

## City Regions Food-System Lab Serious Game

Welcome Participants!

This is a capacity-building board game designed to enhance your understanding of CRFS needs, barriers, and opportunities. The game board is developed in two options: Capacity Building and Best Practices & Challenges and consists of start and finish spaces, with players navigating through tasks, drawing from three card decks—Barriers, Tips, and Accelerators—that reflect various CRFS scenarios.

### Game Components:

- Game Board with Start and Finish spaces
- Playing pieces (Any small item will do! Food items like macaroni or peanuts are suitable, but a small item from players bags or pockets will also work)
- Dice (multiple dice are recommended for larger groups)
- Card decks (Yellow - Barriers, Blue - Tips, Green - Accelerators)

### Commencing the Game:

1. **Prepare the game** by laying out the game board, shuffle each deck of cards thoroughly, and place them face down on their corresponding-colored spaces on the board. Let each player pick (or find) a playing piece.
2. **Determining the first player** by a round of dice rolls. The individual with the highest roll commences the game. The next players take turns in a clock-wise order, until one player has won the game or time has run out.
3. **Take turns** by rolling the dice. Use one dice per turn. Move your playing piece across the board by the number that you threw in your dice roll.
4. **Landing on a colored space** means the player should draw a card from the matching deck (**yellow for barriers**, **blue for tips**, **green for accelerators**). The player reads the card aloud and follows the instructions on the card. These instructions may tell you to move your piece or to complete a task such as sharing a Lab experience or insight.
5. **Reaching the Finish Line:** The first player to reach the "Finish" space is declared the winner!
6. **Important Note:** Certain cards may instruct you to move your playing piece forward or backward on the board.

### Enhancing Your Game Experience:

- Encourage all participants to actively share their experiences and strategies throughout the game.
- Utilize the drawn cards as a springboard for stimulating discussions on CRFS challenges and opportunities relevant to all stakeholders involved in the CRFS Lab.
- Promote a fun and creative atmosphere while encouraging the use of repurposed food items as playing pieces (avoiding food waste is essential).

**This serious game serves as a platform for capacity building and fostering collaboration within a CRFS Lab.**

**Enjoy the game, learn valuable insights, and prepare to make a positive impact!**



Horizon 2020  
European Union Funding  
for Research & Innovation