



ESCAPE ADVENTURE MODULE

A GIFT TO FRANCISCA

FORMAT: ESCAPE BACKPACK



DEVELOPED BY:

Vita Medniece
and
Zita Grinberga

INCLUSION TOPIC:

Self-Acceptance

Subtopics:
Violence in family among
teenagers, low self-esteem.

TARGET GROUP:

14-18 years

N° OF PLAYERS:

4-5

TIME:

40 min.



Content development information & Property rights:

This educational material was developed by the partnership between 4 countries under the project Escape Exclusion, funded through a Strategic Partnership Key Action 2 in the Erasmus+ Education Programme of the European Commission to support educators to read, share and use all these materials created by our Partnership.

We would also love that when you share or use, you follow these creative commons rules. We ask you to always mention original authors of this materials, in respect of their intense work and their willingness to continue exploring methods to help another educators" The Intellectual Outputs of this Escape Exclusion project therefore are freely available for the non-profit sector and educational sectors, and we wish it will be useful for you educators out there.

Note! However, this material cannot be used for commercial purposes. Nothing of the content or design of this Starter Kit and its components can be sold to others, used for profit reasons, or used as material for workshops or courses that participants have to pay for. Nor can any of this material be pretended to be developed by someone else or another NGO or company.



- **Attribution** – You must give **appropriate credit**, provide a link to the license, and **indicate if changes were made**. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.
- **NonCommercial** – You may not use the material for **commercial purposes**.
- **NoDerivatives** – If you **remix, transform, or build upon** the material, you may not distribute the modified material.
- **No additional restrictions** – You may not apply legal terms or **technological measures** that legally restrict others from doing anything the license permits.

www.lookingatlearning.eu



**Attribution-NonCommercial-
NoDerivatives 4.0 International
(CC BY-NC-ND 4.0)**

Layout: Javi Quilez
javi@promesas.eu

“ TRYING OUT THE ESCAPE
BACKPACK, WE WERE
SURPRISED THAT THE YOUNG
PEOPLE WERE ABLE TO
BELIEVE IN THE LEGEND OF
THE GAME AND ACTIVELY
PARTICIPATED IN SEARCHING
FOR INFORMATION AND
DISCUSSION. THE YOUNG
PEOPLE THEMSELVES,
PROVIDING FEEDBACK,
ADMITTED THE GAME WAS
RELATED TO REAL LIFE AND
THAT THE SITUATION DEPICTED
IN IT ELICITED EMPATHY”

ZITA AND VITA






A GIFT TO FRANCISCA



Aim of the Adventure: To encourage participants to think about the inclusive topic "Self-acceptance", to discuss the role of family, friends, and society in the formation of teenagers' self-esteem.



Learning Objectives

-  to develop cooperation skills;
-  to create an inclusive environment;
-  to develop logical thinking;
-  to improve literacy by searching information in different sources;
-  to analyse and discuss what reasons affect a person's self-esteem and overall level of mental and emotional health



Duration

<i>Preparation of the materials:</i>	<i>3 h</i>
<i>Setting up the space before the adventure:</i>	<i>2 min</i>
<i>Intro time:</i>	<i>3 min</i>
<i>Play time:</i>	<i>40 min</i>
<i>Debrief/ evaluation time:</i>	<i>Min 15 min</i>



N° of players

The backpack is intended for 4-5 players but you can divide the class/group into several smaller groups and play simultaneously. In this case you would need a separate backpack for each group. Additional help for observation of the process will be needed, one person could observe 2-3 groups at a time.

A GIFT TO FRANCISCA

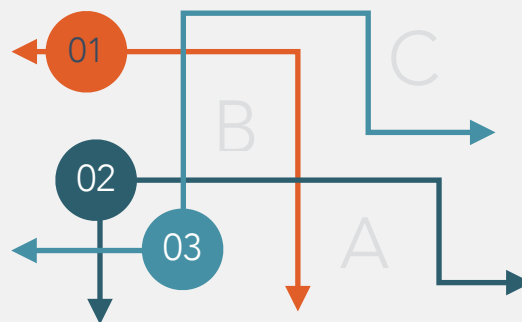


General overview of the Adventure

There has been a tragedy with a teenager that was found unconscious in the city park. Currently, the girl is in a coma and doctors are fighting for her life. The players are being invited to find out what has happened to her. The only thing they have is her backpack. To open the locks, players should carefully look at both the information on the bag and the contents of each bag compartment, read and analyse the data in various text messages, letters, the diary and sticky notes, and be able to hear the necessary audio details and draw conclusions after watching the video, perform other tasks related to attention, logical thinking and digital skills. The game is designed to be done step-by-step (linear).

When performing task 1, players will open compartment 1 by finding the following code, and open the next bag compartment. The game ends when the participants have found the QR code (half of it - in the diary, half - in the name card), watch the video and are ready to share the information about Eva. At the end of the adventure the participants evaluate the group work and discuss the topics and problems raised.

The game is designed by motifs of Mirjam Pressler's book "Bitter Chocolate"



Guiding the process

A facilitator needs to instruct the players briefly before the game starts and talk things through when the game is finished. To lower the difficulty might be said that the facilitator has an inside knowledge and he can guide the players somewhat, by giving hints, asking the right questions or guiding the players focus, can be present during the game.

A GIFT TO FRANCISCA



Level of ownership

The intro to the game might be organised in the school nurse's office, so the believability effect would certainly get bigger. The students' motivation to find out the reasons for Eva's health problems would increase.

The educator interferes only if the students ask for help. The main role of the educator is to observe.



Level of inclusion

The legend that is told at the beginning of the game is designed in such a way that the participants are interested in working as a team. The theme of the game and the texts used (text messages, letter, diary) cause co-experience and make young people discuss the problems that are relevant at their age. The game observer encourages the less active game participants by asking questions and giving individual instructions.

The game is designed to be suitable for participants with different types of intelligences - auditory, visual, kinesthetic. There are tasks of varying difficulty. The game is suitable for young people with movement disorders, learning and behavioural disorders, learning difficulties, hearing and vision problems.

The game can be used as an introductory lesson in Social Science, if the teacher plans to talk about an inclusive environment or issues related to self-acceptance.

If the topic of self-acceptance is unfamiliar to the participants, there should be a conversation or discussion about this issue before the game.

The game is also suitable for participants with movement disorders, learning disabilities and learning difficulties. There should be an inclusive study environment (participants with different abilities could work in the group, including one participant with special needs, one - the most capable in studies etc.). A participant with behavioural disorders can also be included in the group, but the facilitator must observe the participants' work and, if necessary, guide the participant's behaviour.

If a participant with hearing or vision problems participates in the game, the game can be adapted (video subtitles should be placed for the hearing-impaired participant; for the visually impaired - the font size of the texts should be increased).



Participants must know English well enough, because the video at the end of the game is in English. The facilitator observes the group and makes sure that all participants feel comfortable.

SETTING UP THE ADVENTURE



Location, Ambience

Needed: The game requires a table/ small group and an appropriate number of chairs for all participants.

Additional/Optional: Leader of the game can be dressed in white robe to resemble the medical staff, who is taking care of the girl in the hospital.



Game components

Most of the required components are digitalised and ready to "Print & go". Click on the icon to download the components of this module.



Once you have downloaded it, make sure you have:

- A student's backpack with 3 compartments,
- a greeting card* to be placed in the side compartment of the bag, (1)
- bitter chocolate bar,
- fragment of a city map (2)
- phone*, the link to *WhatsApp* conversation between Eva and Francisca and the audio file text (3)
- lock with a numerical code (6 numbers) (4)
- cosmetic bag with various cosmetic items,
- 2 small travel bottles*, one of them filled with beaded parts,
- plastic bottle* containing a letter (5)
- a UV pen with UV light,
- a directional and numeric code lock (6)
- direction lock (7)
- a diet book* containing a Braille bookmark, a transcript page, (8)

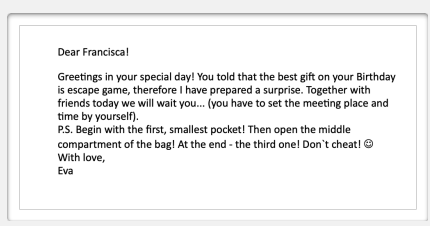
A GIFT TO FRANCISCA

- a pencil case containing a clip-on word card and half of QR code (9)
- a bottle of yellow capsules,
- a diary with texts and a lock (texts (10))
- Eva's picture before and after weight loss (11)
- a small picture of the iSearching app icon (on the lock of the diary) (12)
- a key finder with a diary lock attached
- a lock with a numerical code of 3 digits (13)
- a lock with numerical code of 4 digits (14)



Additional preparation

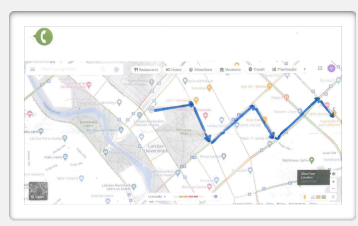
It would be interesting if the story of the game was made as a video message from the hospital. It would feature shots of the girl in the recovery room. The doctor (a person wearing a white coat) would ask for the help of volunteers to save the patient's life.



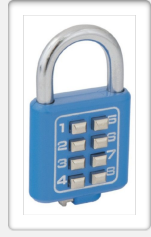
(1)



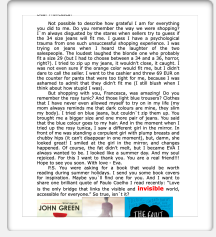
(2)



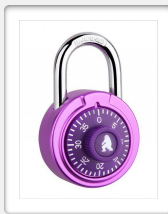
(3)



(4)



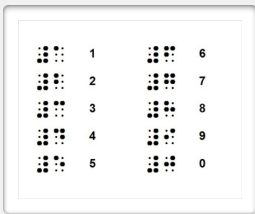
(5)



(6)



(7)



(8)



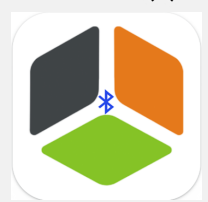
(9)



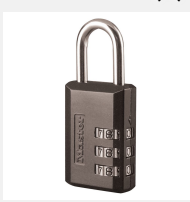
(10)



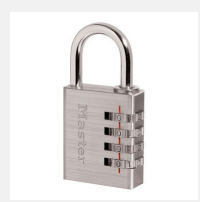
(11)



(12)



(13)



(14)

A GIFT TO FRANCISCA

FULL DESCRIPTION



Intro & Narrative

The facilitator greets the participants and presents them the story:

“Thank you, young people, for agreeing to help the medics of our city. There has been a tragedy with an unknown teenager found unconscious in our city park. Currently, the girl is in a coma and doctors are fighting for her life. We need your help to find out what happened to her. The young girl only had this bag with her, but it had switches on it, so it was not possible to find any document to identify her and contact her parents. Your task is to find out information about the girl, her family and friends in the shortest possible time. This bag may contain information that will help to find out the cause of the teenager's health problems and save her life.

There are rules of the team work you have to follow:

- Everyone is welcome to have a say.
- We listen to each other, and treat each other with respect.
- Even if we disagree, we don't judge others.
- Make sure everyone is able to be vocal about their ideas and problems.
- Don't take over and don't let others take over.
- Everyone should share the responsibility of the tasks.
- Keep on task.
- Don't use violence on the materials of the backpack.

The facilitator tells the story to the participants, and introduces them with group evaluation criteria. Groups play the game simultaneously, but they are not in competition.

Various tasks are used in the Backpack, with the help of which the participants can find out the codes and open different locks.

1. The switch can only be opened by looking at the Backpack. It is a test of attention and attentiveness of the participants.

2. The switch can be opened in two ways. First, by exploring the map and direction it is open to unlock the direction lock. It is intended for participants with visual perception. Second, there is an audio instruction in the sms, it is intended for participants with auditory type of perception.

In the middle section is a bottle that can be opened by completing instructions inscribed on the other side of the label. The label can be found by carefully inspecting all the tools in the cosmetic case. The switch can be unlocked if the participants complete the instruction correctly. This is great literacy training. If the instruction is not followed the switch can not be opened. The task is eligible for kinesthetics, as well.

A GIFT TO FRANCISCA

There is a letter in the bottle with a code inscribed. It can be found by using the UV pen. In the letter with a red tint is highlighted a name that points out the book cover beneath the letter, in which the code is inscribed with the invisible tint. The participants have to use logical thinking to discover it. This is definitely a task with a high degree of difficulty.

3. In the compartment of the bag, the participants must open the diary, which is locked with a key. It is hidden in the classroom together with the key finder. The participants see the key finder icon on the lock. It is logical to think that such an application can be seen on the phone. For participants with good digital skills, the task does not cause difficulties.

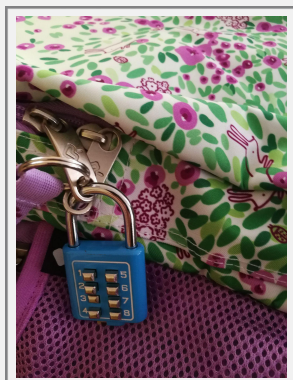
To access the pencil case, the participants must examine the number 0 written in Braille. The task is suitable for kinesthetics.

The last task is to assemble the QR code from 2 parts and scan it to see a video about weight-loss drugs. Because Backpack is a group activity, everyone can be useful in solving a task. When testing the Backpack, all groups coped with the tasks. Prompting questions can be useful if the group gets "stuck" on a task.

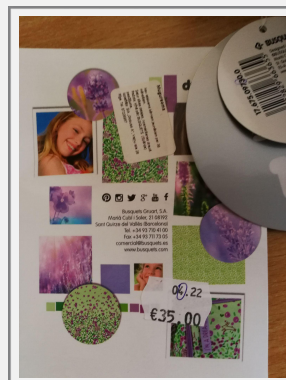


Answers & Solutions to the game puzzles

1. The first locker (picture No. 1) can be opened by carefully exploring the price marks on the bag (picture No 2). Four digits of the code have been indicated with a circle.



picture No. 1




picture No. 2

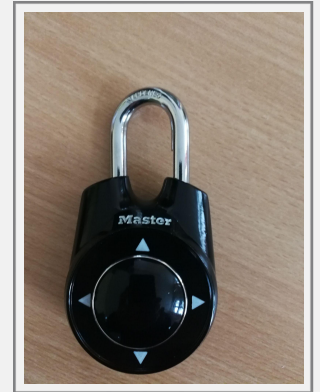
A GIFT TO FRANCISCA



Answers & Solutions to the game puzzles

2. There is a phone in the first compartment of the bag with a "Bluetooth" iSearching app image , QR scanner and "WhatsApp". The city map (fragment from Riga map)(component 2 "Fragment of city map") shows the directions for Francisca to reach the place of the birthday celebration - a cafe, where her friends are waiting for her. There is a "WhatsApp" icon on the card as an indication to view the correspondence.

"WhatsApp" reveals a correspondence between Eva and Francisca, with an audio message at the end, which makes it easier to open the directional switch that locks compartment 2 of the bag. The lock (picture No.4) can also be opened by following the directions on the map. "WhatsApp" conversation reveals that Eva is dating a guy called Michael, and that there is physical and emotional violence in her family. Dad slaps kids, takes control over their each step, but the mother buys a chocolate bar instead of defense.



picture No. 3

"WhatsApp" conversation



Francisca: Hi! How was the date with Michael?

Eva: Hi! Better don't ask!

Francisca: What happened?

Eva: I turned back home at 8:30, dad went crazy: "Look at her! Is that why we send you to school? To bring us home bastards?!"

Francisca: Disgusting...

Eva: Stinker! Bloody stinker! He doesn't know and understand anything! He, with his dirty mind! I'm already 15, I have the right to come back home later from time to time.

Francisca: Take it easy! Slow down!

Eva: Slow down?! He even slapped me! The cheek is still burning.

Francisca: Isn't mom defending you?

Eva: Hmm... She says I have to understand

dad. And brought me another piece of chocolate. As usual... I hate them both!!!

Francisca: I understand you! Does he beat you often?

Eva: The last time he did it when I called grandma an old witch (that she actually is).

Francisca: My parents haven't done anything like that.

Eva: When I was a kid, I often was slapped by him, my brother also gets some still.

Francisca: But mom? What she?

Eva: She helps us to get over the pain. For each slap we receive at least one chocolate, that she brings in our room secretly.

Francisca: It is awful... We'll talk about it tomorrow. I have to join dinner. Hold on!!!

Eva: Bye! See U!

A GIFT TO FRANCISCA

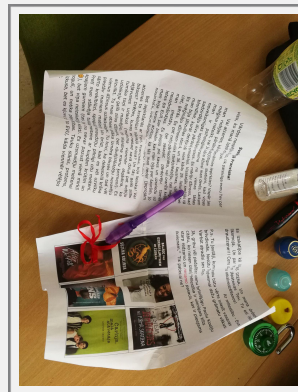


Audio file: Hi, Francisca! I left you a map, there is our meeting point. I'll wait for you on August 27, 6 p.m. at the party place. I know that map is not your best friend, well, I also left a voice message. You will step out at Tērbata Street, it is close to the Latvian National Museum of History. Go down straight up the Tērbata Street till you reach Elizabete Street. Then turn right and go until you reach Krišjāņa Barona Street. Turn left and go till Blaumaņa, then turn right and walk past the restaurant "Kozy Eats" till Čaka Street. Turn left, cross Lāčplēša Street and go to Ģertrūde Street. Turn right and go straight down and look for a building with 16 pink balloons attached to the door.

3. There is a bottle **in the second compartment** with direction and digit code. There is a letter to Francisca from Eva in the bottle and UV pen. To open the direction and digit code, participants must examine the cosmetic bag. Inside the bottle label is an instruction (picture No. 4) on how to open the switch. To see it, the beads should be transferred from the full bottle to the empty one. The letter (Component N° 5 "Plastic bottle letter - A letter to Francesca") contains a digit code written with invisible ink. The letter contains an indication of where to look for the code for the third bag compartment switch. The word "invisible" is highlighted in red ink, and under the cover of the book "The Invisible Boy" is a digit code (picture No.6) written in invisible ink. From the letter, the participants learn what a wonderful relationship Eva and Francisca have. Eva trusts her completely and also tells her about her biggest problem - she is ashamed of her body because the girl is overweight.



picture No. 4



picture No. 5



picture No. 6

A GIFT TO FRANCISCA




Instruction to unlock the switch:

1. Put 0!
2. Turn right 360 degrees!
3. Turn the number 29 to the right!
4. Turn 360 degrees to the left!
5. Turn the number 36 to the left!
6. Turn the number 6 to the right!

4. Once the code for the **third bag compartment** switch (picture No.7) is decoded, the participants get access to 3 things (picture No.8): locked diary, diet book and a pencil case. While studying the diet book, the participants find a bookmark with the number "0" in Braille. This can be ascertained from the Braille transcript page, which is also in the book.

By turning 3 zeros, the participants can open the pencil case switch. There are sticky notes (picture No.9) in the book stating that the girl has tried the blood type diet, sharing her observations of how this diet affects her. In the pencil case there is a bottle with yellow capsules, a name card (pin), inside which one half of the QR code is hidden behind the word "EVA" (the other is on the cover of the diary) (picture No.10).

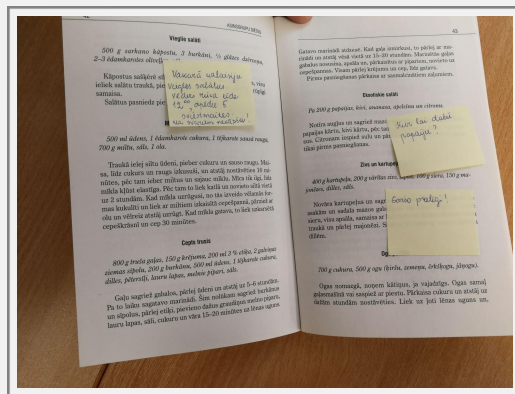
The diary has a lock with a key. To find it, you need to use the application on your phone, which is shown on the lock of the diary  The key finder together with the lock is hidden in the room and beeps when "ALARM" is pressed in the application.



picture No. 7



picture No. 8



picture No. 9

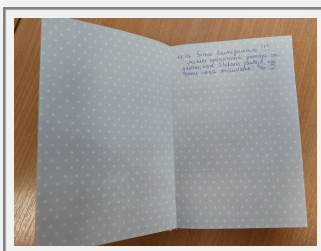
A GIFT TO FRANCISCA

The diary (picture No. 10 - No. 12) describes the most important events in Eva's life, her relationship with Michael, the diet plan, there are 2 photos of the girl. At the beginning - chubby Eva, at the end - Eva, who has lost 20 kg of weight (picture No. 15). A girl advises her friend to watch a video that contains the "key" to her beauty. By putting the two halves of the code together, the participants can scan the QR code (picture No.13) and watch a video about a deadly drug that many people can buy online without age restrictions. It helps to lose weight, but causes serious health problems or even death. The video is based on real events.

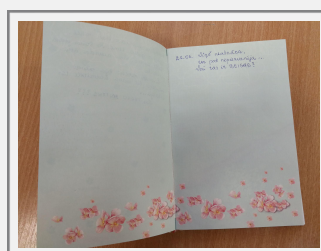
Link to video: https://www.youtube.com/watch?v=A8vUKhPEKpc&list=PL3bBI5jH2vIH68Y3bY1l-ZD7U4gd9qZHq&index=1&t=7s&ab_channel=ITVNews



picture No. 10



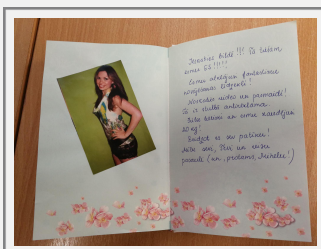
picture No. 11



picture No. 12



picture No. 13



picture No. 14



picture No. 15

After watching the video, the participants draw conclusions about what happened to Eva, and why she ended up in the hospital. The participants also use facts from the "WhatsApp" correspondence with Francisca, letters to a friend, diary entries, diet book sticky notes in their argumentation. The participants decide what information should be given to doctors to help save the girl's life.

At the end of the adventure, the participants participate in a discussion and evaluate their teamwork, drawing conclusions on what should be improved.



What to observe during the adventure

The facilitator observes the game and provides help by asking prompting questions (1. Look carefully on the map! What symbol can you see? Why? 2. Look at the pen! What do you need it for? 3. What kind of symbol is on the lock of the diary?) or giving small clues whenever necessary.

The facilitator may make notes for the evaluation of the teamwork (in a previously prepared table in which the necessary criteria are selected). The facilitator also informs the participants about these criteria. At the end of the game, the facilitator gives an evaluation for group work. Recommends what should be improved.



Reflection

At the end of the adventure the participants summarise what they have found out about Eva. The participants engage in the discussion about problems actualised in the Backpack.

- What problems did the breakout game make you think about?
- Why do you think Eva has low self-esteem?
- Why doesn't Eva accept herself as she is?
- How does this affect her life?
- What would be your recommendations for Eva?
- How do you rate the use of diet pills in adolescence?
- Why is the dangerous weight-loss product that Eva bought still available in the online store?
- What are your takeaways from the game?

The facilitator asks to fill in the evaluation of group work.

<https://ideaboardz.com/for/llze/4815472>

The questions are:

1. What was the contribution of each participant?
2. Who did what?
3. Compare yourself with any living creature that corresponds the most to your feelings during the group work!
4. What would you do differently during the teamwork?
5. Praise yourself and any other group member for a specific task completed!
6. Name any failure during teamwork!



Additional notes

The escape game can be an introductory lesson before the reading and analysis of M. Pressler's book "Bitter Chocolate" in the literature lesson. Can be used as an activity in a class lesson dedicated to the topic "Self-acceptance" etc.

The evaluation of group work can be viewed as a study of group dynamics. It would be useful for a classroom teacher.

The teacher would have the opportunity to observe the socio-emotional competence of the students in the game.

The game is definitely adaptable to any group of participants. You can change the texts as needed (shorten them, add something, remove them). It is possible to change locks and also tasks for codes. All tested groups rated this escape game positively. The game is related to real life, the problems highlighted in it are relevant and interesting for young people.



Setting up the tools for the adventure

- Pen
- Empty greeting card
- Scissors
- Glue
- Phone
- Drill
- 0,5 l bottle
- Travel size bottle
- Sticky notes and the diet book
- UV pen with UV light
- Cardboard and the bookmark

You can find all the components of this Escape Adventure at:
www.lookingatlearning.eu/escapeexclusion/toolkit

A GIFT TO FRANCISCA



Step by step instructions on how to set up the game tools

The side pocket of the backpack

- A pen and an empty greeting card (Write the text of the greeting card! The link to the text of the greeting card: https://gnvsk-my.sharepoint.com/:w:/g/person/vitam_gnvsk_lv/EVPb0TOXju5CtKcAgmSZf6IBnrHv5JyifGsaYqRK1_Wv7w?e=nEAKri)

Put the greeting card in the side pocket of the backpack



Tags on the backpack.

- Circle four numbers on the tags outside of the backpack with a pen. These numbers are the code of the lock No.1 of the backpack.

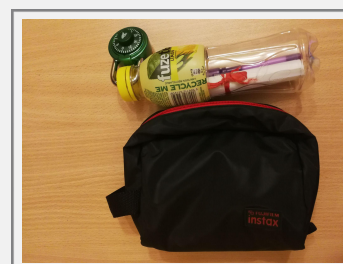


The first compartment of the backpack (It contains a phone, the chocolate bar with the sheet of the map inside).



- Phone* with the WhatsApp conversation between Eva and Francisca and the audio file
- Install QR code reader and searching apps!
- Print the city map, insert the sheet of the map in the chocolate bar.
- Put the chocolate bar with sheet of the map and the phone in the first compartment of the backpack.

The second compartment of the backpack (It contains 1. plastic 0,5 l bottle with directional and numerical code, UV pen with UV light and the letter; 2.the cosmetic bag with different items, 2 travel size bottles).



A GIFT TO FRANCISCA

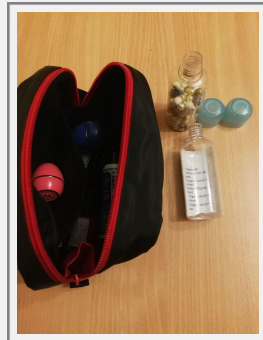
1. Plastic 0,5 l bottle with a directional un numerical code

- Print the letter
- Write down the code of the third lock of the backpack with invisible ink (use UV pen) in the letter, put the letter and UV pen in the 0,5 l bottle.
- Drill a hole in the plastic bottle and in the cap of the bottle, insert a lock with a directional and numerical code!



2. The cosmetic bag.

- Cut and glue the instruction to open the lock of the bottle with the numeral and direction code: Print and cut out the instruction sheet (the instruction sheet is the one that comes with the lock you buy, you'll have to adapt it to it) , and glue it onto the other side of the small label. Glue the label onto the small bottle, and fill the bottle with beaded parts enough to hide the part of the instruction. Put it in the cosmetic bag with various cosmetic items.



The third compartment of the backpack (It contains 1. the diary with lock; 2. the diet book with steaky notes inside, bookmark and Braille transcript page; 3. a pencil case (with 3 numeral code) containing a clip-on word card and half of QR code, a bottle of yellow capsules)

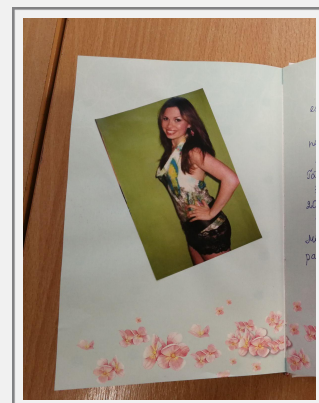



A GIFT TO FRANCISCA

- Glue the half of the QR code qr-code.png onto the last page of the diary the other part of the QR code put into the clip-on word card.



- A diary with lock. Glue two photos of a young girl in the diary: one at the beginning and one at the end, showing her before weight loss and after it).

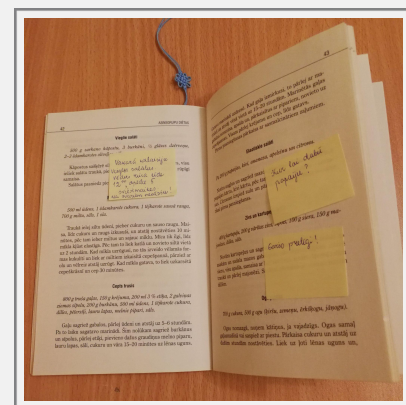


- Print a small picture of iSearching app  cut it and glue it on the lock of the diary!



3.The diet book

- Sticky notes. Take sticky notes and write some comments about diet. Put them on the pages of the diet book.



- The cardboard for making the Braille bookmark. Take the Braille numbers from the link provided and use them to create a Braille bookmark. The numbers of the bookmark are the code for the lock of the pencil case.



4.Clip-on word card

- The half of the QR code put into the clip-on word card. Write down the name "EVA".



You can find all the components of this Escape Adventure at:
www.lookingatlearning.eu/escapeexclusion/toolkit



Project Partners



Asociación Promesas (SPAIN)

Authors: Ruta Kronberga, Nacho Salgado, Esther Bombín, Javi Quilez
javi@promesas.eu www.promesas.eu



Colegio La Milagrosa y Santa Florentina (SPAIN)

Authors: Marina Represa, Yaiza Martínez, Inés Aparicio
lmsf@lmsf.es www.lmsf.es



Youth Exchange Service (THE NETHERLANDS)

Authors: Gabi Steinprinz, Konstantina Korai, Dani Korai
gabstein@gmail.com www.yesnow.nl



V.O. de Vallei (THE NETHERLANDS)

Authors: Inge van Es, Lex Eijt, Taco Ritsema van Eck, Jelle Klijn
info@vodevallei.nl www.vodevallei.nl



Jaunpils municipality (LATVIA)

Authors: Ieva Zagmane, Jurgis Kukša, Inga Abula
izagmane@gmail.com www.jaunpils.lv



Gulbene municipality (LATVIA)

Authors: Anita Birzniece, Jana Keibeniece, Gunta Gruniere, Zita Grinberga, Vita Mednieve
dome@gulbene.lv www.gulbene.lv



Stranaidea S.C.S. (ITALY)

Authors: Chiara Bechis, Marco Fiorito, Marta Sartorio, Katerina Nastopoulou
teatrodigiornata@stranaidea.it www.stranaidea.it



Co-funded by the
Erasmus+ Programme
of the European Union





ESCAPE ADVENTURE MODULE

A GIFT TO FRANCISCA

FORMAT: ESCAPE BACKPACK

Co-funded by the
Erasmus+ Programme
of the European Union



www.lookingatlearning.eu