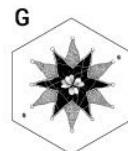
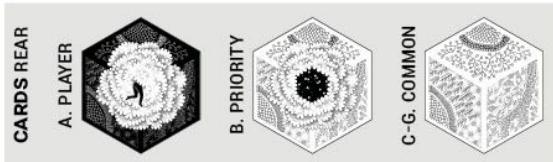
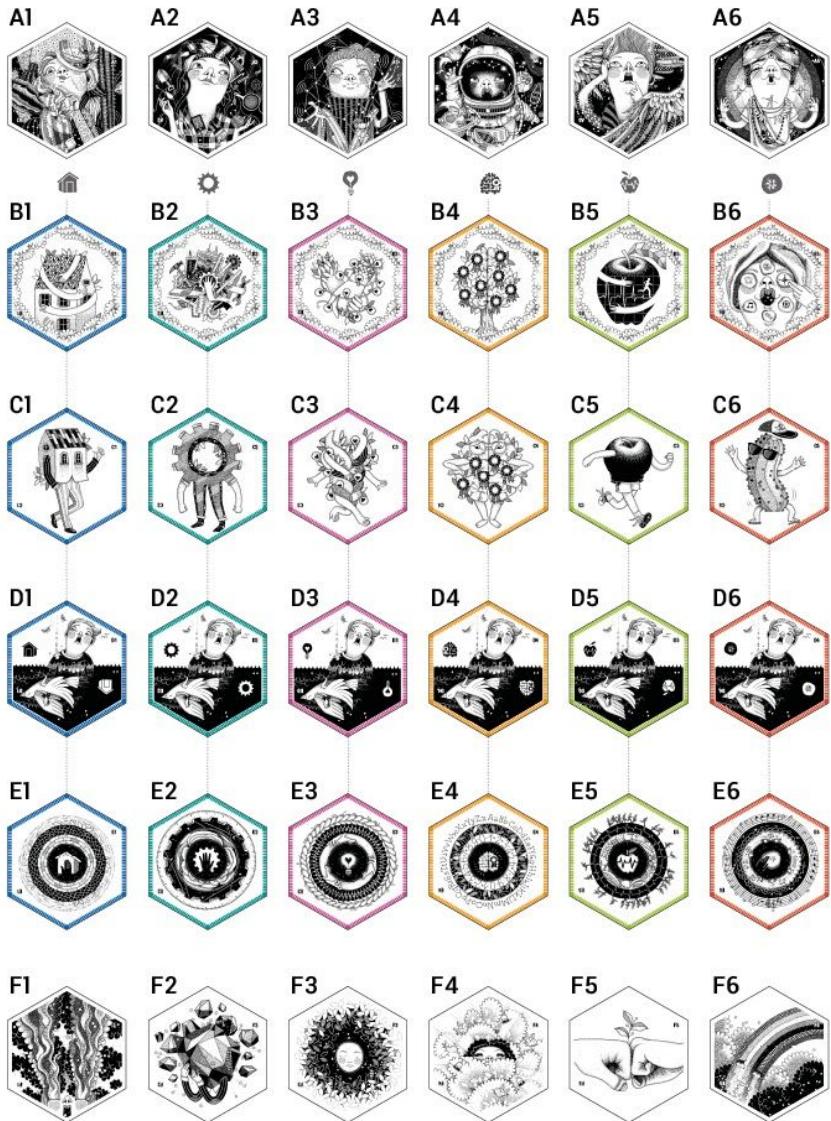




CARDS & STORIES



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A. Main Characters · Descriptions



Camy

acquires other players' superpowers

- + gets the other players' superpowers every time they meet
- + if Camy has more than one superpower, Camy can decide which one to use at the beginning of each turn



Netty

quickly connects to others

- + also connects to players on adjacent hexagons
- + once connected to other players, acquires their connections as well



Fenix

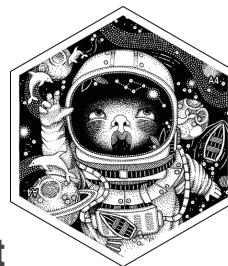
constantly regenerates

- + restores the equilibrium level once energy resource drops to zero

Multi

skilled in using technologies and tools

- + gets free tools (from stories where it lands on)



Scout

great at exploring

- + can roll again and play a second card every round



Zen

always maintains balance

- + in harmony: happiness resource never drops below the equilibrium level
- + when receiving happiness, gets double points

B. Primary Challenge · Descriptions



Primary challenge:

Housing

Getting a roof over your head, but primarily having a place where you can feel good and safe, is a priority for everyone. Finding a place is a tough challenge, especially for young people!

+1 HOUSING CHALLENGE



Primary challenge:

Work

Getting a job is essential in meeting our basic needs, and much more!

Nowadays, getting a job isn't easy, especially one that suits our interests, respects our rights and gives us security for the future.

+1 WORK CHALLENGE



Primary challenge:

Relationships

Friendship, love, family relationships... these bonds can make us feel good but can also make us suffer. The aim is to cultivate the positive relationships and rid ourselves of the complicated ones.

+1 RELATIONSHIPS CHALLENGE

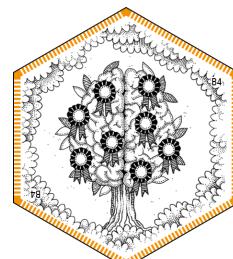


Primary challenge:

Education

Broadening our cultural horizons by understanding, learning and training opens doors for us and lets us achieve our goals in life.

+1 EDUCATION CHALLENGE



Primary challenge:

Health

Health first! Feeling good physically and psychologically is important for everyone, even if we sometimes forget about it since we're preoccupied with everyday events and challenges.

+1 HEALTH CHALLENGE



Primary challenge:

Wellness

Taking care of ourselves, doing what we enjoy, achieving an inner balance... It's easier said than done! Wellness is the starting point in dealing with everyday activities and coping with life's challenges.

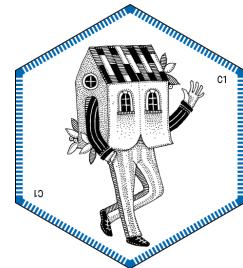
+1 WELLNESS CHALLENGE



C1. Secondary Characters · Stories

Housing

+1 Challenge Secondary Characters Housing



• Friend and host

A friend of yours has a big, cozy apartment. Knowing that you're looking for a place, he invites you to move in for a while and sleep on his couch. In exchange for this favor, he asks you to help pay the bills. You accept because you really want to spend time with him and have finally found temporary accommodation.

- > If you're Multi, instead of splitting the bills you do odd jobs for your friend: +2 happiness, +2 money
- > If you're not Multi: -3 money, +1 happiness, +1 energy

• Real estate agent

You decide to go to a real estate agency. The agent shows you several places. Some are too expensive, others are too small or too far away. You spend an entire day on this, but in the end you're happy because you've figured out what you're looking for in a home.

-3 time, +2 happiness

• Roommate

You're looking for a roommate to share the rent. You post a personal ad on the bulletin board at the local sports center.

Roll the dice:

- > Even: Nobody calls. You wrote the wrong phone number: -2 happiness, -3 time
- > Odd: Someone interested contacts you. She comes to see the place and is a Senegalese student. You like her from the start. You can't wait to know more about her country: +2 happiness, -1 time, +2 money

• Landlord

Someone rings the bell. You know it's probably your landlords, who live right across from you. They're an older couple, friendly people but a bit too nosy and curious. They ring your bell often for minor house-related issues or just to check on what you're doing. You're pretty annoyed...

-3 happiness, -3 time

• Social worker

You schedule an appointment with social services to be listed in the social housing rankings. The social worker asks you to fill out and sign several forms. You find out you two live in the same neighborhood. He'll ask around to see if someone he knows is renting a place and when you come back to drop off the other documents he'll let you know.

-1 energy, +1 happiness, -1 time

• Parish priest

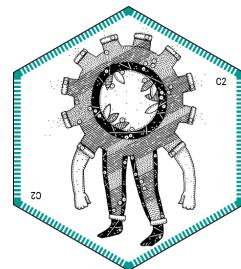
You run into your neighborhood priest and he offers you the chance to live for a year in the apartment next to the parish with three others from different cultures.

- > If you're Cami or Netty, you soon become good friends with everyone: +2 happiness, +2 money
- > If you aren't, the priest asks you to do some volunteer activities for the neighbors in exchange. You accept: -3 time, -3 energy, +2 happiness

C2. Secondary Characters · Stories

Work

+1 Challenge Secondary Characters Work



Friends' friend

You meet an old friend at a party. She tells you she's renting a shared desk in a coworking space: a big room with lots of tables and people working on their own projects. It's cheap, she goes just three times a week and always meets new people to work with. You like the idea and decide to go together.

-1 time, +1 happiness



Acquaintance

While waiting for the bus you talk to a woman who has a similar schedule. Today she tells you about her cousin who has a restaurant and is looking for someone to help in the kitchen. You ask for his number and call him right away.

Move 2 boxes in any direction and play the card.



Older artisan

You know an older artisan who owns a small mill where you buy bread and flour. He admits that he's very sad because his children were never interested in the family business. He'd like to teach someone his ancient craft. You propose going back on Monday to start learning from him.

- > If you're Multi, your training goes by quickly and you soon start working for him: +2 happiness, +2 money
- > If you aren't, you train for 6 months but love the work: -3 time, -2 energy, +2 happiness



Business owner

You meet the owner of a very interesting company at a trade fair. After a long chat, he gives you his email address and you send him your CV, but he never answers.

-2 happiness, -1 energy



Distant uncle

You go to a distant uncle's house for dinner. While chatting, he tells you that last year his nephew was a paid intern at an association that later hired him. You decide to apply for the vacancy.

Roll the die:

- > Even: The evaluator thinks your CV is still too weak and you aren't accepted: -4 happiness
- > Odd: Your application is selected and you begin an internship with them. You intend to keep making a good impression: +4 happiness, -2 time, -2 energy



Business partner

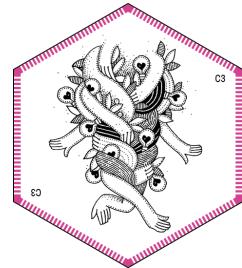
Over the summer you worked for a winery. You really enjoyed it and became friends with a person from another country. After talking it over you decide to open a small business selling local wines in bulk together. Today you're going to the accountant to open your business

-2 time, +1 happiness

C3. Secondary Characters · Stories

Relationships

+1 Challenge Secondary Characters Relationships



• Group of friends

Summer is always your favorite season because you can be with your group of friends. They're very special people for you. They've always been there for you during hard times and have never judged you or forced to do anything you aren't 100% sure about.

Choose between:

- > Your happiness and energy go way up!: +2 happiness, +2 energy
- > You share your happiness with all the players: +1 happiness, +1 energy for all

• Romantic interest

You find a person who makes you feel great, someone you feel passionate about. Together you do lots of new, stimulating things. You think there may be something more between you. You try to understand if your feelings are reciprocated.

Roll the die:

- > even: This person is only interested in friendship, nothing more: -4 happiness, -2 energy
- > odd: This person feels the same about you! +2 happiness, +2 energy

• New classmate

A new person joins your class. He's a bit shy and you help him integrate in the group. You two spend a lot of afternoons together and tell each other many things. You develop a very deep friendship.

-1 energy, +2 happiness, -1 time

• Old lady

An old lady falls off her bicycle. She's a bit sore and you decide to take her to her place.

- > If you're Multi, you fix her bike and she rewards you with some money and her gratitude: +2 happiness, +2 money
- > If you're not, you stay to talk with her for hours and then she asks you to take the bike to the mechanic's: -3 time, -3 energy

• Social network friend

A friend suggests you add someone to your social network, saying they're your soulmate. You skim through their posts and find them really interesting. You work up the courage and send them a contact request. They answer in a rush and seem annoyed. Maybe it wasn't the best timing?

-2 happiness, -1 energy

• Family friend

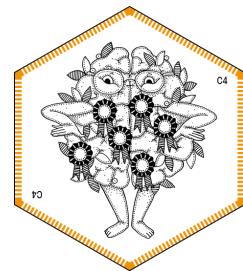
You've known a family friend for a very long time. You became very close when she helped you prepare for your high school exams. She listens to you, gives you her opinion and accepts yours without judgment even though she's way older than you. She leaves you free to make your own mistakes. Today you really want to spend some time with her.

Move 2 boxes in any direction and play the card.

C4. Secondary Characters · Stories

Education

+1 Challenge Secondary Characters Education



• Friend

Your friend is always busy with endless courses and activities. Today he showed you the slides of a course he's taking. It looks like an interesting course, but when he signed up for it he didn't suggest you take it with him.

Roll the die:

- > Even: You act cool and pretend you're not interested. Your friend misinterprets your reaction and in the future doesn't tell you anything about the things he does: +2 time, -2 happiness
- > Odd: His description inspires you. You decide to challenge yourself and sign up too: +2 happiness, -2 energy, -2 time

• Teacher

Your English teacher always demands the best from you. She's trying to push you and improve your skills, but you often have difficulties. Tomorrow you have an important exam. Your teacher sends you a message inviting you to pass by her office after the exam to find out how it went. You accept and go to her office. Bad news: the exam went badly....

Choose between:

- > Though the teacher encourages you to do better and asks if you need some extra help, you don't feel up to admitting your difficulties. You'll figure it out on your own, as always: -3 happiness, +2 time, +2 energy
- > You tell her what problems you're having and explain the complicated situation you're in. She listens and suggests you ask for extra tutoring through a volunteer association that offers free lessons: +3 happiness, -3 time, -3 energy

• Librarian

You often go to the library and see the same lady at the desk. You don't find her particularly friendly. She's a bit grumpy and impolite. But today, by chance, you stop to chat with her and realize that she's well informed about the free courses taking place in your region and the European Union. Maybe it's worth taking them.

Move 2 boxes in any direction and play the card

• Master craftsman

Carpentry has always been a passion of yours. In a course you're taking, the teacher follows you step-by-step in the crafting of a very complicated vase you're making. Together you craft a great product. It takes a lot of time and effort.

- > If you're Multi, you craft a lot of pots and vases very quickly: +1 happiness +2 time
- > If you're not, it takes a lot of time and you work hard: -3 time, +1 happiness

• Educator

The time has come to choose: do you keep studying while looking for a part-time job to pay the bills or do you go for a full-time job?

You've looked for jobs on the internet, but you can't get your head around the countless offers. In your municipality there's a help desk where educators and professionals help young people in different ways. You decide to go there the very same day.

+2 energy, -2 time

• Unexpected teacher

During the week you often volunteer for a charity organization. A few days ago an Egyptian man arrived. He was a tailor back in his country. You suggest he start a course teaching other people to sew, and you enroll in it too. Surprisingly, knowing how to sew is very useful. You also learn a few words in Arabic.

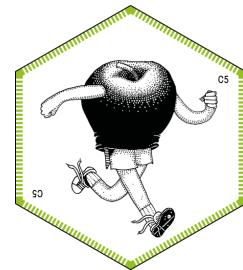
-2 energy, +2 happiness, -3 time

- > If you're Multi, you learn to sew very quickly and become his assistant: +2 happiness, -1 time

C5. Secondary Characters · Stories



+1 Challenge Secondary Characters Health



• Family doctor

You live in one town but work in another. You decide to choose a new family doctor. You schedule an appointment with him; he's very funny and competent. Though it takes a while to get there, you're happy with the change. With time, he'll become an important reference for you..

+1 energy, -3 time

• Counselor

You've read a book about awareness of your personal skills and characteristics. You realize that you need someone to help you recognize them. You go to a counselor. He's nice. When you speak with him your ideas get clearer. You find out that you have more skills than you thought.

Move 2 boxes in any direction and play the card.

• Psychologist

In recent years you've been going to a psychologist. One day he tells you that your path together is over, since you seem to be better now. You feel a bit abandoned.

Choose between:

- > You tell him how you feel and together you decide to meet every two months to touch base: +2 energy, -2 money
- > You'd still like to continue because he made you feel like someone was listening to you. You've made progress, though, and maybe the time has come to walk on your own two feet, letting go of the support you'd been given: fill in a box in the Wellness Challenge.

• Nutritionist

You have a bad relationship with food. You get in touch with an organization dealing with health and diet.

Roll the die:

- > Even: You go for the first appointment. They run some free tests and structure a personalized plan. You thought you would have spent much more. Plus, the doctor and nurse are really nice. Finally you have someone who's looking after you: -1 energy, +2 happiness, -1 time
- > Odd: They recommend a diet of very special organic foods, but they're very expensive... you eat a healthy diet but it's a ripoff: -4 money +2 happiness.

• Information center worker

You have a sexual relationship with someone and would like to know about contraceptive methods and sexually transmitted diseases. You don't know who to ask. Someone recommends an information center that offers this kind of help. Once there, they give you all the information you need. You feel comfortable and decide to take a short course on contraceptive methods.

-1 energy, +1 happiness, -1 time

• Dentist

You spend a sleepless night because of a terrible toothache. You need to go to a dentist but you don't have enough money.

- > If you're Multi, you take your dental technical tools and fix it yourself!: +2 happiness, -1 time, -1 energy
- > If not, you call a local hotline and they direct you to the dental emergency department of the hospital. The dentist does the job, but it's painful and they aren't friendly. You're not satisfied but at least you don't spend a lot of money: -1 happiness, -2 time, -1 money

C6. Secondary Characters · Stories

Wellness

+1 Challenge Secondary Characters Wellness



• Sailing teacher

You go on an organized sailing trip by the lake. You're a bit skeptical; it seems like an expensive hobby. Then, you get to a small dock, where there is a small sailing boat, nice but modest. During the lesson, the skipper makes you feel comfortable. You really like the feeling of controlling the boat on the water. You'll definitely come back.

Move 2 boxes in any direction and play the card.

• Music teacher

Your music teacher suggests you attend an annual soloist competition in Chicago. He offers to help you rehearse every day. You happily accept.

+1 happiness, +1 energy, -1 time

• Coach

You thought you weren't an athletic person, but your new breakdance course is making you change your mind. You like dancing to your favorite songs. You're improving fast; your coach constantly pushes you to go beyond your limits. An urban contest is coming up, but there's an entry fee...and you can't afford it. Roll the die:

> Even: Could your friends help you out?
You talk with them and they decide to start a collection for you: +2 happiness, +2 money

> Odd: You decide to find an extra job in the evenings. In a month you manage to earn the amount you need: +2 money, -3 time, -3 energy

• Artist

You often walk by an art gallery where beautiful paintings, photos and sculptures are on display. One day, you see an artist painting graffiti on canvas. You decide to go in. You chat for a while and he shows you the events calendar. After that day you go back but he doesn't seem to remember you and treats you like a stranger. You get a little upset...

-2 happiness, -3 energy

• Mountainbiker

Your bike needs to be fixed, so you go to a bike shop not far from home. There you meet a passionate young biker who helps you set up your mountain bike. You like her as a person and propose a nice bike ride in the mountains. You'll go next week.

-1 energy, +2 happiness, -2 time

> If you are Multi, you fix it in 5 minutes, no need to go to the bike shop!: +3 time

• Photographer

You go for a beer with some friends at a club where there's a wonderful photography exhibit. You approach the photographer, an older but dynamic man. You start a long discussion. He invites you to his studio to teach you how to develop film the old-style way. You can't believe it! You immediately accept.

> If you're Multi: you learn everything very quickly. The photographer finds you a job: +2 money, -2 time, +2 happiness

> If not, you work hard, spending a lot of energy and dedication, but you neglect your other commitments: -3 energy, +2 happiness, -3 time

D1. Surprises · Stories

Housing

+1 Challenge Surprise Housing



• Terrace vegetable garden

Starting tomorrow, you're going to use your terrace to grow vegetables. You find out that in a few square meters you can plant lettuce, zucchini, tomatoes, peppers, basil and parsley. You'll save money, share the food and have a healthier lifestyle

- > +2 money, -3 time
- > All players +1 money

• Vintage electricity

The municipality where you live is checking the houses' electric systems. The ones that don't comply with legal standards will be given expensive fines. Your system is "vintage" and definitely not compliant with legal standards! You ask your friends and acquaintances for a good electrician.se going back on Monday to start learning from him.

- > You're Netty or are connected to Netty: -1 money and +1 time, you find the electrician right away and save money.
- > If not: -2 time, -2 energy and -3 money, you waste time and energy, and pay a lot of money.

• The tourist

Your roommate goes on vacation for a week. You decide to rent his room while he's away to make some money and cover some bills. A tourist books the room immediately.

- > If you're not Scout: +2 money, -1 energy, -1 time, +1 happiness
- > If you're Scout, the tourist asks you to be his guide while sightseeing: +2 money

• The boiler

Tonight you've invited friends over for dinner.

You have a great time but just as they're about to leave you hear a noise: the boiler valve broke, and the kitchen is flooded! Luckily, your friends are here to help you to mop up. Tomorrow you'll have to find a solution, or you won't be able to shower.

- > If you aren't Multi, ask your friends for help mopping up. -2 time for all, +1 happiness
- > If you're Multi, use your powerful wet vacuum and clean up everything quickly so you can enjoy the evening, + 2 time, +2 happiness

• Borrowed living room

A person you've known for a long time is looking for a place where they can play board games with friends. Your roommates agree that they can use your living room once a week. In exchange, they'll bring some food to share. What a great deal!

Move 2 boxes in any direction and play the card.

• The landlord

Your landlord decides to raise your rent. You read the contract carefully and realize that he's not allowed to. You decide to do something about it.

Roll the dice:

- > Even: +2 happiness, +2 energy, +2 money, You go to the tenants association. They help you speak with him and he changes his mind;
- > Odd: -2 happiness, -2 energy, -2 money, You don't reach an agreement. You have to pay the increased rent.

D2. Surprises · Stories

Work

+1 Challenge Surprise Work



• Alternative tourism

You take a course for tour guides. You and a coursemate decide to post on social an unusual tour that's more fun than the ones proposed by other guides. You collect registration online, no need for an office. You're successful and the whole town benefits.

- > +2 money, -2 time
- > All players +1 happiness

• Respect for your rights

At work things are getting more difficult every day. Your boss is very controlling; if you ask for days off or vacations he doesn't approve them. You think he's infringing on your rights as a worker. You reach out for help to the union, and they go to talk to your boss.

- > If you're Fenix or are connected to Fenix:
+1 energy, +1 happiness because you easily get out of a difficult situation;
- > If not: -2 time, -2 energy, -2 happiness,
It's hard for you to face the problem.

• IT for older people

You're good with computers. In your building, some older people need to learn the most basic things about computers. You realize you can help them and make them happy, while also making some money. Word spreads, and other people ask for your IT support.

- > +2 money, +1 happiness, -1 time, -1 energy
- > If you're Multi you're amazing at technology and open a help desk: +2 money, +2 happiness.

• The arrogant colleague

In your workplace there's a new employee: he's an arrogant bully who despises everyone and never admits it when he's wrong. Your colleagues help you get the chance to spend some time with him. You realize he's a very insecure person and that you have more interests in common than you expected. You start to work well together.

For the help received from your friends: +1 for all resources for all players.

• The dogsitter

You meet a person with a dog in the park. You love dogs, have had two of them in your life. You often run into this person and talk a lot. He knows a lot of things about your life now, even if you're going through hard time financially. He suggests you take care of his dog. You're good at it, and other friends ask you to be their dogsitter!

Move 2 boxes in any direction and play the card.

• The delivery

Early tomorrow morning you have an important email to send. Unfortunately your computer breaks down but you saved your work on an external hard drive.

Roll the dice:

- > Even: +2 happiness, +2 energy, +2 time, A friend of yours lends you her PC;
- > Odd: -2 happiness, -2 energy, -2 time, No one can help you. You have to go to the library and use the library PC.

D3. Surprises · Stories

Relationships

+1 Challenge Surprise Relationships

• Noisy restaurant

You live in a building right above a famous restaurant. Closing time is very late, and the clients make a lot of noise. You decide, with your neighbors, to go and talk to the owner.

- > If you're Multi, you build a noise reduction wall to soundproof the apartment: +2 happiness, -1 time, -1 energy
- > If you're not, you angrily argue about the problem, get upset, and go home having resolved nothing: -2 happiness, -1 time, -2 energy

• The argument

Someone provoked you. Taking the bait, you started screaming and throwing insults. Now everybody thinks you're a foolish troublemaker. You're ashamed of your behavior and would like to ask someone for advice about how to change their minds.

- > If you're Zen or are connected to Zen, it helps you: +1 happiness, +1 energy.
- > If not: -2 time, -2 energy. You waste time and energy trying to understand how to make it right.

• English lessons

You meet a person from another country. You start a long conversation about religion; his perspective seems interesting to you. Chatting, you find out he's fluent in four languages. You agree to do English lessons for a reasonable price.

- > -1 money, +1 happiness, -1 time, -1 energy;
- > If you're Netty you share the costs thanks to your connections and you set up a small class: +1 money



Uncomfortable situation

An acquaintance of yours always badmouths others. You don't like listening to him but tonight he's badmouthing a person you don't like and you join in, saying bad things as well. Unfortunately the acquaintance tells everything to the person you were talking about. Now the situation is uncomfortable, but your friends help you clarify your position and end this embarrassing situation.

For the help received from your friends: +1 in all resources for all players.



Settling in

You just moved to a new town, and to settle in you start volunteering at your neighborhood charity. You really like it because it involves very different people: young, older and foreign people. You meet a person there. She's very funny, knows the town very well and recommends a lot of interesting places. Thanks to this friendship, integrating will be much easier.

Move 2 boxes in any direction and play the card.



Long-distance love

You're in a romantic relationship with a person living in a town far away. You talk every day but seldom see each other.

Roll the dice:

- > Even: +2 happiness, +2 energy, +2 time. You get to move and your love story continues;
- > Odd: -2 happiness, -2 energy, -2 time. The distance isn't easy to handle, and you two break up.



D4. Surprises · Stories

Education

+1 Challenge Surprise Education

• Improvisation

You and your friends have been performing in theaters for several years and you think you know all about it. A new person who has always done improv joins your group and completely changes your perspective of what you thought you knew about theater! You realize you can still improve. You struggle but are happy because this style is very exciting.

> +2 happiness, -2 time, -2 energy

> All players +1 happiness

• Sprinting towards the exam

You need to take an exam. You go to the main offices but realize that you misread: the exam is being held on the other side of the town and it's rush hour. You'll never get there in time!

- > If you're Multi you find the fastest route thanks to the apps on your smartphone, +1 happiness, +1 energy. You know some shortcuts and get there in time;
- > If you're not Multi you waste time and energy finding out how to get to the right place and getting there on time: -2 time, -2 energy.

• The course

On a bulletin board you find a flyer posted about very interesting seminars; they may be very useful for the job you aspire to have. You decide to sign up for them.

- > +2 money, +1 happiness, -1 time, -1 energy
- > If you're Fenix you'll manage to finally change jobs and will be very happy: +2 happiness

• Blushing after a question

You're with a guide, touring an old part of town. The guide is competent and explains details about the history of your town that you didn't know. She suddenly asks you a question about local history and you don't know the answer. Luckily your friends are with you and help you to get out of the situation.

For the help received from your friends: +1 for all resources for all players.

• Free massage

You take a massage course and like it. You repeat the course to your friends for free and charge other people for it.

- > Those not connected to you: -1 money.
- > Move 2 boxes in any direction and play the card.

• The missing book

You had an important book that you really need to reread. Who did you lend it to? You can't remember. You go to the library but they don't have it.

Roll the dice:

- > Even: +2 happiness, +2 energy, +2 time. You forgot that you got the book back from them;
- > Odd: -2 happiness, -2 energy, -2 time. You can't find it in bookstores. You'll have to buy it online.



D5. Surprises · Stories



+1 Challenge Surprise Health

• The mountain grass

You're friends with a person who knows traditional herbs that cure many health issues. You walk together in the mountains and they teach you to recognize wild plants. You collect them and prepare an herbal tea that you give to friends for free. Everybody feels better and they start asking you for customized recipes.

> +2 happiness, -2 time, -2 energy;

> All players get +1 happiness.

• Dental care

A very close friend has a serious tooth-related problem but doesn't have enough money to go to the dentist. You start a collection and surprisingly a lot of people give money. You decide to start up an association helping disadvantaged people access free health services.

> If you're Multi: +2 happiness, +2 energy, you know technologies and start a successful crowdfunding campaign;

> If not: -3 time, -3 energy, -2 money, you spend a lot of time and energy understanding how to reach your objective.

• In perfect shape

You did some medical check-ups and you're in perfect shape. You feel much better since you changed your diet.

> +2 happiness, -2 time, +2 energy

> If you're Zen you want to nurture your spiritual equilibrium and leave on a long trip. +2 happiness

• The accident

You're at home waiting for a friend of yours. She calls you to tell you she fell off her bike close to your place and needs help. You panic because you're not comfortable around blood but you remember that your neighbor is a nurse. You go with her to help your friend.

For the help received from your friends: +1 for all resources for all players.

• Meditation

Since you joined a meditation group you don't need any medicine to sleep. You feel more energetic.

Move 2 boxes in any direction and play the card..

• Sexy shirt

It's cold out, but you stubbornly refused to wear long underwear. It's not sexy enough! Instead, you wore a trendy T-shirt around the house. As a result, you come down with a cold.

Roll the dice:

> Even: -2 happiness, -2 energy, -2 time. The next day you're in bed all day with the flu.

> Odd: +2 happiness, +2 energy, +2 time. You go out and buy a nice sweater. You look great in it.



D6. Surprises · Stories

Wellness

+1 Challenge Surprise Wellness

• The "staycation"

Your friends are always stressed and complain about not being able to go away on vacation. You find a nice place on the riverside and set up a picnic. You have a great time. There's no need to go far away to take a break: some nature, a guitar and good food is enough. The next day you feel recharged and ready to face the workweek.

> +2 happiness, -3 time, +2 energy

All players +1 in happiness

• Junior chef

Cooking is your passion. You hope to make it your primary job one day. You have the chance to cater to a distant cousin on graduation day. While you're cooking you use super-spicy habanero pepper instead of paprika...a disaster!

> You're Camy or you're connected to Camy: +1 happiness, +1 energy. You manage to fix the dish and save the dinner;

> If not: -2 time, -2 energy and -3 money.

You waste time and energy trying to fix the dish but can't. You have to go buy take-away food.

• Latino concert

You're friends with a group of South American musicians who are playing tonight. They give you a free ticket. You decide to go, thinking you'll enjoy the concert.

> +1 happiness, -1 time, +1 energy;

> If you're Camy, fitting in perfectly with the mood of the evening, you jump on stage and dance: +2 happiness.

• The new series

Last night a new series

kept you glued to the screen until very late. You don't hear the alarm for work. Some friends happens to pass by your place and see your bike. They ring the bell to find out how you're doing. That's lucky: they woke you up right on time! Starting tomorrow night you'll shut your phone and computer off and read a book instead. For the help received from your friends: +1 in all resources for all players.

• Comics

A couple of cartoonists and their son live close to your place. Comics are your passion. You make a deal: you'll help their son with his homework and they'll teach you how to illustrate and structure storyboards. You like babysitting and improve in developing new stories. Move 2 boxes in any direction and play the card.

• The bookcase

You just built your own handmade bookcase.

Roll the dice:

> Even: -2 happiness, -2 energy, -2 time, what a distracted person. You didn't attach it to the wall. It all collapses!

> Odd: +2 happiness, +2 energy, +2 time, It's spacious and all your books fit in it.



E1. Tasks · Stories

Housing

+1 Challenge Task Housing

• Vacuum cleaner

Someone's given you a vacuum cleaner, but you already have one that your grandmother gave you. What are you going to do now?

- > You keep one and sell the other online, +1 money
- > You keep one and give the other to another player for free, +1 happiness

• Bills

You're tired of paying your bills at the post office. You know you could pay directly through your bank account but don't know how to do it. You need someone to help you.

- > If you're Multi or are connected to Multi: +1 happiness;
- > If not: -1 money and -1 time

• Furniture

In a week, you'll finally have the keys to your new home! You start looking for furniture. At furniture stores everything seems very expensive. At the flea market, there are low prices and nice second-hand furniture in good condition.

Roll the dice:

- > Odd: you go to the store, -1 money;
- > Even: you go to the market, +1 happiness, -1 time

• Party

You have a party in the building you live in to meet your neighbors.

You want to cook for them... but who knows what they like? It won't be easy and you have little time.

- > If you're Multi, you use all your home appliances and prepare a delicious feast!: +2 happiness +1 time
- > If you're not, you look at quick recipes online, run out to buy the ingredients and make lots of simple but sad things: +1 happiness, -1 time, -1 money

• Dishes

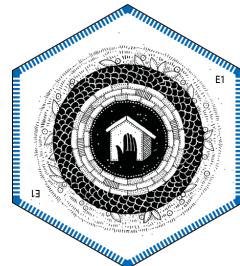
Your roommate is always leaving dirty dishes in the sink. You're sick of going home and having to wash the dishes before cooking. Instead of getting angry, you suggest buying a dishwasher together.

+1 time, +1 happiness, -1 money

• Apartment sharing

Your roommate moves out because they found a job in another city. You have to find someone to take the room to cover the rent right away!

- > If you have 2 Relationship challenges, you solve the problem quickly: +2 happiness;
- > If you don't, you get stressed: -1 happiness.



E2. Tasks • Stories

Work

+1 Challenge Task Work

• Babysitting

Your friend's aunt asks you to look after her children. Their house has a beautiful garden, and you try to imagine outdoor activities. Luckily one of your friends works at a nursery school and lends you a "babysitter kit" with various materials for children to play with. Now you just have to learn how to use it!
-1 energy, -1 time, +2 money

• A question of time

You're always late for work, but this time the boss is waiting for you, complaining that you're always late, unable to organize yourself and late in finishing your assigned tasks. You absolutely have to do better, or you risk being fired!

- > If you're Fenix or are connected to Fenix: it'll help you, +1 happiness;
- > If not, you need extra training in these skills: -1 money, -1 time

• Two jobs

You work at a flower shop by day and some nights you're a waiter at a restaurant. Everything would be fine, but on Friday there's a problem: you finish at 6 pm, sweaty and dirty, and at 7 pm you have to be downtown, fresh from the shower and wearing a white shirt. All the players live on the road between the flower shop and the restaurant.

- Roll the die to see if they'll help you:
- > Even: you can use a friend's bathroom: +1 happiness
 - > Odd: Unfortunately nobody can help you, -1 happiness and -1 money because you can't work at the flower shop on Friday.



Recruitment agency

You go to a recruitment agency and find a long line, but in the end you meet a friendly operator, who tells you how to write a resume, which jobs are most in demand and how you can do a good apprenticeship. You sign up on a platform that matches your skills with job requests in your town.

- > If you're Multi, you immediately search the database and find 3 interesting help wanted ads: +1 happiness, +1 time
- > If not, you spend all day trying to understand how the platform works and forget to do the shopping, -1 time, -1 energy



Hard work

In the evening you study until late because in a week you'll apply for an interesting new job. Unfortunately, very early the next morning you have to be at your current job. It's one you don't like but at least it pays the bills. Studying and working at the same time isn't easy but you feel energized thanks to the opportunity for change.

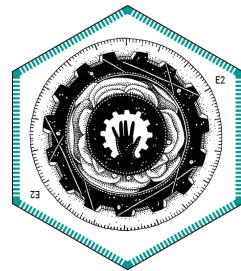
-1 time, +1 happiness, -1 energy



Technical words

Your boss explains your new tasks to you but uses technical words you don't understand. You try asking questions, but they get nervous and impatient, so you pretend you understand. Tomorrow you have to use a difficult machine, and you risk damaging it and hurting yourself. You take the manual home and study it.

- > If you have 2 Education challenges, you learn quickly: +1 happiness; +1 time
- > If not, you get stressed: -1 happiness.



E3. Tasks • Stories

Relationships

+1 Challenge Task Relationships

• Family in difficulty

You try to help a family of foreign citizens, your neighbors, who are in trouble but don't speak your language. Fortunately you have a voice translator on your smartphone. You talk into it and it translates into the language you want.

- > If you're Multi, you can help them. You get to know them and their story thanks to the translator;
- > If you're not Multi, you can't get the right language, you don't understand anything, you risk causing a diplomatic incident with the family, who thinks you want to take advantage of them, -2 happiness, -2 time

• Dinner together?

After a walk, you and the person you're interested in decide to go out to dinner together for the first time. When choosing the place, you remember they're a vegetarian. You have to find a vegetarian restaurant nearby but have forgotten your phone.

- > If you have a relation with Netty or you are Netty, you get to know all the restaurants in the area: +1 happiness
- > If not, you find a restaurant after half an hour and it's very expensive: -1 money, -1 time

• Getting drunk on music

Your best friend is devastated. He's just had a terrible breakup. You try to console him over a beer, but his mood just gets worse. You decide to go to a concert together but it rains and the bus doesn't show up. Roll the dice to find out how you get to the concert:

- > Even: your friend's brother gives you a lift: +1 happiness;
- > Odd: you walk there, get wet and catch a cold: -2 happiness.

• Dreaming about Grandpa

Last night you dreamed of your grandfather, who you miss a lot even though you were very young when he died. You dream of him often, and sometimes he seems to give you good advice. You've hung an old photo of him near your bedside table. He looks a lot like you. You're sure he brings you good luck!

+ 2 happiness

• Thanks to friends

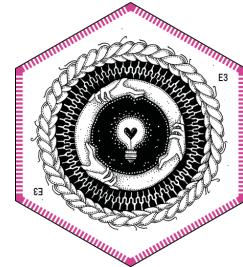
Two friends helped you and your roommate repaint your home. You did a great job in a short time! To thank them, you decide to invite them for dinner...but tomorrow. Today you're too tired.

+1 happiness, -1 time, -1 energy

• Impress someone

You'd like to make friends with someone you barely know. They're interesting, nice and share your interests. You find out that tomorrow is their birthday and get an invitation to the party. You want to give them something nice and fun, to show them you have taste.

- > If you have 2 Wellness challenges, you choose easily: +1 happiness;
- > If you don't, you get stressed: -1 happiness.



E4. Tasks • Stories

Education

+1 Challenge Task Education

• Alternative museum

You've been invited to visit a museum. You're not thrilled about it because you don't like museums very much. However, when you walk in, you change your mind: it's a technology museum. There's even a hall dedicated to videogames, from Spacewar to augmented reality games. You take part in a contest and win!

Choose between:

> + 2 money

> You donate your winnings to a volunteer association that provides kids with street education: +3 happiness +2 energy

• Self-produced video

You often use your phone to make videos. You've discovered that with simple apps you can edit short films. You like it, and since then you've started watching movies in a whole new way. You discover that the library is holding a competition: "A Short Film About Your City". The prize is a videocamera and a training course on filmmaking. You'd like to try!

> If you're Scout or are connected to Scout, you know the city well and it helps you: +1 happiness

> If not, you buy a map and look around for suggestive areas: -1 money, -1 time

• Educational institution

You have to go to school to take your last exam but overnight the power goes out, your phone doesn't charge and your alarm doesn't ring. You need to reach the school in just 30 minutes.

Roll the die to find out if you get there on time:

> Even: The bus arrives and you get there on time: +1 happiness;

> Odd: Public transport is on strike! You go on foot but get there late...: -2 happiness and -3 energy

• A book with proverbs

Someone threw

something away in the paper recycling bin, but you salvaged it: it's an old book from the 1800s! You cleaned it up and read a few lines at random. It's a collection of ancient proverbs from the country you came from, a land you've almost forgotten. You read it a little every night. It reminds you of your past, your history.

+ 2 happiness

• Training course

You and your friends take a course on developing manual skills and building things. You're very happy. They teach you how to work with wood, design objects, craft things using special machines. It's very demanding but you like it so much that you may even take it again next year.

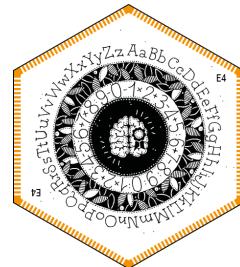
+1 happiness, +1 energy, -1 time

• First poem

Until a month ago you didn't care about poems. Then you found one you like very much. You wrote it down on a big sheet of paper and hung it up in your room. You start reading others, making more posters and giving them to friends. Word spreads: for everyone you're becoming the person who gives out poems to hang up.

> If you have 2 Work challenges, this hobby becomes a job: +1 money;

> If not, it remains a very enjoyable hobby: +1 happiness



E5. Tasks • Stories



+1 Challenge Task Health

• Biking

You want to quit smoking and be physically active again. You decide to use your old bike bought at the flea market. You'll burn more calories and exercise your heart and lungs while comfortably getting around town; it's better than going to the gym and it's free!

+ 2 energy

• Healthy lifestyle

You have little time to cook and for too long you've been eating cheap processed food from the discount market. You start sleeping badly and have an annoying tingling in the skin. You decide the time has come to change your lifestyle and eat healthier!

> If you're Zen or are connected to Zen, you go to the local market, eat fresh fruits and vegetables, and do meditation: +1 happiness
> If not, you buy organic foods and look for a meditation course: -2 money and -1 energy

• Health card

Your throat hurts and you go to the doctor. He prescribes some medicine but you realize your health card has expired. Oh no... you'll have to wait in line for a day to renew it. Online, you happen to discover that you can renew it by filling out a simple online form.

Roll the die to see if you manage to do it online:

> Even: You set up an account and get a health card quickly: +1 happiness
> Odd: The website is down. You need to go in person to the renewals office: -1 happiness, -1 money



• Bottled water

You always drink too many carbonated and sweetened drinks. You feel bloated, you often have a headache and you find it hard to concentrate. You decide to drink only water, but not water bottled in plastic.

> If you're Multi, you build an electronic water bottle with a purifying filter: +1 happiness, +1 energy
> If not, you buy an electronic water bottle with a purifying filter: -2 money, +1 energy

• Sleep well

Last night, at one o'clock, you read on the web that the light from your smartphone keeps you awake. It has the same effect as the sun and reduces your sleep hormone, melatonin, by almost a quarter. Aha! you say to yourself, that's why I sleep little and badly, and look like a zombie in the morning! From now on, you turn off all devices half an hour before going to sleep.

+1 time, +1 happiness, +1 energy

• Slow down

You realize that you're running around too much, doing too many things, and you can't do one thing at a time well. You're like a car driving in first gear: it makes a lot of noise, burns up a lot of energy, wears down quickly but goes slow.

> If you have 2 Health challenges, you realize that when you do things slowly you do them better, you like them more and in the end it takes less time: +2 happiness
> If you don't: you lose -1 happiness and -1 money because you burn out and have to ask a specialist for support.

E6. Tasks • Stories

Wellness

+1 Challenge Task Wellness

• Camping trip

Tomorrow you and your friends are going to a grove by the river, where you'll pitch camping tents, go for a swim and have fun. You're happy because you can finally use your new super-spacious tent.

- > If you're Multi, you don't even have to read the instructions to pitch it. In seconds it's ready to use and makes a great impression, +1 happiness, +1 time
- > If not, you unfold it, try to follow the instructions but mess up everything and the tent falls apart. Basically, it's a disaster, -1 happiness, -1 time, -1 energy

• Dance

You go for a free breakdancing lesson at a gym, interested in taking a whole course. But when the lesson starts you realize everyone else is already very good at it. You'd really like to learn, and hope you can convince a friend to join you so you won't feel like the only awkward one there.

- > If you're Camy or you're connected to Camy, you go together: +1 happiness
- > If not, you take private lessons to catch up: -1 money and -1 time

• Kitchen

You hold a fundraising event every year with your sports association. For the occasion you always make a dessert. This year half your team is in bed with a fever, so you'll have to cook more than one dessert alone but don't know where to start.

Roll the dice to see if you can:

- > Even: You buy some nice fresh fruit and the other few ingredients do the rest: +1 happiness
- > Odd: You burn everything in the oven because you got distracted, so you go out and buy sweets: -1 happiness and -1 money



The guitar

You see an ad for a used guitar. You go to see it at the house of those selling it, and you really like it, but it costs more than you can afford. You notice some English books on their desk and discover that they're studying it but are struggling. You propose a deal: you'll give them English lessons in exchange for the guitar. -1 time, +1 happiness



Photography

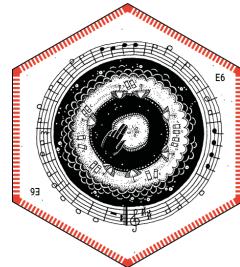
You wake up early and tour the town at dawn, taking photos of the sky and buildings in your neighborhood with your phone. The shots get better and better. Your trained eye knows how to find the right moment to shoot. You then post the photos on Instagram. You discover that your channel is successful and that photography is becoming your personal art form. -1 time, +1 happiness, +1 energy



Gardening

A neighbor of yours who has a vegetable garden is leaving for a week and asks you to water the plants while she's away. You've never taken care of plants before. She left you the instructions on a piece of paper but you're really afraid of making a mistake. You need help.

- > If you have 2 Relationship challenges you can manage the garden very well: +1 happiness;
- > If not, you forget to water the plants: -1 happiness



F1. Emotions • Stories

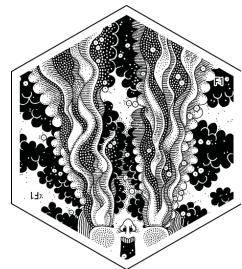
Anger

• The laundry

Your upstairs neighbor uses bleach to wash his clothes and always stains your laundry hanging outside. You lose your temper and shout at him. As you run upstairs, you slip on the stairs and break your nose.

Fill in the Emotions box of the Home challenge

-2 happiness, -2 energy



• The design lab

You attend a drawing course. You thought your teacher was a good guy but now you notice he's behaving strangely with the female students. He takes advantage of his role to impress them. This really makes you angry. You decide to talk with your classmates to see what they think, offer your support and find a solution together, without making a scene.

Fill in the Emotions box of the Education challenge

+ 1 energy

• A quiet storm

You're arguing with your coworkers. This time they've really made you mad! You're too angry to talk, so you keep quiet. You leave for a moment to clear your mind but can't control yourself; you punch the wall and hurt your hand.

Fill in the Emotions box of the Work challenge

-1 energy, -2 happiness

• Giving up

You and your friends always hang out at the same bar. For a few months now there's a big-talking guy who makes fun of your appearance. You can't stand it anymore. His behavior makes you mad. You decide not to go to the bar anymore and lose touch with the friends you used to meet there.

Fill in the Emotions box of the Relationships challenge

-2 happiness, -1 energy

• Headaches

You've been getting mad a lot lately but because of your personality you don't want others to notice it. Your doctor says your frequent headaches might be caused by this unexpressed rage. You start thinking that maybe you should join a gym to let off steam. If you're Multi you decide to go running instead: your smartwatch will help you monitor your performance, so you gain energy without losing money and time!

Fill in the Emotions box of the "Health" challenge

-1 money, -1 time, +2 energy. If you're MULTI you lose neither money nor time

• Competitiveness

You lost a rugby match and you're really mad. Your stomach aches. It's not the first time, but you can't stand it anymore. You decide to talk with your coach.

Fill in the Emotions box of the Wellness challenge

+1 happiness, -1 energy

F2. Emotions • Stories

Anxiety-Fear-Stress

• Public speaking

You need to talk at your apartment building's assembly. It's something you hate, and it makes you anxious. When it's your turn to talk, you take a deep breath and muster your courage. When you're finished everyone compliments you on your performance.

Fill in the Emotions box of the Home challenge +1 energy, +1 happiness

• Contract

Your contract at work is almost up. There are only 10 days left and you're so anxious you haven't slept for weeks. You decide to sign up for a yoga course to try to control your mood. You don't know if your contract will be renewed, but already after the second lesson you start sleeping again.

Fill in the Emotions box of the Work challenge

+1 happiness, -1 time

• The colleague

You're interested in a coworker but can't find the courage to talk to them. You're afraid they'll think they're out of your league. When you see them in the hallway you get anxious and walk the other way. Today you decide to face your fear and leave a chocolate on their desk with a note reading, "Coffee?" They call your internal number and say, "Ten o'clock?"

Fill in the Emotions box of the Relationships challenge

+1 happiness, +1 energy

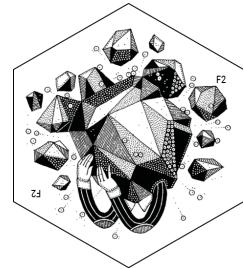
• Learning method

For your next university exam you need to study four books.

You can't memorize anything, and this makes you anxious. Two classmates tell you about an online method that they've been using for a while. If you're Multi you download the app, immediately find that it works, and pass the exam with a great grade. If you're not Multi you waste a lot of time trying to install the app and when you finally understand how it works, it's too late...

Fill in the Emotions box of the Education challenge

If you're Multi: +1 happiness, +1 energy; if not: -1 happiness, -1 time.



• In a rush

A month ago you booked a medical exam. You don't like going to see doctors. As always you leave home late, and along the way you need to call back a friend. If you're not Multi: as you're driving you drop your phone and try to pick it up without pulling over. You get into an accident. You need to report the incident and miss your appointment. If you're Multi: no problem. With a bluetooth, you run no risk of an accident. Your friend had called you to wish you a good check-up, and this puts a smile back on your face.

Fill in the Emotions box of the Health challenge

-1 energy, -1 happiness, -1 time; if you're MULTI, + 2 happiness.

• Poetry in music

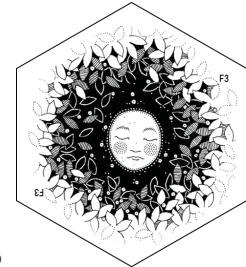
You signed up for a "poetry in music" contest. You want to present a new piece that impresses everyone, you've been working on it for days, but you get writer's block. You can't get a single rhyme down on paper. You realize that to loosen up you need to take a walk and give yourself time.

Fill in the Emotions box of the Wellness challenge

-1 energy +1 happiness

F3. Emotions • Stories

Loneliness-isolation-exclusion



• Saying hello

You have no form of a relationship with your neighbor. You've noticed, though, that you have the same schedule and hang out at the same places. You're always a bit afraid of meeting new people, but one day you decide to say hello to them, and you become friends. You're fine on your own, but now you feel comfortable in company too.

Fill in the Emotions box of the Housing challenge.

+1 time, +1 energy, +1 happiness

• The warehouse

You realize that your job as a warehouse worker, which you've had for a few months now, isn't right for you. Not as much because of the physical labor it entails, but because you don't like working alone. It makes you feel excluded and isolated. If it goes on like this, you think you'll end up quitting.

Fill in the Emotions box of the Work challenge.

-1 happiness, -1 energy

• Happy birthday

You never feel like having a party for your birthday because you're afraid no one will come. But this year you feel really alone. You have an idea: there's going to be a beer festival in a nearby town. You decide to spread the word among your friends, without reminding them that it's your birthday.

Fill in the Emotions box of the Relationships challenge.

+1 happiness, -1 money, +1 energy

• Shyness

You're a bit shy, and this often leads you to isolating yourself. What do you do then? You always read lots of books and listen to lots of music. You didn't think it would help you at all, but now you realize that you have an incredible amount of cultural knowledge, and at school you've made new friends who share your interests. Goodbye, solitude!

Fill in the Emotions box of the Education challenge.

+1 happiness, +1 energy -1 time

• Isolation

You're sad and you don't understand why. Everything seems to be going all right. A friend recommends you see a psychologist. You decide to overcome your skepticism and try going... After all, it can't hurt. Your sadness comes and goes. But at last you've realized that you often isolate yourself, and that isn't good for you.

Fill in the Emotions box of the Health challenge.

+1 energy, +1 happiness, -1 money

• Running

Your friends spend all afternoon smoking on a bench in the park. Once in a while you do it too, but when done every day it gets boring. You like running. You don't tell them so they won't make fun of you for it. You decide to go running every morning in the park. And who do you run into? One of your friends from the bench. He'd never talked about it, either! You decide to meet every morning and go running together.

Fill in the Emotions box of the Wellness challenge.

+2 energy

F4. Emotions • Stories

Happiness

• Microwave

In your mailbox is a flyer from an appliance store near your house. You see there's a microwave oven on sale and you're happy to finally buy one. You'd been wanting one for months. Are you Multi? Online you sell the blender you'd never used, plus an old videogame. With the money you earn, you can buy the microwave! .

Fill in the Emotions box of the Home challenge. +1 happiness, -1 money; if you're Multi: +1 happiness.

• Misrepresentation

You're really happy: you've written a project with a coworker and the two of you decide to present it to your boss. Full of enthusiasm, you suggest sending it at once, and you delegate the task to them. Unfortunately they send it without CCing you, making it seem as though they came up with the idea all on their own. What do you do? ANSWER A: You talk to your coworker about it. ANSWER B: To avoid making it a difficult day, you act like it was nothing; it must have been an oversight..

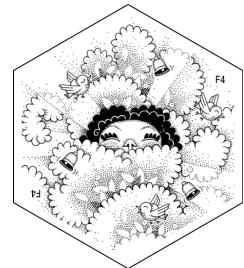
Fill in the Emotions box of the Work challenge.
Answer A: Your coworker explains that it was an oversight and sends another email to the boss. You're not convinced they were being honest with you, but at least you talked about it. -1 energy, +1 happiness;
Answer B: The boss compliments your coworker, who continues not to mention your name. You argue, -1 energy, -1 happiness

• Barbeque

The others who live in your apartment building are having an end-of-summer barbeque. You don't feel like going. What do you do? ANSWER A: You stay home. There's no point doing things you don't want to. ANSWER B: You decide you can't say no and discover that some of them are really nice.

Fill in the Emotions box of the Relationships challenge.

ANSWER A: When you hear the laughter coming through the window you feel a bit lonely, but you really needed to relax -1 happiness, +1 energy;
ANSWER B: It was lots of fun. You're exhausted, but it was worth it +1 happiness, -1 energy.



Happiness

You're at a concert with a friend. You have lots of fun, dance like crazy. You look at the clouds and think that you've never been so happy. Unfortunately, just then a pigeon flies by and drops a "wake-up call" right onto your forehead. Roll the die. If it's EVEN: you start laughing and can't stop. The little incident only makes the night more unforgettable! If it's ODD: your friend bursts out laughing and you're offended; instead of helping he's making the situation worse.

Fill in the Emotions box of the Education challenge.

EVEN: +1 happiness, +1 energy;
ODD: -1 happiness, -1 energy



Falling from seventh heaven

You're in seventh heaven. Today is one of the most wonderful days. It's a shame, though, that you start staring at the clouds and don't notice the construction work going on in front of you. You fall into a ditch, dirtying your clothes. You'll have to pay a dry cleaner's and your good mood is ruined. Are you MULTI?

Fortunately you just bought a new stain remover on Amazon, and it works great.

Fill in the Emotions box of the Health challenge.

-2 happiness, -2 money; if you're MULTI: -1 happiness, -1 time



Luck at the supermarket

While you're at the register at the supermarket they pick a winning receipt, and it's yours! You've won a month at the local gym. You really needed to get some exercise but you haven't been able to afford it!

Fill in the Emotions box of the Wellness challenge.

+1 money, +1 happiness

F5. Emotions • Stories

Respect

• Noisy neighbors

In your new home, the neighbors keep the TV turned up loud until late at night. It doesn't seem respectful to you. You decide to talk to them and explain that you get up really early every morning. They apologize and you discover that it's the grandfather, who can't hear well, who keeps the volume turned up. Are you MULTI? You give the grandfather your old earphones, and at last you can sleep well.

[Fill in the Emotions box of the Home challenge.](#)

+1 happiness; if you're MULTI +1 happiness,
+1 energy.

• My pencils

You've found a job at a call center where all the desks are really close together. The person at the next desk is always taking your pens and notes. You don't feel respected. On top of that, every morning you waste time going to get back all your things. Today you're even reprimanded because you started work 5 minutes late.

[Fill in the Emotions box of the Work challenge.](#)

-1 happiness, -1 energy

• Little old lady

The post office is about to close but you absolutely need to send a package. You see an elderly woman with a cane and hold the door for her. You take a number to wait in line but the lady gets ahead of you and goes straight to the window. Unfortunately there's only one worker, and the window closes, so your errand goes unfinished.

[Fill in the Emotions box of the Relationships challenge.](#)

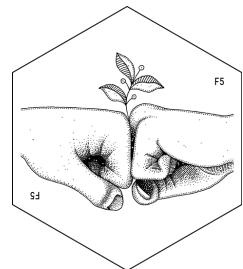
-1 time, -1 energy, -1 happiness

• Wrong dinner

You invite over for dinner a classmate from university who's just moved to your country. You make meat and polenta. You find out that because of their religion they can't eat that kind of meat. You quickly make something else for them. You have friends who are from that part of the world, and from now on you'll always ask in advance what they can and can't eat.

[Fill in the Emotions box of the Education challenge.](#)

+1 happiness, -1 energy



• Kindness in the subway

You've broken your arm, and it isn't easy to get around with public transportation, especially during rush hour. You take the subway and a young man immediately gets up to offer you his seat. That's so nice! You thank him and think of all the times you were in a similar situation and didn't get up for someone.

[Fill in the Emotions box of the Health challenge.](#)

+1 happiness, +1 energy

• Pictures at the park

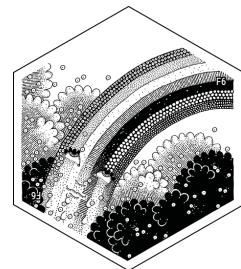
Photography is your passion. You take pictures of everything, even a woman with her children at the park. She notices and asks that you please not photograph them. She tells you that even by law you need to have written consent when taking pictures on the street. Actually, you didn't know that. You're sorry and you apologize..

[Fill in the Emotions box of the Wellness challenge.](#)

-1 happiness, -1 energy, +1 time

F6. Emotions • Stories

Hope-trust



• A good neighbor

You ask your neighbor, who works at night and is therefore always at home during the day, if they can let in the phone technician who's coming to install internet at your place in the afternoon. You trust them and give them the keys to your place. He's happy to do so, and you get back from work to find the internet connection working.

Fill in the Emotions box of the Home challenge.

+1 time, +1 happiness

• At Christmas

You're not working. An acquaintance of yours tells you that the shop they work in needs someone to wrap Christmas presents. The problem is that the shop is risking bankruptcy, and your friend says they might not pay you. What do you do? ANSWER A: You're optimistic and work anyway. ANSWER B: You're cautious. You'd better not risk it. You keep looking for a job.

Fill in the Emotions box of the Work challenge.

ANSWER A (they end up paying you!) +1 happiness, +1 money; ANSWER B (you find a job only after Christmas, for New Year's Eve, and you have to cancel plans for a party) + 1 time, + 1 money, -1 happiness.

• The ride

Your bicycle has a flat tire. You absolutely have to get to the station or you'll miss your train. You could call a taxi but it would cost you an arm and a leg. You notice a woman in a car stopped at the light, and thanks to your trust in others you ask her for a ride. You're in luck: she takes you to your destination.

Fill in the Emotions box of the Relationships challenge.

+1 time, +1 energy



Admissions request

You've applied for a course abroad. You exchange information with a coworker, including tips, the documents to turn in and your essays. When sharing this, you notice that they copied line by line your report from last year. You're very upset.

Fill in the Emotions box of the Education challenge.

-1 energy, -1 happiness



Remedies

You don't feel good. What do you do? Roll the die. If it's an EVEN number, you ask a local pharmacist for advice. They recommend vitamins. They're expensive but they work! If it's an ODD number, you look online and find there are lots of ways to get better. You don't know which way to choose and you spend all afternoon on the computer, but in the end you try a natural remedy and it works!

Fill in the Emotions box of the Health challenge.

EVEN: -1 money, +1 energy. ODD: -1 time, +1 energy



A walk in the park

You've been tense and nervous for a few days now. A coworker who lives nearby notices and invites you to walk to work together, passing through the park. You don't really feel like it but you accept. The result is that you get to work in a better mood than you've been in for a long time!

Fill in the Emotions box of the Wellness challenge.

-1 time, +1 energy, +1 happiness

G. Jokers · Stories

• Connection

Distances are shorter thanks to technology. Take advantage of it and connect with a character of your choice.

+1 relationship

• Luck

Luck is needed in life. You've won a challenge of your choice. Add a hexagon to your player board.

+1 challenge

• Energy charge

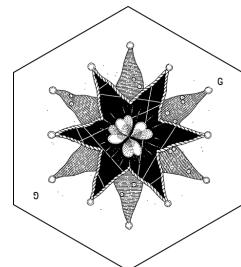
Things seem to go well today, and everything runs smoothly. Days like today invigorate you! Add extra energy to your resources.

+ 3 energy

• Renewable resources

For the next three rounds you'll suffer no negative effects from the cards you play.

No negative effects



• Power

For the next three rounds, when your turn begins you can gain one superpower from the character of your choosing. Good luck!

One superpower of your choosing

• Perfect day

You're really lucky today! Add 2 points to all your resources.

+2 happiness, +2 time, +2 energy, +2 money

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SOCIAL-ECOLOGICAL APPROACHES
FOR CARE-LEAVERS INCLUSION
THROUGH PARTICIPATORY POLICY MAKING



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