

A decorative border made of colorful LEGO bricks (red, blue, yellow, green) arranged in a stepped pattern along the left and right edges of the slide.

First Internal Check

CHAN, Hiu Yau (Hilda)
CHOI, You Jin
HO, Wing Tung (Sammi)
KIM, Tae Eun (Chiara)
LAI, Kam Wai (Kelly)
WONG, Hang Ho (Henry)

A decorative border made of colorful blocks (red, yellow, blue, green) is arranged in a stepped pattern along the top, bottom, and sides of the slide. The blocks are of various sizes and are placed to frame the central content area.

Overview

Overview

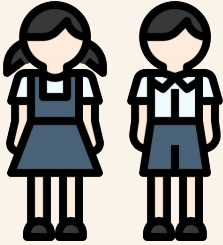
The purpose of the board game is to educate children on nutrition, specific diseases prevalent in Sri Lanka, hygiene and water issues, and smoking/drug/alcohol abuse problems.

The children will be assessed with a follow program (e.g. including assessments, challenges, and questionnaire) to see if the board game has helped in changing their behaviours in real life.

Aim

I-KANDO is a board game targeting children of ages of 11-13 in TEA Plantation Estate (Kandy), where the people in the community lack understanding of health. By 28th May 2021, we will design a board game that will educate the children on nutrition, alcohol/drug/smoking abuse, and hygiene problems. We aim to change their behaviours and test their knowledge through a 7-week challenge, which will be assessed by the TEA leaders.

Users

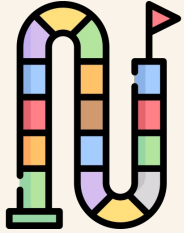


Target Users: children aged 11-13



Number of Users: Each team consists of 2-3 people (min. 2 teams, max. 4 teams)

Length of the Program



Board game- around 1 hour

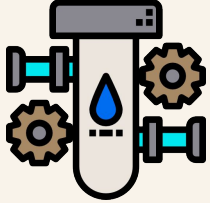


Follow-up (7-week challenge)- 7 weeks

Improvement on Health & Well-Being



Increase **solid knowledge** through game



Increase **practical knowledge** through experiments and the 7-week challenge



Teamwork



Meet the Needs of the Community

Problems we want to tackle:


- Lack nutrition knowledge
- Disease
- Water and hygiene
- Drug and alcohol

→ quiz cards having all categories





Instructions

1. Each team consists of 2-3 people.
 2. Each team puts their token on the place that says “START”. The number represents the “nutrition level” of the player, meaning “50” would be the healthiest.
 3. Roll the dice, and move the token forward the number of spaces shown on the dice.
 4. If the token lands on the ladder, either move up or down.
 5. If landed on the **“Quiz” cards**, **“Action” cards**, or **“Truth or Dare” cards**, do accordingly.
 - Quiz Card- If the token land on the specific icon, solve the question. If the answer is wrong, the player has to move one space backward.
 - Action Card- The player moves according to the instructions stated on the card.
 - Truth or Dare- If the player chooses “truth,” the team needs to answer a hard question. If the player chooses “dare,” the team needs to do a small experiment.
 6. The player wins if he or she reaches “50” first.
- 

Experiment (“Dare”)

Three intentions are included in providing the “dare” part

1. Provide players solutions to deal with the real life situation/case
2. Encourage players to take actions after having reasons to make changes

Experiment (“Dare”)

e.g. A 12 year old girl is suffering from anemic symptoms (anemia: when the blood lacks health red blood cells). She usually eats roti (carbohydrates) only for all of her meals on a daily basis. She feels tired and and dizzy, but she doesn't know why. Why is she showing these symptom? How can she be treated to feel better?

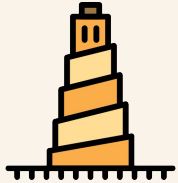
A: balanced diet and lacks vitamins, iron (e.g. eggs)

A decorative border made of colorful blocks (red, yellow, green, blue) is arranged in a stepped pattern along the top, bottom, and sides of the image, framing the central content.

Design

Customized to Local Culture

Design



Building chosen (new landmark) :

- Sri Lanka Colombo Tower
- 3D elements relating to the themes

Art Nouveau Style

- Often used to express natural elements and sensuality



Customized to Local Culture

Game



Questions:

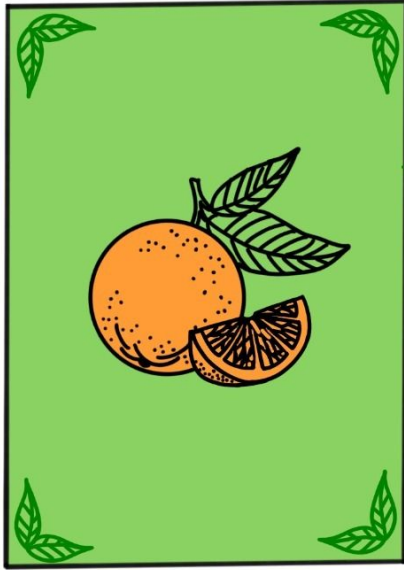
- Designed for children within the age groups based on their issues



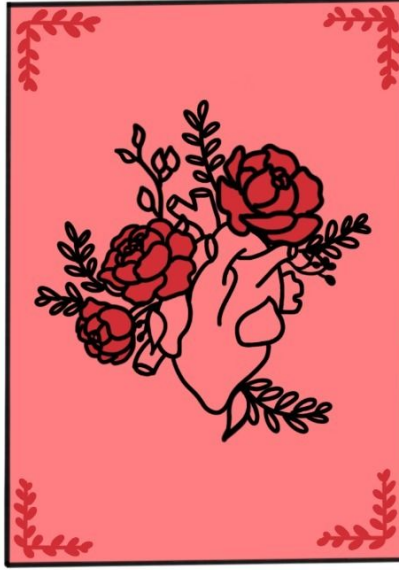
Game:

- Special features (e.g. Action cards with experiments and switching position)

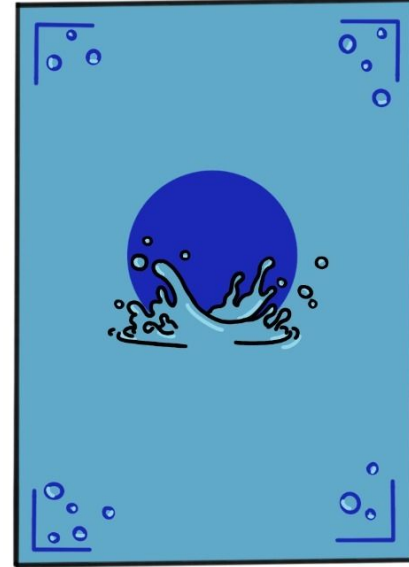
Card Categories



nutrition

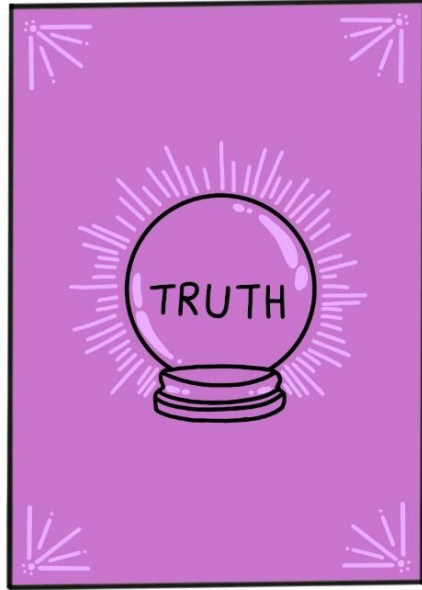


diseases



water & hygiene

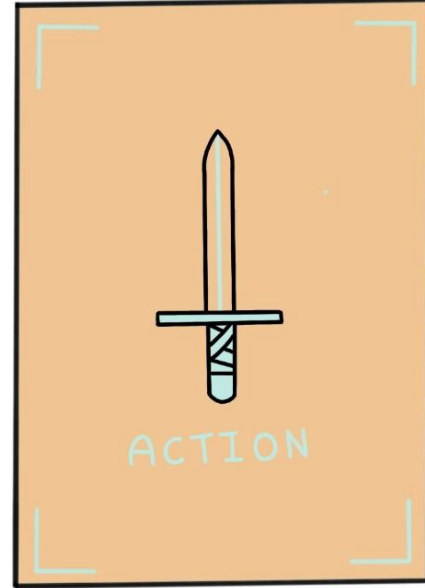
Card Categories



truth



drug & alcohol



action

Card Categories



d a r e

3D Model



Lotus Tower



A decorative border composed of various colorful geometric shapes, including squares, rectangles, and triangles, arranged in a pixelated or blocky pattern. The colors include red, yellow, green, and blue. The shapes are scattered along the top, bottom, and sides of the slide, framing the central content.

Engagement of the TEA Leaders

Design Process



Interviews



Suggestions



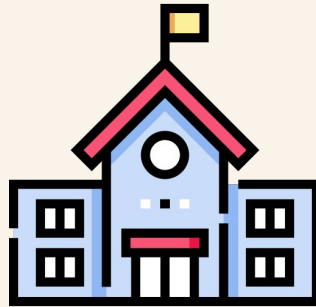
In-depth Information



Translation



Common Issues in
Sri Lanka



Academic Background
(Knowledge levels on
those issues)



Technology Background
(Internet Accessibility)

Design Process



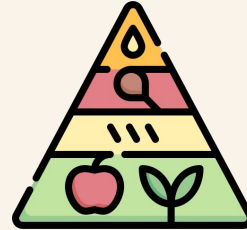
Interviews



Decide Target Group
(Age 11-13)



Suggestions



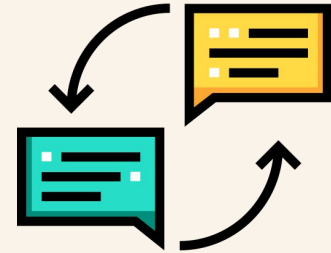
Decide the Target
Problems
(Nutrition, Hygienes,
Alcohol & Drugs)



In-depth Information



Translation



Acknowledge the
resources from TEA
Leaders
(Translation service)

Design Process



Interviews



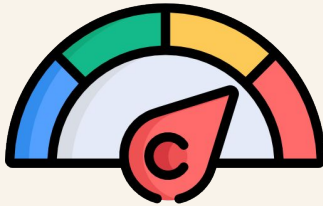
Suggestions



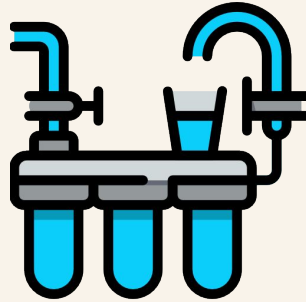
In-depth Information



Translation



Difficulty Level of
I-KANDO
(Refer to the
syllabus)



Recommended
Experiment Ideas
(Water Filter, Making
Soaps...)



Detailed Information about
our target pain points
(Nutrition, Hygienes and
Alcohol & Drugs)

Design Process



Interviews



Suggestions



In-depth Information

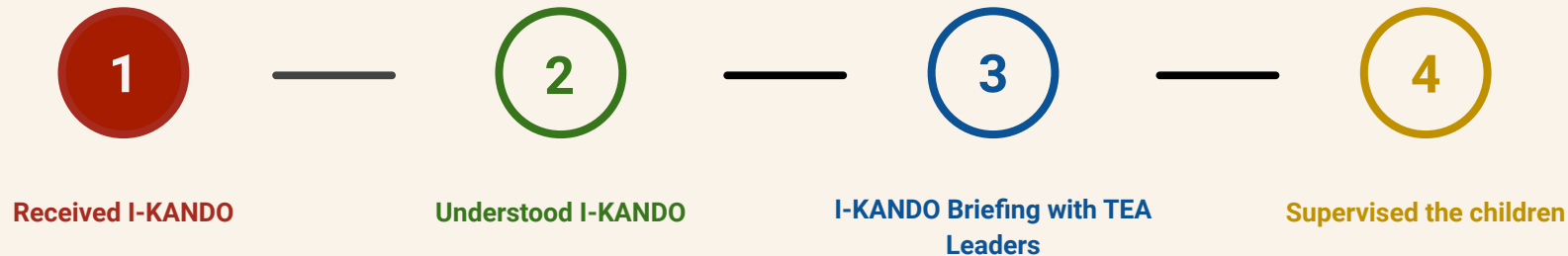


Translation



Translate I-KANDO
instructions and quizzes to
Tamil

Implementation Process



Plan A

Through
International
Logistics Company

Plan B

Reached
Local 3D printing
company

Implementation Process

1

Received I-KANDO

2

Understood I-KANDO

3

I-KANDO Briefing with TEA
Leaders

4

Supervised the children



Detailed Instructions
Booklet in I-KENDO



Demonstration Video
QR Code in I-KENDO

Implementation Process

1

Received I-KANDO

2

Understood I-KANDO

3

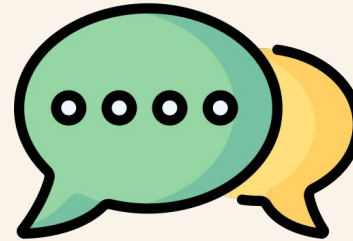
I-KANDO Briefing with TEA
Leaders

4

Supervised the children



Online Meetings with
TEA Leaders

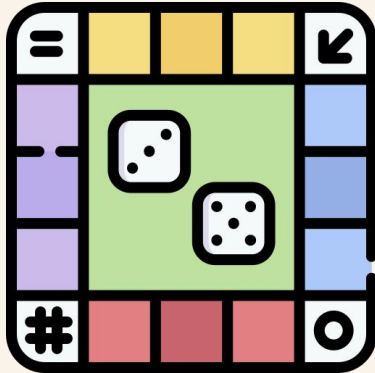


Online Chat through
Whatsapp

Implementation Process

1

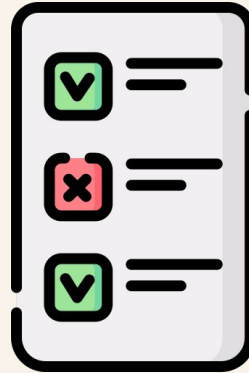
Received I-KANDO



Guide children to play
I-KANDO correctly

2

Understood I-KANDO



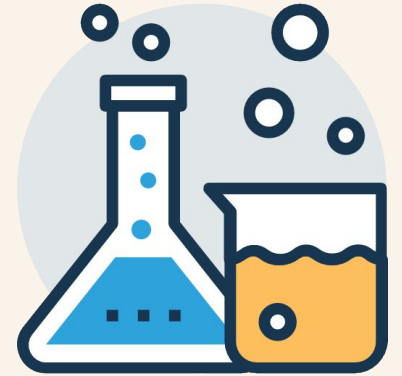
Check Answers for the
Question part in I-KANDO

3

I-KANDO Briefing with TEA
Leaders

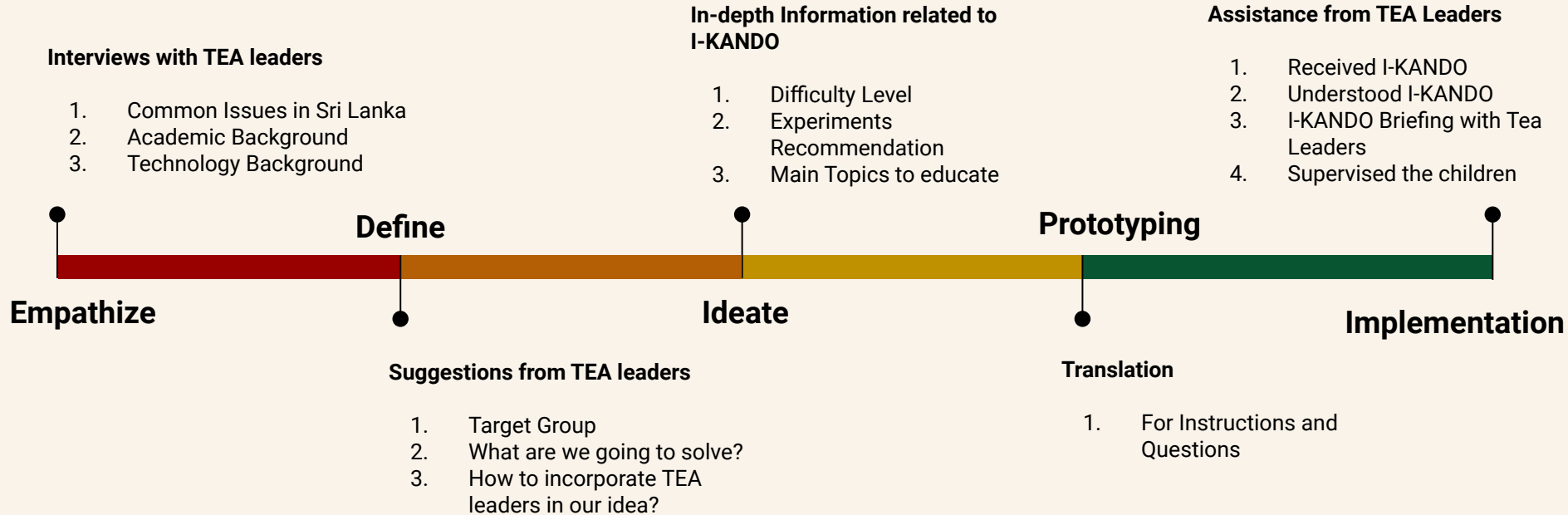
4

Supervised the children



Supervise children on their
experiments

Roadmap with TEA Leaders



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Delivery

Delivery Destination

Location of TEA Head Office in Sri Lanka:

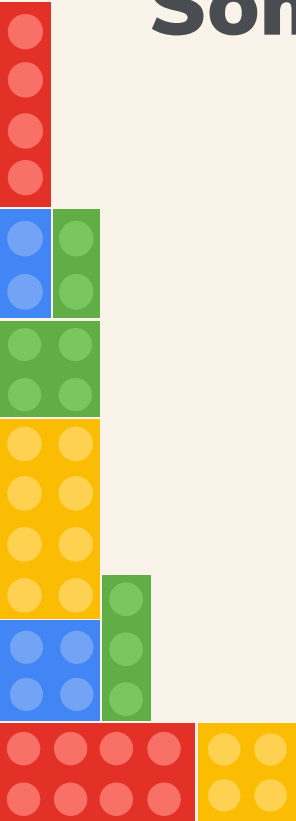
98/4 Galkanda Rd.

Anniwatte Kandy, 20000

Central Province, Sri Lanka



Some Delivery Services Solutions

- 
1. International Logistics Company (ex: FedEx, DHL)
 2. Local 3D Printing Service
 3. Use Connections

A decorative border of colorful blocks (red, yellow, green, blue) is arranged in a stepped pattern along the top, bottom, and sides of the image, framing the central text.

International Logistics Company

FedEx Estimated Time and Cost

Here are the rates and delivery dates for shipments sent Monday, March 15, 2021

Amounts are shown in HKD

ARRIVES ON

DELIVERED BY

HK\$1,671.13

FedEx International Economy®

Base rate	HK\$2,259.50
Fuel Surcharge	HK\$236.68
Peak Surcharge	HK\$78.75
Volume discount	-HK\$903.80
Estimated Total	HK\$1,671.13



Delivery date and time estimates are not available for this shipment.

DELIVERED BY

International Priority®

HK\$1,821.84

Base rate	HK\$2,475.10
Fuel Surcharge	HK\$258.03
Peak Surcharge	HK\$78.75
Volume discount	-HK\$990.04
Estimated Total	HK\$1,821.84

FedEx

- **Estimated time:**
 - 2 days for FedEx International Priority (March 17)
 - **10 days for FedEx International Economy (March 25)**
- **Cost:**
 - 1671.13 HKD (considering maximum 10.5kg)

FedEx Size and Weight

- **Maximum weight international:** 68kg per piece
- **Maximum length:** 120cm
- **Maximum 2nd longest side:** 70cm
- **Maximum length + girth (L+2xW+2xH):** 266cm

Service	Parcel Weight	Actual Weight	Dimensions	Divisor	Volumetric Weight	Chargeable Weight
 FedEx International Priority®	10kg	10kg	50 x 30 x 20cm	5000	5kg	10kg
 FedEx International Priority®	10kg	10kg	50 x 60 x 40cm	5000	24kg	24kg

FedEx Sri Lanka Import Prohibitions

Acids
Batteries, Haz
Bearer Documents
Bio Products, Haz
Books: hardback/paperback non-comm
Chemicals, Haz and Non-Haz
Communications equipment
Compact discs
Corrosives
Cosmetics, Haz
Cotton seeds
Dangerous Goods as defined by IATA (Intl. Air Transport Association)
Drugs/Narcotic Substances
Drugs, Prescription and Non-Prescription
Films: entertainment
Firearms
Flammables
Gambling devices
Gases
Ice, Dry

Ice, Wet
Infectious Substances
Liquids, Haz
Magnetized Materials
Military equipment
Obscene Literature (material ridiculing any religious belief)
Oxidizers
Paints, Haz
Passports
Perfume, Haz
Personal Effects
Phones/modems
Plant products
Plants
Poisons
Radar equipment
Radio equipment
Radioactives
Seeds
Ship spares
Tapes, video cassettes
Telecommunications equipment
Toiletries, Haz
Toys

FedEx Documentations

Fill in the **Electronic Trade Documents (ETD)**:

- From and To
- Package and Shipment Details (Ship date, number of packages, weight, etc.)
- Billing Details
- Pick-up / Drop-off

Confirm your shipment details		
Outbound Shipment		
From	Jane Ellen 123 Pratt Ln College Grove GA 35216 U.S.A	Ship date 18/08/2016 Number of packages 1 Total weight 2.00 kgs Declared/Carriage Value 50.0 UKL Pricing option Service type International Priority Package type FedEx Box Dimensions
To	John Elliott 123 Broadway Nashville TN 37234 U.S.A	Bill transportation to MyAccount-000 Bill duties/taxes/fees to Recipient Your reference Pickup/Drop-off Use an already scheduled pickup/Schedule a pickup later P.O. no. Invoice no. Department no. Special Services



A

From :
Hong Kong,
Hong Kong SAR, China

B

To :
KANDY, Central Province 20000
Sri Lanka

Documents
Express Flyer - 1 Piece - 10.5 kg (47.5 X 38 X 1 cm)

Shipment Protection

I'm sending my shipment on

March
13
Today

March
14
Tomorrow

March
15
Monday

March
16
Tuesday

March
17
Wednesday

March
18
Thursday

More
+

Delivery Date

Delivered By

Estimated Price

New Quote

Share This Quote

March
22
Monday

EXPRESS
WORLDWIDE

End of Day

LKR
60,563.52
[Details](#)

Select

[Find a location](#)

DHL rate estimate as of Mar 13, 2021, 3:44 PM

DHL

- **Estimated time:**
 - 7 days (March 22)
- **Cost:**
 - 60563.52 LKR, or 2393.58 HKD

DHL Size and Weight

- Maximum dimensions per item: 120 x 120 x 150 cm high
- Maximum recommended weight for parcels: 70 kg (but flexible)

Service	Parcel Weight	Actual Weight	Dimensions	Divisor	Volumetric Weight	Chargeable Weight
 DHL Express Worldwide	10kg	10kg	50 x 30 x 20cm	5000	6kg	10kg
 DHL Express Worldwide	10kg	10kg	50 x 60 x 40cm	5000	24kg	24kg

DHL Sri Lanka Import Prohibitions

- Live animals
- Hunting (Animal) trophies, animal parts such as ivory and sharks fin, animal remains, or Animal-by-Products and derived products not intended for human consumption, prohibited for movement by the CITES Convention and/or local law.
- Human remains or ashes
- Bullion (of any precious metal)
- Cash (current legal tender)
- Loose precious and semi-precious stones
- Complete firearms, ammunition, explosives / explosive devices
- Illegal goods, such as counterfeit goods and narcotics

DHL Documentations

- Finish the parcel details **online**
 - Shipper's and Receiver's information
 - A full description of the shipment contents
 - Shipment details (number of packages in the shipment, total weight of the shipment and dimensions)
 - Payment for services as well as destination duties and taxes
 - If the shipment is dutiable (non-document), the value of the goods and associated codes

The screenshot displays the DHL online documentation form, divided into 'From' and 'To' sections by a vertical line. A yellow 'Switch' button is located between the two sections. The 'From' section includes fields for Name (First Name and Last Name), Company, Country/Territory (Hong Kong SAR, China), Address (tseung kwan o), Address 2, Address 3, City, Email Address, Phone Type (Mobile), Code (852), and Phone. There are checkboxes for SMS Enabled and Residential Address, and an 'Add Another' button. The 'To' section includes fields for Name (First Name and Last Name), Company, Country/Territory (Sri Lanka), Address (kandy), Address 2, Address 3, Postal Code, City, State, Email Address, Phone Type (Mobile), Code (94), and Phone. There are checkboxes for SMS Enabled and Residential Address, and an 'Add Another' button. At the bottom right, there is a green 'Next' button and a link for 'Notes about this contact'.

From	To
Name First Name and Last Name	Name First Name and Last Name
Company	Company
Country/Territory Hong Kong SAR, China	Country/Territory Sri Lanka
Address tseung kwan o	Address kandy
Address 2	Address 2
Address 3	Address 3
City	Postal Code City State
Email Address	Email Address
Phone Type Mobile	Phone Type Mobile
Code 852	Code 94
Phone	Phone
<input type="checkbox"/> SMS Enabled	<input type="checkbox"/> SMS Enabled
<input type="checkbox"/> Residential Address	<input type="checkbox"/> Residential Address
Add Another	Add Another
	VAT/Tax ID
	Notes about this contact
	Next

A decorative border composed of various colorful geometric shapes, including squares, rectangles, and circles, arranged in a pixelated or blocky pattern along the edges of the image. The colors include red, yellow, green, and blue.

Local Printing Service

Local 3D Printing Service

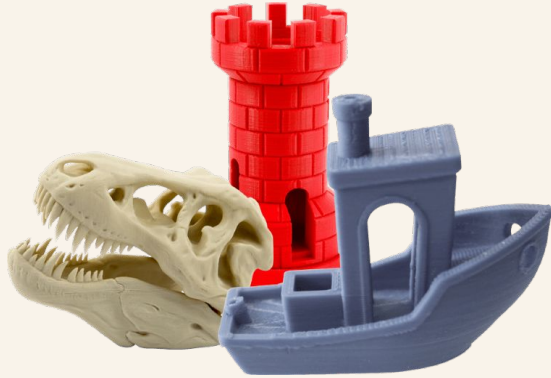


3D Tech Prototyping Company (Pvt) Ltd.

- **Address:** No. 444/1, Galle Road, Ratmalana, Sri Lanka
- **Time:** Around 4-hour ride from TEA plantation
- **Cost:** Not specified
- **Order:** through submission in “SHOP”

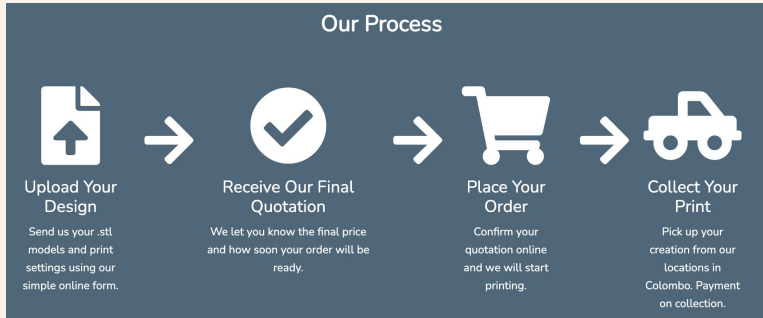
Name*	Email*
<input type="text" value="Your Name"/>	<input type="text" value="Your Email"/>
Phone*	Interested in*
<input type="text" value="Your Phone Number"/>	<input type="text" value="Select Interested in Section"/>
Upload file:	
<input type="text" value="Select a file please"/>	<input type="button" value="BROWSE"/>
Message*	
<input type="text" value="Your Message Here"/>	

Local 3D Printing Service



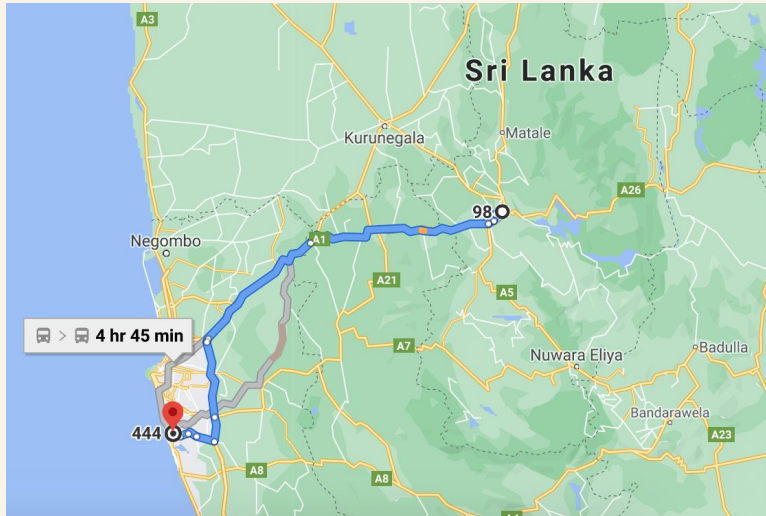
Makerlabs

- **Address:** 16, 14A Maligawa Rd, Sri Jayawardenepura Kotte 10100, Sri Lanka
- **Time:** Around 4-hour ride from TEA Plantation
- **Cost:** Normally Rs 30 per gram (but depends on the complexity and the materials of use)
- **Order:** make and account and order through online quotation form

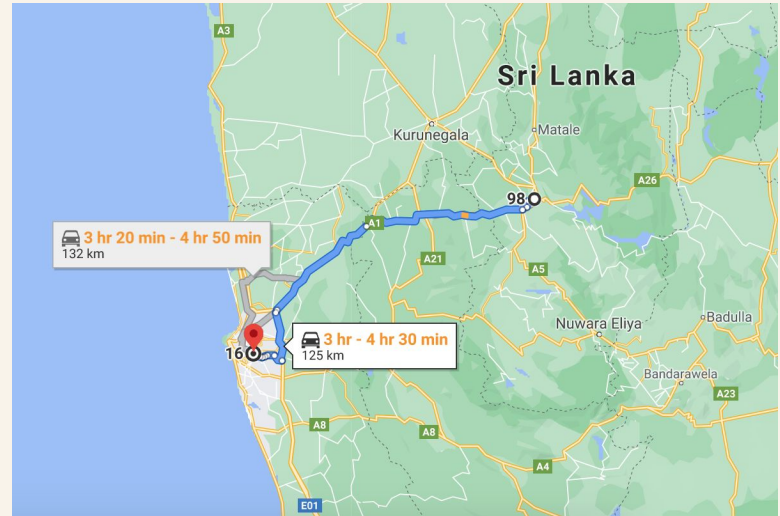


Local 3D Printing Service

Ask the TEA leaders whether they could pick up the design



3D Tech



Makerlabs

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Behavioral Changes

The elements included in our game

Education: (To change their mindsets - long term effect)

- The questions we designed are specific to the situations they are facing
- The question bank includes 4 main categories



Nutrition



Specific Diseases



Smoking/ Drug/ Alcohol Abuse



Hygiene

7-Week Challenge-Behavioral Change

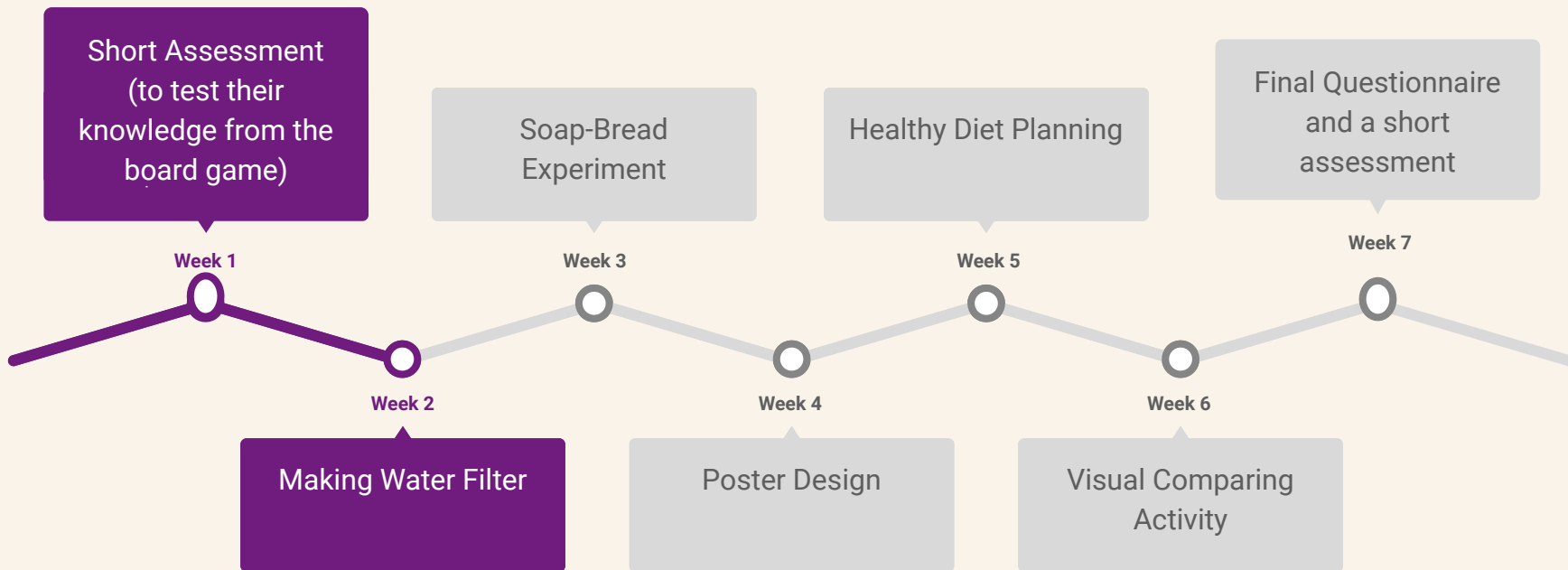
A study published in European Journal of Social Psychology in 2009 stated that it takes about **two months** on average to form a habit.

We would require the participants to take photos everyday to demonstrate that they have used the products made by themselves for 7 weeks. (For particular experiments such as the water filter and the diet planning part)

A **stamp or sticker** will be provided by the leaders if participants have shown the demonstration everyday (Finish one experiment will earn 5 stamps, use the products everyday will earn extra on stamps or sticker per day)

The participants who successfully use the products consecutively for 7 week will **earn a certificate (for motivation)**

7-Week Challenge Example (to be modified)



1. Making Water Filters

To promote drinking of clean water and importance of personal hygiene.



2. Soap-Bread Experiment

This experiment would show the visible difference and importance of using soap when washing hands.



3. Poster Design

For the purpose of promoting and advocating about common disease knowledge to others in the community.

Require players to design posters

Players can select any topics that they found interesting about common disease in Sri Lanka from the game.

Posters will be stuck in the community center and other places in the area (if possible).

4. Healthy Diet Planning

To learn how to eat healthy with the budget given.

Children will be given a budget (e.g. daily earning of a TEA plucker) to plan a healthy balanced meal.

Children may have to go to the markets to compare and decide the ingredients, which would also allow them to learn about the current market prices.

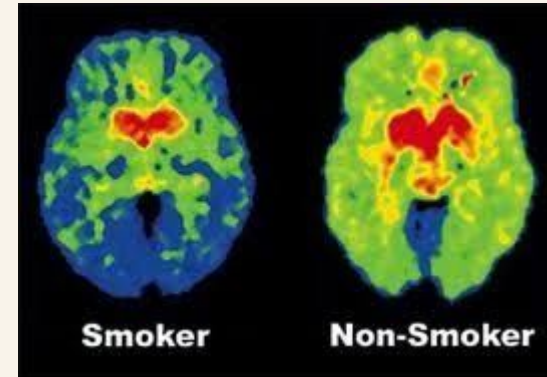


5. Visual Comparing Activity

This activity's purpose is to show the consequences of when one abuses drugs, alcohol, and/or smoking.

Most of the times, it is hard to understand the extent of damage that they cause because they cause internal damages.

Images/videos of lungs, brain scans, etc. will be shown and asked to identify the reason why one looks unhealthy and what this impact means.



Follow-up of Follow-up: Questionnaire

Answering a **survey** in the last week of 7-week challenge

Purpose: Keep track on the effectiveness of our game, and find out the parts that we can further improve

The questions may include:

1. The effectiveness of our game to improve their health states
2. The sense of satisfaction brought by our game (For future improvement/users feedback)
3. **A short assessment before and after the program**(To test whether they absorb the knowledge we want to inform them)



Demonstration

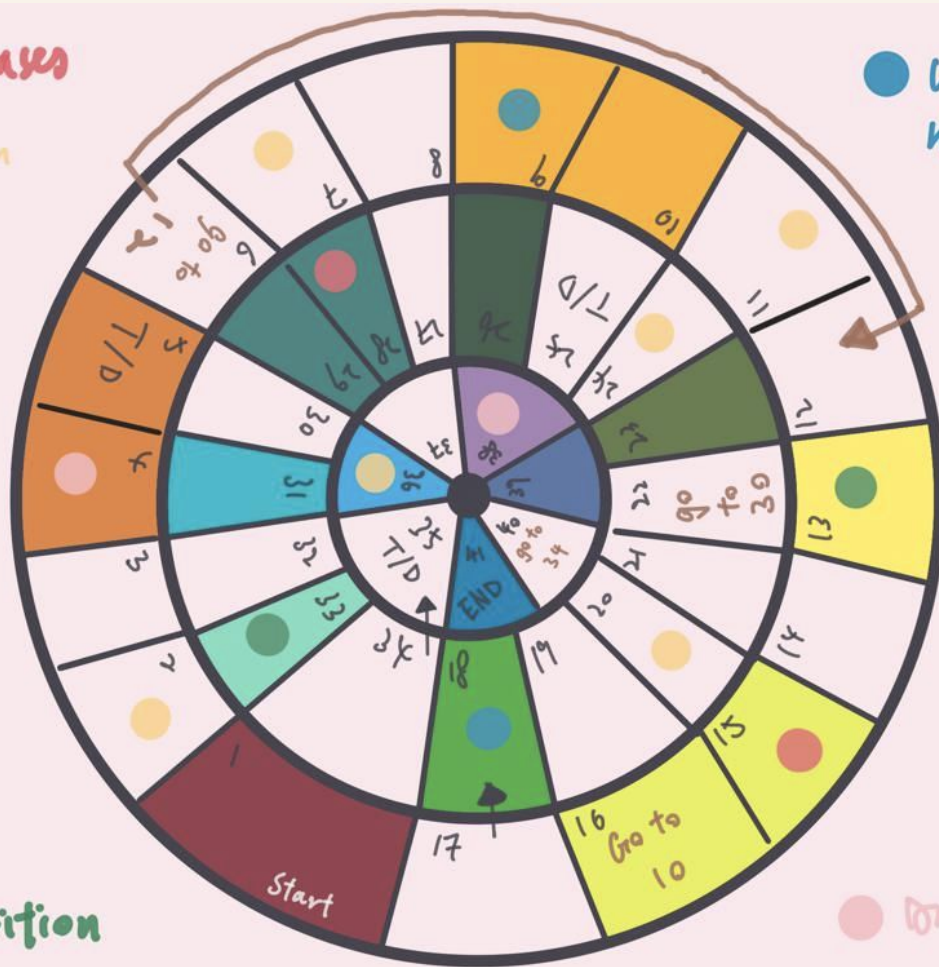
● diseases

● Action

● water & hygiene

● Nutrition

● Drug & Alc



Sources

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