GAME OF REGENERATION

Facilitators Manual

TABLE OF CONTENTS

Presentation

Gaia is suffering; The once lush lands filled with diverse flora and fauna are on the verge of destruction. Only you can revert this, we need your help! The game of regeneration is a 5-day event, primarily directed at youth that takes place in community settings around the globe. Participants will learn about the principles of ecovillage design in a playful manner and undergo an empowering journey of personal and group transformation. They will enter the mythical realm of Gaia whilst, at the same time, having a practical positive impact in the community where the game is played. The game includes a variety of techniques and tools to guide the participants through their journey, such as leadership development skills, clan building dynamics, fun games and the Ecovillage Impact Assessment.

1.1 Game background and supporting documents

ECO GAMER is an Erasmus+ funded strategic partnership for youth, in the area of cooperation for innovation and the exchange of good practices. Our consortium is made up of 5 partner organisations:

GEN - the coordinating partner based in Scotland

GEN Europe
Spain

FCIÊNCIAS.ID
which is part of the University of Lisbon - Portugal

SEKEM DEVELOPMENT FOUNDATION
Egypt

DAMANHUR EDUCATION
Italy

The project seeks to offer young people from diverse backgrounds improved skills and accessible ways to map and assess achievements of their local communities in relation to the Ecovillage Principles and Sustainable Development Goals (SDGs). They will learn to design, implement and celebrate regenerative local solutions as they initiate projects and social enterprises together.

With creativity, interactivity and active engagement at its heart, ECO GAMER uses an innovatively playful approach to activate and connect youth to building community in their localities in ways that also contribute to their sense of purpose and self-esteem. We seek to provide clear access points and resources for young people and sustainable

communities to work together to identify and implement solutions for a brighter future.

Before starting to use this Facilitators Manual we recommend you to read the following text documents on which the game is based:

‣ The 4 Areas of Regeneration with the Ecovillage Principles
‣ The Journey of Regeneration with its 9 Stepping Stones
‣ The Sustainable Development Goals (SDGs)
‣ The Leadership Archetypes

1.2 Motivation/Objective of the game

The Game of Regeneration playfully ignites, transforms and activates young change makers to engage in meaningful pathways towards regenerative communities and livelihoods.

A game approach has three advantages as opposed to other methodologies:

1. It provides the participants with a direct experience of participating in co-creating a sustainable world ("we can do it"; "what we do makes a difference.")

2. It has the potential to simplify extremely complex issues to a point that allows participants to grasp through experience, while stimulating their natural curiosity to learn more.

3. It activates participants' drive to set their intentions toward a worthy goal, while building confidence in enjoyable ways, by inspiring and motivating players to take action in the real world.

1.3 Target audience

Two different groups are proposed according to the different target audiences that could be the object of the Game of Regeneration:

Group 1

Disadvantaged, marginalised or unemployed youth. Unemployment among young people, including young graduates, is an acute problem in many European countries. Through participation in the Game, youth will gain confidence, networks and experience, as well as transversal skills in leadership, self-confidence, social organisation, group-work, project design and an understanding of social entrepreneurship as a career path - all supporting better preparation and competitiveness within modern labour markets and work opportunities.

Group 2

Young social entrepreneurs and change makers who are interested in developing social enterprises that will benefit their local communities and/or the core target group of disadvantaged and marginalised youth. ECO GAMER will target youth with emerging passion and drive to positively impact the world around them.

1.4 Structure of the Facilitators Manual

In this Facilitators Manual you will find information that will help you conduct the Game of Regeneration. In Chapter 2 you will find a timeline and an overview of the Game, whereas in Chapter 3 (The flow chart of the game) you will find a detailed description of each of the Stepping Stones, Game Portals and Missions. Each of the Stepping Stones has its own Game Portal, a moment in which the game reconnects to the mythical aspect of the game. In each of the Stepping Stones there are a number of missions described with specific instructions for the facilitators. In the annex of the Facilitators Manual you will find supporting documents to implement these missions. The different contents, which are more practical than theoretical, are flexible so that you can adapt them to the reality, needs and aspirations of the attendees, that is, the political, economic, social and cultural environment of their territory.

1.5 Designing your Game of Regeneration

We encourage you to use all the tools and resources proposed in the Facilitators Manual to design the Game of Regeneration while adjusting them as much as possible to the

local context. There are no two identical audiences, nor learning experiences, so feel free to adjust the proposed tools to the needs and expectations of your participants.

Group size

The optimum size of the group for playing the Game of Regeneration based on this methodology is from 16 to 28 people. For bigger groups we strongly recommend having more trainers, especially for the missions that need more game moderators.

Game Moderators (Organisers / people involved)

The Game of Regeneration requires a number of people other than the participants themselves to be involved. These are the following:

GM (Game Moderators)	Nr.	Description of responsibility
Facilitators	3	In the Game of Regeneration, the game facilitators have a threefold role: managing 1) the game logistics, 2) the group dynamics and 3) the learning journey of the participants. A good facilitator knows how to balance these tasks and the process. Perhaps the most important task of the facilitator is, however, to help the group find the motivation and objectives for the game's activities - without a clear reason for its existence, all activities become redundant.
Mentors	4	The Mentors of the participants are people from the territory where the Game of Regeneration is held. They can be community members, municipality representatives, school teachers etc. It is important that the mentors have extensive knowledge of the territory, as they are the primary providers of information for the Impact Assessment, and should know their way around the territory to help the clans to implement their clan missions. In the game mythology they are the adolescents that were sent 50 years ago to the winner of the tournament, and have now returned to guide their home clan as elders.
Gaia	1	The personification of Gaia will read out, or enact the messages of Gaia in the game portals.
Town Crier	1	The personification of the Town Crier will read out, or enact the messages of the Town Crier in the game portals.
Narrator	1	The Narrator will read out the storyline in the Game Portals.

Practical information

For the different missions in the game design, you will need tools ranging from coloured pens and papers, to flags, body paint and wood for fires. We recommend you to go through the different missions of the Game, adapting them to your local context and preparing the relevant materials.

The design of the Game will be different depending on the context and/or conditions of the environment which can range from a schoolyard to an ecovillage or youth hub in a

town. Permissions for use of territory, to make fires, conducting activities, etc. during night time should be obtained.

1.6 Risk Management
Because of the nature of the game, it's missions and the personal/group journey, the participants of 6he Game of Regeneration (GoR) need to consider all possible risk factors and sign an agreement of self-responsibility.

Alternatives
In war prone areas we would recommend not to play the War Game version as proposed in the facilitators manual. Even though playing this version and experiencing the peace-making after the war might be therapeutic for some participants in such areas, it could also touch on traumatic content.

Physical disability
The Game of Regeneration should be adapted to the participant's profile. In case a participant has a disability that does not allow him/her to participate in the activities proposed, the game needs to be adapted to fit their capacities and needs. Examples of parts of the GoR that would need adaptation are the Tournament (especially the Relay Race) and the War Game.

Psychological distress
The activities proposed imply an inevitable learning journey for each of the participants in which they go through ¨the Dark Night". This process can be expected to cause a certain level of distress. The experience needs to be tailored to offer a sufficiently powerful experience for learning purposes, but also, a light enough experience to not cause undue distress. In case individual participants experience psychological distress, a plan of action needs to be in place and a designated person or team appointed who have the needed skills to respond adequately.

First aid
The host of the GoR must make sure that first-aid trained personnel are available to provide quick and effective first-aid. For this, the supply levels in all first aid kits must be up to date.

Insurance
The host of the GoR must have insurance to second parties. The participants of the GoR must be in possession of national and if applicable, European health insurance. Furthermore, they must be covered in the country where the GoR is held.

Timeline and Flow Chart

Timeline

	Day 1	Day 2	Day 3	Day 4	Day 5
8.00-9.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Session 1 9.00 - 10.30	SS1	SS3	SS4	SS6	SS6
10.30 - 11:00	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
Session 2 11.00 - 12.30	SS1	SS3	SS4	SS6	SS7
12.30-14:30	Lunch	Lunch	Lunch	Lunch	Lunch
Session 3 14.30 - 16.00	SS2	SS3	SS5	SS6	SS7
16.00-16.30	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
Session 4 16.30 - 18.00	SS2	SS3	SS5	SS6	SS8
18.00-19.30	Dinner	Dinner	Dinner	Dinner	Dinner/Party
Evening session 19.30 -	SS2	SS4	SS5	SS6	SS9

Flow chart

Timing	Stepping Stone	Mission	
	■ **SS0** Before the GoR	SS0-1	Prepare: Individual Impact Self-Assessment
		SS0-2	Sign: Game Player Contract
DAY 1 **Session 1** 9.00 - 10.30 **Session 2** 11.00 - 12.30	■ **SS1** Answering the call Igniting the Fire	SS1-1	Introduction
		SS1-2	Leadership Archetypes (exploration and sharing)
		SS1-3	Vision quest
DAY 1 **Session 3** 14.30 - 16.00 **Session 4** 16.30 - 18.00 **Evening session** 19.30	■ **SS2** Crossing the threshold Drawing the Map	SS2-1	Go out and see
		SS2-2	Creating the Clans
		SS2-3	Finding the Mentors
		SS2-4	Selecting the Clan Mission
		SS2-5	Finding a territory
		SS2-6	Commitment to the Clan Mission

DAY 2 **Session 1** 9.00 - 10.30 **Session 2** 11.00 - 12.30 **Session 3** 14.30 - 16.00 **Session 4** 16.30 - 18.00	■ **SS3** Engaging the Circles Embracing Diversity	SS3-1	Understanding my archetype/s within the clan
		SS3-2	Building the clan
		SS3-3	Connecting to the world around us
		SS3-4	Refining and Assessing the plan for the clan mission
DAY 2 **Evening session** 19.30 **DAY 3** **Session 1** 9.00 - 10.30 **Session 2** 11.00 - 12.30	■ **SS4** Daring to act Exploring the Landscape	SS4-1	The Tournament Game 1
		SS4-2	The Tournament Game 2
		SS4-3	The Tournament Game 3
		SS4-4	The Tournament Game 4
		SS4-5	The Tournament Game 5
DAY 3 **Session 3** 14.30 - 16.00 **Session 4** 16.30 - 18.00 **Evening session** 19.30	■ **SS5** Facing the Dark Night Integrating shadows	SS5-1	The declaration of war
		SS5-2	The War
		SS5-3	Spoils of War
DAY 4 **Session 1** 9.00 - 10.30 **Session 2** 11.00 - 12.30 **Session 3** 14.30 - 16.00 **Session 4** 16.30 - 18.00 **Evening session** 19.30 **DAY 5** **Session 1** 9.00 - 10.30	■ **SS6** Manifesting the New Opening to the Unexpected	SS6-1	Leadership Archetypes shadow & integration work
		SS6-2	Aftermath and Healing
		SS6-3	Whole group building
		SS6-4	Completing the Clan mission
DAY 5 **Session 2** 11.00 - 12.30 **Session 3** 14.30 - 16.00	■ **SS7** Maturing on the Path Gathering the Harvest	SS7-1	Beautifying
		SS7-2	Reconciliation and Forgiveness
		SS7-3	Preparing for the Celebration
DAY 5 **Session 4** 16.30 - 18.00	■ **SS8** Sharing the Gift Celebrating with Beauty	SS8-1	Ceremony of acknowledgement
		SS8-2	Celebration
DAY 5 **Evening session** 19.30	■ **SS9** Coming Home Listening to the Future	SS9-1	Jumping over the fire
		SS9-2	Back to the Future
	■ **SSX** After the GoR	SSX-1	Feedback on the GoR
		SSX-2	Reconnecting one month later

CHAPTER 3 The facilitators manual step by step

In this chapter, you will find each stepping stone's objective described, the game portal introduced and explained and the different missions belonging to the chapter.

SS0 Before the game

Objective of Stepping Stone 0

The objective of SS 0 is to prepare the participants of the Game of Regeneration on a personal level, and to obtain the needed commitment from the participants to participate fully in the game. Furthermore, in SS0 the participants start to understand the GoR rules, know what to expect from their participation and become enthused.

Game Portal

There is no Game Portal in this stepping stone.

Mission SS0-1	Filling in of the Individual Impact Assessment

OBJECTIVE
The objective of Mission 1 is for the participants to assess their individual impact in all 4 Areas of Regeneration (Social, Culture, Ecology and Economy) and find out how much of an ecovillage lifestyle he/she is already living. This information will help to track lifestyle changes before and after the game. Also, engaging with the assessment will introduce participants to the Ecovillage Principles and various ingredients of regenerative communities.

DESCRIPTION
The participants will receive the impact assessment via email and will fill it in before arrival on the GoR site.

PREPARATION
The Impact Assessment is sent to the email addresses of the participants list.

MATERIALS / TOOLS
Impact Assessment: https://ecovillage.org/projects/impactassessment/

Mission SS0-2	Signing the Game Player Contract

OBJECTIVE
The objective of signing the Game Player Contract is to create shared agreements and group cohesiveness for the Game. Participants commit to completing the Game and to a "no drug use policy". They also commit to a confidentiality clause - "what happens in the game, stays in the game".

DESCRIPTION
The Facilitators will give a printed version of this Game Player Contract and Agreements to the participants to be signed.

PREPARATION
Print a Game Player Contract and Agreements (Annex 1) per participant. Participants are to sign the contract upon arrival at the GoR location.

MATERIALS /TOOLS
‣ A printed paper for each participant and pens

SS1 Answering the call / Igniting the Fire

Objective of Stepping Stone 1

The objective of SS1 is for the participants to arrive and connect to themselves, others in the group and the world more deeply. A mythical space of interrelatedness is created, in which the specific qualities of each individual are being acknowledged and appreciated. This helps to ignite motivation and enthusiasm in each person, especially as they understand how playing the game aligns with making a change in the world towards the better.

To reach this objective the participants will be introduced to the game and the myth. They will be guided into exploring their Leadership Archetypes. They will undergo a small vision quest with the aim of understanding their purpose and how they might be able to serve. In this SS the participants will be focused on themselves, the ¨I¨ in the journey of I-We-World.

Mission SS1-1	Introduction

OBJECTIVE

The participants learn about the Game of Regeneration, what to expect, the rules, who to ask what, etc. At the same time the participants will create some of their own agreements.

DESCRIPTION

The participants will be introduced to the GoR, its duration, the general timetable with starting and ending times, break times etc. Also all the GM (Game Moderators) will be introduced.

The rules of the GoR will be explained to the participants. The rules are as follows:

1. The participants play the game according to its lay-out and rules, selecting the options that are open to them. The facilitators may or may not change the course of the game, the participants are to follow the instructions by the facilitators.
2. No physical violence is allowed during the entire game.
3. No verbal abuse is allowed during the entire game.
4. The no alcohol and drug policy must be respected at all times.
5. Participants must attend all activities proposed in the game, unless they gain permission from the facilitators to be absent.
6. There will be a confidentiality agreement so that "what happens within the game stays within the game".

Secondly, the facilitators will facilitate a plenary group session in which the participants can propose their own agreements. Expected agreements coming out of this process are: respect speaking turns, punctuality etc.

PREPARATION

Prepare 1) a flipchart with the rules of the GoR and 2) an empty flipchart with the title Our Agreements.

MATERIALS /TOOLS

‣ Flipcharts, coloured markers

Game Portal

Once upon a time there was a small planet called Gaia that was situated between the moon, the sun and the blue galaxy. Gaia was a healthy round woman with long black hair and a big smile. She loved tumbling around in the universe and her laughter could be heard on stars everywhere.

Gaia was lush and diverse. On her surface one could travel from endless plains to thick forests. One could navigate her oceans and rivers and visit her great mountains.

Gaia was wild but benevolent. She took care of all living beings.

In the beginning of times, the people inhabiting Gaia´s surface roamed freely across her diverse regions. After many centuries people started settling in particular territories and cultures arose. In the forests, people developed the art of carpentry, learning to use the materials around them to create tools and utensils. Not only were they apt hunters, they were the best builders as well. Along the rivers and oceans, people got to know the waters like the palm of their hand, living off the plentiful fish the rivers and oceans provided. In the endless lush plains, people migrated across the wide landscapes letting their cattle graze where the grass was greenest. In the high mountain areas, people learned how to thrive on what little soil was available for cultivating and building. They dug deep into the mountains for precious stones and minerals, which they traded with the other clans.

The different regions would get together once every generation to celebrate their diverse cultures and show their mastery in their own traditions, arts and crafts. This gathering evolved throughout the years into a big event called the tournament. The tournament gave each of the clans the opportunity to show their worth. The winner of the tournament was not only crowned as the most advanced of the clans of Gaia for the following 50 years, but also hosted the adolescents of all other clans to teach them about their own excellent clan culture, traditions and skills. As an appreciated tradition, would benefit from their exchange and returning to their homeland they would be seen as wise elders.

For centuries the institution of the tournament helped to keep peace and order and even brought the different clans closer together. They proudly competed in the tournament to show their excellence. The tournament was THE festivity of each generation.

The clans abided by the results of the tournament until one dreadful day the Mountain Clan was not satisfied with the results. This particular year was exceptionally tough in the mountains. The crop yields were dismal and the spread of an unknown disease caused many children to die. The Mountain Clan went into the tournament with desperation in their hearts, understanding that they had to win in order to ensure the continuity of their peoples and ways. When they lost, they contested the result for the first time in Gaia's history. Thus, the first war that Gaia had ever witnessed was initiated, ending with the Mountain Clan being declared as victorious.

The Mountain Clan decided that all children of the other clans should be sent to learn from them, not just the adolescents. At this time, the Mountain Clan transformed from being a clan on a par with the other clans, to domineering due to the advantages they gained. They started building an ever growing city, the Metropolis.

After some years, a fragile settlement was found, and the tradition of the tournament was reinstated, but the adolescents never returned. They were lured into the luxurious lifestyles

of the Metropolis. From then onwards, the Mountain Clan was so strong that they won every single tournament. The other clans were deeply frustrated, caught in a losing game, but had no choice but to accept the injustice they experienced. Levels of frustration and anger festered under the surface and traditions of mutual friendship and sharing were lost.

Now, it was once again time for the tournament to be held. Each of the clans was set on winning the tournament. Every single inhabitant of Gaia was excited. The fifty years since the last tournament were almost over and this time there was a lot at stake. This tournament would be remembered for centuries to come!

Mission SS1-2 — Leadership Archetypes - exploration and sharing

OBJECTIVE
Participants will assess their top or core and least used Leadership Archetypes, thus starting to gain insight into the specific gifts they bring, but also into their developmental edges. Having assessed their core and least used Leadership Archetypes, participants now have a chance to share first insight about the specific gifts they bring, but also about their developmental edges with their co-players.

DESCRIPTION
Archetypes are the underlying patterns of human nature and experience and, often invisibly, are "running the show". They deeply inform our personalities and the culture of clans and organisations. As participants gain more insight into which Leadership Archetypes they tend to work from, and which are least familiar to them, they also learn about who they are and how these archetypal qualities might shape them and their lives. The more consciously they can work with them, the more effective they can be.

The sharing of the findings of their assessment will support participants to learn more about their specific qualities and purpose in life. Speaking about their own qualities, but also seeing themselves through the eyes of others, they gain a deepened understanding of self, of their story and of their intention for change. They start to map their talents, resources and possibilities, but also the journey towards integrating more of their potential. Depending on groups size and age, the facilitators moderate a sharing of insights amongst participants. Options can be in small groups of three, in couples or in plenary.

PREPARATION
Give the participants 20-30 Minutes to fill out the self-assessment.

MATERIALS /TOOLS
‣ Printed Annex 2. Self-Assessment Archetypal Gifts & Shadows for each participant

Mission SS1-3 — Vision quest

OBJECTIVE
Having shared about their core and least used Leadership Archetypes, and having learned more about their specific purpose, participants connect to their surroundings and Gaia - intending to find a symbol for what moves them and who they are this time.

DESCRIPTION
Facilitators invite the participants to have some alone time, ideally in nature, to connect to deeper layers of themselves and of Gaia. They are asked to find a specific natural object that they are attracted to which becomes a symbol of self-reflection. After finding the

symbol every participant returns to the plenary and introduces themselves by name, symbol and lights a candle and places the candle on the collective altar.

PREPARATION

Prepare an altar or "sacred space" in the central meeting point

MATERIALS /TOOLS

‣ One candle or a tea light for each participant

‣ Matches/ a lighter.

SS2 Crossing the Threshold / Drawing the Map

Objective of Stepping Stone 2

The objective of SS2 is for the participants to cross a threshold into the thick of the game, exploring the community where the GoR is played and creating a sense of belonging to their specific clan, their territory and their clan mission.

The participants will be divided into their clans and, together, will explore their surroundings. By assessing their surroundings, using the Card set of Regeneration, they will be able to identify strengths, weaknesses and leverage points within the territory and will be able to select a clan mission relevant to their clan. In this SS the participants will experience moving from a focus on the "I' (who am I, what is my archetype, what will my role be in the GoR), to the "We" (what is my clan, where do I belong) and the "World" (what is our territory, what are we motivated to fight for).

Note: The clans will receive a letter saying they need to finalise their own selected clan mission and ensure the survival of their people. What they don't know is that to survive in the long term they need to complete all missions of the other clans together.

Game Portal

> *Narrator: Each clan has a different lifestyle, their own traditions, skills, and so forth. This section will serve to separate the players into clans. The problems that each clan is facing will be presented during the next portal.*

The Plains Clan

Element: **FIRE** | Area of Regeneration: **CULTURE** | Colour: **PURPLE**

Fire is the first element that was born when the universe was created. Fire is associated with transformational and purifying powers. It can give warmth and enable life, and it can also burn and destroy. The element symbolises energy, activity, creativity, passion, freedom, power, love, vision, anger, strength, will, assertiveness, courage, and dynamism.

The Plains Clan is populated by different clan leaders who are fierce fighters, their bronzed skins shining in the sun as they drive their cattle across the plains. Other clan members work with leather and paint patterns on both their skins and their leather clothing. Even though the cattle herders might seem strong and powerful, in the end it is the elders that make the decisions and oversee the household. The Plains Clan are nomads, migrating across the plains to find shelter, water and food. They are passionate about their traditions and celebrate ceremonies calling to the rains to replenish their water reservoirs.

The Mountains Clan/ the Metropolis

Element: **AIR**　　　　│　　　Area of Regeneration: **AIR**　　　│　　Colour: **BLUE**

Air is associated with the breath of life and connected to cleansing power. The element of air symbolises communication, intelligence, perception, knowledge, learning, thinking, imagination, creativity, harmony, and travel while it can also become a force of terrible destruction.

The big city of Metropolis deep in the mountains is a place that attracts people from all around Gaia with the lure of new opportunities and luxuries. Here everything is easy to access, and there are always distractions to keep everyone occupied. Every day more people arrive at the Metropolis in search of their dream and houses need to be built, roads and public transport are constantly being expanded. Food (meat, fish) has to be imported and water and sewage pipelines are installed all over the city. There is an endless flow of entertainment. Most of the people living in Metropolis have office jobs that deal with the complex bureaucracy of the city system. In the Metropolis there is a wide range of people from different origins creating a multicultural society. Here, you can be whoever you want to be and are not defined by who your ancestors were. The Metropolitan Clan has achieved the greatest of building techniques, and the most advanced agricultural systems and decision-making procedures the world has ever seen.

> **Facilitators note** Try to stimulate a feeling of entitlement in the Air Clan: their ancestor's mistakes are not their mistakes, and they are simply the best. The elite in the Metropolis are the people who were born there.

The Woodlands Clan

Element: **EARTH**　　│　　Area of Regeneration: **ECOLOGY**　│　Colour: **GREEN**

The Earth element has a cleaning power and it symbolises prosperity, fertility, stability, orderliness, groundedness, sustenance, creativity, physical abundance, nourishment, solidity, dependability, security, permanence, intuition, introspection, and wisdom.

The people of the woodlands live in wooden houses in the cold forest region. They use wood for everything, making plates, cooking food, building houses and anything you can think of. They are the best carpenters around and they are very proud of their work. The woodland clan is famous for their hard working people, when they are not hunting game or collecting wild nuts & berries, they are building wooden houses or cutting wood for the winter to come.

The Riverbanks Clan

Element: **WATER**　　│　　Area of Regeneration: **SOCIAL**　　│　Colour: **RED**

Water is attributed with cleansing power and symbolises dreams, health, flow, fluidity, purification, regeneration, stability, strength, change, fertility, devotion, receiving, and unconditional love. It symbolizes death as well as rebirth as it is life-giving, but can also be destructive. Fresh Water stands for life and good health, while polluted/stagnant Water is symbolic of bad health.

The people along the riverbanks and oceans are fishers. They go out onto the wide sea and set out nets along the riverbanks to come back home with fresh fish. During the warm hours of midday they rest in their hammocks and prepare the sails and nets, preparing to go out onto the wild ocean again the next day. The Riverbanks people are easy going and

don't worry about the future too much. There is always plenty of fish, so why worry about a thing. They love getting together to play drums and dance till the morning breaks. They all know how to sing and dance and, in their world, it's always a good idea to go and see how your neighbour is doing.

Mission SS2-1   Go out and see

OBJECTIVE

Go out and see the world with new eyes (look at the community and its needs). The objective of this mission is for the participants to draw a map of the area where the game is hosted understanding their strengths and weaknesses. The exercise will enable the participants to familiarise themselves with the territory and understand its needs.

DESCRIPTION

This mission can be done through a tour of the area or leave participants to walk about the surroundings by themselves.

1. The participants are invited to go for a walk or are given a tour in the area where the game is played, noting down strengths and weaknesses they observe.
2. When coming back to the plenary, the participants are invited to place 5 stones symbolising weaknesses on a card that represent the weakness they identified, and 5 leaves representing the strengths.
3. Once all of the participants have placed their strengths and weaknesses, the facilitator counts the stones and leaves per area of regeneration, noting also the blind spots (where no leaves or stones were placed)
4. Now the facilitator facilitates a common analysis of the outcome of the exercise.

PREPARATION

The Cards of Regeneration should be spread on the GEN carpet of areas of regeneration.

There should be 5 stones and 5 leaves per participant

A scoring sheet is hung on a wall

MATERIALS /TOOLS
‣ Cards of Regeneration
‣ carpet of the GEN areas of regeneration
‣ 5 leaves per participant
‣ 5 stones per participant
‣ Flipchart for counting the votes

Mission SS2-2   Creating the clans

OBJECTIVE

The objective of this mission is to separate the participants into four clans. The participants will be introduced to their mythical background and will start identifying as clans.

DESCRIPTION

The participants are blindfolded and pick a cloth (multifunctional cloth strip) from a bundle that the facilitator is holding.

1. The participants are now informed by the facilitator (whispering in their ear) one by one which element they have unconsciously chosen.

2. The whole group is now instructed to find their clanmates only by making sounds that represent their element

Now that the clans have been created, the clans should start to make their clan identity. Participants are instructed to:

‣ Find an object that symbolises their clan
‣ Find a name for their clan (both the adjective, like "circle, tribe, legion, clan..., and the actual name. ex. The tribe of the Iron Tree, the Circle of the Sun...)
‣ Make themselves recognisable, through dress, ornaments, using their color.
‣ Invent a war cry/song or dance

Preparation
Prepare materials, collect colorful cloths/paint or musical instruments the participants could use in the clan identity creation.

Materials /tools
‣ Blindfolds
‣ Colored cloths (purple, green, red, blue)

Mission SS2-3   Finding the mentors

Objective
Find a mentor in the community that can help your clan with your clan mission. The mentors will guide and help the clans in the game.

Description
The Mentors should have been selected before the start of the game with the hosting community. They will be connected to the clans according to the areas of regeneration. The mentors will wear clothes that coincide with the clan's colors. The participants now have to find out who their mentors are, approaching people that match with their colors.

Preparation
Four mentors should be selected, one for each area of regeneration. The mentors should be prepped for the game, knowing the general schedule and flow of the GoR.

Materials /tools
‣ Colored cloths for the mentors to be identified

Mission SS2-4   Selecting the clan mission

Objective
Detecting strengths and weaknesses of the community in which the GoR is played in each clan´s specific area of regeneration and selecting a mission that contributes to strengthening that area.

Description
Each clan has a different area of regeneration in which they should select a clan mission. The clans will perform the L1 Impact assessment with the help of their mentor.

1. After having completed the impact assessment, the clans will do a brainstorm session to choose a clan mission. The mission should be related to their area of regeneration, it should be relevant for the territory where the GoR is played, and it should be

achievable during the time limits of the game.

2. The clans make a poster where they present their clan mission idea. The poster should include the title of the mission, and answer the following questions: What & Why & Whom?

3. The rough project plan for the selected clan mission is presented to the Game Moderators, for approval.

PREPARATION

Prepare a project plan template for each clan in printed version/on a flipchart Use Annex 3. Example Clan Missions

MATERIALS /TOOLS

‣ Flipchart
‣ L1 Impact Assessment questions accessible

Mission SS2-5 — Finding a territory

OBJECTIVE

The clans will find a territory for the clan to establish their base. This is where they will hold their meetings, make their plans, and if relevant/possible implement their clan mission.

DESCRIPTION

The 4 different areas that the clans will occupy will already be divided and assigned beforehand. Now the clans will be taken to the assigned territory. The areas should be aimed at resembling the characteristics of the myth, but depend on the territory of the area where the game is played.

PREPARATION

The game moderators prepare the different territories. The game can be played on a field, or in a park. Depending on the characteristics of the surroundings the territories should be designed.

Example:

In a community the following different areas would become territory for the different clan.

‣ Flat/Field: Fire clan
‣ Elevated/hilly area: Mountain clan
‣ Water point (river, sea, stream): Water clan
‣ Trees/woods: Earth clan

MATERIALS /TOOLS

‣ Colored cloths or other to mark the territories

Mission SS2-6 — Commitment to the clan mission

OBJECTIVE

The participants express commitment to the fulfilment of the clan mission and accept the responsibility of achieving it.

DESCRIPTION

The participants will be asked to express an oath of commitment to the clan mission selected in their clan on a personal basis. The exercise is a ceremony that should be held in the evening.

Each participant is asked to say out loud the following oath of commitment, and jump over the fire.

Oath of Commitment to Clan Mission: " I ...(name)...commit to put all my energy and ability to fulfill the clan mission ....(title of mission)..." accompanied by a gesture related to their clan.

Two "judges' stand between the oath taker and the fire, crossing their staffs, which they open to let the participants through when the commitment is convincing, to allow the participant to jump over the fire.

Preparation
The game moderators should start a small fire at a fireplace, or light a candle/ tea light in a safe space.

Materials /tools
‣ Materials for a small fire/candles
‣ Two staffs

SS3 Engaging the Circles / Embracing Diversity

Objective of Stepping Stone 3
The objective of SS3 is to create a sense of belonging within the clans. This will be achieved by introducing the participants to their clan specific problem, their role within their clan, and they will have time to start working on their clan mission.

Game Portal

> **Facilitators note** Each clan has a different problem that has been there for a long time but now has become unbearable. This portal is told to each clan separately and will set the mood for the Tournament to come. The problem is explained, but not its causes. The narrator will explain to each of the clans the importance of their clan mission and how fulfilling their clan mission will solve their clans problems. The narrator visits each of the clans in their territory and explains to them about their situation.

Narrator:

The plains

Element	Area of Regeneration	Color	Clan problems
Fire	Culture	PURPLE	Civil war Emigration Desertification Thirst

The oldest among the clan still remember their land as endless green plains full of all kinds of exuberant bushes. Nowadays it is rare to find green spots with vegetation. The youngest of them listen to the tales of the elders in awe, as if they were talking about a completely different planet altogether. They migrate across the desert planes from oasis to oasis and every time it seems there is less water and resources for them. The clan people have been lately only able to find enough water to keep alive in deep pits they dig and conflict rules over the wide plains about who has access to the wells. The family feuds are ever growing more violent and those who are at the losing end are forced to emigrate to the metropolis, in search for a better future.

Your objective in this game is to fulfill the clan mission you have selected as a mountain clan. To be able to fulfill your clan mission, you will need as many people and resources as possible. To get the needed people to fulfill your clan mission you must win the tournament and receive the boon; the help of the other clans peoples adolescents is crucial. Only once you have fulfilled your clan mission, will your clan problems be solved. You must under no condition give up your clan mission as it will be the end of your clan, its heritage, its culture. Gaia needs your clan mission to be fulfilled to be healed.

The metropolis

Element	Area of Regeneration	Color	Clan problems
Air	Economy	BLUE	Individualism Air pollution

In the big grey square Metropolis, people work their 9 to 5 jobs and quench their loneliness by consuming mindless entertainment. The intellectual pinnacle of Gaia seems to have forgotten the reason behind their strive for knowledge and its foundation itself. They have been for years so immersed in their routines and produced alternate realities that they have not realized how poisonous the air that they were breathing had become. Lately, people rarely go out of their homes and choose not to notice the storms of acid rain that fall on their cement rooftops. As illness becomes more and more common, only those that can afford a mask remain healthy.

Your objective in this game is to fulfill the clan mission you have selected as a mountain clan. To be able to fulfill your clan mission, you will need as many people and resources as possible. To get the needed people to fulfill your clan mission you must win the tournament and receive the boon; the help of the other clans peoples adolescents is crucial. Only once you have fulfilled your clan mission, will your clan problems be solved. You must under no condition give up your clan mission as it will be the end of your clan, its heritage, its culture. Gaia needs your clan mission to be fulfilled to be healed.

The metropolis clan can be given a feeling of entitlement, thinking that their intellect and development is deserved, not focusing on how the mountains develop into a metropolis: Because of years of getting the best deals out of their position of power they become a metropolis.

The woodlands

Element	Area of Regeneration	Color	Clan problems
Earth	Economy	GREEN	Deforestation Diversity loss and top soil erosion Acid rains Poverty

The once ancient cold thick forest that is written about in tales is nowadays only a shadow of what it used to be. Many of the beautiful and diverse species that used to inhabit the region are not there anymore. Only the roughest, toughest and meanest animals and plants seem to remain there. The woods are full with dangerous night animals being forced into an ever smaller growing territory. There are also increasingly hard restrictions set by the wood cutting corporations decree on the amount of wood that the forest dwellers can fall

for themselves and their families, and that means not everyone can save enough wood for heating and production and maintenance of furniture and tools. Most of the wood is sold by corporations to the metropolis, not dividing the wealth it generates. This leaves the working class of the woodlands clan in poverty and they cannot invest in planting new trees. Those who are making efforts at reforestation have to deal with acid rains killing the young trees. As the rainfall comes in ever bigger quantities at a time, the river that runs through the forest overflows and takes the top soil with it as there are no more tree roots to hold it.

Your objective in this game is to fulfill the clan mission you have selected as a mountain clan. To be able to fulfill your clan mission, you will need as many people and resources as possible. To get the needed people to fulfill your clan mission you must win the tournament and receive the boon; the help of the other clans peoples adolescents is crucial. Only once you have fulfilled your clan mission, will your clan problems be solved. You must under no condition give up your clan mission as it will be the end of your clan, its heritage, its culture. Gaia needs your clan mission to be fulfilled to be healed.

The riverbanks

Element	Area of Regeneration	Color	Clan problems
Water	Social	RED	Disease Floods Robbing/plundering/raiding Emigration?

With every passing year, there are less fish in the sea. Some of the fishers are being forced to find other occupations. Some of them have built dams and cultivate fish there while others have resourced to piracy. The constant heavy rains cause the rivers to overflow out of their banks and more often than not take some of the houses of the people with it. Sometimes the dams break as well and some families lose everything they have. The sea water level has risen as well making the rivers salty and flooding the banks. Nowadays it is also quite common to see sick people due to the overall humidity and the insalubrity that comes with it. There is also less and less arable land to cultivate on, which are spoiled by the acidity the river from the woodlands brings. Only the few villages established on the top of hills remained untouched and many were isolated and separated from any help. The people from the riverlands have been fleeing for years into the highlands into the mountain region to live in the metropolis with much resistance from the mountain clan. To have access to clean water for cultivating fish, the riverclan people pump up water from the water reservoirs.

Your objective in this game is to fulfill the clan mission you have selected as a mountain clan. To be able to fulfill your clan mission, you will need as many people and resources as possible. To get the needed people to fulfill your clan mission you must win the tournament and receive the boon; the help of the other clans peoples adolescents is crucial. Only once you have fulfilled your clan mission, will your clan problems be solved. You must under no condition give up your clan mission as it will be the end of your clan, its heritage, its culture. Gaia needs your clan mission to be fulfilled to be healed.

Mission SS3-1 — Understanding my archetype/s within the clan

OBJECTIVE

Having assessed their core and least used Leadership Archetypes before and gained insight into their specific gifts, but also their developmental edges, participants now explore how their leadership archetypes might express in a clan. Especially, they will look at the archetypal shadows of "too much" and "too little".

DESCRIPTION

How can participants integrate their inner diversity, both individually, and as a clan? Sharing within their clans about their core archetype, their weakest archetype and the shadow sides of each as a group, they develop empathy for themselves and each other. The shadow sides are likely to come out during moments of stress - so they are using this time to prepare and anticipate caring responses.

1. The clans meet in their territory and have a deeper look at their archetype assessment. They look at their archetype assessment sheet, and focus on the archetypal shadows of too much and too little.
2. The clan now assesses what archetypes are present in the group, if there is one that is predominant and if there are others that are absent.

MATERIALS /TOOLS

Leadership Archetype notes from each of the participants.
Template of too much and too little

Mission SS3-2 — Building the clan

OBJECTIVE

Build your clan by clarifying roles, responsibilities and governance and setting group rules (cultural sharing, sensitivity..). How can I integrate my inner diversity? Creating empathy for myself and others. How is my personal dream connected to a common/community dream?

DESCRIPTION

Several clan building exercises are played (within each clan). The facilitator chooses 2-4 games from the following list to create a group feeling in the clans:

▸ Human knot: Participants stand in a circle and join hands. Keeping their hands joined, they move in any way that they want, twisting, turning and creating a "knot". They must then unravel this knot (make a circle), without letting go of one another's hands.

▸ Statues: Ask the group around the swinging arms and gently relaxing their heads and necks. After a short while, shout word. The themselves word. For example, the facilitator shouts "peace". All the participants have to instantly adopt, without talking, poses that show what "peace" means to them. Repeat the exercise several times.

▸ Blindfold pairs: An obstacle course is set out on the floor for everyone to look at. Participants split into pairs. One of the pair puts a scarf around their eyes, or closes their eyes tightly so they cannot see. The obstacles are quietly removed. The other member of the pair now gives advice and direction to their partner to help them safely negotiate what are now imaginary obstacles.

▸ Find out common characteristics:
  1. Form groups of five to eight people and give each group two sheets of paper and a pencil or a pen.

2.The first part of the activity is about commonalities: each subgroup compiles a list of the things they have in common.

3.In order for a common characteristic/ thing to make the list, it must apply to everyone in the subgroup. You want to avoid writing things that people can see (e.g. "everyone has hair," or "we are all wearing clothes").

4. Try to get them to dig deeper. After about five minutes, have a spokesperson from each subgroup read their list.

5.Then, depending on your goals for the session, you can have half of each subgroup rotate to another group for uniquities or you can leave everyone in the same group.

6. On the second sheet of paper have students record uniquities, meaning that each item applies to only one person in the group.

7.The group tries to find at least two uniquities for each person. After five to seven minutes, you can have each person say one of their uniquities or have a person read them one by one, having others try to guess who it was. (Again, you want to go beyond the superficial, avoiding those things that people can readily see).

8. This is an excellent clan building activity because it promotes unity and gets people to realize that they have more in common than they first might have realized.

9. The awareness of their own unique characteristics is also beneficial in that people can feel empowered to offer the group something unique.

‣ Truth or lie : Every person writes on a piece of paper two things about themselves that they did in the past that are true and one that is a lie. One person starts sharing the first thing they wrote and the others need to decide whether it's true or a lie. Then the person shares the second and the third.

‣ Exercise of appreciation: Dialogues in pairs, where first person, will say all the beautiful things she sees in the other person for 3 minutes, then the second person. Repeat three times

After playing several of the clan building exercises, the clans will now focus on creating a clan culture. The whole group will sit in a circle (at a fireplace or alike). There will be a pile of papers with random tools/places/people/animals/characteristics. Each clan takes one card per person and improvises a story that happened in the past. They will have 10 minutes to prepare the story, which they then present to the plenary.

Lastly, the clans will create an identity based on the myth, and the stories that they improvised. They are assigned to creating:

‣ A flag
‣ War call, slogan
‣ Dance/ movement

Preparation

Select the clan building games

Create a pile of papers with random tools, places, people, animals, characteristics (at least one per person).

Materials /tools
‣ Paper and pencil

| Mission SS3-4 | Refining and Assessing the plan for the clan mission |

OBJECTIVE

The clans will work in their group to test their project plan for their clan mission, Integrating feedback from mentors and accessing resources from the community.

Description The clans now describe their project plans for their clan missions in more detail. They ask for feedback from their mentors and integrate this feedback. They now understand the needed resources for their project, and have a clear implementation plan. The clans fill out a second poster for their mission fine tuning the first three questions and answering the following more in detail: What? Why? Whom? When? How?

PREPARATION

Prepare a flipchart/paper template for each clan

MATERIALS /TOOLS

‣ Flipchart/paper or printed templates

| Mission SS3-5 | Rapid prototyping for the clan mission |

OBJECTIVE

The facilitators instruct the clans to ensure that the needed resources to implement their clan mission are in place and start realizing the first steps of the clan mission.

DESCRIPTION

Implementing my project idea: The clans now have to organise themselves, dividing tasks and solve obstacles to fulfill their clan mission. The clans will start noticing resistance, doubts and fears.

SS4 Daring to act / Exploring the Landscape

Objective of Stepping Stone 4

The objective of SS4 is to engage the clans into action, letting them experience their first try at achieving something. This experience will be the base for them to see how their group dynamics work, putting into practice their archetypes and fully experiencing the ¨we¨ in the I - We - Us path.

Reaching this objective will be done through engaging the clans in a tournament that is inherently unfair. They will however participate and compete in the tournament because their survival depends on winning. This will build up a tension amongst the clans that will lead them into taking the decision to wage war.

> **Facilitators note** The Tournament can be really unfair to the advantage of the Metropolis to ensure the increase of the tension between clans.

Game Portal

In this Game Portal the Town Crier officially announces the beginning of the Tournament and its specifics. The town crier can be a little histrionic and "evil".

Town Crier:

 I think I speak for all of you when I say the excitement for the 231st tournament is utmost and we cannot wait for it to begin. The tournament is the most splendid of events. We

are so blessed to be of the generation who compete as the eldest amongst us were only children when last is was held. This is your chance to prove the worth of your clan in the five challenges that will be set before you.

You will be tested on not only your courage and strength but also on your witt and dexterity. While in each of the five rounds you will win points, it is in the fifth and final challenge where your faith will be decided. The wisdom and intellect among the clans will decide the winner. You depend on your elders!

And now without further ado, let the tournament commence!

Mission SS4-1	The Tournament Game 1: Cleaning waste

Objective
Play the Tournament game 1: To collect waste from a selected area, or other measurable activity linked with sustainability and the need of the community.

Description
The clans compete in collecting waste.

Each clan receives waste bags and starts at the same time. The clans should collect as much garbage/waste as possible, following the guidelines stated by the facilitators..

Time   1 hour

Scoring: The winning clan gets 3 points
The second clan gets 2 points
The third clan gets 1 point
The fourth clan gets 0 points

Foul play (filling garbage bags with other materials than waste or emptying garbage bins eg) means that the clan is expelled from this tournament game and receives -1 point.

Preparation
All the needed tools should be made available to the clans at the same time

Materials /tools
‣ Example: gloves and thrash bags for collecting wastes
‣ Masks (depending on the place)

Mission SS4-2	The Tournament Game 2: Pull the rope

Objective
Pass the center of the rope over the boundary line

Description
The game is played by 2 clans at a time. As the whistle blows the clans will start pulling the rope on their side. It's not allowed to sit on the ground and if someone slips and falls, must get up as soon as possible. The game ends when the central point of the rope crosses the boundary line of one of the clans. The two winner clans and the two losing clans will compete to define the ranking.

Time   20 minutes

Scoring: The winning clan gets 3 points
The second clan gets 2 points

The third clan gets 1 point

The fourth clan gets 0 point

Foul play (sitting on the ground) means that the clan is expelled from this tournament game and receives -1 point.

Preparation

Bring a long rope, mark the central point with a visible sign like a knotted handkerchief that hangs 20cm to the ground. On the ground there are 3 lines indicating the middle point and the 2 boundary lines (1 meter from the central point each). The first player for each clan will be placed 2 meters from the boundary line and the rest of the clan behind the first. The players will need to wear work gloves and proper footwear.

Materials /tools

‣ Proper tools to signal the 3 lines on the ground

‣ A resistant rope of ideally 20meters and 2cm diameter for a good hand grip

‣ Pen & paper to take notes of points

‣ Work gloves and proper footwear

‣ Fabric for the middle point of the rope

Mission SS4-3	The Tournament Game 3: The treasure hunt

Objective

Each clan has to get the treasure as fast as possible, using the clues and riddles provided in the game. The magical tools are introduced to each of the clans.

Description

Each clan will receive a letter in which they will be given a clue on how to get to the treasure. By following the first clue, they will find the next clue and so forth. The clan that finds the treasure fastest wins the game round 3. Each clan has its own colored clues.

Time   20-45 minutes

Rules   Each clan goes as a whole from clue to clue

You can only use the clues that have the color of your clan

Scoring   The winning clan gets 3 points

The second clan gets 2 points

The third clan gets 1 point

The fourth clan gets 0 point

Foul play (taking hiding the clues from other clans) means that the clan is expelled from this tournament game and receives -1 point.

When finishing the treasure hunt, each clan will find a magical object with a description and the instruction that they should keep top secret. The magical tools should have their own box and a cloth around them so they are not visible. Each magical tool has its own description of powers:

Water: This bottle of sacred water prevents the people who drink from it to come to harm in case they are attacked. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to clean wounds.

Fire: This ornate (magnifying glass/pendulum/lighter) lighter gives you the power to set your enemies on fire. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to bring back to life the dead after war.

Air: This vial of perfume (Perfume/incense) makes the wearer irresistible to other people and they have the compulsion to follow you. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to nourish people after the war.

Earth: This little pouch of sacred soil (a little pouch of soil, a rock) gives people the ability to squeeze through and escape through narrow spaces. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to free people in the after war.

Preparation

The treasure hunt should be challenging but not too difficult so that clans might get stuck. See an example of a gymkhana clue structure below. Try the treasure hunt out before doing the game with the participants to ensure:

‣ appropriate level of complexity
‣ it takes at least 20-45 minutes

Example treasure hunt:
Clue 1. Finding the first clue will be a treat! Look for it where you can find something to eat...
Clue 2. Now that you´re fed, go and look for the clue where you lay your head...
Clue 3. The next place you need to look, is the place where you can find a book...
Clue 4. Have you heard the news? The next clue can be found where you keep your shoes...
Clue 5. Don't tear the room apart, just look where you keep the things for art!
Clue 6. Looking for a missing link? Take a peek in the sink...
Clue 7. The next clue can be found, in a box with musical sound...

Materials /tools
‣ 4 different colored papers/envelopes
‣ Pen
‣ Timer

Mission SS4-4   The Tournament Game 4: The relay race

Objective
To finish the race before other clans.

Description
There are several parts of the race, in which different people of the clan have to overcome obstacles. One game needs to be finished before the next one can be started.

Time: 20 minutes.
Every clan starts at the same time
The steps need to be completed in the correct sequence, waiting for the full completion of each before starting the next.

Scoring: The winning clan gets 3 points
The second clan gets 2 points
The third clan gets 1 point
The fourth clan gets 0 points

Foul play (depending on the games chosen by game moderators) means that the clan is expelled from this tournament game and receives -1 point.

Preparation
First the judges need to choose, in advance, a set of challenges. Those should be based on the available tools and material, space and time dedicated to the tournament, since it is possible to add or remove steps of the race to make it longer or faster.

The preparation of the relay race is different depending on the specific sub-games and obstacles chosen, it is important to create a wide and safe space for the activity. Here are some suggested games:

‣ Carrying a weight, from point to point
‣ An egg to be passed on with a spoon in your mouth
‣ To throw at least 3 balls into a circle
‣ Elephant walk backwards
‣ To run and trying to keep a paper on your chest without holding it with your hands/arms
‣ In couple, holding a balloon with the back, trying to collect items
‣ Running in bags

Materials /tools

‣ Proper tools to signal and differentiate the different areas in which the clans will compete, close to each other.
‣ Pen, paper and timer to take notes of points and timing

Mission SS4-5	The Tournament Game 5 The Quiz

Objective
To answer as many questions as possible correctly

Description
The quiz is played in rounds. The first clan to start is the Metropolis because of their inherited advantage, followed by the one that scored highest in the other game rounds, and so on. When the clan fails a question, it's the next clan's turn. Each correct answer gives points to the clan. The questions are based on the five sustainability pillars.

Or

The questions are asked to the whole group, each clan will have one representative that can ring the bell/sound the alarm to give the right to answer the question. The representative can only submit one answer.

Time: 30 minutes

Scoring structure for the quiz:
Each right answer gives a clan 1 point
Each wrong answer gives a clan -1 penalty point

Scoring: The winning clan gets 4 points
The second clan gets 3 points
The third clan gets 2 points
The fourth clan gets 0 point

Preparation
Find the questions for the quiz in Annex 4 The Tournament Quiz. These are the present questions and answers. You can prepare more questions, especially those that are more locally applicable. Make sure that your sources and answers are correct though!

Materials /tools

‣ Timer
‣ Score sheet
‣ Questions & correct answers
‣ A bell/alarm

SS5 Facing the Dark Night / Integrating Shadows

Objective of Stepping Stone

The objective of SS 5 is to lead the participants through a fabricated ¨dark night¨; a moment in which the personal journey gets hard and they are facing difficulties on a personal and group level. The participants arrive to this point having experienced what it is to start implementing their missions and to compete and notice fear of failure. After this point they are supposed to leave with renewed resilience and commitment.

> **Facilitators note** The fabricated dark night is triggered by a war that must be declared by one of the clans, after which a war game is played. The participants need to realise the harm that has been done during the war so that they can together overcome the obstacles.

Game Portal I

First portal (at the end of the tournament):

The winner of the tournament is announced, and the other clans should realise they cannot fulfill their mission. The Metropolis is announced as the winner, even if they did not win in scores through the tournament. The Game moderators appoint a number of advantage points (earned through their historic victory in the game tournaments), making them the highest scoring clan. The game moderators remind the clans about the war 150 years ago (For example by the elders) , and how inequality between the Metropolis and the other clans started.

> **Facilitators note** The facilitators create instructions on what to do next, either hand over the two players or wage war. Even if only one clan decides to wage war, they all have to and the clans will be brought to the battlefield. If they don't decide to wage war, it needs to be induced by e.g. kidnapping a mentor or other actions (be creative).

Town Crier:

Welcome to the ceremony for announcing the winner of the Tournament. As many of you would have expected, the winner of the 231st tournament is the Metropolis (refer to them with their chosen name)! The time has come once again to send your adolescents to the land of the Metropolis to learn their trade and culture. We congratulate the metropolis on their outstanding performance and wish them well in venturing to complete their mission. The other clans, well, we will have another tournament in 50 years, so you will have another chance then. We trust that you will be able to take care of yourselves and wish you luck in the next tournament.

You may now retreat and you have until the clock strikes 12 to hand in your 2 best players (adolescents). They will return to your clan in 50 years as elders and will help you to win the tournament then. If you fail to hand over your 2 adolescents, the consequences will be horrific.

Mission SS5-1   The declaration of war

OBJECTIVE
To induce the clans to declare a war

DESCRIPTION
After the announcement of the winner of the tournament, the clans are sent to their own territory. Once in their territory they receive a letter which gives them the choice: To hand

over their two adolescents (best players) or to declare a war. The mentors have to play a role of stimulating the clans to declare the war.

Preparation

Print the letter and prepare a declaration of war. The declaration of war should look appropriate and needs a space where the clans can put their signature.

Materials/tools

‣ Letter to the clans

‣ Declaration of war

Mission SS5-2   The War

Objective

The objective is that all the participants actively wage war in a competitive way. The goal of the war game is to win by scoring more points than the other clans.

Description

The judges: The facilitators should get help from mentors and other community members to have enough judges to make sure that the rules are applied. At least one judge per clan land and one main judge is needed. The number of judges to be involved will depend on the size of the territory and will be evaluated by the facilitators.

Rules of the game:

‣ The use of violence is never allowed in this game.

‣ You cannot touch somebody else directly with intention. In case this happens, the judges can decide what to do with the case. Either take one life sign away or all of them.

‣ It is not allowed to carry either watches, cell phones or any device that allows for remote communication or time tracking.

‣ The judges can stop the game by blowing a horn or whistle at any point in time.

‣ The judges can also stop the people in an action by raising their hand (not the whole game but just the people involved in the action).

The End of the game is reached either:

‣ When a clan captures all flags

‣ Or there is a time limit only known by the judges (the participants are not allowed to keep track of time)

Instructions to the participants:

‣ How to prepare the clans territories:

‣ Participants are shown their territory

‣ Participants take their place in their territory

‣ Go to your clan's territory

‣ Put on the life signs, magical tools and pin cloth.

‣ Define 5 flag zones in your territory (1m radius).

‣ The flags have to be planted in their zones and need to be visible (approved by the judges of the game).

‣ Define a prison zone in your territory (2m side square).

▸ **How to collect flags:**

▸ When you take a flag from another Clan, you must bring it to one of your free flag zones and plant it there.

▸ You cannot drop a flag once you have picked it up until you have planted it or until it is removed from you.

▸ If you are carrying a flag you can be wounded even in your own land.

▸ You can take the flag from someone from another clan by "Wounding" them (see Wounding chapter).

▸ You cannot free people from prison, wound or capture anyone while you are carrying a flag.

▸ If you are wounded while carrying the flag you have to drop it where you stand. You also lose a life sign.

▸ You can only carry one flag with you at a time.

Flag zones:

▸ Flag zones of opposing clans are a safe zone (you cannot be wounded/ captured when standing in an enemies flag zone)

▸ You are only allowed to enter into other clan's flag zones but not your own.

▸ A flag zone only acts as a flag zone when a flag is inside of it.

▸ Once there is a flag planted in a zone inside your clan territory you're not allowed to go inside that zone or wound or capture anybody there.

Protecting your flag:
Do not let other clans players take your clan's flag by:

▸ Wounding: Wound people by getting the pin cloth on their backs. See chapter "Wounding other clans"

▸ Capturing: when they surrender by lifting both their hands. Then you have captured them. See chapter "Capturing other clans".

Wounding:

▸ A person's life is represented by 3 pieces of cloth on the left arm (Life Signs).

▸ The life signs are colored according to your clan's color.

▸ To wound people, and to avoid physical contact, each one will have a cloth piece on the back (attached with a clothespin) to take from the enemies.

▸ You can only wound people in your clan's territory or anywhere if your target is carrying a flag.

▸ If someone takes that piece of cloth from you, you have to give one of your life signs and pin the tail cloth back again as fast as possible.

▸ You'll have to remove the life sign from your arm and put it somewhere else where it cannot be mistaken by a life sign.

▸ After being wounded you cannot continue playing until you return to your clan's prison. Until then you have to keep your left fist raised. Once you enter your clan's prison you can exit again and resume the normal flow of the game.

▸ When you finish all your life signs you are dead and you have to abandon the battlefield.

▸ If you wound somebody carrying the flag, you retrieve the dropped flag. You can be attacked immediately after wounding someone with the flag, as you then officially carry the flag yourself.

Capturing:

▸ You can capture anybody within your own clan's territory (except in the flag spaces)

▸ Then you have to carry the captured person to your clan's prison

▸ You cannot capture anybody carrying a flag. Only wound them.

▸ You cannot surrender while carrying a flag.

How to free people from the prison:
You can free people by entering the limits of another clan's prison and yelling "You are free!" to anybody you want to free. (you can also free people that do not belong to your clan).

Magical tools:

Each Clan member will carry three life signs on their left arm plus one white band with a big colored dot (with the color of their clan) that will symbolize the clan's magical tool. Every time a magical tool is used, the band has to be removed and hidden away.

■ *Water Clan (Red - Social)*

Each clan member of the water clan gets a special colored band that symbolizes one extra life sign.

Myth image: Small bottle of healing water

■ *Earth Clan (Green - Ecology)*

Each earth clan member gets a special colored band that allows them to escape from prison once without being freed.

Myth image: Small bag of earth

■ *Fire Clan (Purple - Culture)*

Each fire clan member gets a special colored band that allows them to take two life signs at once, one single time.

Myth image: Lighter/matches

■ *Air Clan (Blue - Economy)*

Each air clan member gets a special colored band that allows them to capture somebody after wounding them or vice versa one single time.

This cannot be used when wounding someone carrying a flag.

Myth image: Small bottle of perfume

Scoring system:

▸ Each flag owned by the end of the game: 100 points

▸ The Metropolis gets an additional flag at the start of the war because of their strength: 100 points

▸ Each free and unharmed person in your Clan at the end of the game: 20 points

▸ Each free but wounded person in your Clan at the end of the game: 10 points

▸ Each free but severely wounded person in your Clan at the end of the game: 5 points

▸ Each prisoner in your prison at the end of the game: 15 points (the people from your clan that is a prisoner of other clan does not count for your clan's score)

Note: if the GoR is played in a war affected area we recommend to not play the war game, and instead organise a ¨revanche¨ after the tournament where the clans have another opportunity at winning.

Preparation
Setting up the war game:

▸ Defining the battlefield dividing the space into 4 Clan lands (equal size). If the war can

be played in the actual territory of the clans, this is better.

▸ Defining a non-war zone (where participants can exit the battlefield when dead or special circumstances)

▸ The game area cannot be completely dark (there has to be enough light to play)

The Clans

Each Clan member needs to be clearly distinguishable from other clans in order to play the game. Each Clan has a color and their life signs will be of that color:

▸ Air clan: blue

▸ Fire clan: purple

▸ Water clan: red

▸ Earth clan: green

Each Clan member will carry three life signs on their left arm plus one white band with a colored dot (with the color of their clan) that will symbolize the magical tool.

Materials /tools

▸ Colored flag for each clan + 1 extra flag for the Tournament winner

▸ The life signs, magical tools and pin cloth.

▸ Materials to mark the flag spaces & prisons (rope/drawing in sand, spray paint)

▸ Materials to mark the clans territories (rope/drawing in sand/spray paint/wooden sticks)

Game Portal II

Second portal (after the war):

> *GAIA comes in for the first time in history grieving and explains that they have misinterpreted their mission and now all is lost.*

What have you done? Who have you become? The earth has compassion for your tendency to safeguard your clan. But Gaia is rich and can provide for everyone. Deep in your hearts, you long to enrich each other's happiness and fulfilment instead of increasing each other's pain. You carry no impulse to destruction and hate - what has driven you thus.

The urge to avoid tension has led you to set up an order, a tournament to channel the differences you feel between the different clans. The very system set up to bring out the best amongst the human clans, intended to bring out the unity of all, has turned into a cage and trapped you.

In Gaia there is room for everyone and it can be beautiful, free and amazing. But you have strayed from your path and will need to find it again.

The competition and segregation have gone too far and led you to dark inner and outer places of fear, cruelty and bloodshed. What is it you fear so? Do you have the courage to look it in the eye?

Look into your inner places of misery and shadows and assume your responsibility. What were you blind to? Which inner shadows are ripe to be seen now? All of you together have caused this misery, and all of you together have the power to move through this. Take this evening and night to reflect. Invite your night dreams and wise guides. Support each other to look into the Dark Night, and maybe you will find stars.

OBJECTIVE

Achieve a deep realisation that all has been lost instead of a beautiful task completed. The participants should understand from Gaia´s speech that no one has won because no clan can possibly fulfill their clan mission.

DESCRIPTION

The War is over and nobody has really won, as there are not enough resources even for the winner to fulfil their clan mission: the wounded/imprisoned or diseased participants from the war will not be able to work on the clan's mission.

Learning from success and failure. Strengthening personal resilience. Letting go of preconceptions. Shadow work.

Noticing fear of failure.

This is achieved by guiding the participants into a silent reflection. This can be done through a silent walk, a silent lunch/ dinner or simply sitting in a circle in semi-darkness; with candle lights.

PREPARATION

Prepare a semi-dark and silent space for reflection

MATERIALS /TOOLS

‣ Candle lights

SS6: Manifesting the New / Opening to the Unexpected

Objective of Stepping Stone

The objective of SS6 is to create a narrative that enables the realisation that competitiveness has led to harm whereas collaboration can still save Gaia. The participants realise that all of the problems in the world are interconnected, going from the us (me in my clan, our problem and clan mission) to the we (world).

This objective will be met by taking the participants into the aftermath of the war in which they divide themselves into different groups: winners, losers, wounded and dead. The winner tribe (survivors) have to complete all missions to approach the problem cycle as a whole. For this they need to bring the dead and losers into the game again.

Create narrative for realisation that neither of the clans can win the game because all tasks need to be completed in order to save the world, and that is too big of a task for the small group of winners and survivors to accomplish the clan mission if the people if the others are not brought into the game again and the achievements remain invalided.

Game Portal I

  GAIA: *Morning has broken - Not all is lost. The misery that has been hanging over us was but the passing of the dark night, out of which you awoke with renewed strength and insight. I see the seeds of wisdom lying in the darkness of your eyes. Some of you might be captured or wounded, some of you might be dead - but whatever state you are in, I grant you a time of rest, a breath of fresh air, as you remind yourself of your commitment and search for new ways to achieve your true purpose.*

  You are humans, you carry the power of love in your hearts! You don't need to separate from one another, it is in your nature to collaborate and connect! Why fight each other

when, together, you can reach for the future of all of humanity. It is time for a new paradigm.

If this phase of life on my lands and territories should pass, I have no reason to despair. I have travelled through the universe for an eternity, have watched lives and possibilities come and go and will continue to draw my circles and spirals. But I would grieve the loss of your presence and the fact that your full potential as humans was never reached.

Once the winning clan has fulfilled their mission, with the few that survived the war, they might seemingly solve the issues in their territory. But solving one problem will not lay the foundation for life as a whole to flourish. All the challenges that my regions are facing are interconnected. By fulfilling one mission the challenge might soften for a moment, but these challenges know no borders and they will return to haunt you. The acid rains will continue to fall over the forests, the soils will erode and colour the rivers a deep brown, the sea will flood the lands, the water aquifers will withdraw deep into my caves and people will continue to flock to the Metropolis dreaming of a better life. The cycle of destruction cannot be transformed by fixing one part only, you need to heal the deeper patterns underlying the whole.

And you, as humans, have the power to connect, to listen, to heal and restore these deeper patterns. Every single one of you is beautiful, bravehearted and unpredictably creative. Each of the clans has wonderful rich traditions and skills to share. You have so much to offer, so much to celebrate, so much to give. This is not the end, it is only the beginning.

Mission SS6-1 — Shadow & integration work

OBJECTIVE
Learning from success and failure. Strengthening personal resilience. Letting go of preconceptions.

DESCRIPTION
Co-coaching exercise in pairs: They identify which "failure", recognised during the Game of War and the Dark Night, they wish to work on. They identify what success would look like for them. (Invite participants to choose someone from another clan)

Participants are randomly assigned (preferably two participants from a different clan) and have 30 minutes to reflect and deeply share about failures and future success.

Mission SS6-2 — The Aftermath and Healing

OBJECTIVE
Combining the magical tools to heal all the clan members. I/We leave with renewed resilience and commitment.

DESCRIPTION
As a facilitator you can show the participants that by combining the magical tools everyone can be healed, freed, brought back to life, and fed. Tell them how to heal everyone again or let them find out by sharing their magic tool descriptions:

Water: This bottle of sacred water prevents the people who drink from it to come to harm in case they are attacked. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to clean wounds.

Fire: This ornate (magnifying glass/pendulum/lighter) lighter gives you the power to set your enemies on fire. Keep this magical power secret and never lose your magical object

out of sight. This magical tool has the power to bring back to life the dead after war.

Air: This vial of perfume (Perfume/incense) makes the wearer irresistible to other people and they have the compulsion to follow you. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to nourish people after the war.

Earth: This little pouch of sacred soil (a little pouch of soil, a rock) gives people the ability to squeeze through and escape through narrow spaces. Keep this magical power secret and never lose your magical object out of sight. This magical tool has the power to free people in the after war.

The participants are divided into groups of wounded, dead, imprisoned and the rest.

One by one, each clan takes their magical tool and applies the magical power on those who need it. The Air clan will go last and provide a refreshment (drink/food) to all participants.

Preparation

Preparation of a refreshment (food or drink)

Materials /tools

‣ Refreshment (food or drink)

Mission SS6-3   Whole group building

Objective

Achieve a sense of group among all previous clans.

Letting some aspects go while committing more strongly to others.

Description

Whole group building exercise (with energisers, snacks, support, etc). There are two proposed exercises:

Exercise of appreciation: Dialogues in pairs, where first one person, will say all the beautiful things she sees in the other person for 3 minutes, then the second person. Repeat this exercise about five times, each time finding new pairs.

Drawing the beautiful world they want to see: On a big paper where all participants can draw/paint, the participants will co create a visualisation of the world they want to see. They can include parts of the myth or characteristics of their missions.

Materials /tools

‣ Big paper (table cloth/paper, several flip charts combined)
‣ Pencils, crayons, paint, brushes, hand paint, stickers, glue, colored paper, scissors, colored markers and any other creative materials available.

Game Portal II

> **Gaia** *celebrates to coming together of the clans and transforms their magical tools for the collaborative realisation of their missions:*

I celebrate the individual insights you have gained. You have embraced your failures with compassion, aligned with your motivation and turned your eyes towards your goal. You are ready to open your hearts and minds to the larger whole. Your magical tools are ready to unfold their true nature.

***Water:** Your magical bottle of water has the quality of building bridges across all divides and weaving together, when connections are required for collective wisdom to unfold. When you touch two or more with it, they will follow the call to meet and collaborate for*

the wellbeing of the whole. (trust and collaboration)

*   **Fire:** *Your magical magnifying glass/pendulum/lighter can build a bonfire where everyone can warm themselves and reflect while looking into the flames. You might invite a few insights to be spoken out. (reflection)*

*   **Air:** *Your magical Perfume/Incense can be used to decree adjustments to the use of privilege to ensure it benefits the whole. When you lift it high and raise your voice all will follow. When you see that one mission is moving ahead, while another is lagging behind you might decide to move energy from on to the other. (equality)*

*   **Earth:** *This magical tool has the power to free people in the after war. Your magical little pouch of soil/rock can be used to call awareness to signs of nature, reading the signs and ensuring that nature is respected. You might bring water, call for rest or call attention to an incoming storm. You will take care of the resilience of the whole (sustainability)*

*   *It is time to come together and move as one, yet celebrate the richness and diversity you all bring. I, Gaia, celebrate the clans, and I celebrate human family as a whole.*

Mission SS6-4	Completing all the clan missions

OBJECTIVE

The objective of this mission is to complete all the clan missions as a whole group. Symbolically, the completion of the clan missions will be the key to heal Gaia.

DESCRIPTION

The clans should be able to work freely and have all the support they need from the mentors to complete their clan missions. The clans can be stimulated to work all together, but can also work in their already functioning structure as a clan. The most important is that no one finishes before all the clan missions are done.

PREPARATION

Depending on the clan missions

SS7: Maturing on the Path / Gathering the Harvest

Objective of Stepping Stone

The objective of stepping stone 7 is to draw the conclusions of the process the participants lived during the course of the GoR and find new creative ways to celebrate the achievements.

Game Portal

Narrator: *All is well if it ends well.*

You have entered the magical world of Gaia just four days ago, and have gone through a deep process of transformation. You started by getting to know your surroundings and taking your place in your clan. You committed to your missions and bravely competed and fought for the survival of your clan. You have faced the dark night of your soul and have come out of it a stronger and more passionate person by realising that together with the rest of Gaia´s inhabitants you can make the world a better place. You have not only fulfilled your mission, but have contributed to the missions of other clans as well. Gaia is healed, you have won the Game of Regeneration! You have won, yet some scars are left. Now the time to beautify your world, and to forgive and be forgiven has come. All is well if it ends well.

Mission SS7-1 — Beautifying

OBJECTIVE

The objective of this mission is to clean up after all of the activities of the GoR. Also the clan missions might be finetuned, and given its last beautifying efforts. The participants are invited to reflect on the impact of the clan mission beyond the game in the hosting community.

DESCRIPTION

The mentors should help the participants to organise for cleaning all spaces that were used for playing the GoR. Some clans might still need time to beautify and make the final adjustments to their clan mission. After having cleaned and beautified all of the spaces the participants are invited to reflect on the journey.

In a plenary session the facilitators facilitate a group exercise of remembering highlights of the game: Where did I start? Where have I come to? What happened on the first day? What was the most intense moment for you? How do your missions impact local/regional/global resilience. Why did you make certain choices?

MATERIALS /TOOLS
‣ Cleaning materials and tools

Mission SS7-2 — Reconciliation and Forgiveness

OBJECTIVE

The objective of this mission is for the participants to forgive and be forgiven so they can be reconciled.

DESCRIPTION

Reconciliation and Forgiveness ceremony includes two exercises:

1. The participants and game moderators stand in a circle. One person starts by turning to the person right to them and makes a gesture of appreciation, thanking the other. The person receives the appreciation and gives a gesture of forgiveness. He/she then turns to the right to the person next to them and makes a gesture of appreciation, and so forth.

2. In a circle the participants perform a ritual of union: Everybody stands in a circle holding hands to the left and to the right. The whole circle starts to move clockwise. Every person steps into the steps of the person next to them (it's not necessary to step exactly into the steps, but rather it's about the movement) until the whole circle is completed (The whole circle circles once).

Mission SS7-3 — Preparing for the celebration

OBJECTIVE

The objective of this mission is that the participants prepare the celebration together.

DESCRIPTION

Prepare for a common meal, or other celebratory event for the whole group, Game moderators and surrounding stakeholders/community members. The group can divide into several clans to prepare for different celebratory activities. Suggested activities that can be combined:

- ‣ Talent show/open mic
- ‣ Group dances
- ‣ Preparing a special meal
- ‣ An excursion to the riverside/recreational area

Preparation

It will depend on the event

SS8: Sharing the Gift / Celebrating with Beauty

Objective of Stepping Stone

The objective of SS8 is to celebrate all of the achievements and beauty that were accomplished through the GoR. The celebration stage is a time for honoring the gifts and skills that each of us have received in the process. Celebration is about becoming aware of the deep learning moments which appeared. Those deep learning moments lead to a new perception, which then brings forth a new dream. The cycle starts anew.

Game Portal

Gaia:

I thank you from the bottom of my heart for the strength, valor and perseverance you have shown. You have proved that you are not afraid of showing your true self, your shadows as well as your light. You have created community, a safe space where your emotions can be shared. We are all one, we are all connected and we are all part of what is happening around us. You have looked at what you have learned, which new skills you have acquired and where you have left your comfort zone and encountered moments of deep realisation. This is something worth celebrating! Celebration is the moment when we receive energy to nurture our ongoing process. It is only after celebrating what we have achieved, that it is finished and we have got to the end.

Mission SS8-1	Ceremony of acknowledgement

Objective

Reflection and acknowledgement of everyone's contribution (including self-acknowledgement and appreciation).

Description

An A4 paper is pasted on the back of each participant with a piece of tape. Participants are now invited to write appreciation messages for as many participants as they like.

Once the papers are full and everyone has been able to write their appreciative messages, each participant is invited to read the messages they received. On the empty side of the paper they are now invited to write a final appreciation to themselves, summarising all the achievements they have made during the course of the game.

Materials /tools

- ‣ One A4 per participant
- ‣ Tape

Mission SS8-2 — Celebration

OBJECTIVE

Celebrate together the success of the clan mission and the healing of Gaia. The celebration is a time for honoring the gifts and skills that each of the participants have received in the process.

DESCRIPTION

The participants host a celebratory event for the whole community that they prepared in SS7-3.

SS9: Coming Home / Listening to the Future

Objective of Stepping Stone

The objective of SS 9 is that the participants start thinking about new adventures to come and new challenges to overcome. They will conclude their experience in the GoR so as to start a new learning cycle.

Game Portal

Narrator:

You have celebrated your achievements and have understood that if you work together you can do great things. Now the time has come to use your skills in new adventures so as to make this world a better place. Close your eyes for a moment and imagine your life and look at the challenges you see. If your life was the Game Of Regeneration, where would you act? Who would you involve? What would you do? Do not despair, you have learned in this game that there are always solutions; as in this world, everything is a fractal of the whole. This journey is one of many.

Mission SS9-1 — Jumping over the fire

OBJECTIVE

The objective of this mission is that the participants return their attention to themselves, let go of the process and leave something behind while at the same time open themselves up for something new; Sensing the whisper of the future.

DESCRIPTION

Each participant writes down on one piece of paper what they want to leave behind. This can be a trait, an archetype, habit, negative experience that they do not need any more or want to close. On another piece of paper they write something they want to attract or achieve in the future. This can be again a trait, an archetype, habit or experience that they want to add to their character.

The participant throws both pieces of paper into a fire and jumps over the fire. The fire symbolizes both the power to burn the things we want to leave behind, and the power of fueling and giving energy to the things we want to attract.

PREPARATION

Preparing a small fire, easy to be jumped over

Mission SS9-2	Back to the Future

OBJECTIVE

The objective of this mission is for the group to feel closure, while at the same time setting up a support system for the future.

Understanding our place within the big picture. Reimagining a positive vision for our future. Opening to a new cycle of dreams at the next level. Commit and cross the threshold into your own wild future.

DESCRIPTION

The participants are instructed to set up systems to stay in touch with each other (e.g. whatsapp/FB group for the whole group).

After which they have time to set up a buddy system: participants are divided into groups of 5-6 that will stay in touch to remind each other of future missions after the game.

In the new groups, the participants share about their plans for the future. They think about how they can support each other.

SSX: After the game

Mission SSX-1	Feedback on the GoR

OBJECTIVE
Personally give feedback after the whole game has been played

DESCRIPTION
Participants receive the feedback form by email after going home. All participants fill out the feedback form and send it back to the Game Moderators within one week.

PREPARATION
Print/send the feedback form to all participants (see Annex 5 The GoR Feedback Form)

MATERIALS /TOOLS
‣ Feedback form (Annex 4 The GoR Feedback Form)

Mission SSX-2	Reconnecting one month later: Impact assessment

OBJECTIVE
The objective of this mission is for the participants to re-assess their individual impact in all 4 Areas of Regeneration (Social, Culture, Ecology and Economy) and find out how much of an ecovillage lifestyle he/she is already living. The participants will reconnect with the experience and see the changes within oneself.

DESCRIPTION
The participants will receive the impact assessment via email and are invited once again to fill out the individual impact assessment. They are then invited to send back a reflection by email between the first and the second impact assessment.

PREPARATION
The Impact Assessment is sent to the email addresses of the participants list.

MATERIALS /TOOLS
‣ Link to the Impact Assessment: https://ecovillage.org/impact/

Annexes

Annex 1.   Game Player Contract and Agreements

Annex 2.   Example Clan Missions

Annex 3.   The Tournament Quiz

Annex 4.   The GoR Feedback Form

Self-assessment **Archetypal Gifts & Shadows** - only available on request. Please get in touch with us at education@ecovillage.org

Sources

https://pdfs.semanticscholar.org/e9be/6ccffbaf5d1f5654a376e472fc4476749db5.pdf

Evoneers Journey and Stepping Stones

https://www.sircle-project.eu/

https://www.oliviermythodrama.com/leadership-products/archetypes-at-work

Glossary

Here is the glossary relevant to the Facilitators Manual in Alphabetical order:

GoR   Game of Regeneration

GM   Game Moderators

SDGs Sustainable Development Goals

SS   Stepping Stone

The Game of Regeneration Game Player Contract and Agreements

This contract is to create shared agreements and group cohesiveness for the Game of Regeneration. Because of the nature of the game, it's mission and the personal/group journey, the participants of the Game of Regeneration need to consider all possible risk factors. Reasonable steps have been taken by the implementing party to minimise all risk for participants. However, please note:

I, *(full name participant)* ....

on *(day/month/year)* ..../.........../.......... read this with care and share the agreements and commitments which come along with participating in The Game of Regeneration.

The events are conducted mainly outdoors therefore there is always the possibility of physical injury. The participant commits to having a European Health Insurance card or similar.

The activities are inevitably associated with a learning journey that can cause slight levels of distress. In case participants experience psychological distress, they reach out to the designated person or team on site who have the needed skills to respond adequately.

The game is based on ethical foundations that foster life supporting principles and actions. Clarity of mind and full awareness are fundamental for the learning process and therefore there is a "no drugs and alcohol use policy" effective at all times for the whole duration of the Game.

A confidentiality principle applies within all the activity in the game to insure a safe and inclusive atmosphere. In sharing about the game please separate the "who" from "what" in telling about the Game, don't mention anything which can give away any specifics of a person. We of course encourage you to share your insights gained during the Game and at the same time we ask you to be mindful and share from your own perspective and experience.

As the Game is a collective process, we ask you to participate in a full duration of the game and attend all activities, unless you gain permission from the facilitators to be absent. In case of any physical or psychological unease please make yourself noted as it is possible to opt out at any time of the participation of the game.

In order to guarantee everyone´s safety and enjoyable experience, it is extremely important to always be committed to keep a fair behaviour towards the other participants; play the game according to its lay-out and rules; selecting from the available options; follow the instructions by the facilitators and don't engage in any physical violence and/or verbal abuse during the entire duration of the game.

The facilitators may provide you with a warning when above agreements are not lived upon by participants. They decide on the respective consequences associated with any violation of above stipulated agreements.

To give the chance to future players to have the full experience, we ask you to maintain the secrecy on the game dynamics, so future players can play the Game without knowing the plot twist upfront. This means you are encouraged to share about your personal experiences after the game but to keep the game dynamics and exercises secret.

All of the staff and organizers are fully committed to deliver an enjoyable experience to participants of the game. Participants commit to take responsibility for their actions and follow the above stipulated agreements.

Signature Participant ....

Example Clan Missions

The clan missions examples described below are divided into the four dimensions of sustainability, although some of the missions could be seen as tackling multiple dimensions at the same time. This list is created for your convenience and as inspiration but you are welcome to identify your own mission most relevant to your community.

Ecological	• Plant trees in a forest, garden or orchard • Clean an area (from plastic, oil spillage, dead wood etc) such as a river bank, beach or backyard • Build a sandbag or strawbale space using ecological building materials • Save water, install a rain barrel, make a pond, create trenches for water absorption in slopes • Make herb teas, cosmetics, soaps • Create a composting point or insect hotel in the neighborhood • Collect wild plants, herbs, wild berries, nuts • Conserve food for winter through marmalade, pickling, freezing, vacuum or fermentation • Recycle materials • Organise a seed exchange
Social	• Organising a community dinner/lunch/breakfast • Create a space for a specific target group (childrens playing area, youth hub, elderly hangout corner, women's circle fireplace etc) • Organise a celebration • Replenishing public spaces • Bringing the community together: men/women, different religions, different sub-groups, refugee integration, youth/elders • Supporting agriculture, harvesting, cooking together, inviting the neighborhood • Mediate an existing conflict between community members • Recuperate a local craft that has been forgotten, like ceramics, weaving baskets, etc.
Economic	• Organise a charity market to raise funds • Set up an economic activity for the community (start a beer brewing project, making period pads for woman) • Fix potholes, or other spaces • Collect second hand materials, creating a gifting market • Install solar panels, make a windmill for electricity efficiency • Set up a local currency • Fundraise for a good cause in the community • Organise a farmers market
Cultural	• Organise dances of universal peace for the community • Sanctify a nature space • Beautify an area through art, making a flower bed or a park • Create an entrance space/symbol for community • Compose a piece of music • Choreograph a flash mob/piece of theatre • Honour the history of the village through a foto exposition • Organise a festival for honoring cultural traditions • Organise a manifestation for a social justice cause • Organise a ritual for social events

The tournament Quiz

CULTURE Quiz Questions

1. What can individuals do to help realize the achievement of the Sustainable Development Goals?

a) Engage actively to protect communities and nature as individuals
b) Use their positions in society to voice support for the Goals, to make decisions that advance the Goals, and to take actions help to implement the Goals
c) Both and more

Correct answer: C

2. Being sustainable means:

a) Be able to implement eco-friendly technologies.
b) Practice zero waste.
c) Create an eco-friendly environment in which life flourishes and in which we are able to live to become fulfilled as human beings without harming the natural resource depletion.

Correct answer: C

3. What daily actions can you do to support SDG 2-Zero Hunger?

a) Provide food for schools in developing countries
b) Support local farmers by buying food at farmer`s markets
c) Donate non-perishable foods to charities
d) All the above.

Correct answer: D

4. What action is associated with the "Earth Hour" celebrated on the last Saturday of March of each year?

a) Light white candles on the beach
b) Turn off the lights for 60 minutes
c) Turn off the lights for 24 hours

Correct answer: B
It is a global movement of the WWF NGO to mobilize society around the fight against global warming since 2007.

5. Which are the world's largest minority?

a) Persons with disabilities
b) Rural women
b) Women in urban centres
d) Elderly

Correct answer: A
(Fonte: https://www.un.org/sustainabledevelopment/)

6. Which of the following actions do not contribute to support SDG 3- Good Health and Well-Being?

a) Nurture mindfulness and self-reflection
b) Make time for yourself and your friends
c) Eat a diet rich in carbohydrates
d) Be active. Go for walks at lunchtime or cycle to work

Correct answer: C

7. Which of the following actions do not contribute to support directly SDG 4-Quality Education?

a) Buy clothing or other products from stores that donate a portion of their money to charities.

b) Share your skills with the ones who need them.

c) Teach your native language to migrants.

d) Take education outside the school and keep it fun.

Correct answer: A

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8. What percentage of the world's population currently lives in urban areas?

a) 30%

b) 48%

c) 55%

Correct answer: C

(Source: Department of Economic and Social Affairs of United Nations, 2018)

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9. What percentage of the world's population is expected to live in cities by 2050?

a) 40%

b) 58%

c) 68%

Correct answer: C

(Source: Department of Economic and Social Affairs of United Nations, 2018)

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10. Which of the following actions do not contribute to support directly SDG 5 - Gender Equality?

a) Increase gender representation in areas of leadership in the workplace.

b) Become active to promote initiatives that enhance your gender.

c) Practice and demonstrate to children equal decision-making processes at home.

d) Use mentoring and coaching to help women build their confidence and develop their careers.

Correct answer: B

---

11. Which of the following action is not effective to support SDG 10 - Reduced Inequalities?

a) Support solar power projects for schools, homes and offices.

b) Travel the world to learn about different cultures.

c) Learn to respect all kinds of people who may do things differently than you.

d) Read storybooks to children that describe all cultures.

Correct answer: A

---

12. What daily actions is not specifically aimed to support SDG 15 - Life on Land?

a) Recycle used paper and buy recycled products.

b) Participate in local urban farming.

c) Eat less meat and buy seasonal products.

d) Take a cold wash. Warm water uses more energy.

Correct answer: D

---

13. How many people in the word depend on forests for their livelihood?

a) Around 500 millions

b) Around 1 billion

c) Around 1.6 billion people

d) Around 1.9 billion people

Correct answer: C

(Fonte: https://www.un.org/sustainabledevelopment/)

14. Which one of these increases your carbon footprint?

a) Driving a car
b) Traveling by plane
c) Cutting down trees
d) All the above

Correct answer: C

15. What is carpooling?

a) It is walking with the car full
b) It's when you use the car only on long trips
c) It is when several people share the car in their travels

Correct answer: C

SOCIAL Quiz Questions

16. SDG 1 is about poverty. What is the aim of this Goal?

a) Reduce poverty by 50% by 2030
b) Help each nation make progress on reducing poverty
c) End poverty in all its forms everywhere by 2030

Correct answer: C

17. Equality issues are specifically mentioned in how many of the Sustainable Development Goals (not including the targets)?

a) In one of them: SDG 16 on promoting peaceful and just societies for all
b) In three of them: SDG 4 on education, SDG 5 on gender, and SDG 10 on reducing inequality within and among countries
c) In four of them: SDG 2 on hunger, SGD 6 on water, SDG 8 on economic growth and jobs, and SDG 12 on sustainable production and consumption

Correct answer: B

18. What percentage of students on the African continent, according to the statistics, will to leave school early?

a) About 62%
b) About 42%
c) About 3%

Correct answer: B
(These early withdrawals are due to various factors, such as the difficulty in reconciling school with family needs or the simple lack of transportation).

19. SDG 4 calls for efforts to increase the number of young people and adults with the right skills for employment and entrepreneurship. Which region has the highest number of children not enrolled in school?

a) North Africa
b) Sub-Saharan Africa
c) Asia

Correct answer: B

20. Why is the education for sustainable development relevant?

a) It enhances careers prospects.
b) It promotes better understanding about the environment.
c) It empowers individuals to reflect on their own actions

(the publication Education for Sustainable Development: Learning Objectives launched by UNESCO affirms that this particular type of education "aims at developing competencies that empower individuals to reflect on their own actions, taking into account their current and future social, cultural, economic and environmental impacts, from a local and a global perspective".

21. Who are those "left behind" referred to in the 2030 Agenda for Sustainable Development?

a) The vulnerable groups.

b) The minorities.

c) Those without access to certain rights, goods and services.

Correct answer: C

22. What percentage of the world population still live in extreme poverty and is struggling to fulfil the most basic needs like health, education, and access to water and sanitation?

a) More than 127 million people, or 2% of the world population

b) More than 572 million people, or 9% of the world population

c) More than 700 million people, or 11% of the world population

d) More than 827 million people, or 13% of the world population

Correct answer: C

(Fonte: https://www.un.org/sustainabledevelopment/)

23. What is the region of the planet where there are the most undernourished people?

a) Eastern Europe

b) Latin America

c) Sub-Saharan Africa

Correct answer: C

24. Globally, how many people are undernourished in the world today?

a) One in twenty people

b) One in nine people

c) One in six people

Correct answer: B

(Fonte: https://www.un.org/sustainabledevelopment/)

25. When there is a shortage of qualified teachers for a country's education system, which one of these is not a viable option?

a) Hiring foreign teachers through international cooperation

b) Providing infrastructure and training for teacher candidates

c) Leave part of young people without education until there are teachers

Correct answer: C

(a formal education, which guarantees real opportunities for insertion in the world, must be carried out by a qualified teaching staff and an integrated education system that guarantees conditions for teachers and students)

26. SDG 3 is about ensuring healthy lives and promoting the well-being at all ages. Which of the following is not part of Goal 3 targets by 2030?

a) Reduce the global maternal mortality ratio to less than 70 per 100,000 live births

b) One third the number of global deaths and injuries from road traffic accidents.

c) Reduce by one third premature mortality from non-communicable diseases

d) End the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases

Correct answer: B

(It's halve the number of global deaths and injuries from road traffic accidents)

27. How many people die each year in the WHO European Region due to air pollution?

a) 200 000
b) 300 000
c) 400 000
d) 600 000

Correct answer: D
(Source: Fact sheet - Air pollution. Better air for better health (2017)

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28. An estimated 50 per cent of out-of-school children of primary school age live:

a) Sub-Saharan Africa
b) Asia
c) In conflict-affected areas
d) Small Island Developing States (SIDS)

Correct answer: C
(Source: https://www.un.org/sustainabledevelopment/)

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29. Child marriage affects girls far more than boys. Globally, how many girls under age 18 are married each day?

a) 9.000
b) 20.000
c) 37.000
d) 39.000

Correct answer: C
(Source: https://www.un.org/sustainabledevelopment/)

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30. Which of these inequalities should we not accept?

a) Inequality in sport, when one team loses and another wins
b) Racism, homophobia and religious intolerance
c) Differences in grades awarded to students

Correct answer: B

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31. What daily action can you do to support SDG 16 - Peace, Justice and strong Institutions?

a) Participate in you country`s decision-making and make your voice heard.
b) Volunteer at local anti-violence organization.
c) Practice a peaceful environment at home.
d) All are important to support SDG 16.

Correct answer: D

---

32. A person is considered to live in extreme poverty if..:

a) Living on less than $1.90 a day
b) Living on less than 134 dollars a day
c) Receive about one dollar for each hour of work performed

Correct answer: A
(This value is set by the World Bank, and may vary over the years)

---

33. How many poor children currently live in the 41 richest countries in the world?

a) Two million
b) Nine million
c) 30 million

Correct answer: C
(Among the countries considered to be richest, the Nordic countries - Denmark, Iceland and Norway - showed the best results: only about one in 10 children is poor).

34. Where does the overwhelming majority of the population live in extreme poverty?

a) In Europe and North Africa
b) In South Asia and Sub-Saharan Africa
c) In Central India

Correct answer: B
(About 70% of the world's population living in extreme poverty
live in South Asia and sub-Saharan Africa).

35. Of all the illiterate adults in the world, how many are women?

a) One third of the population
b) Almost half the population
c) Two thirds of the population

Correct answer: C
(there are about 496 million illiterate women out of the 781 million adult individuals
in the world who cannot read or write. This is due to discrimination in many countries
in access to education against women).

ECONOMY Quiz Questions

1. The SDGs are targeting equal opportunity and equal pay for work of equal value. On current trends, when does the World Economic Forum expect the gender pay gap to close?

a) 2030
b) 2088
c) 2186

Correct answer: C

2. Which of these is a target listed under SDG 12 - to ensure sustainable consumption and production patterns?

a) Halve per capita global food waste by 2030.
b) Sustainable tourism that creates the double of green jobs.
c) Reduce global plastic consumption by one third.

Correct answer: A

3. The 85 richest people in the world have as much money as..:

a) Two million of the world's poorest people
b) 90 million of the poorest people
c) 3.5 billion of the poorest people

Correct answer: C
(3.5 billion people represent about half of the world's population).

4. Which of these behaviors promotes a decrease in the number of hungry and undernourished people?

a) Reducing waste
b) Buy polluting products
c) Consuming large quantities of non-organic products

Correct answer: A

5. Manufacturing is a principal driver of economic development, employment and social stability. Which of the next statements is correct?

a) Every job in manufacturing creates 1.5 jobs in other sectors.
b) Every job in manufacturing creates 2.2 jobs in other sectors.
c) There is no relationship between jobs in manufacturing and jobs in other sectors.

Correct answer: B

(Fonte: https://www.un.org/sustainabledevelopment/)

6. The Voluntary National Reviews of the SDGs are an exclusive domain of governments?

a) Yes.
b) Yes, although other actors might take place.
c) No, they must incorporate other stakeholders.

Correct answer: C

7. Of these three tips, which is the one that allows to reduce the energy consumption?

a) Take a soak for 20 minutes
b) Turn off the tap while you brush your teeth
c) Leave room lights on while you are in the room

Correct answer: B

8. What is the most efficient way to reduce water costs globally?

a) Bathing once a week
b) Actively fighting the construction of golf courses
c) Educating people for sustainable, efficient and anti-waste practices

Correct answer: C

9. What are the ethics of permaculture (according to David Holmgren)?

a) Care of Earth, catch and store energy and fair share.
b) Care of Earth, care of people and fair share.
c) Observe and interact, care of people and fair share.

Correct answer: B

10. What daily actions can you do to support SDG 1- End poverty in all its forms everywhere?

a) Get everyone involved. Have a classroom do regular outreach day trips to areas in need
b) Buy fair-trade products to support the sustainable trade system
c) Sponsor a child so they can have access to food, education, and health
d) All the above.

Correct answer: D

11. What daily actions can you do to support SDG 8-Decent Work and Economic Growth?

a) Encourage more job opportunities for youth.
b) Become a micro-lender and empower young people to become entrepreneurs.
c) Provide incentives for hard work. People respond to a reward system.
d) All the above

Correct answer: D

12. Globally, how many of all workers were engaged in informal employment in 2016?

a) 15%

b) 31%

c) 61%

d) 70%

Correct answer: C

(Fonte: https://www.un.org/sustainabledevelopment/)

13. Which of the following actions is not effective to support SDG 9 - Industries, Innovation and Infrastructure?

a) Make cities healthy. Turn empty roof spaces on buildings into green roofs.

b) Provide reduced rates on quality health systems and facilities for employees.

c) Employ more scientific researchers and development workers in the industrial sector.

d) Immerse yourself. Organise groups to visit regions where basic needs are missing. Motivate people to act.

Correct answer: B

14. Without concerted efforts, who many per cent of coastal eutrophication is expected to increase in the large marine ecosystems by 2050?

a) 5%

b) 20%

c) 30%

Correct answer: B

(Source: Report of the Secretary-General, The Sustainable Development Goals Report 2018)

15. Policies that privilege sustainability over water consumption, particularly in countries affected by its scarcity, could lead to:

a) Increased production capacity for goods resulting in growth economic and employment

b) An increase in local quality of life

c) Both previous options are correct

Correct answer: C

(in addition, it may lead to the rejuvenation of local fauna and flora, soil fertility, a healthier life and an increase in the number of animals average life expectancy, eradication of diseases caused by lack of water and hygiene, increased resource abundance and products and even greater gender equality).

16. What daily actions is not specifically aimed to support SDG 12 - Responsible Consumption and Production?

a) Start a car-pooling system online.

b) Don't keep clothes or other items you are not using. Donate them.

c) Eat local and support fair trade principles.

d) Refuse, reuse, recycle, reduce and rot.

Correct answer: A

17. Global population should reach 9.6 billion by 2050. How many planets will be required to provide the natural resources needed to sustain current lifestyles?

a) The equivalent of 1.5 planets

b) The equivalent of 2 planets

c) The equivalent of 2.5 planets

d) The equivalent of 3 planets

Correct answer: D

(Fonte: https://www.un.org/sustainabledevelopment/)

18. Which of the following action is not effective to support SDG 14 - Life below Water?

a) Fund projects that provide infrastructures for basic needs.
b) Reduce animals drastically the use of plastic products, which often end up in oceans causing the death of marine.
c) Organize in your community beach cleaning activities.
d) Respect laws related to over-fishing.

Correct answer: A

---

19. Which of these statements is not true?

a) "A person may have a job, but be poor".
b) "There is equal opportunity for the entire population in access to work."
c) "Decent and fair employment is one of the most efficient ways to lift people out of poverty."

Correct answer: B
(there are various barriers to access to good work, such as ethnicity, gender, economic resources, education)

---

20. SDG 16 is about promote just, peaceful and inclusive societies. Which of the following is part of Goal 16 targets by 2030?

a) Develop effective, accountable and transparent institutions at all levels
b) By 2030, provide legal identity for all, including birth registration
c) Promote and enforce non-discriminatory laws and policies for sustainable development
d) All the above

Correct answer: D

---

21. If all the inhabitants of the Earth had an equivalent energy consumption of the European citizens, the global consumption of energy would increase:

a) 50%
b) 400%
c) 900%

Correct answer: B

---

22. The sustainable growth of a country or region must be based essentially on:

a) Inequalities in access to work
b) More employment opportunities for qualified people and less for less qualified people qualified
c) Equal opportunities for all

Correct answer: C

---

23. What happens when you create a job in industry?

a) Around 2.2 jobs are created in other sectors of activity
b) Approximately 5 jobs are created in other sectors
c) Dismissals occur in agriculture

Correct answer: A
(Investment in infrastructure and industry are essential for the development of most countries, as this is where many of the basic necessities are produced and where less qualified personnel, characteristic of underdeveloped countries, are employed).

---

24. Which of these is the greenest decision a factory can make?

a) Produce more in a short space of time, using fossil energy in a country where wages are low

b) Choose to produce recyclable goods using fossil fuels

c) Choose to produce better, adapting to the needs of the consumer population and using mostly energy from renewable sources.

Correct answer: C

ECOLOGY Quiz Questions

1 . **Which of the following is not part of SGD 15, on ecosystems?**

a) Combat desertification and restore degraded land and soil.

b) Take urgent and significant action to reduce the degradation of natural habitats, and halt the loss of biodiversity

c) Halt the use of biotechnology and genetic engineering.

d) Integrate ecosystem and biodiversity values into national and local planning.

Correct answer: C

2 . **Businesses have been finding new ways to improve sanitation worldwide - one of the SDGs. What is the Omni Processor pilot project in Senegal trialling?**

a) A machine that turns faeces into drinking water

b) A system that separates urine from faeces for disposal

c) Toilets that turn waste into fertiliser

Correct answer: A

3 . **Which of the following actions is most effective to support SDG 7- Affordable and Clean Energy?**

a) Installing air-conditioning.

b) Only fill the kettle to the amount of water needed.

c) Use energy-efficient lightbulbs and set your household appliances on low-energy settings.

d) Turn off electronic equipment such as TVs and computers when going on holiday.

Correct answer: C

4 . **To hit the goal of universal energy access by 2030, where does the majority of additional investment need to go, according to the International Energy Agency (IEA)?**

a) Natural gas

b) Smart grids

c) Off-grid and mini-grid systems

Correct answer: C

5 . **The SDGs recognise the importance of healthy soil and forests to global livelihoods. At what rate is land being lost to drought and desertification?**

a) 23 hectares per minute

b) 23 hectares per hour

c) 23 hectares per day

Correct answer: A

6 . **Renewable energies are important because:**

a) Countries' energy dependence and climate change

b) Of the ozone layer

c) Energy dependence of countries

Correct answer: A

7. What are environmental refugees?

a) They are people who move to warmer parts of the planet, in search of better climates to spend vacations
b) They are nomadic people, who are always on the move, fleeing from cold climates.
c) They are people who are forced to emigrate from their land due to conditions adverse climatic events, such as desertification

Correct answer: C

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8. Which of the following is a consequence of the rational use of energy?

a) The importation of more fuels
b) The emission of more polluting gases than necessary

c) The sustainability of planet Earth

Correct answer: C

---

9. Which of the following actions do not contribute to support SDG - 6 Clean Water and Sanitation?

a) Hire a "Green Plumber" to reduce your water, energy and chemical use.
b) Support organisations that give water to areas in need.
c) Flush your chemicals such as paints or medication down the toilet.
d) Turn off the tap when brushing your teeth and while soaping in the shower.

Correct answer: C

---

10. Which of these is not a target listed under SDG 7 - to ensure access to affordable, reliable, sustainable and modern energy?

a) By 2030, provide access to safe, affordable, accessible and sustainable transport systems for all
b) By 2030 double the global rate of improvement in energy efficiency
c) By 2030, increase substantially the share of renewable energy in the global energy mix
d) By 2030, ensure universal access to affordable, reliable and modern energy services

Correct answer: A
(This is a target listed under SDG 11 - Sustainable Cities and Communities)

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11. How many people lack access to safely managed drinking water services in the word?

a) 1 in 15 people
b) 1 in 10 people
c) 2 in 10 people
d) 3 in 10 people

Correct answer: D
(Fonte: https://www.un.org/sustainabledevelopment/)

---

12. Which of the following statements is true:

a) The devices left in standby do not consume energy.
b) Most of the electricity spent in a laundry is to heat the water.
c) Let the refrigerator door open while cooking.

Correct answer: B

---

13. Does electricity pollute?

a) No
b) Yes, always
c) It depends on how it is produced

Correct answer: C.
Electricity is considered polluting if it is obtained by processes that use fossil fuels, which emit greenhouse gases into the atmosphere.

14. How many people lack access to to safely managed sanitation facilities in the word?

a) 2 in 10 people
b) 6 in 10 people
c) 7 in 10 people

Correct answer: B
(Fonte: https://www.un.org/sustainabledevelopment/)

15. What daily action can you do to support SDG 11 - Sustainable Cities and Communities?

a) Use public transport, city bikes and other modes of environmentally friendly transport.
b) Generate awareness about your city life carbon footprint and ways to improve it.
c) Get enough sleep.
d) Support the development of sport and recreational green spaces.

Correct answer: C

16. What daily action can you do to support SDG 13 - Climate Action?

a) Organize to plant trees every year. Trees give oxygen and take in carbon dioxide.
b) Spread awareness about ways to stop global warming.
c) Cycle, walk, take public transport or car pool.
d) All the above are very important on fighting climate change.

Correct answer: D

17. How many per cent of the world's poor are affected directly by land degradation?

a) 30%
b) 45%
c) 60%
d) 75%

Correct answer: D
(Fonte: https://www.un.org/sustainabledevelopment/)

18. What transportation has the UN elected as the most sustainable on the planet?

a) The electric car
b) The electric butte
c) The bicycle

Correct answer: C

19. Which of these sources of energy is not renewable?

a) Biomass
b) Sol
c) Natural Gas

Correct answer: C

20. The production of electricity in wind turbines in Europe guarantees the needs:

a) 50 million people
b) 18 million people
c) 5 million people

Correct answer: A

21. An offshore wind farm is a wind farm:

a) That moves very quickly
b) Which is installed in the sea
c) Which is installed on top of a mountain

Correct answer: B

22. A bioclimatic building is an equipment:

a) That allows to host meteorologists and biologists

b) That we can heat or cool thanks to renewable energies

c) In which we can plant trees and grass

Correct answer: B

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23. Does the sun produce electricity from what kind of equipment?

a) Wind turbine

b) Solar thermal collector

c) Photovoltaic panel

Correct answer: C

---

24. Which of these agricultural practices is unsustainable?

a) Production of organic products

b) Use of pesticides

c) Permaculture

Correct answer: B

(Pesticides tend to contaminate the soil, waterways, food and animals
that surround and inhabit the affected soil).

---

25. Renewable energies are:

a) Clean but using finite sources

b) Sustainable but pollute more than fossil fuels

c) Sustainable and using unlimited sources

Correct answer: C

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26. Fossil fuels are:

a) Unlimited sources of energy such as wind and sunlight

b) Finite and polluting energy sources such as oil and natural gas

c) Pollutants, but infinitely existing on the planet

Correct answer: B

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27. Of the total greenhouse gases produced globally during a year, what percentage comes from the exploitation and production of fossil energy?

a) About 60%

b) About 10%

c) About 5%.

Correct answer: A

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28. How many food products produced during one year are wasted globally?

a) 300 thousand kilos

b) Two million kilos

c) 1.3 billion tonnes

Correct answer: C (
this means that about a third of all food produced is wasted).

INTEGRAL DESIGN Quiz questions

1. How many Sustainable Development Goals (SDGs) have been agreed to, by all the world's nations, as part of the 2030 Agenda?

a) 8

b) 16

c) 17

Correct answer: C

2 . SDG 17 is about strengthen the means of implementation and revitalize the global partnership for realizing all the other Goals. Which of the following is not part of Goal 17?

a) Helping developing countries build the capacities they need in areas such as technology, public policy, and data for reporting on progress
b) Creating international festivals to promote the Goals
c) Enhance policy coherence for sustainable development

Correct answer: B

3 . How many Parties had ratified the Paris Agreement at 9 April 2018?

a) 167
b) 168
c) 175
d) 195

Correct answer: C

(As of 9 April 2018, 175 Parties had ratified the Paris Agreement and 168 Parties (167 countries plus the European Commission) had communicated their first nationally determined contributions to the United Nations Framework Convention on Climate Change Secretariat). (Source: Report of the Secretary-General, The Sustainable Development Goals Report 2018)

4 . What were the deadliest extreme weather event in 1991-2015 in Europe?

a) Heat waves
b) Floods
c) Earthquakes
d) Tsunamis

Correct answer: A

(Source: Climate Change Adaptation and Disaster Risk Reduction in Europe 2017).

5 . What daily actions is not specifically aimed to support SDG 17 - Partnerships for the goals?

a) Teach kids about partnerships through sport.
b) Look for synergies and build strong multi-stakeholder partnerships.
c) Make a video to stand up for peace.
d) Practice teamwork at home.

Correct answer: C

6 . Who is responsible for achieving the Sustainable Development Goals?

a) Civil Society
b) Policy-makers
c) NGO's
d) Everyone has a role to play in achieving the Sustainable Development Goals.

Correct answer: D

7 . The sustainable growth of a country or region must be based essentially on:

a) Inequalities in access to work
b) More employment opportunities for qualified people and less for less qualified people qualified
c) Equal opportunities for all

Correct answer: C

8 . How many people on the planet do not have access to means of communication, such as the telephone?

a) About nine billion
b) About 1 billion
c) About 500 million

Correct answer: B

(most of these people live in underdeveloped countries, and investment i n these areas can result not only in increased access to communication, but also to information, education, health and economic development).

9. What are the two best ways for a person, as a consumer, to help promote a sustainable future?

a) Always buying the latest models of eco-friendly cars and driving them as much as possible

b) Reducing waste and making responsible and sustainable consumption choices

c) Opt for products made of recyclable plastic and using public transport from time to time

Correct answer: B

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10. How can marine life conservation areas help humans?

a) They can create more jobs, stimulate the economy and increase wages

b) Can improve local quality of life and health of populations

c) Both statements are correct

Correct answer: C

(marine life conservation areas create jobs, promote the region and tourism; establish more demanding local ecological standards leading to improved education, quality of life and local health; and encourage sustainable fishing).

---

11. What is the best way to protect ocean regions from overfishing and pollution?

a) Through patrolling and international cooperation in the conservation of such regions

b) Through a total ban on fishing

c) By not regulating the production processes of factories and their waste.

Correct answer: A

(despite being an ambitious and costly project, the benefits and profits from marine protection are estimated to outweigh the costs of protecting it).

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12. When was the Sustainable Development Agenda adopted?

a) In 2001

b) In 2009

c) In 2015

Correct answer: C

(the agenda has 17 key objectives to be met by 2030)

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13. In order to have more cooperation between countries, the United Nations considers that:

a) There must be more solidarity partnerships between developed and developing countries, so that the latter can grow and develop in a sustainable way.

b) The nations of the whole planet must divide and create military alliances, to fight the countries that threaten their interests.

Correct answer: A

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14. In 2015, how many developing and underdeveloped countries showed that they were real dedication to working towards meeting development goals?

A · 36

B · 125

C · 73

Correct answer: B

https://www.un.org/sustainabledevelopment/globalpartnerships/

The Game of Regeneration Feedback Form

We are really grateful for your participation and your presence in the Game of Regeneration. To keep learning and evolving ourselves we would like to ask some time of you to fill in this questionnaire. Your feedback enables us to grow, develop and improve the Game of Regeneration.

Please encircle what applied to you: Are you a

youth worker	facilitator	social entrepreneur	otherwise involved in social, education, empowerment or youth-specific organisations?

In general

How was your overall experience of the Game of Regeneration?	❄️	🌥️	☀️
How would you rate the overall facilitation and organisation?	❄️	🌥️	☀️
How would you rate the total course duration?	❄️	🌨️	☀️
How accessible did you find the event in terms of ease of understanding the ideas and concepts?	❄️	🌥️	☀️

Content

Was the content in-depth enough?	❄️	🌥️	☀️
Do you feel that your knowledge or skills have improved by participating in the Game of Regeneration?	❄️	🌥️	☀️
Do you feel confident enough after this Game to set up your own projects?	❄️	🌥️	☀️
Did you like this Game as tool to map your way of living or operating by implementing regenerative solutions in each dimension of sustainability (social, economic, ecological and cultural/world view)?	❄️	🌨️	☀️
Would you recommend a similar event to a friend?	❄️	🌥️	☀️

Personal Developments

Do you notice any improvements in self-confidence?	❄️	🌥️	☀️
Do you notice any improvements in leadership?	❄️	🌥️	☀️
Do you notice any improvements in project development skills?	❄️	🌥️	☀️
To what extend did the game make you reflect on you/your community's behaviour regarding sustainability?	❄️	🌥️	☀️
To what extend did the game make you change you/your community's behaviour regarding sustainability?	❄️	🌥️	☀️

Open Questions:

In which dimension would you say you implement the most regenerative solutions?

....

Which part of the Game do you like the most?

....

Which part of the Game do you like less?

....

If you were running the event, what would you have done differently?

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What was the most memorable thing from your experience with us?

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Eco GAMER

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