAME

Dear Players, it is with great pleasure that we introduce a new and exciting learning board game: the GAMLEC – Gaming for Mutual Learning in Elder Care.

This board game has been created with the support of the Erasmus+ Programme.

The project has been carried out from September 2019 to November 2021 by six partners in four EU countries: IP-In-ternational GmbH (Germany), ISIS GmbH (Germany), VMU (Lithuania), AFEdemy (The Netherlands), ASP Città di Bologna (Italy), and CADIAL (Italy). More information on the project and its outcome can be found at <https://gamlec.eu>.

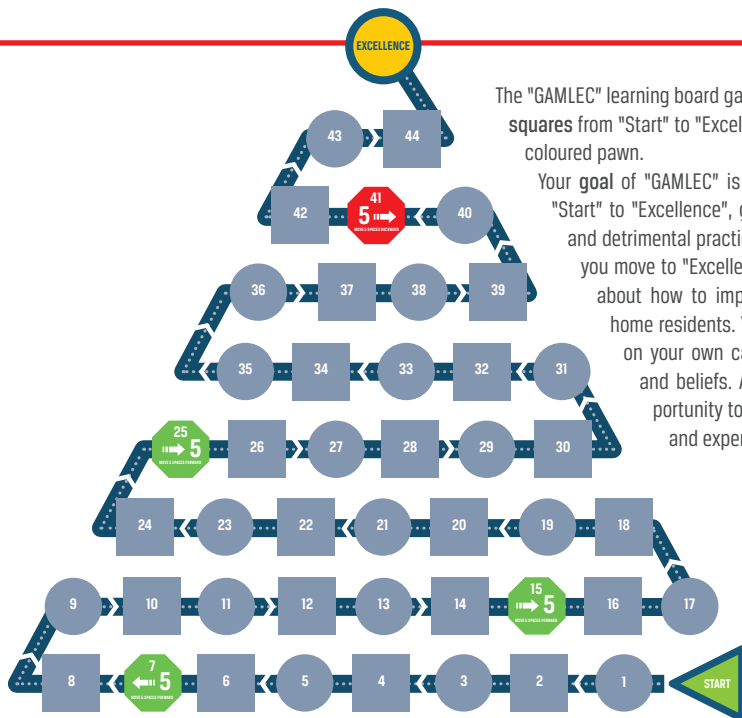
The "GAMLEC" learning board game is about the quality of life (QoL) of nursing home residents. In the "GAMLEC" project, a learning board game is used as an educational tool for nursing home staff, volunteers, and committed family members of dependent residents but does not exclude residents. The content of the learning objectives corresponds to 67 criteria developed in the European Compendium on Quality of Life.

The theoretical aspects of the "GAMLEC" learning board game are available in Educational Framework: [https://gamlec.eu/game/#board\\_game](https://gamlec.eu/game/#board_game)

In the "GUIDELINES AND RULES" section ([https://gamlec.eu/game/#guidelines\\_and\\_rules](https://gamlec.eu/game/#guidelines_and_rules)), players will find all the necessary documents describing what they have to prepare or keep in mind before starting the game.

The "GAMLEC" learning board game comes in two different versions. You can choose the best one for your purposes:

1. The **simple version** is intended for use without a Game Coach. All you need is 4 or 6 individuals playing against each other and up to about 1 hour of their time. **LET'S PLAY!**
2. Alternatively, you might go for the **version with a Game Coach**. Just make sure you have about 2 hours to play and someone who would be willing to act as Game Coach. In this case, you need 4 to 8 individuals in total playing in two teams against each other. **LET'S PLAY!**



The "GAMLEC" learning 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 closer you move to "Excellence", the more knowledge you gain about how to improve the quality of life of nursing home residents. You will also be able to reflect more on your own care experience, your own attitudes and beliefs. At the same time, you have an opportunity to learn a lot about your quality of life and experience all the benefits of teamwork.

## WELCOME TO THE "GAMLEC" LEARNING BOARD GAME without a Game Coach

For playing the "GAMLEC" game without a Game Coach, you have 110 cards to play with. To make it easier for you, every single card contains 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:

Download the "GAMLEC" board game and print a board and cards for *the game without a Game Coach*.

Arrange a place and set a time. You have to sit around a table suitable for 4-6 players. You should also consider having sufficient space so that players can perform their tasks undisturbed during the game.

The recommended time for the game is up to 60 minutes. Before starting, read the rules and instructions for *the game without a Game Coach* carefully.



## WELCOME TO THE "GAMLEC" LEARNING BOARD GAME with a Game Coach

This version of the "GAMLEC" game enables you to enhance direct exchanges and cooperation between all different players with different experiences and knowledge.

In order to play with this version, you have special cards.

We suggest that it is up to the Game Coach to choose one or a maximum of two cards out of the card deck for the learning board game version with a Game Coach and to add them to the card deck for the version without a Game Coach.

Only the Game Coach can decide to play with less than 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:

The Game Coach has to download the "GAMLEC" learning board game and print the game board and the set of cards for *the game without a Game Coach* and *with a Game Coach*.

The Game Coach and the players have to arrange a place for the game. You have to sit around a table suitable for two teams with 4 or 8 players altogether. 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, and post-its. Please consider having sufficient space so that players can perform their tasks undisturbed during the game.

A Game Coach and players have to set a time for the game. The recommended time is up to 120 minutes.

Before starting, we suggest that the Game Coach reads the rules and instructions for *the game with a Game Coach* carefully.

