

Introduction to objectives and goals of the specific room

The main goal of this outdoor escape room is to let the participants experience bullying and cyberbullying, from each part of the circle of bullying, and also to make them understand the phenomenon of bullying. Through the game the participants have an opportunity to investigate the story about two nations who have a long history to be ancient enemies, as a member of one of them. The debriefing will be an opportunity for them to reflect on the complexity of this issue and on how they can contribute to a positive change.

1. Narrative line

Our story is about two different nations who live in neighbouring countries. One of them is Vigronc and the other one is the imaginary nation of the participants.

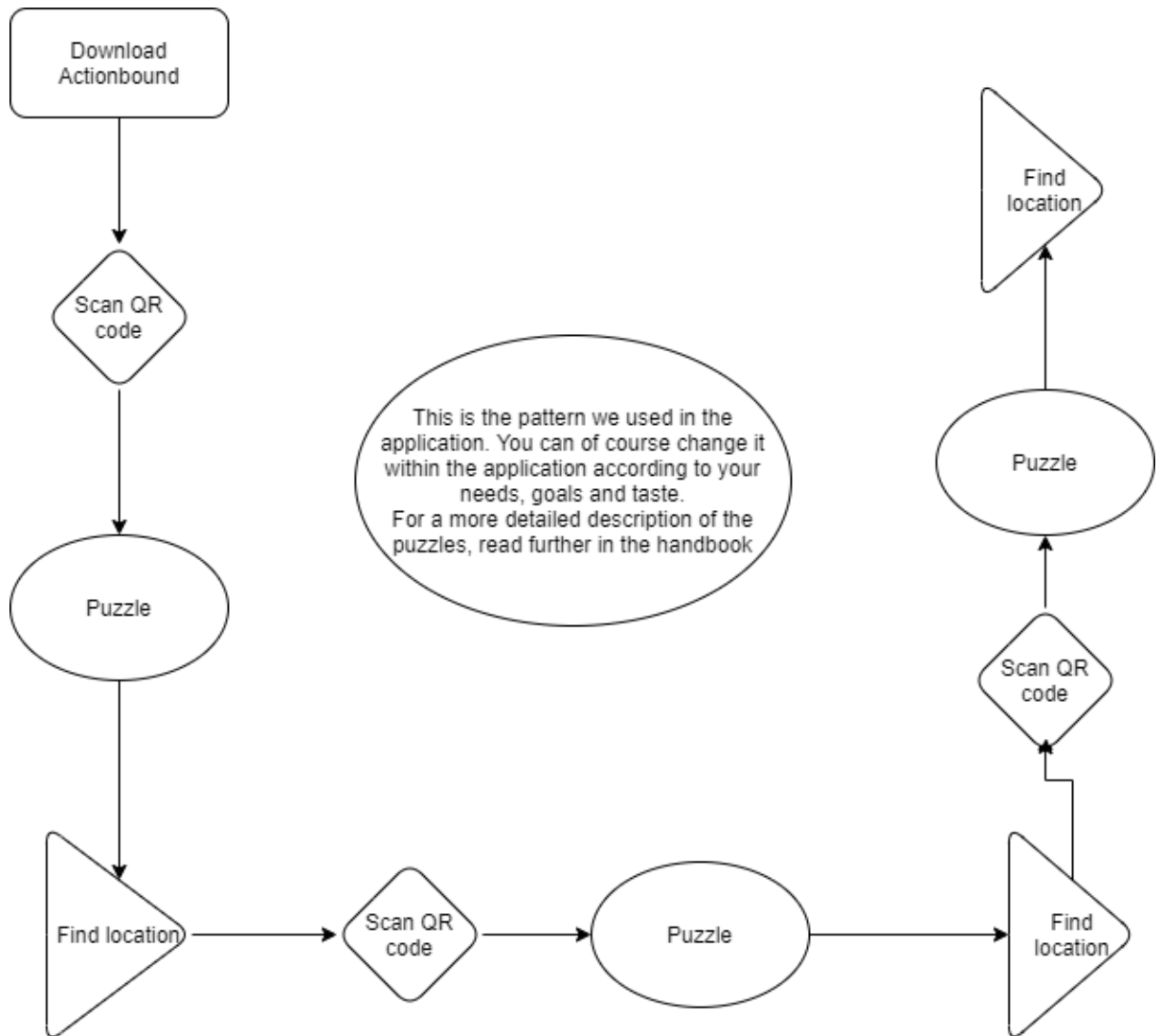
According to the story, the two countries have a long history to be main enemies. We as a protectors of our nation (the group of the participants) are asked by the nation to protect them against the Vigroncs who want to attack our country. So we decide to brace ourself and go to a battle against our enemy.

Through the 7 stations we figure out step by step, how dangerous are the Vigroncs and why they want to attack our home.

Task of the stations:

- 1. Build up our country/nation- What is the name of the country, how we look like, what is our national treasure and what is our superpower
- 2. Build a totem pole together which can protect our country while we go for a war.
- 3. Solve 5 puzzles to find the way to the Vigronc's country
- 4. Break down the wall between our country and the Vigronc's
- 5. We are very close to the army of our enemy and also to the war. But then we get a message from one of the protectors of Vigronc's country. We have to solve the puzzle to figure out the message. (according to the message they were afraid of us for a long time, and because of this they collected their best soldiers to be safe. When we left our country and started our journey to them they also started to prepare for a war, but in reality they wanted peace.
- 6. We have to send a message to the Vigronc's army that you also want to live in peace with them.
- 7. Solve the puzzles and conclude a peace treaty with our new friends.

2. Game flowchart



3. Mechanics

The following part is dedicated to describing the materials and the set up.

3.a Required materials (list)

In order to create this scenario, you will need to find a route at your location, on which the participants will find the different stations, where they shall solve the puzzles you made. The route must not be longer than 2 kilometres, and the more exciting and varied it is, the more will the participants enjoy it. At the stations, you will have to place the QR-codes, created by Actionbound, which will make it possible for anyone to unlock the next puzzle.

For creating a hybrid escape room like this, you will require the following materials:

- ActionBound subscription
- 1x Laptop/ PC where you can create the bound
- 1x smartphone/ participant team
- 1x printed QR code / station
- 1x poster with the description of the game

The other materials will be determined by the puzzles you create, but these are the ones you cannot leave out.

3b. Preparation of materials

In order to make this hybrid escape room work, you must create a bound in the application. For that, you will not be required to have any advanced computer skills, just some basic knowledge and understanding.

Here is a description for the type of tasks you can use:

Information: with that option, you can give some information for your participants, for example details of the story, etc. It can be in a text format, but it can also be a picture or a video.

Quiz: you can give some questions, to which the participants have to answer in order to go further in the game. You can give them possible answers, or you can leave it totally up to them.

Mission: You can task your participants with a mission, which they might solve however they see fit, only their creativity can bind them. In order to prove the completion of their mission, they can upload a picture or a video for you.

Find spot: This option is very useful, as it uses the GPS coordinates of the next location to help the participants in finding it.

Scan code. We highly recommend using this feature at every station before an actual task, because it prevents the participants from skipping some parts of the adventure! The application will generate a specific QR code for every station, which the players will have to scan in order to see the next puzzle.

Tournament: you can use this feature if you want your participants to compete against each other.

5b Attitude of Facilitators

The facilitators should be kind but firm. Calm and consistent. It is really important that s/he should be patient. S/he needs to focus on the group. Facilitators need to know that they are not leaders, but helpers, who empower the participants, who calm the players if the situation requires. If needed, they should act as a mirror that is often very helpful. E.g. In case of questions, just repeat what a participant says instead of interpreting it.

S/he should use his/her own personality, but it is important to be professional and mindful.

Don't forget that questions are often more important than the answers themselves. Therefore if you need to ask, try using open questions. Make sure that the participants understand there are no wrong answers.

Create an open atmosphere, a psychologically safe place. Let the kids open up, let them speak. Lift them, give them feedback. In case something is not going as planned, do not worry. Summarise what has happened. It is advisable to reflect on the happenings.

Be helpful, but do not lose your role. Be friendly, but not buddy friendly. Be empathetic, but keep a little bit of distance, do not get too emotionally involved in order to avoid making it a therapeutic group. Guide them if needed, while letting them open up.

Focus on the overall objectives: learning, information sharing, self-reflection, sensitization, creating empathy towards the topic and each other, creating a connection with the topic. Meanwhile, pay attention to the group-dynamics, react to the situations, since the objectives can be met in many different ways. There may be situations, when the group does not proceed as planned, but the objectives can still be met, the group might get there in a different way. Adapt to these situations.

During the outdoor escape room we created open and closed puzzles according to the solution. It means some of them require an exact answer/solution, but others can be solved in different ways as well. It is very important as a facilitator to be open to different ideas of the participants even if they have a different solution of the open puzzles than you expected before. If they are still involved in the story let them be creative.

Example: Once with a group of 16 years olds we had a superpower to be able to ride a bike in the air without a bike. When we arrived at the 4th station they said, why should we break down the wall if we can ride above? So we figured out together how our superpower works in practice, and then we rode above the wall together.

This role requires being fully present. Close out all the disturbing elements for the duration of the session. Be prepared and consider the limits of the facilitator's role.

5c How to win the game

To complete the game, the participants must have found all of the stations and solved all of the puzzles to figure out that the main problem between the two nations is fear from an unknown and different. The puzzles led them to conclude a peace treaty and win the game. If the 90-minute timer runs out and the players haven't completed the game yet, they lose the game, but still you can have a debriefing session with them to go deeper into the topic. For the winners we created a badge, which says you are a superhero.

6 Debriefing

Focus: Decrease the number of cases of bullying and cyberbullying through understanding the phenomenon and trying out some strategies which can help youngsters to recognize the bullying and also to avoid being a victim.

Target group: 10-12 participants

Time: around **1x60** minutes

Venue: Youth Centre or public area, community institutions (playground, park, church square, city street, library, museum, etc.) It is important that they be popular and safe places.

Tools:

- 14 chairs or pew
- symbolical costume

Suggestion: The workshop is more effective if you have 2 facilitators to lead the process.

1. Evaluation and self- reflection

Main goal is to be on the same stage, and reflect on their feelings and the story itself. We recommend it for the development of trust within the group, which helps the self-reflection process, and also to go deeper into the topic.

We recommend choosing two or three from the exercises below:

- “Research and meeting” 10 minutes

Everyone is moving with eyes closed, slowly, gently, without speech. When we meet someone, greet him/her without words and gently. Use only movements, and then move on. Meanwhile, the referee gives instructions: - Stop in front of someone, inspect his/her face, then move on - Let the hands greet each other - Let the fingers be angry, let the hands fight each other and let them reconcile - Find someone who has the same length of hair as yours, if you have found him/her, join hands and go on together

The instructions can be modified and expanded as required.

- Blind Snack – 10 minutes

We are standing in a queue, at arm’s length from each other, and everyone is blindfolded. We ask the participants to grab a rope with their right hands. From the first player, we take off the blindfold and s/he will be the eye of the snake. The challenge is to get from point A to point B through all kinds of terrain and obstacles. The referee shows the way but s/he does not interrupt and does not give instructions but s/he takes care of warding off the pre-eminent threats. The eye of the snake is always the first person who can decide either to give instructions or to remain silent and not to indicate the change of ground/obstacles to the others. We change the eye of the snake in specified intervals (depending on the number, in 2-3 minutes); who was in front, stands at the end of the queue and puts his/her blindfold. In the game, everyone has to lead the snake at least once until the final destination.

- This is a/n ...” game- 5 minutes

We are sitting in a circle; the referee holds up an object and everyone has to tell what comes to his/her mind about it. e.g. about a bottle of mineral water - This is a microphone (first

player) - No, this is a rolling pin... and so on until you have ideas. Version: We create small groups and within 2-3 minutes, we have to collect the most possible use patterns of the given object. Then we summarise the results

- **Scare-mongering- 10 minutes**

The players are sitting (standing) in a queue. The referee whispers a sentence into the ear of the first person, then s/he forwards it to the person sitting next to him/her, and so on, until we reach the end of the line. The words, because of hearing aside, can be amusingly distorted by the end of the game. The last person says the sentence aloud and we compare it with the sentence said to the first person.

- **Rainforest- 3 minutes**

The instruction is as follows: stand in a close circle and always do what the one standing on your left does. The leader starts it, and s/he changes the movement if everyone does the previous movement. The movement sequence is as follows:

1. Rub your palms first slowly, then harder!
2. Smack with your fingers!
3. Drum with both hands on your thighs!
4. In addition to drumming on your thighs, beat with both of your feet, too! Repeat the movements from 4 to 1 backwards (first beat only on your leg, smack with your fingers then rub your palms)!
5. The rain stopped, the sun came out!

- **“Atoms” – leaded imagination- 5 minutes** (Ask your participant to create different atoms with concrete numbers of components)

example: Now create atoms with 2 components, find your pair.

tip1: Pay attention to the numbers of your participants, when you choose a number be sure that nobody will be alone.

tip2: You can use any kind of activities which can help the participant to focus on each other and calm down

2. Raising awareness

The main goal is to go deeper into the topic, and raise the awareness of the participants regarding the phenomenon of hate against the unknown and different. Let's define in their own words how they recognize the phenomenon itself and what opportunities they have in these situations.

We recommend choosing one from the exercises below, or from your toolkit:

- **Mural Painting- What happened? 20 minutes**

Towards wall painting, the road leads through getting to know the painting technique, the creation on a large surface area, in a large size and together and through learning its basic principles. This means that first on an A/4-size paper, then on canvas sheets, individual, small groups and whole groups joint paintings are made. The participants use all along the 3 primary colours only (red, yellow, blue), as well as black and white, and they mix any further colours from them. Of course, they are working with brushes and they express their messages by the representation of figural and universal symbols in an effort to make it understandable for everyone. The poster-like display serves this purpose too, that is, the structure of the composition from some forms and figures, filling and expressing the image.

Common wall painting The group jointly paints the pre-designed paintings on the selected area: first they make a sketch and draw the outline, the boundaries of each picture details, then they paint their ideas step by step.

- **Imagination practice- Storyline- 15 minutes**

To prepare the group we recommend the following steps:

- 1.The team members close their eyes.
- 2.Relax. (this can be aided by various breathing techniques: abdominal breathing, deep breathing, etc.)
- 3.Then they have to imagine themselves in the process of achieving their goal or create a story.
- 4.The leader, as s/he would comment on a match, has to tell in a slow, relaxed pace the processes to be implemented.What happened today?
- 5.After the expiry of the practice, team members open their eyes and discuss what they have seen and experienced.

3. Reflection:

The main goal is to go deeper into the topic.

We recommend to finish your session like this:

- **Discussion - 15-20 minutes** (Ask the participants to have a seat on a chair in a circle. Ask them about what happened with them, what they discovered, how they felt during the game.

tip3: Use open questions, keep it in your mind that there is no wrong answer. Examples for open questions:

- How do you feel now?
- What happened to you?
- What do you think about the Vigronces?

- Would you be a Vigronc?
 - If you were in their place, what would you have done otherwise?
 - Tell us 5 attributions about your nation.
 - What advice would you give to nations, who does not know about the Vigronces?
 - What do you think it is like to be a Vigronc?
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- **“What is in your backpack? “- 10 minutes** (Sit down in a circle together. Ask your participant what they bring home, what did they put into their backpacks?)

tip4: They can also symbolise what they are taking with them (with objects etc.)

tip5: It can be just a word or a feeling or even a movement.

tip6: Let them know that you are available after the program, so if they want to talk about anything with you, you are there for them.

tip7: Give positive feedback, everyone did a great job, thank you for your activity.

tip8: Reflect on your job a bit later, now praise yourself, you did a great job.