RESULT 5 · ACTIVITIES FOR SENIOR & INTERGENERATIONAL GROUPS

Activity Kit

Fourteen playful, ready-to-run activities for seniors and mixed-age groups: games, making, stories, role play and debate about green living and AI. Most need no device at all.



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How to use the Activity Kit



Fourteen games, challenges and rituals that bring the G-PRO board game and handbook to life, for seniors' groups and for older and younger people learning side by side.

What this kit is

The G-PRO Activity Kit is a set of fourteen ready-to-run sessions. Each one is a game, a challenge, a story or a small piece of theatre. Some are loud and quick. Some are quiet and thoughtful. Some need a phone or tablet. Many need nothing more than paper, pens and a bit of floor space.

Every activity has one aim: to help people practise green habits and wise use of AI by *doing*, not by listening to a lecture. People remember what they laughed about, argued about, made with their hands or told as a story.

The kit sits beside two other G-PRO resources:

- **The G-PRO board game.** Each activity is linked to one or more of the four game letters. Use an activity before a game session to warm up a theme, or after it to go deeper.
- **The G-PRO Handbook.** Each activity names the handbook chapter behind it. Read that chapter before you run the activity. It gives you the facts, and participants can take it home.

Who it is for

The kit is written for anyone who brings people together to learn:

- adult educators and trainers working with people aged 55 and over
- seniors' clubs, day centres and universities of the third age
- libraries, community centres and parish halls
- schools and youth groups that pair pupils or students with older people
- families who want to try something together at home

You do not need to be an expert in AI or the environment. You need to be curious, well prepared and good at keeping time.

The four G-PRO letters

Letter	Stands for	In the activities
G	Green literacy	Water, energy, nature and recycling, learnt by sorting, making and exploring
P	Prompt intelligence	Using AI the G-PRO way: **ASK** the AI, **EVALUATE** together, **DECIDE** yourself
R	Real-world reasoning	Everyday choices: shopping, food, prices, claims on packaging
O	Own it	One specific, personal commitment, said out loud or written down

Every activity ends with an **Own It** idea. In the board game, a clear and specific promise earns the O. You can use the same rule in any session.

Your four roles as facilitator

You wear four hats during a session. If you have a helper, share them out.

- **Host.** Welcome people by name. Check that everyone can see, hear and sit comfortably. Make it safe to be wrong.
- **Timekeeper.** Keep each step to its time. A kitchen timer or a phone alarm helps. Energy drops when steps drag on.
- **Judge.** Award points fairly and quickly. Explain your decision in one sentence. When in doubt, give the point to the team that reasoned well.
- **Storyteller.** Read the opening lines with feeling. Link the game to real life at the end. Invite participants' own stories, which are often better than anything in the script.

The shape of every session

All the activities follow the same five-part shape. Once your group knows it, they relax and play.

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Part	What happens	Typical share of time
1. Open	Read the opening lines aloud. Explain the goal and how to score.	5 min
2. Play	The game, challenge or role play itself.	About half
3. Name it	Name the key idea people have just used, with its source.	5 min
4. Debrief	Three questions: What happened? So what? Now what?	10 min
5. Own it	Each person chooses one small, specific action.	5 min

The three-stage debrief

The debrief turns a game into learning. Keep it short and use the same three questions every time.

1. **What happened?** Facts only. What did your team do? What surprised you? Who scored and why?
2. **So what?** Meaning. What does this tell us about real life, about AI, about our shopping or our bins?
3. **Now what?** Action. What will you do differently this week? This leads straight into the Own It promise.

TIP

Ask one person from each table to answer each question, so the same voices do not take over. Older participants often have the most useful real-life examples: invite them first at "So what?".

Pairing generations well

Several activities are marked **intergenerational**. They work best when older and younger people need each other to win.

- **Mix every team.** Never seat all the young people together. Aim for at least one older and one younger person per team.
- **Give young people "assistant" roles, not "teacher" roles.** They can type, read out, take photos, keep score or fetch materials. They should not lecture.
- **Let seniors lead on lived experience.** Older participants know how to mend, preserve, save and make do. Their memories and skills are part of the game, and they often win points for them.
- **Swap roles halfway.** In longer activities, the person who typed becomes the person who judges.
- **Watch the pace.** Young people often rush the device steps. Ask them to say aloud what they are doing and to hand the device over.

FACILITATOR NOTE

For school groups, agree in advance with the teacher who supervises the pupils, and check your organisation's safeguarding rules. Do not share participants' photos without written consent.

Accessibility and safety basics

- **Print large.** Use at least 16-point text on cards and sheets, with strong contrast. Print on matt paper to reduce glare.
- **Seats for everyone.** Every movement game in this kit has a seated version. Offer it without making a fuss.
- **Hearing.** Reduce background noise, face the group when you speak, and repeat questions from the floor.
- **Breaks.** Offer a comfort break at least every 60 minutes, and water at all times.
- **Food.** Ask about allergies and diets before any food activity. Wash hands and surfaces. Respect "use by" dates.
- **Tools.** Use only simple hand tools. No electrical repairs, nothing plugged in, no gas appliances.
- **Devices and privacy.** Use a facilitator device and account where possible. Never type names, addresses, health details or bank details into an AI tool.
- **Scams.** Activities about fake messages and calls use made-up examples only. Never use a real person's voice or photo without their permission.

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All fourteen activities

No.	Activity	Format	Time	Letters	Device needed?
02	Two Truths and an AI	Icebreaker game · intergenerational	30–40 min	P	No (optional for round 2)
03	Grandma's Recipe vs the Robot	Cooking challenge · intergenerational	75–90 min	G · P · R	Yes, one shared (print-out version possible)
04	The Time Machine Shop	Sorting game · story	50–60 min	R · G	No
05	Repair Café Relay	Hands-on · skill swap · intergenerational	75–90 min	G · O	No
06	Real or Robot?	Detective game	45–60 min	P	Yes, for the picture round (print-out version possible)
07	The Great Bin Sort	Team relay · movement	40–50 min	G	No
08	Green Claims Court	Role play · mock trial	60–75 min	R	No
09	The Prompt Kitchen	Card game · unplugged, then tested	45–60 min	P	No (optional for the last round)
10	Scam Call Theatre	Improv · role play	50–60 min	P · O	No
11	The Standby Hunt	Detective walk · home audit	45–60 min (plus a week at home)	G	No
12	Water Detectives	Guessing game · hidden water	45–60 min	G · R	No
13	Memory Lane Interviews	Story · interviews · zine · intergenerational	75–90 min	O · R	No (optional for recording)
14	Pocket Garden & Seed Swap	Making · nature · wellbeing	60–75 min	G · O	No
15	The Promise Tree	Closing ritual · creative	40–60 min	O	No

The cards and sheets for all activities are in Printable cards and sheets.

Suggested programmes

A two-hour taster

For a first visit to a club or library.

1. Two Truths and an AI (35 min): laughter, names, and a first look at how AI can sound sure and be wrong.
2. Break (15 min).
3. The Great Bin Sort (45 min): movement, teamwork and local recycling rules.
4. The Promise Tree, short version (25 min): everyone leaves with one promise.

An intergenerational afternoon

For a school class visiting a seniors' club, or grandparents' day at a library.

1. Grandma's Recipe vs the Robot (80 min).
2. Break with tasting (15 min).
3. Memory Lane Interviews (75 min).
4. The Promise Tree, short version (20–25 min).

A five-session series

One session a week, about 90 minutes each. Play one round of the G-PRO board game at the start or end of each session if you have time.

Session	Theme	Activities
1	Meeting AI	Two Truths and an AI + The Prompt Kitchen
2	Staying safe	Real or Robot? + Scam Call Theatre
3	Waste and repair	The Great Bin Sort + Repair Café Relay (short version)
4	Home and nature	The Standby Hunt or Water Detectives + Pocket Garden & Seed Swap
5	Shopping and promises	Green Claims Court + The Promise Tree

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TIP

In a series, start each session by asking two or three people how their Own It promise went. Celebrate small wins. A promise that was only half kept is still a story worth hearing.

Before you run any activity

- [ ] Read the activity and its handbook chapter.
- [ ] Print the cards and sheets, large and on thick paper if you can.
- [ ] Check the room: seats, light, space to move, toilets, step-free access.
- [ ] If a device is needed, test the AI tool and Wi-Fi beforehand.
- [ ] Ask about allergies, mobility and hearing needs.
- [ ] Prepare a scoreboard on a flip chart.
- [ ] Have a small prize ready: a jar of jam, a seed packet, a round of applause.

Related: Welcome and how to use this handbook · Printable cards and sheets

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ACTIVITY 02 · ICEBREAKER GAME · INTERGENERATIONAL

Two Truths and an AI

02



The classic party game with a twist. Two statements are true, one was written by a machine. Can your team spot the confident fake before the others do?

FORMAT	TIME	GROUP
Icebreaker game · intergenerational	30–40 min	6–24 · pairs or teams of 3–4
LETTERS	**YOU NEED**	
P	Pens, Truth slips and score sheet (Printable A), a bag or hat, one phone or tablet with an AI assistant (optional)	

THE ACTIVITY IN PLAIN WORDS

Everyone knows "two truths and a lie". In this version the lie is not invented by a player. It is written by an AI, or in the AI's style. In round one, each player writes two true things about their own life, and the facilitator adds a third, made-up "fact" that sounds just as believable. The group has to guess which one is the machine's. In round two, teams face trios of green facts: two are true, one is a confident AI-style answer that is wrong. The game is quick and funny, and it teaches the most important lesson about AI chatbots in under an hour: sounding sure is not the same as being right.

You will need

- Truth slips and score sheet (Printable A), one set of three slips per player
- Green fact trios (Printable A, round 2), cut into cards, one trio per team per round
- Pens, a bag or hat to collect slips
- A flip chart for the scoreboard
- Optional: one phone or tablet with an AI assistant, used by the facilitator only
- Optional: a small prize, such as a jar of jam or a packet of seeds

Before the session

- Print and cut the slips. Print the green fact trios in large type, one trio per card.
- If you will use a device in round 1, practise this prompt: "Write one short, believable sentence about the life of a [age]-year-old person from [town]. Make it sound like a real memory. Do not use real names."
- If you have no device, prepare a few "AI-style" sentences yourself in advance, using the examples on Printable A.
- Draw the scoreboard with team names.
- Read the handbook chapter on thinking critically.

OPENING LINES · READ ALOUD

"Today we are playing two truths and a lie, with a modern twist. The lie will not come from any of us. It will come from a machine, or from someone pretending to be one. AI chatbots write very smooth, very confident sentences. Your job is to catch the one that sounds right but is not. Trust your own life experience. It is your best detector."

How to run it

1. **Write your truths** 5 min

   Each player takes two slips and writes one true, short fact about their own life on each. Good examples: "I learnt to swim in a river", "I once met a famous footballer", "I have never eaten sushi". Keep facts surprising but not private. Players fold the slips, write their initials on the outside and put them in the bag.

2. **The robot writes** 5 min

   While players chat, the facilitator takes each player's slips and adds a third slip in the same handwriting style if possible, or typed in capitals for everyone. Use the AI prompt above, or a sentence from Printable A. The third "fact" should fit the person: their age, their town, their hobbies. Shuffle the three slips for each player.

3. **Round 1: who is the robot?** 10–15 min

   One by one, read out a player's three slips. Teams have 20 seconds to whisper and hold up 1, 2 or 3 on their fingers. Then the player reveals which slip was the AI's. Each team that guessed right gets 1 point. If nobody guesses right, the player whose life was "faked" gets 2 points for being a good poker face. Ask the player one quick follow-up: "Tell us the story behind the true one."

4. **Round 2: green fact trios** 10 min

   Give each team a green fact trio card face down. On "go", teams turn it over and have 2 minutes to decide which statement is the AI-style mistake, and why. Teams score 1 point for the right answer and 1 bonus point if they can name a way to check it (a label, a municipality website, an official source, a person who knows). Swap cards between teams and play two or three trios.

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5 **The live test** optional, 5 min

If you have a device, ask the AI one of the round 2 questions in front of everyone, for example: "In Poland, does a broken drinking glass go in the green glass bin?" Read the answer aloud slowly. The group plays judge: is it right, half right or wrong? Did the AI say "check your local rules"?

6 **Scores and name it** 3 min

Add up the points and award the prize. Then name the key idea below.

EXAMPLE

A team in a library in Tartu hears three slips from Maie, 71. "I sang in the Song Festival as a girl." "I grew my own potatoes for forty years." "I worked as a ship's cook on a ferry to Helsinki." Her grandson Karl is sure the ferry story is the fake, because it is so specific. Wrong. Maie really did cook on a ferry. The AI wrote the potato sentence: it sounded so normal that nobody questioned it. Maie scores 2 points for her poker face, and the group notices something useful: the most believable sentence was the made-up one. In round 2, Karl's team spots that "Mirrors and drinking glasses go in the bottle bank" is the mistake, and earns the bonus point by saying: "Check what is printed on the container."

KEY IDEA

AI chatbots predict words that sound likely. They do not check facts the way a person does. That is why they can produce fluent, believable sentences that are simply untrue. The companies that make chatbots say this themselves: ChatGPT, for example, shows the warning "ChatGPT can make mistakes. Check important info." under its answers. The G-PRO method is the answer: **ASK** the AI, **EVALUATE** together, **DECIDE** yourself. Source: G-PRO Handbook, Thinking critically; chatbot providers' own on-screen warnings.

Debrief

1

What happened?

Which robot sentences fooled the most people? Were the fakes the strange sentences or the ordinary ones?

2

So what?

If a machine can make an ordinary, sensible-sounding sentence about your own life, what does that mean for answers about medicine, money or recycling rules? Which of your life experiences helped you spot the fakes?

3

Now what?

What will you do the next time an AI, a website or a friend tells you something with great confidence? Agree one checking habit as a group, such as "ask for the source" or "check the official website".

Make it work for your group

- **Limited mobility, sight or hearing:** Everyone stays seated. Read every slip twice, slowly. Use large printed number cards (1, 2, 3) instead of fingers. A helper can write slips for players who find writing hard.
- **Intergenerational version:** Pair each older player with a younger "assistant". The assistant writes the slips the older player dictates, and operates the device in step 5. In round 1, mix the generations: young people try to spot the fake in a grandparent's life, and the other way round. Seniors usually win, which is part of the fun.
- **No-device version:** Use the ready-made AI-style sentences and fact trios on Printable A. The game works fully on paper.
- **Online or hybrid version:** Players send their two truths privately to the facilitator by chat before the session. Teams vote with the poll function or by holding up 1, 2 or 3 to the camera.
- **Short version (20 min):** Skip round 1. Play three green fact trios, then do a one-question debrief: "What will you check next time?"

WATCH OUT

Some people may feel exposed sharing facts about their lives. Make it clear that facts can be light and funny, and that nobody has to share anything personal. Never type real names, addresses or health details into an AI tool: describe people in general terms only ("a 70-year-old from Braga"). If the AI writes something unkind or stereotyped about older people, stop and discuss it: that is a useful lesson too.

OWN IT

"This week, before I believe or pass on a surprising fact from AI, a website or a message, I will check it in one official place." Or: "On Sunday I will ask an AI one question about my town and check the answer with the town hall website."

Related: Thinking critically · G-PRO cards: AI-17 Find What AI Gets Wrong, AI-12 The Follow-Up Question, AI-09 Does AI Know Your Area?, W-13 Knowledge Check

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ACTIVITY 03 · COOKING CHALLENGE · INTERGENERATIONAL

Grandma's Recipe vs the Robot

03



Mixed-age teams get a basket of leftovers and race to save it twice: once from memory and kitchen wisdom, once with an AI. The judges decide which plan wastes least and tastes best.

FORMAT	TIME	GROUP
Cooking challenge · intergenerational	75–90 min	8–24 · mixed-age teams of 3–4
LETTERS	**YOU NEED**	
G · P · R	Recipe challenge cards and judging sheet (Printable B), pens, one phone or tablet with an AI assistant per team or one shared, optional simple no-cook ingredients for tasting	

THE ACTIVITY IN PLAIN WORDS

Every team draws a "fridge card": a small, realistic collection of leftovers, such as half a cabbage, stale bread, two eggs and some cooked potatoes. First, the older team members lead the "Grandma round": they plan a dish from memory, the way their family would have used things up. Then the younger members lead the "Robot round": they ask an AI for a plan using the same ingredients. A panel of judges compares the two plans for waste, cost, season, safety and how tempting they sound. In the full version, each team then makes a small no-cook tasting dish. The point is not to prove that grandma beats the robot (although she often does). It is to see how kitchen wisdom and AI can work together, and why we must always evaluate what the AI says.

You will need

- Recipe challenge cards and judging sheet (Printable B): one fridge card and one twist card per team, one judging sheet per judge
- Pens and a sheet of paper per team, divided into two columns: "Grandma's plan" and "Robot's plan"
- One phone or tablet with an AI assistant per team, or one shared device with a screen
- Three judges: you, a helper, and one volunteer participant (rotate if you play several rounds)
- Optional tasting: bread, a few seasonal vegetables, herbs, cheese, jam, oil, a chopping board, a blunt-ended knife, plates, napkins, hand gel
- A timer and a scoreboard

Before the session

- Ask every participant about food allergies, intolerances and diets. Remove any fridge card that includes something a participant cannot be near.
- Print and cut the cards. Choose cards that fit the season and your country.
- Test the AI prompt on your device, so you know it works and roughly what kind of answer comes back.
- If you plan a tasting, buy simple ingredients that need no cooking, and set up a hand-washing point.
- Read the handbook chapter on shopping, food and spotting greenwashing, especially "use by" and "best before".

OPENING LINES · READ ALOUD

"Look in any fridge on a Thursday evening and you will find a little crisis: half a cabbage, yesterday's rice, one sad carrot. Our grandparents had answers for that. Today, so does the robot. Each team will save the same fridge twice: once with family wisdom, once with AI. Then our judges will decide which plan saves the most food, the most money and tastes the best. May the best cook win, human or machine."

How to run it

1. **Open the fridge** 5 min

   Each team draws one fridge card and reads it aloud. Teams check: is anything on the card past its "use by" date? (Some cards include a trap.) A team that spots the trap earns 1 point straight away.

2. **The Grandma round** 15 min

   The older team members lead. Without any device, the team plans one or two dishes that use as much of the fridge card as possible. They write the dish name, the steps in a few lines, and any extra ingredients they would need from the cupboard. Encourage stories: "My mother made this every Friday." Younger members act as scribes and ask questions.

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3 **The Robot round** 15 min

Now the younger members lead and the older members become the critics. The team types a prompt into the AI. Give them this starter and ask them to improve it: "I have [list from the fridge card]. I live in [country] and it is [month]. Suggest one simple, cheap meal for [number] people that uses up as much of this as possible, with no special equipment. Tell me how to store any leftovers safely." The team writes the robot's plan in the second column, in their own short words.

4 **The twist** 5 min

Each team draws a twist card, for example "One guest cannot eat gluten" or "The oven is broken". Both plans must be adapted. The team may ask the AI a follow-up question, but the older members decide whether the answer makes sense.

5 **Judging** 10 min

Each team presents both plans in two minutes. The judges score each plan out of 5 on the five points on the judging sheet: waste saved, cost, season and local food, safety, and "would I eat it?". The team with the highest single plan wins the round. A bonus point goes to any team that caught a mistake in the AI's answer.

6 **The tasting** optional, 15 min

Each team makes a tiny no-cook version of its favourite plan with the tasting ingredients: an open sandwich, a salad, bread with a spread. Everyone tries a bite. Judges award 1 extra point for "best use of the stale bread".

7 **Name it and debrief** 10 min

Read the key idea, then run the three debrief questions.

EXAMPLE

In Pias, a team of Rosa (78), her neighbour Joaquim (69) and two secondary-school pupils, Inês and Tiago, draws the card "stale bread, two tomatoes, garlic, an egg, a bunch of coriander". In the Grandma round, Rosa does not hesitate: açorda, the Alentejo bread soup. She explains how to crush the garlic and coriander with salt and pour boiling water over the bread. In the Robot round, Inês asks the AI. It suggests a "Mediterranean bread salad" and adds feta cheese and cucumber, which are not on the card. Joaquim catches it: "That means another trip to the shop." The twist card says "one guest is vegetarian". Rosa says to poach the egg anyway, as a vegetarian guest can still eat it. The judges give Rosa's açorda 23 points and the robot's salad 17. The team earns a bonus point for spotting the extra shopping.

KEY IDEA

Food waste is a household story more than a supermarket story. In the EU, about 129 kg of food per person was wasted in 2024, and more than half of it (about 69 kg per person) came from households. Planning meals around what is already in the fridge is one of the easiest ways to cut it. AI can suggest recipes, but it may add ingredients you do not have, ignore the season, or skip food safety. That is why you **evaluate** before you **decide**. Source: Eurostat, "Food waste and food waste prevention – estimates" (2024 data).

Debrief

1

What happened?

Which plan won at your table, Grandma's or the Robot's? Did the AI add anything you did not have, or forget anything important?

2

So what?

What do older family cooks know that the AI did not? What was the AI genuinely good at? How could the two work together?

3

Now what?

Which leftovers are most often thrown away in your home? Which dish from today will you try this week?

Make it work for your group

- **Limited mobility, sight or hearing:** All steps can be done seated at a table. Print fridge cards in large type with a simple picture of each item if you can. Read the AI's answer aloud instead of passing the device round.
- **Intergenerational version:** This is the core version. Keep the roles clear: older people lead the Grandma round and judge the Robot round; younger people type and scribe. Ask each young person to write down one dish they learnt from an older teammate.
- **No-device version:** Print two or three AI answers in advance (ask the AI before the session with each fridge card) and hand them out in the Robot round. Teams critique the printed answer instead of generating it.
- **Online or hybrid version:** Each participant opens their own fridge at home and reads out three real leftovers. The group plans the Grandma version together, and the facilitator shares the screen for the Robot round.
- **Short version (20 min):** One fridge card for the whole group. Five minutes of Grandma ideas, five minutes with the AI on a shared screen, five minutes of voting by show of hands, five minutes of debrief.

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WATCH OUT

Ask about allergies before you buy anything, and label tasting food clearly. Wash hands before handling food. Use only blunt-ended knives and no heat. Do not serve leftovers brought from home in a group setting. If the AI suggests something unsafe, such as reheating rice more than once or eating food past its "use by" date, stop and discuss it. People with medical diets should follow their doctor or dietitian, not a chatbot.

OWN IT

"Every Thursday evening I will check my fridge and cook one meal from what needs using up, before I go shopping." Or: "I will write down one recipe from my family and give a copy to a younger relative by the end of the month."

Related: Shopping, food and spotting greenwashing · G-PRO cards: AI-15 A Seasonal Recipe, KS-01 The Thursday Fridge, KS-08 Food from the Past, KS-09 Too Much Cooked, KR-07 Food Thrown Away This Week

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ACTIVITY 04 · SORTING GAME · STORY

The Time Machine Shop

04



Step into a shop where every object comes from a different decade. Sort the past, furnish a home that must last twenty years on a tiny budget, and find out what "cheap" really costs.

FORMAT	TIME	GROUP
Sorting game · story	50–60 min	6–24 · teams of 3–4
LETTERS	**YOU NEED**	
R · G	Time Machine object cards (Printable C), a long rope or masking tape for a timeline, decade signs, play money or counters, pens	

THE ACTIVITY IN PLAIN WORDS

The room becomes a shop that sells things from the 1950s to today. Teams first sort a pile of object cards along a timeline on the floor: when did this become a normal thing in your home? Older participants are the experts here, and their memories can overrule the card. Then the shop opens. Each team has 100 "time coins" and must furnish an imaginary household that has to last 20 years. Every card shows a game price and a game lifespan. Cheap things wear out and must be bought again; sturdy things cost more but last. Teams discover, by counting coins, what older generations knew by instinct: buying well often costs less than buying often. The game ends with stories about the objects people still own.

You will need

- Time Machine object cards (Printable C), one set per team, plus one large set for the timeline
- A long rope, string or masking tape on the floor or a long table, with decade signs: 1950s, 1960s, 1970s, 1980s, 1990s, 2000s, 2010s, 2020s
- Play money or counters: 100 "time coins" per team (buttons, dried beans or paper coins work well)
- A shopping list sheet per team (on Printable C)
- Pens, a flip chart and a timer
- Optional: real objects brought from home, such as an old enamel jug, a darned sock, a string bag

Before the session

- Print and cut the object cards. Lay out the timeline with the decade signs.
- Invite participants beforehand to bring one object they have owned for more than 20 years, with a story.
- Read the cards and their game figures, so you can explain them. All prices and lifespans on the cards are simplified **game figures**, not historic prices.
- Read the handbook chapter on shopping, food and spotting greenwashing, especially "Before you buy: four questions".

OPENING LINES · READ ALOUD

"Welcome to the Time Machine Shop. Behind this counter are things from seventy years of European homes: the radio, the string bag, the plastic carrier bag, the smartphone. Some of you remember when each of these arrived. Some of you have never lived without them. First we will put the shop in order. Then the shop opens, and each team must furnish a home that has to last twenty years. Spend wisely. In this shop, cheap things have a habit of breaking."

How to run it

1 Sort the past 10 min

Each team takes a share of the large timeline cards. Teams place each object at the decade when they think it became an ordinary thing in homes in their country. Then the facilitator turns over the cards one by one and reads the "game decade" on the back. A team scores 1 point for each card in the right decade. Here is the rule that makes the game: **if an older participant remembers it differently in their own country, and can tell a short story to prove it, their memory wins the point.** Homes in Portugal, Poland and Estonia changed at different speeds, and the game cards are only a rough guide.

2 The shop opens 15 min

Each team gets 100 time coins and the shopping list. They must "buy" one item in each of six categories: something to carry shopping, something to drink from, something to wear on your feet, something to listen to news on, something to clean with, and something to store food in. Each category has two or three object cards with a game price and a game lifespan. The household must last 20 years, so a cheap item that lasts 2 years must be bought 10 times. Teams calculate the total cost over 20 years and must not go over 100 coins.

3 The bill 5 min

Each team reads out its six choices and its 20-year total. The facilitator checks the maths with a helper. Teams within budget score 3 points. The team with the lowest total wins 2 bonus points. Ask: who chose the cheapest item in every category, and what happened to them?

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4 **The time traveller's twist** 5 min

Read one twist card aloud to everyone, for example: "Your cloth bag tears in year 5. You can mend it for 1 coin, or buy a new one." Teams adjust their bill. Teams that choose repair score 1 point.

5 **Object stories** 10 min

Sit in a circle. Anyone who brought an old object, or remembers one, tells its story in one minute: where it came from, why it lasted, who mended it. Younger participants ask one question each. The group chooses "the object of the day".

6 **Name it and debrief** 10 min

Read the key idea, then the three debrief questions.

EXAMPLE

At a day centre in Lublin, the "Stokrotki" team, led by Halina (74) and Zbigniew (80) with a student volunteer, Ola, sort the timeline. The card says plastic carrier bags became ordinary in the 1970s. Zbigniew disagrees: "In our town we used string bags well into the 1980s. Plastic bags were something you kept and washed." He wins the point. In the shop, Ola wants the plastic bags at 1 coin each, but they last a year: 20 coins over 20 years. Halina picks the string bag at 6 coins, lasting 20 years. Over the six categories, the team spends 65 coins. Another team chose the cheapest item in every category and spends 135, far over budget. Ola writes on the flip chart: "Cheapest today, dearest in the end."

KEY IDEA

The true cost of an object is not its price but its **cost per use**: the price divided by the number of times you use it before it must be replaced. Durable, repairable things often cost more at the till and less over the years. EU law now backs this up. Since 27 September 2026, traders may not make durability claims they cannot prove or present goods as repairable when they are not, and guarantee information must be clearly shown. Source: European Commission, Directive (EU) 2024/825 on empowering consumers for the green transition. The prices and lifespans in this game are simplified game figures.

Debrief

1

What happened?

Which team spent least over 20 years? Which choices pushed teams over budget? Where did memories overrule the cards?

2

So what?

Why did "cheap" items often turn out expensive? What did older participants' homes teach us about buying, keeping and mending? Which items today are designed to be replaced quickly?

3

Now what?

Think of one thing you will need to buy in the next few months. What would the Time Machine Shop rule tell you to look for?

Make it work for your group

- **Limited mobility, sight or hearing:** Put the timeline on a long table instead of the floor, so people can place cards while seated. Use large cards with a simple drawing or a real object. Read prices aloud and let a helper handle the coins.
- **Intergenerational version:** Make younger participants the "time travellers" and older ones the "shopkeepers" of their decade. Shopkeepers explain how each object was used and mended; time travellers keep the accounts. Ask young people to bring one object they think will still be working in 20 years, and let the shopkeepers judge it.
- **No-device version:** This activity needs no device.
- **Online or hybrid version:** Share a slide with the timeline and drag the cards, or simply read the objects and let participants call out decades. Run the shop with each team keeping its own tally on paper. Ask people to show their old objects to the camera.
- **Short version (20 min):** Skip the timeline. Run only the shop with three categories and a 50-coin budget, then five minutes of object stories.

WATCH OUT

The decades and prices on the cards are rough game figures, and they are meant to be argued with. Do not present them as history. Some participants may remember times of real shortage; let them speak, but do not push anyone to share hard memories. Keep coins away from anyone with small grandchildren at the session (choking risk).

OWN IT

"Before my next bigger purchase, such as shoes, a kettle or a coat, I will work out the cost per use and check whether it can be repaired." Or: "This month I will mend or care for one object I have owned for more than ten years, so it lasts another ten."

Related: Shopping, food and spotting greenwashing · G-PRO cards: KR-06 Something You Own That Has Lasted, KS-21 A Gift That Lasted, KS-11 The Oldest Thing You Still Wear, KR-16 The Thing That Still Works, KR-10 Circular Economy: Old Habit, New Name

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ACTIVITY 05 · HANDS-ON · SKILL SWAP · INTERGENERATIONAL

Repair Café Relay

05



A pop-up repair café becomes a relay race. Teams rotate around skill stations, learn from the experts in the room, collect stamps in a skill passport and save a basket of "broken" things from the bin.

FORMAT	TIME	GROUP
Hands-on · skill swap · intergenerational	75–90 min	8–30 · mixed-age teams of 3–4
LETTERS	**YOU NEED**	
G · O	Repair station cards and skill passports (Printable D), simple hand tools, needles and thread, spare buttons, old socks and T-shirts, glue, a "broken basket" per team	

THE ACTIVITY IN PLAIN WORDS

The room turns into a small repair café with four to six skill stations: sewing on a button, darning or patching, a no-sew bag from an old T-shirt, tightening and gluing, and more. At each station, a "station master" (usually an older participant who already has the skill) teaches a five-minute fix. Teams rotate on a whistle, like a relay. At each station they complete one repair from their team's "broken basket" and earn a stamp in their skill passports. The fastest team does not automatically win: points go for good repairs, for teaching, and for the item that is "most saved from the bin". The session ends with everyone choosing one thing at home to repair.

You will need

- Repair station cards and skill passports (Printable D): one station card per station, one passport per person
- A "broken basket" per team (a box or bag) with one item for each station: a shirt with a missing button, a sock with a hole, an old T-shirt, a wobbly chair or stool, a loose pan handle, a torn book cover
- Station kits: needles (large-eye needles help), thread and darning wool, spare buttons, a darning mushroom or a smooth jar, scissors, safety pins, fabric patches, iron-on patches (optional), screwdrivers, a small spanner, wood glue, book-repair tape
- A stamp, stickers or coloured pens for the passports
- A whistle or bell, a timer and a scoreboard
- Good light at each station, plus magnifying glasses if possible

Before the session

- Find your station masters. Ask participants in advance: "Who can sew on a button, darn a sock, fix a chair, patch a bag?" Most groups have several experts. Give each a station card a week before so they can practise their five-minute fix.
- Collect broken items. Ask the group to bring safe, simple items that need small repairs. Check them: nothing electrical, nothing sharp or rusty.
- Set up four to six stations around the room with a table, chairs, good light and the kit.
- Prepare a "broken basket" per team with one task for each station.
- Read the handbook chapter on waste, repair and recycling.

OPENING LINES · READ ALOUD

"Welcome to the Repair Café Relay. In this room are people who can mend almost anything, and people who have never threaded a needle. By the end of this session, those two groups will have met. Each team has a basket of things on their way to the bin. Your job is to rescue them, one station at a time. Our station masters are your coaches. Listen to them, ask questions, and collect your stamps. The winner is not the fastest team. It is the team that saves the most and learns the most."

How to run it

1. **Meet the masters** 5 min

   Each station master stands up, names their skill and says in one sentence where they learnt it. ("My grandmother taught me to darn by candlelight.") Teams receive their broken basket and skill passports.

2. **The relay** 40–50 min

   Teams start at different stations. Each round lasts 8 minutes. In the first 3 minutes the station master demonstrates the fix. In the next 5 minutes the team repairs the matching item from its basket, with every member doing at least one part. On the whistle, the master stamps each passport and gives the team 1 to 3 points for the quality of the repair. Teams move clockwise to the next station.

3. **The rescue check** 10 min

   Teams lay out their repaired items. Each team chooses one "best rescue" and explains in 30 seconds what was broken, what they did, and how much longer they think it will last. The whole room votes for "most saved from the bin" (3 points).

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4 **Teach it back** 5 min

Each team chooses one younger and one older member. The younger one must explain one skill they learnt today to the whole room in 30 seconds; the older one must name one thing they learnt from someone younger (perhaps a quick knot, a phone light for threading needles, or a video tip). Each successful teach-back earns 1 point.

5 **Name it, debrief and own it** 10 min

Read the key idea, run the debrief and ask everyone to write their repair promise on the back of their skill passport.

EXAMPLE

At a community centre in Pärnu, the "Nõel ja Niit" team includes Tiiu (76), her neighbour Aino (68) and two students from the local vocational school, Mihkel and Laura. At the darning station, Aino shows how to weave wool across a hole over a smooth jar. Mihkel's first attempt is lumpy; Laura's is neat. They get 2 points. At the chair station, Mihkel takes over: he finds the loose screw and tightens it in seconds, and Tiiu glues the wobbly joint while he holds it. In the teach-back, Laura explains the darning weave. Tiiu says she learnt from Mihkel to use her phone's torch to see the eye of a needle. The team's best rescue, a coat with three new buttons, wins "most saved from the bin". Their total: 19 points.

KEY IDEA

Repair is near the top of the waste ladder: it keeps a product in use, saves money and saves the materials and energy needed for a new one. EU law is moving the same way. The "right to repair" directive had to be applied in national law by 31 July 2026. For certain products, such as washing machines and mobile phones, manufacturers must offer repair at a reasonable price after the legal guarantee ends, and must make spare parts available. If you choose repair instead of a replacement while the item is under the legal guarantee, the guarantee is extended by 12 months. Details depend on the product and your country. Source: European Commission, Directive (EU) 2024/1799 on common rules promoting the repair of goods.

Debrief

1

What happened?

Which station did you enjoy most? Which repair surprised you by being easier, or harder, than you expected?

2

So what?

Why did so many of these skills almost disappear? What would happen if every household could make these five small repairs? Who in your family or street has a repair skill nobody uses?

3

Now what?

Which item at home is waiting for a repair? Is there a repair café near you, and could the people in this room start one?

Make it work for your group

- **Limited mobility, sight or hearing:** Instead of teams walking between stations, station masters move between tables. Provide large-eye needles, needle threaders, thick wool, bright task lights and magnifiers. Choose repairs that need little hand strength, such as gluing or patching with safety pins, for people with arthritis.
- **Intergenerational version:** Young people are "repair assistants": they hold, pass tools, read station cards aloud and record the repair with a photo (with permission). Older people are station masters and team captains. In the teach-back, young people must teach a skill back to an older person to earn the point.
- **No-device version:** This activity needs no device.
- **Online or hybrid version:** Each participant brings one item and a small kit to their screen. A station master demonstrates on camera; everyone repairs at home at the same time. Show the results to the camera at the end and vote by chat.
- **Short version (20 min):** One station only: buttons. Everyone sews on one button with a partner of a different age, then makes their repair promise.

WATCH OUT

Never repair anything electrical, anything plugged in, or anything with gas. Check broken items before the session and remove anything sharp, rusty or unsafe. Count needles and scissors back in at the end of each round. Use blunt-tipped scissors for children. Keep glue in a ventilated space and away from skin. A worn appliance cable is a safety risk: stop using the appliance and take it to a qualified repairer.

OWN IT

"By the end of the month I will mend the jacket with the broken zip instead of buying a new one." Or: "I will offer to teach button-sewing at the next repair café in my town." Or, for a younger participant: "This weekend I will ask my grandfather to show me how to fix my bike brakes."

Related: Waste, repair and recycling · G-PRO cards: KR-02 A Repair Skill You Have, KR-08 The EU Right to Repair, KR-12 The Repair Café, KS-20 Repair or Replace?, KR-16 The Thing That Still Works

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ACTIVITY 06 · DETECTIVE GAME

Real or Robot?

06



Teams of detectives examine evidence pairs of messages, pictures and phone calls. One is real, one was made by AI or a scammer. Find the clues, then face the final case with no clues at all.

FORMAT	TIME	GROUP
Detective game	45–60 min	6–24 · teams of 3–4
LETTERS	**YOU NEED**	
P	Real or Robot evidence pairs and clue checklist (Printable E), magnifying glasses, pens, one tablet or laptop for the picture round (optional)	

THE ACTIVITY IN PLAIN WORDS

Each team is a detective agency. The facilitator hands out "evidence pairs": two messages, two pictures, or two phone-call scripts. In each pair, one is real and one was made by AI or written by a scammer. Teams use a clue checklist to decide which is which, and they must name their clues to earn full points. In the last round, the "case with no clues", teams meet a fake that looks perfect. That is the lesson that matters most: newer AI fakes may show no visible mistakes at all, so the real detective work is checking the source, not just staring at the picture.

You will need

- Real or Robot evidence pairs and clue checklist (Printable E): one set of case envelopes per team, one clue checklist per person
- Magnifying glasses (cheap ones are fine) and pens
- For the picture round: printed picture pairs that you prepare yourself (see below), or one tablet or laptop with a large screen
- Detective badges or name cards for fun (optional)
- A scoreboard and a timer

Before the session

- Prepare the picture pairs. Take three photos yourself on a phone: for example a cup of coffee on a table, a street in your town, and your hands holding a book. Then ask an AI image tool to create a similar picture of each ("a photo of a cup of coffee on a wooden table, natural light"). Print each real photo and each AI picture the same size, without file names. Label them A and B on the back and note which is which.
- For the final "case with no clues", choose the most convincing AI picture you made, one in which you yourself cannot find a mistake.
- Print the message pairs and the call scripts from Printable E. Put each case in an envelope.
- Read the handbook chapter on staying safe, especially "Fake voices" and "Fake videos and pictures".

OPENING LINES · READ ALOUD

"Good morning, detectives. Our town has a problem. Fake messages, fake photos and fake voices are arriving every day, and some of them are very good. Each case in front of you has two pieces of evidence. One is real. One was made by a machine or by a criminal. Find the fake, and tell me how you know. A guess without a clue earns one point. A guess with a clue earns three. And be warned: the last case is the hardest one in the building."

How to run it

1. **Detective school** 5 min

   Hand out the clue checklist. Read the five headings aloud: *Who sent it? What does it want? How does it feel? What looks wrong? How can I check?* Explain that the first two and the last one matter most.

2. **Case 1: the messages** 10 min

   Each team opens the message envelope: pairs of text messages and emails, for example a real parcel notice and a fake one, or a real bank reminder and a fake "your account is blocked" message. Teams have 3 minutes per pair. They circle clues on the paper (urgency, a strange link, a request for a code, odd spelling) and write their verdict. Score: 1 point for the right answer, 3 points with a correct clue.

3. **Case 2: the pictures** 10 min

   Teams examine the printed picture pairs with magnifying glasses. Clues to look for: hands and fingers, writing on signs and labels, reflections, shadows, backgrounds that melt or repeat, skin that looks too smooth. Teams write their verdicts. Reveal the answers one pair at a time.

4. **Case 3: the voice on the phone** 10 min

   Two volunteers read a phone-call script from Printable E aloud: a "grandchild in trouble" call. The voice may sound right, so teams cannot use their ears; they must listen for the *story*. What does the caller want? Why the hurry? Why the secrecy? Teams agree the three things they would do next (for example: hang up, call back on a number you know, ask the family safe word).

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5 **Case 4: the case with no clues** 5 min

Show the final picture: your best AI image, next to nothing. Ask: "Real or robot?" Let teams argue. Most will find no clue. Reveal that it is AI. Then ask the key question: "If your eyes cannot tell, what can?" Collect answers: who posted it, where it first appeared, whether trusted news sources show it, a reverse image search, asking the person directly.

6 **Name it and debrief** 10 min

Award the "Chief Detective" title to the highest-scoring team. Read the key idea and run the debrief.

EXAMPLE

In a seniors' club in Kraków, the "Sherlock z Podgórza" team, Krystyna (70), Józef (77) and Wanda (66), opens Case 1. Message A says their parcel is held and asks them to pay 1.99 zł through a link within 24 hours. Message B, from the same courier, gives a tracking number and no link to pay. Wanda spots the urgency and the payment request: 3 points. In Case 2, Józef uses the magnifying glass on a picture of a market stall and finds that the price signs are written in letters that are not quite letters. Another 3 points. In Case 4, nobody can find a single mistake in the photo of a cup of coffee. Krystyna says: "Then I would ask: who sent me this, and why?" The facilitator writes it on the flip chart as the lesson of the day.

KEY IDEA

Some AI fakes still show tell-tale signs: odd hands, nonsense writing, impossible reflections or shadows. But AI tools keep improving, and newer fakes may show no visible clues at all. So the strongest checks are about the **source and context**: who shared it, where it first appeared, whether trusted sources report the same thing, and, for calls and messages, whether you can confirm it through a channel you already trust, such as calling back on a number you know. Sources: European Commission, EPALE adult learning platform, guidance on recognising AI-generated content; Europol advice on deepfakes; G-PRO Handbook, Staying safe.

Debrief

1

What happened?

Which case was easiest? Which fooled your team? Which clues on the checklist helped most?

2

So what?

If the best fakes have no visible mistakes, what does that mean for photos and calls we receive every day? Which checks still work when our eyes and ears cannot tell?

3

Now what?

What will you do the next time you receive an urgent message or a surprising photo? Who in your family should agree a safe word with you?

Make it work for your group

- **Limited mobility, sight or hearing:** Print pictures large (A4 or A3) and in good light. Provide magnifiers. For Case 3, give out the call script on paper as well as reading it aloud. Let teams stay seated; the facilitator brings the envelopes.
- **Intergenerational version:** Younger participants are "forensic assistants": they handle the device, zoom into pictures and run a reverse image search in Case 4 if you have Wi-Fi. Older participants are the "senior detectives" who make the final decision and explain the clue. Seniors often spot the human tricks of a scam story faster than young people do.
- **No-device version:** Use only printed messages and pictures. Prepare the pictures in advance and print them.
- **Online or hybrid version:** Share each evidence pair on screen and let teams discuss in breakout rooms. Teams type their verdict and clue in the chat.
- **Short version (20 min):** Play Case 1 (two pairs) and Case 4 only, then ask the "Now what?" question.

WATCH OUT

Use only made-up messages and your own photos. Never use a real person's face or voice to make a fake, even as a joke, and never make a fake of someone in the room. Do not click on any link in a real suspicious message, even to "show" it. Some participants may have been victims of scams: speak about scams as crimes done *to* people, never as a sign of foolishness. If someone mentions a recent scam, offer to talk privately afterwards and suggest they contact their bank and the police.

OWN IT

"This weekend I will agree a family safe word with my children and grandchildren, in person." Or: "Before I share any surprising photo or video this month, I will check who first posted it."

Related: Staying safe · G-PRO cards: AI-08 The Voice Scam, AI-17 Find What AI Gets Wrong, AI-12 The Follow-Up Question

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ACTIVITY 07 · TEAM RELAY · MOVEMENT

The Great Bin Sort

07



A fast, noisy team relay. Race to sort a pile of everyday rubbish into the right bins for Portugal, Poland or Estonia, then argue over the tricky ones: the greasy pizza box, the broken glass, the milk carton.

FORMAT	TIME	GROUP
Team relay · movement	40–50 min	8–30 · teams of 4–6
LETTERS	**YOU NEED**	
G	Bin sort item cards and bin labels PT / PL / EE (Printable F), five or six boxes or buckets as "bins", coloured paper, a timer, a bell	

THE ACTIVITY IN PLAIN WORDS

Five or six boxes stand at one end of the room, dressed as the recycling bins of your country: yellow, blue, green, bio, mixed waste, and a special "back to the shop or collection point" box. Teams line up at the other end with a pile of item cards: a yoghurt pot, a newspaper, a jam jar, a battery, a greasy pizza box. On "go", one player at a time takes a card, walks (or wheels) it to the right bin and comes back to tag the next player. After the relay, the bins are opened and checked aloud. Points are won for correct sorting and lost for "contamination". The tricky items start the best debates of the day, and everyone leaves knowing exactly what goes where in their town, and where to check when they are not sure.

You will need

- Bin sort item cards (Printable F): one set per team, each team's set in its own colour or marked with the team's initial
- Bin labels for your country (Printable F: PT, PL or EE), stuck on five or six boxes, buckets or laundry baskets
- Coloured paper or cloth to dress the boxes: yellow, blue, green, brown, grey or black, and white for "back to the shop / special collection"
- A timer, a bell or whistle, and a scoreboard
- Optional: real, clean, safe packaging (a rinsed yoghurt pot, a flattened box, an empty jar without the lid) to mix in with the cards
- Your municipality's sorting guide or a photo of your local bins

Before the session

- Choose the country version (PT, PL or EE). In mixed international groups, play one round per country.
- Check your municipality's rules. The answers on Printable F follow the general national system, but towns differ, especially for bio-waste and paper with food on it. Change any answer that does not match your local rules, and tell the group.
- Set up the bins in a row with space to walk between them. Mark a start line at least 5 metres away, or less for a seated version.
- Read the handbook chapter on waste, repair and recycling.

OPENING LINES · READ ALOUD

"Every day we make dozens of small decisions in front of the bins. Most of them we get right. A few we get wrong, and one wrong item can spoil a whole load of recycling. Today we will find out which ones. Each team has a pile of rubbish, on paper, thank goodness. One by one, you take a card and put it in the right bin. Speed matters, but accuracy matters more: every wrong item in a bin costs your team a point. Ready? Let's sort."

How to run it

1. **Meet the bins** 5 min

   Walk past each bin and ask the group what goes in it. Let older participants explain how sorting worked when it was first introduced in their town. Mention the deposit return box: drinks bottles and cans with the deposit logo go back to the shop, not into a bin.

2. **The relay** 8 min

   Teams line up behind the start line with their cards face down. On the bell, the first player takes the top card, reads it aloud to the team (teams may shout advice), walks to the bins and posts it, then returns and tags the next player. The relay ends when the first team has posted all its cards, or after 6 minutes.

3. **Open the bins** 10 min

   The facilitator opens one bin at a time and reads each card in it aloud. The team that posted it says "keep" or "rescue". Correct item: +1 point to that team. Wrong item: −1 point, and the facilitator explains where it should go. A team that spots another team's mistake before the facilitator does gets +1.

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4 **The tricky table** 10 min

Put the five most argued-about cards on a table: often the greasy pizza box, the drinking glass, the milk carton, the receipt and the used tea bag. Teams vote with their feet by standing next to the bin they think is right. Reveal the answer and the reason. Where the answer depends on the town, say so, and show how to check (the bin label, the municipality's website or app).

5 **Speed round** 5 min

Each team gets three bonus cards. The facilitator reads an item; the first team to shout the right bin wins the point.

6 **Name it and debrief** 7 min

Read the key idea, then run the debrief.

EXAMPLE

In Pias, the "Ecopontos" team includes José (81), who sorts every day, his granddaughter Beatriz (15), and two friends from the day centre. Beatriz draws "milk carton" and heads for the blue paper bin: it is made of card, after all. José shouts: "Amarelo!" She changes course just in time. In Portugal, drink cartons go in the yellow bin with plastic and metal packaging, because they are made of card, plastic and aluminium together. José's team then loses a point for a broken drinking glass in the green bin. At the tricky table, the group learns why: drinking glasses are made of a different kind of glass from bottles and jars, so the ecoponto rules exclude them, along with ceramics, mirrors and light bulbs. The broken glass goes in mixed waste, safely wrapped. The plastic water bottle with the deposit logo goes in the "back to the shop" box. Final score: Ecopontos 14, Os Verdes 11.

KEY IDEA

Recycling only works when materials are clean and sorted correctly. One wrong item, such as ceramics or a drinking glass among glass bottles, can spoil a whole batch. Recycling is good, but it is low on the waste ladder: refusing, reducing, reusing and repairing come first. Bin colours and rules differ between countries and even between towns, so always check your local rules. In all three G-PRO countries, glass packaging goes in green, paper and cardboard in blue, and plastic and metal packaging (including drink cartons) in yellow. Portugal (since April 2026), Poland (since October 2025) and Estonia all have deposit return systems for many drinks bottles and cans. Sources: EU Waste Framework Directive 2008/98/EC (waste hierarchy and separate collection); Sociedade Ponto Verde (PT); municipal sorting guides, e.g. Gdańsk and Wrocław (PL); Valga municipality and Eesti Pakendiringlus (EE); SDR Portugal, Polish deposit system law, Eesti Pandipakend.

Debrief

1

What happened?

Which items went in the wrong bin most often? Which bin was the most "contaminated"? Did anyone change their mind halfway to the bins?

2

So what?

Why do rules differ between countries and towns? What happens to a load of recycling when the wrong things are in it? Which items should not be in any household bin at all?

3

Now what?

Which item at home have you been putting in the wrong bin? Where will you check your local rules?

Make it work for your group

- **Limited mobility, sight or hearing:** Play seated. Put the bins on a table in the middle and pass a "bin basket" round, or let players hold up a coloured card for the bin they choose while a helper posts the card. Print item cards with large text and a simple picture. Avoid running: walking only.
- **Intergenerational version:** Pair a younger "runner" with an older "sorting chief". The chief decides; the runner posts. Halfway through, swap. Young people often know the new deposit systems; seniors often know the local quirks.
- **No-device version:** This activity needs no device. As a bonus, groups with a device can ask an AI where three tricky items go in their town, and compare the answer with the municipality's guide. Expect mistakes.
- **Online or hybrid version:** Hold up each item card (or a real item) to the camera. Participants hold up a coloured sheet of paper for the bin, or type the colour in the chat.
- **Short version (20 min):** Skip the relay. Do the tricky table with ten cards and the speed round.

WATCH OUT

Never use real sharp, dirty or hazardous items, such as broken glass, batteries, medicines or used tissues. Use cards or clean, safe packaging only. Leave a clear path between bins and keep bags off the floor to prevent trips. Where the local rules differ from the cards, follow the local rules and tell the group. Do not rely on an AI for local recycling rules: it often gets them wrong.

OWN IT

"This week I will check my municipality's sorting guide and stick a list of my three trickiest items on the kitchen cupboard." Or: "From Monday I will rinse and flatten my packaging and take my deposit bottles back to the shop."

Related: Waste, repair and recycling · G-PRO cards: KR-13 What Actually Gets Recycled?, KR-14 Packaging That Looks Recyclable, KR-19 Glass: Infinitely Recyclable, KR-21 Aluminium: Always Recycle It, KR-04 Plastic Types 1 to 7, KR-17 Reuse Before You Recycle

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ACTIVITY 08 · ROLE PLAY · MOCK TRIAL

Green Claims Court

08



Court is in session. Real-looking products stand accused of greenwashing. Prosecutors, defenders, witnesses and a jury decide, under the new EU rules, whether each green claim is allowed, banned or needs proof.

FORMAT	TIME	GROUP
Role play · mock trial	60–75 min	8–24 · four roles, rotating
LETTERS	**YOU NEED**	
R	Green Claims case files and verdict sheet (Printable G), role badges, a gavel (a wooden spoon will do), real packaging from home (optional)	

THE ACTIVITY IN PLAIN WORDS

The room becomes a courtroom. Each case file is a product with a green claim on its packaging: "eco-friendly" washing-up liquid, "carbon neutral" coffee pods, a T-shirt "made with organic cotton", a supermarket's own "Green Choice" seal. For each case, a prosecution team (the consumer group) argues that the claim misleads shoppers. A defence team (the company) argues that it is fair. A witness can be called. The jury, guided by a one-page summary of the new EU rules, gives its verdict: **Allowed**, **Banned** or **Needs proof**. The judge (the facilitator, then a participant) keeps order with a wooden spoon. People argue, laugh, act, and leave able to read a label like a lawyer.

You will need

- Green Claims case files and verdict sheet (Printable G): one case file per case, one verdict sheet per jury member, one "EU rules in brief" sheet per table
- Role badges: Judge, Prosecution, Defence, Witness, Jury (sticky labels are fine)
- A gavel: a wooden spoon and a chopping board make a fine one
- Optional: real packaging that participants bring from home, with green words, leaves or logos
- Optional: a judge's robe (a black scarf or a graduation gown)
- A flip chart with three columns: Allowed, Banned, Needs proof

Before the session

- Print the case files and the "EU rules in brief" sheet. Choose four to six cases for your time.
- Ask participants to bring one product from home with a green claim on it, for the bonus case.
- Arrange the room as a courtroom: a judge's table at the front, prosecution on one side, defence on the other, jury in a semicircle, and a witness chair.
- Read the handbook chapter on shopping, food and spotting greenwashing, especially "Spotting greenwashing".

OPENING LINES · READ ALOUD

"All rise! The Green Claims Court is now in session. Since the 27th of September 2026, new EU rules decide which green words a company may print on a product. Today, several products stand accused of greenwashing: of looking greener than they really are. Our prosecutors speak for shoppers. Our defenders speak for the companies. Our jury will decide. And remember: in this court, a leaf on a label is not evidence."

How to run it

1. **Swearing in** 5 min

   Hand out roles. Divide the group into a prosecution team, a defence team and a jury; one person is the witness for each case. Read the "EU rules in brief" sheet aloud together. Jurors keep it on their laps.

2. **Case preparation** 10 min

   Give the first case file to both teams. The prosecution looks for vague words, missing proof, invented logos, half-truths and offsetting claims. The defence looks for anything specific and provable in the company's favour. Each team chooses a speaker. The witness reads their witness card (for example "the shopper who bought it" or "the company's packaging designer") and prepares to answer in character.

3. **The trial** 8 min per case

   The judge strikes the gavel. Prosecution opens (1 minute). Defence replies (1 minute). Either side may call the witness and ask two questions each (3 minutes). Closing statements (30 seconds each). The judge may ask one question.

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4 **The verdict** 2 min per case

The jury discusses briefly and votes with cards: **Allowed**, **Banned** or **Needs proof**. Each juror must name the rule they used. The judge reads the verdict and the facilitator reveals the "official ruling" from the case file. The team whose argument matched the ruling scores 2 points; jurors who named the correct rule score 1 point each.

5 **Rotate (as you go)**

After each case, roles swap: prosecutors become jurors, jurors become defenders, and so on. Everyone tries every role. Invite a participant to be judge from the second case onwards.

6 **The bonus case** 5 min

The judge picks a real product brought from home. With no case file, the whole room acts as jury and applies the checklist. This is often the most interesting case of the day.

7 **Name it and debrief** 10 min

Read the key idea, then run the debrief.

EXAMPLE

In Tallinn, the court hears Case 2: "BeanGood coffee pods, carbon neutral, we plant a tree for every pack". Prosecutor Ülle (69) holds up the pack: "Planting trees somewhere else does not change what this pod does here." Defender Rasmus, a student, argues that the trees are real and the company publishes its tree-planting reports. The witness, "the company's sustainability manager", played by Peeter (72), admits under questioning that the pods themselves are not recyclable in Estonia. The jury votes "Banned". The official ruling agrees: a claim that a product is carbon neutral because of offsetting is now treated as misleading in the EU. The company can still talk about its tree projects, as long as it does so honestly. Ülle's team scores 2 points, and Rasmus gets a round of applause for a brave defence.

KEY IDEA

Since 27 September 2026, EU consumer law bans several common greenwashing practices: generic claims such as "eco-friendly", "green" or "natural" without proof of excellent environmental performance; sustainability labels that are not based on a certification scheme or set up by a public authority; claims that a product has a neutral, reduced or positive climate impact because of offsetting; claims about the whole product when only one part is better; presenting what the law already requires as a special feature; and durability claims that cannot be proved. Specific, provable claims ("bottle made from 50% recycled plastic") and genuine labels such as the EU Ecolabel remain allowed. Enforcement varies by country, so your own critical eye still matters. Source: European Commission, Directive (EU) 2024/825 on empowering consumers for the green transition.

Debrief

1

What happened?

Which case was hardest to decide? Which arguments convinced the jury? How did it feel to defend a claim you did not believe?

2

So what?

Why do companies use green words and leaves on packaging? Which tricks had you seen in your own shop? How do the new EU rules change what you will see on shelves?

3

Now what?

What will you look for the next time a product says "eco"? Which question from the checklist will you ask in the shop?

Make it work for your group

- **Limited mobility, sight or hearing:** Everyone stays seated; the "courtroom" can be one large table. Print case files in large type. Use a microphone for speakers if the room is large, and ask speakers to stand or raise a hand so lip-readers can find them.
- **Intergenerational version:** Make each legal team mixed. Younger participants are "legal assistants": they read out the case file, keep notes and look up the rules sheet. Older participants are lead counsel and judges. Seniors often bring powerful real-life evidence ("In my day, soap came in paper").
- **No-device version:** This activity needs no device. As an extra, a group with a device can ask an AI: "Is the claim '[claim]' allowed under EU Directive 2024/825?" and then put the AI's answer on trial too.
- **Online or hybrid version:** Hold the trial in a video call. The judge uses the mute button as a gavel. The jury votes with a poll.
- **Short version (20 min):** One case only, with the whole group as jury and the facilitator playing both prosecution and defence. Finish with the bonus case.

WATCH OUT

The case files use invented brands. Do not put a real company "on trial" by name with an official-sounding verdict, and avoid naming real brands in photos or posts after the session. Keep debates good-humoured: if an argument becomes personal, the judge calls a 30-second recess. Some participants may feel guilty about past purchases; remind them that greenwashing is designed to fool careful shoppers, and the point is to spot it from now on.

OWN IT

"Next time I see 'eco-friendly' on a product, I will look for an official label such as the EU Ecolabel before I buy." Or: "This month I will check the three cleaning products under my sink and replace any vague 'green' one, when it runs out, with a certified one or a simple alternative."

Related: Shopping, food and spotting greenwashing · G-PRO cards: KS-14 Green Labels: Which Ones Mean Something?, AI-19 Checking a Green Claim, KR-14 Packaging That Looks Recyclable, KE-18 Is Your Green Electricity Real?, W-06 The Debate

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ACTIVITY 09 · CARD GAME · UNPLUGGED, THEN TESTED

The Prompt Kitchen

09



Teams cook up AI prompts from ingredient cards, a "literal robot" serves the result, and the room tastes the difference before testing the best recipe on a real AI assistant.

FORMAT	TIME	GROUP
Card game · unplugged, then tested	45–60 min	6–24 · teams of 3–4
LETTERS	**YOU NEED**	
P	Ingredient cards and recipe cards (Printable H), pens, a bell or spoon and pan, one phone or tablet with an AI assistant (optional, for the last round)	

THE ACTIVITY IN PLAIN WORDS

The room becomes a busy restaurant kitchen. Each team receives a customer's order, written as a vague question such as "Tell me about saving energy". Using coloured ingredient cards (Role, Task, Context, Format and Check it), the team turns the vague order into a full recipe: a clear prompt for an AI assistant. Then another team plays the "literal robot". It answers only what the recipe actually says, nothing more. Bland recipes make bland dishes. The best recipe of the day is tested on a real AI assistant at the end, using the G-PRO method: Ask, Evaluate, Decide. Only the optional final round needs a device.

You will need

- Prompt Kitchen ingredient cards: Role, Task, Context, Format and Check it (Printable H), one set per team
- One recipe card per team per round (Printable H)
- Customer order slips (on Printable H), cut and folded into a bowl or a cooking pot
- Three "spoiled ingredient" cards per team (on Printable H)
- Pens, a bell, or a wooden spoon and a saucepan to bang
- Optional: one phone or tablet with an AI assistant, connected to a screen or held up for the group

Before the session

- Print and cut Printable H. Keep each ingredient colour in its own envelope or cup.
- Put the customer order slips in a pot in the middle of the room.
- Arrange tables as "kitchen stations", one per team.
- Write the five ingredients on a flipchart in a column: ROLE, TASK, CONTEXT, FORMAT, CHECK IT.
- If you will test with AI, check the device, the Wi-Fi and the assistant before people arrive. Use a general account.

OPENING LINES · READ ALOUD

"Welcome to the Prompt Kitchen. Today you are chefs, and your dish is a question for an AI assistant. A question is like a recipe: if you leave out the salt, the meal is dull. If you put in something rotten, the whole meal is spoiled. In each round you will get a customer's order. Your job is to cook it into a perfect recipe. Then another team will play a very literal robot, and it will serve you exactly what you asked for, no more and no less. Let's see who earns the first Michelin star."

How to run it

1. **Meet the ingredients** 5 min

   Hold up one card of each colour and read it aloud. **Role**: who should the AI act as? **Task**: what exactly do you want? **Context**: who are you, where do you live, what is your situation? **Format**: how should the answer look (a list, short sentences, a language, a length)? **Check it**: ask the AI to say when it is unsure and what you should double-check. These match the handbook's "who, where, what, limits".

2. **Take an order** 2 min

   One person from each team draws a customer order from the pot, for example "Recipes?" or "How do I save water?". Ring the bell.

3. **Cook the recipe** 10 min

   Each team writes a full prompt on its recipe card, using at least one card of each colour. Printed cards and their own words can be mixed. Each team also has three spoiled ingredient cards, such as "My full home address" or "My bank card number". These go straight in the bin. A recipe that uses one loses all its points for the round.

4. **The literal robot serves** 10 min

   Teams swap recipes with the team on their left. That team now plays the robot. The robot rule: answer only what the recipe asks, in exactly the format it asks for. If the recipe does not say who you are, the robot does not know. Robots answer in two minutes, with a straight face and a robotic voice if they wish.

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5 The tasting 8 min

Each robot reads its answer aloud. The chef team scores the dish on the recipe card: one star for each ingredient that made a real difference, up to five stars. The facilitator awards a bonus star for the clearest Check it ingredient, because good chefs taste before they serve.

6 Second service 10 min

Teams draw a new order and cook again, using what they learned from the tasting.

7 The real kitchen test optional, 10 min

The room votes for the best recipe of the day. **Ask:** type it into the AI assistant exactly as written. **Evaluate:** read the answer together. Is it right for that person, in that country? Is anything missing, too expensive or simply wrong? Did it say what to double-check? **Decide:** what would the person in the recipe actually do next? Then compare it with the answer to the original vague order.

EXAMPLE

At a community centre in Gdańsk, Team Pierogi draws the order "How do I save water?". Halina (71) and her grandson Kuba (16) build the recipe: Role, "a friendly gardener"; Task, "five ways to save water in the garden"; Context, "I am 71, I have a small allotment near Gdańsk, my knees are not strong"; Format, "a numbered list, short sentences, in Polish"; Check it, "tell me what I should check with my allotment association". Team Bigos plays the robot. The recipe mentions her knees but never says "no digging", so the robot cheerfully suggests digging a large rainwater pond. Everyone laughs, Halina adds "nothing that needs digging or lifting" to the recipe, and Team Pierogi earns four stars. In the optional test, the real AI suggests mulch and a water butt, but also mentions a sprinkler timer. The group decides the timer is not worth the cost for a small plot.

KEY IDEA

A prompt works like a recipe. The more relevant ingredients you add (role, task, context, format and a request to check uncertainty), the more useful the answer usually is. But even a perfect recipe does not make the AI an expert. You still evaluate the answer and you decide what to do. Personal data such as passwords, PINs, bank details and your full address never belong in a prompt. Source: G-PRO Handbook, Writing good prompts and Staying safe; European Commission, DigComp 2.2, The Digital Competence Framework for Citizens (2022), which includes examples of interacting with AI systems.

Debrief

1

What happened?

Which ingredient made the biggest difference to the robot's answer? Which ingredient did your team forget in round one?

2

So what?

Why does an AI give a general answer when we give it a general question? What does the literal robot teach us about how AI "knows" (or does not know) our situation?

3

Now what?

Which one ingredient will you add to the next question you ask an AI, a search engine or even a shop assistant?

Make it work for your group

- **Limited mobility, sight or hearing:** Keep teams seated. Use large-print cards (at least 14 pt). Repeat each recipe aloud, and ask robots to answer slowly, with a microphone in a large room.
- **Mixed-age (intergenerational) version:** Pair each young person with an older chef. The young person is the "sous-chef" who writes and, in the final round, types the prompt. The older chef is the "head chef" who decides the Context and Check it ingredients, because they know the real situation. Swap roles in round two.
- **No-device version:** Skip step 7. Instead, the facilitator plays a "very clever robot" for the winning recipe and gives a deliberately good answer with one hidden mistake. Teams must find the mistake. This keeps the Evaluate step alive.
- **Online or hybrid version:** Share the five ingredients as a slide. Teams work in breakout rooms and type their recipe into the chat. The literal robot answers out loud. Run step 7 with screen sharing.
- **Short (20-min) version:** One round only. Skip the swap: the facilitator plays the literal robot for every team. End with a one-minute Ask, Evaluate, Decide on the best recipe.

WATCH OUT

Allow one silly round of joke recipes, then return to real-life orders. If a participant wants to use their own real situation as Context, remind them to keep it general ("a flat in Tartu", not the street and number). Never type names, addresses, health details or account details into the AI during the session. If the AI gives health, legal or money advice, treat it as a starting point and check with a professional. If the Wi-Fi fails, use the no-device version.

OWN IT

Write one real question you want to ask this week on a blank recipe card, using all five ingredients. Keep it by your phone or computer. For example: "On Thursday I will ask an AI assistant, as a patient energy adviser, for three ways to cut my heating bill in my flat in Lisbon, in short sentences, and I will ask it what I should check with my supplier."

Related: Writing good prompts · G-PRO cards: AI-03 The Vague Question, AI-12 The Follow-Up Question, AI-17 Find What AI Gets Wrong

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ACTIVITY 10 · IMPROV · ROLE PLAY

Scam Call Theatre

10



Improvised phone-call theatre where the "caller" plays a smooth scammer and the audience shouts "Freeze!" to rewind, rehearse and win with three magic moves - stop, hang up, call back.

FORMAT	TIME	GROUP
Improv · role play	50–60 min	6–24 · pairs on stage, everyone else as audience and coaches
LETTERS	**YOU NEED**	
P · O	Scam call scripts and safe-word cards (Printable I), two old or toy phones (or bananas), two chairs, a bell, a whiteboard or flipchart	

THE ACTIVITY IN PLAIN WORDS

Two chairs, back to back, become a telephone line. One volunteer plays a caller with a script: a "bank security officer", a "grandchild in trouble", a "police inspector" or a "courier". The other volunteer answers the phone and improvises. At any moment, the audience can shout "Freeze!" and coach the person answering, then the scene rewinds and plays again. Scammers work by creating panic and hurry, so the game practises the opposite: slowing down, refusing to share codes, hanging up and calling back on a number you know. One script in the pile is a real, harmless call, so players must listen, not just say no to everything. The session ends with every participant making a family safe-word card to take home.

You will need

- Scam call scripts (Printable I), cut into cards and shuffled, including the one genuine call
- Safe-word cards (Printable I), one per participant
- Two old phones, toy phones, or two bananas for comedy
- Two chairs placed back to back, a bell or a "Freeze!" sign
- A flipchart with three headings: STOP · HANG UP · CALL BACK
- A home-made "Coolest Head" certificate

Before the session

- Print and cut Printable I. Read every script yourself and pick the ones that match your country and group.
- Prepare a short card with the official phone numbers participants might need: their bank's number is on the back of their bank card; the emergency number is 112 across the EU.
- Decide on a group signal for "Freeze!" (a bell, a raised hand or a word).
- If someone in the group has been a victim of fraud, talk to them privately beforehand. Offer them the role of coach rather than actor, or a seat out.

OPENING LINES · READ ALOUD

"Welcome to Scam Call Theatre. Today we are actors, and the stage is a telephone line. Scam callers are very good actors too. They are polite, they sound official, and they make you feel that you must act right now. We are going to beat them at their own game. You only need three magic moves: stop, hang up, and call back on a number you already know. Anyone in the audience can shout 'Freeze!' at any moment to help. Nobody here gets it wrong. We are rehearsing, so that if it ever happens for real, you have already practised."

How to run it

1. **Warm up the voices** 5 min

   Everyone stands or sits in a circle. Pass around one phrase, "Hello, this is your bank calling," and each person says it in a different style: worried, bored, very posh, very fast. Point out that voices can be faked: AI can now copy a real person's voice from a short recording.

2. **The three magic moves** 5 min

   Write STOP · HANG UP · CALL BACK on the flipchart. Explain: Stop means slow down, because urgency is the scammer's main tool. Hang up means you are allowed to end any call, even with someone who sounds official. Call back means you find the number yourself (the back of your bank card, an official letter, your family phone book), not the number the caller gives you. Add the golden rule: your bank will never ask for your PIN, your password or a one-time code sent to your phone.

3. **Scene one, played straight** 8 min

   Two volunteers take the chairs. The caller reads from a script card and improvises around it. The person answering does their best. After about two minutes, ring the bell. Ask the audience: "What did the caller do to make it feel urgent? What did they ask for?"

4. **Freeze and rewind** 12 min

   Play the same scene again. This time anyone can shout "Freeze!". The actors freeze, the audience coaches ("Ask for the safe word!", "Say you will call back!"), and the scene continues. Swap the person answering after each freeze. Score: one point to the team of coaches for every red flag spotted, three points when the call ends safely.

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5 **Spot the real one** 8 min

Shuffle the scripts, including the genuine call (a pharmacy reminding you that your prescription is ready, asking for nothing). Run two or three quick scenes. After each one, the audience votes with thumbs up (real) or thumbs down (scam). Discuss: the real call asked for nothing, did not rush you, and was easy to check.

6 **The safe-word workshop** 10 min

Hand out the safe-word cards. In pairs, participants think of a safe word or question for their family: something nobody could find online or on social media, such as a shared joke or the name of a childhood dog you never posted about. They do not write the word on the card. Instead, they write who they will agree it with, and when. They also write their bank's official number from the back of their card, at home, not in the session.

7 **Coolest Head award** 2 min

The room votes for the calmest, cleverest phone answer of the day.

EXAMPLE

In a parish hall in Setúbal, Fernanda (68) answers the "grandchild" script. The caller, played by her friend Rui, cries: "Avó, it's me, I've had an accident, I need 2,000 euros for the lawyer, please don't tell Mum." Fernanda starts asking which hospital. "Freeze!" shouts Ana (17), a volunteer from the local school. "Ask him what the safe word is!" The scene rewinds. Fernanda asks for the safe word. Rui stammers. Fernanda says, "I will call you back on your own number," and hangs up. The room cheers. In the next scene, the "bank" asks for the code that has just arrived by SMS. Three people shout "Freeze!" at once.

KEY IDEA

Phone scams work by creating urgency and borrowing trust: a bank, the police, a relative. A real bank will never ask you for your PIN, your online banking password or a one-time code, and will never ask you to move money to a "safe account". When in doubt, hang up and call back on a number you find yourself. A voice can be copied by AI, so a family safe word or question is a simple check. Source: Europol and Eurojust vishing prevention advice; Banco de Portugal warnings on fraudulent calls and SMS codes; Hellenic Police warning on AI voice-cloning scams (September 2026); G-PRO Handbook, Staying safe.

Debrief

1

What happened?

What did the callers say or do that made people want to act quickly? Which line worked best to end the call safely?

2

So what?

Why do intelligent, experienced people still fall for these calls? (Answer: because the calls are designed to create fear or kindness, and those feelings are strong.) How does AI voice copying change what we can trust?

3

Now what?

Who will you agree a safe word with, and when? Where will you write your bank's official number?

Make it work for your group

- **Limited mobility, sight or hearing:** Actors stay seated. Use large-print scripts (at least 14 pt). For hearing loss, face the chairs to the audience and speak slowly. A hearing-aid user can play the "answerer" with a real phone on speaker, which is realistic.
- **Mixed-age (intergenerational) version:** Young people play the scammers. They are often brilliant at it, and it teaches them how manipulation works too. Then swap: the seniors call the young people with a fake "you have won a phone" message or a fake parcel delivery text. Both generations learn that anyone can be targeted.
- **No-device version:** No device needed. Bananas make perfect phones.
- **Online or hybrid version:** Two actors keep their cameras on; everyone else turns theirs off and uses the chat to type "FREEZE" and coaching tips. The facilitator reads the coaching aloud.
- **Short (20-min) version:** Do steps 2, 4 (one scene only) and 6. Hand out the safe-word card to finish at home.

WATCH OUT

Keep it playful but never mocking. Many people know someone who lost money; some may have lost money themselves. Make it clear that falling for a scam is about the criminal's skill, not the victim's intelligence. Never use real bank names, real phone numbers or real personal details in the scripts. Remind people that caller ID can be faked, and that after hanging up it is wise to wait a few minutes or use a different phone before calling back, because some scammers keep the line open. If anyone has shared a code or money recently, they should contact their bank straight away using the number on their card, and report it to the police.

OWN IT

Agree a family safe word in person (not by text or social media) with the people most likely to call you for help. Write your bank's official phone number on a card next to your phone. For example: "On Sunday at lunch I will agree a safe word with my daughter and grandson, and I will write the number from the back of my bank card on the card by my telephone."

Related: Staying safe · G-PRO cards: AI-08 The Voice Scam

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ACTIVITY 11 · DETECTIVE WALK · HOME AUDIT

The Standby Hunt

11



Detective teams sweep the building for glowing lights, warm chargers and sleeping screens, play Standby Bingo, then take the hunt home with a one-week energy log.

FORMAT	TIME	GROUP
Detective walk · home audit	45–60 min (plus one week at home)	4–24 · teams of 2–4
LETTERS	**YOU NEED**	
G	Standby bingo cards and energy logs (Printable J), pens, coloured stickers, clipboards or books to lean on, a plug-in energy meter (optional)	

THE ACTIVITY IN PLAIN WORDS

Many electrical things in our homes never fully sleep. The television waits for the remote, the microwave shows the time, the charger stays warm in the socket. Each one uses only a little electricity, but there are many of them and they are on all day and all night. In this activity, teams become energy detectives. They walk through the building with a bingo card, hunting for small red lights, glowing clocks and warm plugs. Back in the room, teams decide which "suspects" can safely be switched off and which must stay on. The hunt then continues at home for one week, using a simple energy log.

You will need

- Standby Hunt bingo cards (Printable J), one per team
- Standby energy logs (Printable J), one per participant to take home
- Pens and clipboards, or hardback books to lean on
- Small coloured stickers: red for "standby found", green for "can be switched off safely", yellow for "must stay on"
- A magnifying glass and a torch for each team (for fun, and for finding the tiny lights)
- Optional: a plug-in energy meter (it sits between the plug and the socket and shows watts)
- Home-made "Chief Inspector" badges

Before the session

- Walk through the building yourself. Agree with the building manager which rooms are open to the hunt, and which devices must not be touched at all.
- Put a yellow "do not touch" sticker on anything that must stay on, such as fridges, freezers, alarms, the internet router and any medical equipment.
- If you have an energy meter, test it on a television or a phone charger so you can show a real number in the room.
- Print the bingo cards and the energy logs (large print for those who need it).

OPENING LINES · READ ALOUD

"Good morning, detectives. Somewhere in this building, electricity is being used while nobody is looking. Our suspects are small, quiet and very patient. They glow in the dark. They hide behind sofas. They sit in sockets pretending to do nothing. Your job is to find them, record them, and decide which ones are guilty of wasting energy and which ones have a good alibi. Remember the detective's rule: look, record, but do not unplug anything today. The best team will be named Chief Inspectors."

How to run it

1. **The briefing** 5 min

   Explain what standby means: a device that is switched off with the remote or button, but still plugged in and ready, often with a small light or a clock. Show one example in the room. If you have an energy meter, plug a television or charger into it and read the watts aloud.

2. **The hunt** 15 min

   Teams take a bingo card, stickers, a torch and a magnifying glass. They walk through the agreed rooms. For every suspect they find, they put a red sticker in the matching bingo square and write where it was. First team to complete a line shouts "Standby!" and earns a bonus. Detectives may look, touch the outside of a charger to feel if it is warm, and look behind furniture, but they do not unplug anything.

3. **The line-up** 10 min

   Teams return and read out their finds. The facilitator writes each suspect on the flipchart. The group decides together, for each one: green (can be switched off at the wall when not in use), yellow (must stay on, such as the fridge, alarm or router), or "check the instructions first" (some recorders, boilers and smart devices need power to keep settings or updates).

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4 **The detective's maths** 8 min

Show the simple formula on the flipchart: watts × hours ÷ 1,000 = kilowatt hours (kWh). Use a game figure: a device that uses 1 watt all day and all night, all year, uses about 8.8 kWh in a year (1 × 24 × 365 ÷ 1,000). Ask teams to multiply that by the number of suspects they found. Then ask people to look at their own electricity bill at home to find their real price per kWh. Prices differ by country and supplier.

5 **Verdicts and awards** 5 min

Count the bingo squares. Award the Chief Inspector badges.

6 **The home case file** 5 min, then one week

Hand out the energy log. Over one week at home, participants list their own standby suspects, mark which ones they switched off at the wall or with a switchable power strip, and note anything that surprised them. Lend out the energy meter in turn, if you have one. Bring the logs to the next session.

EXAMPLE

At a day centre in Tartu, Team Kalev (Mati, 74, and his granddaughter Liis, 12) finds eleven suspects in twenty minutes: a television with a red light, two phone chargers left in the wall, a coffee machine with a glowing clock, a printer, a computer screen, a microwave and a radio. Liis finds a charger behind the sofa with the torch and shouts "Standby!" for the first line. In the line-up, the group gives the router a yellow sticker: it must stay on. The coffee machine and printer get green stickers. With the energy meter, the television reads 0.4 watts. Mati says, "That's tiny." Liis says, "But we found eleven." Mati decides to use a power strip with a switch for the TV corner at home.

KEY IDEA

Standby is the low-power mode in which a device is switched off but still plugged in and ready. In the EU, new products placed on the market from 9 May 2025 may use no more than 0.5 watts in standby or off mode, or 0.8 watts in standby with a display such as a clock. Older devices can use more. The European Commission estimates that the average EU household had around 18 products that spend time in standby or off mode in 2020, on average about 15 hours a day. One small light is not much, but together they add up. Source: European Commission, Commission Regulation (EU) 2023/826 (ecodesign requirements for off mode, standby and networked standby) and its product page on standby. The 8.8 kWh figure above is a game figure for a 1-watt device left on all year.

Debrief

1

What happened?

How many suspects did your team find? Which ones surprised you? Which hiding places were the cleverest?

2

So what?

Why do so many devices have a standby mode? Who benefits: you, the manufacturer, or both? Which devices really need to stay on, and why?

3

Now what?

Which one suspect will you switch off at home this week, and how (at the wall, or with a switchable power strip)?

Make it work for your group

- **Limited mobility, sight or hearing:** Bring the suspects to the people. Set up a "crime scene" table with a few devices (a radio, a charger, a lamp with a dimmer, a kettle) and a power strip, and hunt there. Use torches and magnifying glasses to help people see small lights. Use the large-print bingo card (at least 14 pt). Nobody should crawl behind furniture: young people or the facilitator can do the reaching.
- **Mixed-age (intergenerational) version:** Young people are the "field agents" who search under desks and behind screens. Older people are the "senior inspectors" who keep the case file, decide the verdicts and know which devices are needed (for example, a recorder that must keep its settings). Swap at half time.
- **No-device version:** This activity needs no digital device. The energy meter is optional.
- **Online or hybrid version:** Each participant hunts in their own home for ten minutes with the bingo card, then reports back on camera. Ask them to show one suspect to the group.
- **Short (20-min) version:** Run a ten-minute hunt in one room only, a five-minute line-up and give out the energy log to finish at home.

WATCH OUT

Never unplug fridges, freezers, alarms, medical devices, stairlifts, boiler or heating controls, or the internet router if it carries a phone or alarm line. Check the instructions before unplugging recorders or smart devices. Do not overload extension leads or "daisy-chain" one power strip into another. People with limited mobility should not bend or reach behind furniture to switch off sockets: a switchable power strip placed on a table, or a helper, is safer. Avoid quoting euro savings unless you use your own country's current price per kWh.

OWN IT

Choose one corner of your home (the TV, the kitchen counter, the desk) and switch it off at the wall every night for one week. For example: "From tonight, before bed, I will switch off the power strip behind my television, and I will tick it on my energy log every morning."

Related: Energy at home · G-PRO cards: KE-16 Your Digital Habits Use Electricity, KE-21 Your Energy Bill, AI-13 Which Uses More Electricity?, W-07 Green Audit

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Water Detectives

12



Teams guess how much hidden water sits behind a cup of coffee, an egg or a pair of jeans, place their bets along a giant "water line" on the floor, and then go shopping with what they have learned.

FORMAT	TIME	GROUP
Guessing game · hidden water	45–60 min	6–30 · teams of 3–5
LETTERS	**YOU NEED**	
G · R	Water Detectives object cards and answer key (Printable K), a long rope or tape for the floor, sticky notes, a few real objects (a mug, an egg, a T-shirt, jeans, a sheet of paper), a 10-litre bucket	

THE ACTIVITY IN PLAIN WORDS

Every object has a hidden story. Before a cup of coffee reaches your table, water was used to grow the coffee plant, process the beans and transport them. This "hidden" or "virtual" water is usually much more than the water we see at the tap. In this game, teams become water detectives. They examine real objects and object cards, guess how many litres of hidden water each one carries, and place their guesses along a long rope on the floor that runs from 0 to 16,000 litres. The closest team wins each round. In the final round, teams go "shopping" with a water budget and make real-world choices. Expect gasps, arguments and some very surprised faces.

You will need

- Water Detectives object cards and answer key (Printable K)
- A long rope, string or masking tape, laid on the floor as a "water line", with signs at 0, 100, 1,000, 5,000, 10,000 and 16,000 litres
- Sticky notes in a different colour for each team, and pens
- A few real objects as props: a coffee mug, an egg, a sheet of A4 paper, a cotton T-shirt, a pair of jeans, an apple, a slice of bread
- One 10-litre bucket (empty), to help people imagine the amounts
- A scoreboard on a flipchart

Before the session

- Print and cut the object cards. Keep the answer key separate and out of sight.
- Lay the rope on the floor and put the number signs along it. The distances do not need to be exact. Leave space for people to walk along it, or put it on a long table for seated groups.
- Arrange the real objects on a "crime scene" table with a cloth over them.
- Practise the bucket fact: 140 litres, the hidden water in one cup of coffee, is 14 buckets.

OPENING LINES · READ ALOUD

"Good afternoon, detectives. We all know about the water that comes out of the tap. But today we are hunting for water that nobody can see. It is hiding inside your breakfast, your wardrobe and even your newspaper. It was used on farms and in factories, sometimes on the other side of the world, long before the object reached you. Your job is to estimate how much. This bucket holds 10 litres. Keep it in mind. Some of the answers will fit in a few buckets. Some would fill a swimming pool. Let's start the investigation."

How to run it

1. **The reveal** 3 min
   Pull the cloth off the crime scene table. Hold up each object and pass it around. Explain hidden water in one sentence: "It is all the water used to make something, from the field to the shop."
2. **Round one: line up the suspects** 10 min
   Each team gets six object cards. Teams discuss and write a guess, in litres, on a sticky note for each object. Then one member from each team walks the notes to the water line and sticks them where they think the answer is. Seated players can direct a younger "runner" from their chair.
3. **The verdict** 7 min
   Read out the answers from the key, one at a time, with drama. Stand the real object on the floor at the right place on the line. Teams score three points for the closest guess, one point for being in the right "zone" (under 100 litres, hundreds, thousands, or over 10,000).
4. **Round two: higher or lower** 8 min
   The facilitator holds up two cards, for example "a cup of tea" and "a glass of milk". Teams stand on the left side of the room if they think the first one has more hidden water, the right side if they think the second one does. Everyone who is right scores a point. Play five or six pairs quickly. Seated groups can raise a red or blue card instead.

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5 **Round three: the water-wise shopping basket** 10 min

Give each team a water budget of 10,000 litres and the object cards as "shop items". They must "buy" one breakfast, one lunch and one item of clothing for a week, without going over budget. Then the twist: teams may "make something last" (keep their old jeans instead of buying new ones) or "use it all" (no food thrown away) to earn back water. Each team presents its basket in one minute.

6 **The detective's notebook** 5 min

Each person writes one thing that surprised them and one choice they might change, on the back of a sticky note, and keeps it.

EXAMPLE

In a library meeting room in Kraków, Team Wisła (Jadwiga, 66, Tomasz, 70, and Zosia, 15) guesses 50 litres for a pair of jeans. "Wash it a few times, that's all," says Tomasz. The answer, around 7,500 litres, is so far away that Zosia has to walk to the very end of the rope. In round two, Jadwiga is sure a glass of milk has less hidden water than a cup of tea. She is wrong: about 250 litres for the milk against about 30 for the tea, because the cow drinks and eats a lot. In the shopping round, the team keeps last year's jeans, chooses potatoes and eggs, and has 2,000 litres to spare. Zosia says she will think twice before buying another pair of jeans she does not need.

KEY IDEA

"Hidden water", also called virtual water or the water footprint, is all the fresh water used to produce something along its whole supply chain. Most of it is rain and irrigation water used to grow crops and feed animals. The numbers are global averages and change a lot with the country, the farm and the method, so treat them as game figures that show scale, not exact facts. Making things last and not wasting food protects all the water already used to make them. Sources: Water Footprint Network and A. Y. Hoekstra, "The water footprint: water in the supply chain", The Environmentalist (2010); M. M. Mekonnen and A. Y. Hoekstra, UNESCO-IHE (2012) for beef (about 15,400 litres per kg); United Nations (UN News and UNEP, 2019) for jeans (about 7,500 litres).

Debrief

1

What happened?

Which object was your team most wrong about? Which answer surprised you most, and why?

2

So what?

Why is so much water hidden in food and clothes? Where in the world might that water come from, and does it matter if that place has droughts?

3

Now what?

Which one swap or habit could you keep: wearing clothes for longer, buying second-hand, cooking only what you will eat, or eating a little less beef?

Make it work for your group

- **Limited mobility, sight or hearing:** Put the water line on a long table instead of the floor, and let people slide their notes along it while seated. Use large-print cards (at least 14 pt) and real objects people can hold. Read every answer clearly, twice. Replace the "move to one side" round with coloured cards held up.
- **Mixed-age (intergenerational) version:** Young people are the "runners" and the "lab assistants" who place the notes and add up scores. Older people are the "chief detectives" who lead the guessing, often bringing memories of farming, mending and food preservation that are very useful in round three.
- **No-device version:** This activity needs no device.
- **Online or hybrid version:** Use a shared slide with a line from 0 to 16,000 litres. Teams type their guesses into the chat. Hold up real objects to the camera.
- **Short (20-min) version:** Play round one with four objects and round two with four quick pairs. Skip the shopping round.

WATCH OUT

Some people find the numbers hard to believe or feel blamed for their choices. Stress that these are average figures, that most of this water is rain falling on fields, and that the aim is to understand scale, not to make anyone feel guilty. Do not give anyone the idea that they must stop eating certain foods; diet decisions belong to each person and their doctor. If you use real food as props, check for allergies and keep it wrapped. Beef figures are discussed by experts because they include rain on grazing land, so present them as "about" figures.

OWN IT

Pick one object you already own that carries a lot of hidden water (jeans, a cotton shirt, a woollen jumper) and decide to make it last longer: mend it, wash it less often, or pass it on. For example: "This month I will sew the hole in my old jeans instead of buying a new pair, and I will tell my granddaughter how much water we saved."

Related: Water at home · G-PRO cards: KW-03 Water in Your Food, KS-05 The Meat Question, KR-11 Fast Fashion, KS-11 The Oldest Thing You Still Wear

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ACTIVITY 13 · STORY · INTERVIEWS · ZINE · INTERGENERATIONAL

Memory Lane Interviews

13



Older and younger people interview each other about how life worked "then" and "now", turn the best stories into a one-sheet folded zine, and swap the zines at a mini book launch.

FORMAT	TIME	GROUP
Story · interviews · zine · intergenerational	75–90 min (or two sessions of 45 min)	6–30 · pairs of one older and one younger person
LETTERS	**YOU NEED**	
O · R	Interview question cards and zine template (Printable L), A4 or A3 paper, scissors, glue, coloured pens, old magazines or newspapers, a phone for recording (optional, only with permission)	

THE ACTIVITY IN PLAIN WORDS

Before supermarkets, smartphones and fast fashion, people lived with fewer things and made them last. Many of those habits are exactly what sustainability experts recommend today. In this activity, an older and a younger person sit together as reporters. Each interviews the other with question cards: "How did your family keep food fresh without a fridge?", "What is the oldest thing you own?", "What do your friends do with clothes they no longer wear?". Then each pair turns the best answers into a small eight-page zine, folded from a single sheet of paper. The session ends with a "book launch" where everyone swaps zines and reads one story aloud. It is about listening, laughing and noticing that good ideas travel in both directions.

You will need

- Interview question cards (Printable L), one set per pair
- The zine template (Printable L) and one blank A4 or A3 sheet per pair for the final zine
- Scissors, glue sticks, coloured pens, old magazines, newspapers and seed catalogues for collage
- Photocopies of family photos (optional, brought by participants, only if they wish)
- A table set up as a "newsroom", with tea and coffee nearby
- Optional: a phone to record the interview, only with the agreement of both people

Before the session

- Pair people in advance if you can, mixing ages: a grandparent with a grandchild, a senior with a student volunteer, or neighbours who have never met.
- Print and cut the question cards. Fold one example zine yourself so you can show how it works. It takes about three minutes the first time.
- Prepare a short "permission" moment: no story is shared, recorded or photographed without the agreement of the person who told it.
- Set up the book launch corner: a table, a little bell, perhaps a vase of flowers.

OPENING LINES · READ ALOUD

"Welcome to our newsroom. Today every one of you is a reporter, and every one of you is also a story. Older people here carry decades of clever habits: mending, preserving, sharing, making do. Younger people carry new ideas: apps for second-hand clothes, repair videos, new ways of sharing. We are going to interview each other, collect the best stories, and print our own tiny magazine, called a zine. There is one rule for good reporters: listen more than you talk, and always ask, 'Can you tell me more?'"

How to run it

1. **The reporter's warm-up** 5 min

   In pairs, each person has one minute to tell the other the story of their name, or of the object they carry most often. The listener must not interrupt. Then swap. Ask: "How did it feel to be listened to for a whole minute?"

2. **Draw the questions** 5 min

   Each pair shuffles the question cards and draws six: three "Then" cards, three "Now" cards. Each person may swap one card if they prefer not to answer it. Nobody has to share anything private.

3. **Interview one** 12 min

   The younger person interviews the older person with the "Then" cards. They take notes, write down one exact quote, and ask at least two follow-up questions: "Who taught you that?", "Do you still do it?", "Why did people stop?"

4. **Interview two** 12 min

   The older person interviews the younger person with the "Now" cards: second-hand apps, repair videos, food sharing, what friends do with old phones. Same rules: notes, one exact quote, two follow-up questions.

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5 **The bridge** 5 min

Together, the pair looks for one "bridge": an old habit that has a new version today. For example, the rag-and-bone man and today's second-hand apps, or grandmother's jars of preserves and today's batch cooking. Write it in large letters.

6 **Make the zine** 20 min

Fold and cut the A4 sheet into an eight-page booklet following the template. Fill the pages: a cover with a title, the "Then" story, the "Now" story, the bridge, a quote, a drawing or collage, a top tip, and a back page with the names of the reporters (first names only, or pen names). Collage, drawings and sticky tape are all welcome.

7 **The book launch** 10 min

Pairs put their zines on the launch table. Ring the bell. Each pair reads one page aloud. Then everyone walks or passes zines around and takes a different one home, or the group photocopies them into a collection.

EXAMPLE

In a community hall in Pärnu, Ilmar (79) and Kertu (19), a student, draw the card "How did your family keep food through the winter?". Ilmar describes the cellar under his parents' farmhouse: potatoes in sand, sauerkraut in a barrel, berries boiled with sugar into jam. Kertu asks, "Who taught you?" and gets a story about his aunt and her very strict rules. Then Ilmar interviews Kertu about the "Now" card on clothes: she buys most of her clothes on a second-hand app and once mended her jacket with a video. Their bridge: "Cellar then, freezer and food-sharing app now: the idea is the same, don't waste the harvest." Their zine is called *Nothing Wasted* and has a drawing of a sauerkraut barrel on the cover.

KEY IDEA

Many traditional habits (repairing, reusing, preserving, sharing) are what the EU now calls the circular economy: keeping products and materials in use for as long as possible and cutting waste. Learning across generations also matters for wellbeing. The World Health Organization names intergenerational contact as one of three strategies that work to reduce ageism, and recognises social isolation and loneliness as serious risks to older people's health. Sources: European Commission, Circular Economy Action Plan (2020); World Health Organization, Global report on ageism (2021) and its work on social isolation and loneliness.

Debrief

1

What happened?

What surprised you about your partner's life? What did you have in common that you did not expect?

2

So what?

Which "old" habits are actually modern solutions? Which new ideas would have helped people in the past? Why do we stop doing useful things?

3

Now what?

Which one habit from your partner will you try? Who else in your family or street would you like to interview?

Make it work for your group

- **Limited mobility, sight or hearing:** Use large-print question cards (at least 14 pt) and A3 paper for the zine. A younger partner can do the cutting and folding while the older partner directs. Seat pairs in a quiet corner, away from noise, and face each other for lip reading.
- **Mixed-age (intergenerational) version:** This is the core version. If you have more seniors than young people, form trios. If no young people are available, pair people of different ages within the senior group (a 58-year-old and an 85-year-old often have very different stories).
- **No-device version:** This activity needs no device. Notes on paper are best.
- **Online or hybrid version:** Pairs meet in breakout rooms for the interviews. Each person makes their half of the zine at home, then shows it on camera at the book launch. The facilitator can collect photographs and compile one digital zine, with permission.
- **Short (20-min) version:** One interview each way with two cards only, then make a single "bridge" postcard instead of a zine.

WATCH OUT

Memories can bring up loss, war, poverty or illness. Let people pass on any question, and give a gentle way out: "Shall we try another card?". Never push for private details. Before recording, photographing or sharing any zine outside the room, ask both people for permission, and use first names only. If you want to publish zines online or in a newsletter, collect written consent in line with your organisation's data protection rules. Scissors: offer rounded ones and let people choose whether to cut.

OWN IT

Choose one habit your partner described and try it within the next two weeks. Or interview one more person. For example: "Next Sunday I will ask my grandmother how she made blackcurrant jam and we will make one jar together, using fruit from the market."

Related: Living well and staying connected · G-PRO cards: W-17 Ask the Eldest, KS-08 Food from the Past, KR-10 Circular Economy: Old Habit, New Name, KN-07 Plant Knowledge You Carry, KW-06 A River You Have Watched Change

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ACTIVITY 14 · MAKING · NATURE · WELLBEING

Pocket Garden & Seed Swap

14



Fold newspaper pots, sow quick-growing herbs and salad, design your own seed packets and run a lively seed swap, so everyone leaves with a tiny garden and a reason to come back.

FORMAT	TIME	GROUP
Making · nature · wellbeing	60–75 min	6–30 · tables of 4–6

LETTERS	YOU NEED
G · O	Seed packet templates and plant care cards (Printable M), old newspapers, peat-free compost, seeds (cress, salad, herbs), trays, small watering cans or spray bottles, gloves, pens, glue

THE ACTIVITY IN PLAIN WORDS

You do not need a garden to grow something. A windowsill, a balcony or a kitchen table is enough. In this activity, participants fold small plant pots from old newspaper, sow fast-growing edible seeds such as cress, salad leaves or herbs, and take home a "pocket garden" with a care card. In the second half, the room turns into a seed market. People design and fill their own paper seed packets, with seeds they brought from home or from a shared tin, and swap them using "seed money". Growing and sharing seeds is an old tradition in Portugal, Poland and Estonia.

You will need

- Seed packet templates and plant care cards (Printable M)
- Old newspapers (not glossy magazines) cut into strips about 10 cm wide, or empty toilet-roll tubes or egg boxes
- A glass jar or a small tin can to shape the newspaper pots
- Peat-free multi-purpose compost, kept slightly damp, in a bowl or tub on each table
- Seeds of easy, edible, safe plants: cress, rocket, lettuce, radish, basil, parsley, chives, coriander, pea shoots, nasturtiums
- Trays or old baking tins to carry the pots home, spoons for filling, labels or lolly sticks
- Small watering cans, jugs or spray bottles
- Gardening gloves, damp cloths and a hand-washing station (soap, water, paper towels)
- Glue sticks, coloured pens, a stamp or stickers for decorating packets
- "Seed money": ten paper tokens per person (on Printable M)

Before the session

- Cover tables with old newspapers or plastic sheets. Put the compost out at the start of the session, already damp, so there is little dust.
- Check every seed packet. Use only seeds of edible, non-toxic plants that you can name. Avoid seeds coated in bright colours, which are often treated with chemicals.
- Ask participants a week before to bring seeds saved from their own plants or leftover packets, in a labelled envelope. Have a shared tin of shop-bought seeds for those who bring none.
- Print the seed packet templates and care cards, ideally on coloured paper.
- Make one newspaper pot yourself so you can demonstrate.

OPENING LINES · READ ALOUD

"Welcome to our pocket garden. Today we are going to grow a garden small enough to carry home on a tray. You will make your own pots from yesterday's newspaper, sow seeds that you can eat in a few weeks, and then become seed traders at our market. Some of you have been saving seeds for decades, and some of you have never sown one. Both are perfect. By the end, every person here will leave with something alive, and a few seeds to share with a neighbour."

How to run it

1 **Seed stories** 5 min

Go round the tables. Each person says one plant they remember from childhood, a parent's garden, a balcony or a school project. Ask: "Who has ever saved seeds?" Invite the experts to say how.

2 **Fold the pots** 10 min

Demonstrate: roll a strip of newspaper around the jar, leaving about 3 cm sticking out at the bottom. Fold that part in to make a base, press it firmly, then slide the jar out. No glue needed. Each person makes three to five pots. Toilet-roll tubes and egg boxes work too.

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3 **Sow the pocket garden** 15 min

Put on gloves. Fill the pots with damp compost using a spoon, not by pouring from the bag. Sow seeds following the plant care card: cress and rocket on the surface, lightly pressed; radish, basil and lettuce about half a centimetre deep. Water gently. Label each pot with the plant name and the date. Wash hands.

4 **Design the seed packets** 10 min

Each person cuts and folds two or three seed packets from Printable M. They draw or write on the front: the plant name, a picture, and a "secret tip" from their own experience. On the back: when to sow, how deep, sun or shade, when to harvest.

5 **The seed market** 15 min

Fill the packets from your saved seeds or from the shared tin. Each person has ten seed tokens. Rules: you can buy a packet with one or two tokens, but the seller must explain how to grow the plant in one sentence. Rare or home-saved seeds can cost three tokens. Ring a bell when the market closes. The trader with the best stories, not the most tokens, wins "Seed Keeper of the Day".

6 **The care promise** 5 min

Everyone fills in the plant care card: where the pot will live, when they will water it, and who they will show it to. Agree a date to meet again, for example in four weeks, to compare the harvest.

EXAMPLE

At a seniors' club in Faro, Manuela (73) brings coriander seeds saved from her balcony in an old envelope. Her table partner, Diogo (20), a student volunteer, has never sown a seed. Together they fold five newspaper pots and sow cress, basil and Manuela's coriander. Diogo designs a seed packet with a cartoon of a coriander plant in sunglasses and the tip "Sow again every three weeks or it bolts in the heat", which Manuela dictates. At the market, Manuela's coriander is the most popular stall, and she trades it for nasturtium seeds from Helena, who tells her the flowers are edible in salads. Four weeks later, Diogo sends a photo of his first cress sandwich.

KEY IDEA

Growing even a few plants at home brings people into contact with nature, which research links to better mental and physical wellbeing, and flowering plants such as nasturtiums and herbs can also feed pollinating insects. Peat-free compost protects peat bogs, which store large amounts of carbon. Simple hygiene keeps gardening safe: wear gloves, keep compost damp so it does not make dust, open bags away from your face and wash your hands afterwards. Sources: WHO Regional Office for Europe, Urban green spaces and health: a review of evidence (2016); Royal Horticultural Society, Minimising health risks in the garden; European Commission, EU Biodiversity Strategy for 2030.

Debrief

1

What happened?

What did you learn from someone at your table? Which seed or tip at the market surprised you?

2

So what?

Why does it feel good to grow something, even something tiny? What do we lose when we only buy food and never see it grow?

3

Now what?

Where will your pocket garden live? Who will you give your spare seeds to?

Make it work for your group

- **Limited mobility, sight or hearing:** Work seated at tables of a comfortable height. Use large seeds (radish, peas, nasturtium) that are easy to handle and see. Large spoons and wide pots are easier than tiny ones. Use the large-print care card (at least 14 pt). Pre-made pots are fine for anyone who finds folding difficult.
- **Mixed-age (intergenerational) version:** Young people are "pot makers" and "packet designers"; older people are "head gardeners" who decide what to sow and share growing tips. At the market, pairs run a stall together.
- **No-device version:** This activity needs no device.
- **Online or hybrid version:** Send a materials list in advance (newspaper, a jar, compost, one packet of cress). Everyone sows at the same time on camera. For the market, people "show and tell" their seeds and post packets to each other afterwards.
- **Short (20-min) version:** Skip the seed market. Fold one pot each, sow cress, fill in the care card and take it home.

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WATCH OUT

Only use seeds of plants you can name and that are safe to eat. Do not use or swap seeds of sweet peas, lupins, foxgloves or the castor oil plant, which are toxic, and never eat seeds straight from a packet. Some shop seeds are coated with treatments: wash hands after handling them and keep them away from children and pets. Compost and potting mix can contain bacteria, so wear gloves, keep it damp, do not open bags with your face over them and wash hands before eating or drinking. People with a weakened immune system (for example during cancer treatment) should ask their doctor before handling compost, or let someone else fill their pots. Cover any cuts. Seed swaps between neighbours are a long tradition; if you plan to sell seeds, check your national rules.

OWN IT

Look after your pocket garden for four weeks and eat or share the first harvest. Then give one seed packet to someone who has never grown anything. For example: "I will keep my cress on the kitchen windowsill, water it every morning after breakfast, and on Saturday the 14th I will give my spare radish seeds to my neighbour's grandson."

Related: Nature and biodiversity close to home · G-PRO cards: KN-16 Food on a Windowsill, KN-04 Growing Your Own Food, KN-21 Soil Is Alive, KN-18 A Small Wildflower Patch

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ACTIVITY 15 · CLOSING RITUAL · CREATIVE

The Promise Tree

15



A warm closing ritual: everyone hangs a specific, believable promise on a shared tree, finds a promise buddy, and writes a sealed letter to someone living in 2050.

FORMAT	TIME	GROUP
Closing ritual · creative	40–60 min	4–40 · whole group, then pairs
LETTERS	**YOU NEED**	
O	Promise leaves and letter-to-2050 template (Printable N), a real branch in a pot or a tree drawn on a large sheet, string or ribbon, hole punch, coloured pens, envelopes	

THE ACTIVITY IN PLAIN WORDS

Every G-PRO programme ends with the letter O: Own it. Good intentions are easy to say and easy to forget, so this activity makes them visible, specific and shared. The group builds a Promise Tree, a real branch in a pot or a big tree drawn on paper. Each person writes one promise on a paper leaf, in a fixed form: what I will do, when, and with whom. People read their leaves aloud if they wish and hang them on the tree. Then they choose a promise buddy who will check in with them in four weeks. Finally, each person writes a short letter to someone who will be living in 2050: a grandchild, a young neighbour, or their own future self. The letters are sealed and kept. It is calm, personal and often moving, and a lovely way to end a course.

You will need

- Promise leaves (Printable N), printed on green, yellow and orange paper, one or two per person
- Letter-to-2050 templates (Printable N) and one envelope per person
- A real branch standing in a pot of sand or stones, or a large tree drawn on a sheet of paper on the wall
- String, ribbon or clothes pegs; a hole punch
- Coloured pens, pencils, a few stickers
- Optional: soft music, tea and biscuits, a candle (battery-powered)

Before the session

- Set up the tree in a place everyone can reach, at a height that works for seated people.
- Punch a hole in each leaf and tie a short string to it in advance, to save fiddly work.
- Write an example promise leaf yourself and hang it first.
- Decide what will happen to the letters: kept by the organisation and posted or handed back on a set date, or taken home sealed by each writer.

OPENING LINES · READ ALOUD

"We have talked about water, energy, food, nature and AI. We have laughed, argued and learned from each other. Now it is time for the most important letter in G-PRO: O, for Own it. Today each of us will make one promise. Not a big promise to save the planet, but a small, clear promise that you can actually keep. We will hang our promises on this tree, so that they are not just in our heads but out here, in front of our friends. And then we will write to someone who will be living in the year 2050."

How to run it

1. **Look back** 5 min

   Ask the group to call out, popcorn style, one thing they remember from the programme: a fact, a laugh, a person. Write them around the tree on sticky notes, like fallen leaves.

2. **The promise formula** 5 min

   Show the three-part formula on the flipchart: "I will [what] on or by [when], with [who or where]." Explain why it works: a promise with a time and a place is much easier to keep than "I will try to be greener". Read out one vague promise and ask the group to make it specific together.

3. **Write the leaf** 10 min

   Each person writes their promise on a leaf using the formula. They may choose a colour: green for nature and water, yellow for energy, orange for food, shopping and AI. Walk around and help people make their promise smaller and clearer if needed. On the back, they write their first name or initials.

4. **The hanging** 10 min

   One by one, people come to the tree, read their promise aloud if they wish, and hang it. The group responds with a short round of applause or a word chosen together (for example, "Promised!"). Nobody has to read aloud: they can simply hang the leaf.

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5 **Promise buddies** 5 min

Everyone finds a buddy, ideally someone of a different generation. Buddies swap phone numbers or agree how they will meet, and set a check-in date four weeks from today. They write the date on the back of each other's leaf.

6 **Letter to 2050** 15 min

With quiet music, each person fills in the letter template: "Dear _____, in 2050 you will be _____ years old. Today I promised to... I hope your world has... One thing I learned that I want you to know is..." Seal the letter in an envelope and write on the front who it is for and when it should be opened.

7 **The closing photo** 5 min

If everyone agrees, take a photo of the tree full of leaves. Hands, leaves and the tree only, not faces, unless people are happy to be in it.

EXAMPLE

At the final session of a G-PRO course in Lublin, Stanisław (81) at first writes, "I will be more careful with energy." The facilitator asks, "Which part of the house? Which day?" His leaf becomes: "I will switch off the power strip behind my television every night from today, with a reminder card on the sideboard." His buddy is Oliwia (22), a volunteer, who promises: "I will take my grandmother's winter coat to the tailor instead of buying a new one, by 30 November." Stanisław's letter is to his great-granddaughter, born this summer: "In 2050 you will be 24. I hope you can still swim in the Bug river like I did."

KEY IDEA

Research on behaviour change shows that people are much more likely to act on an intention when they plan exactly when, where and how they will do it. Psychologists call these "implementation intentions" ("if it is situation X, I will do Y"). Saying a promise in front of others and having a buddy to check in can add support and motivation. Source: P. M. Gollwitzer, "Implementation intentions: strong effects of simple plans", American Psychologist (1999); P. M. Gollwitzer and P. Sheeran, meta-analysis in Advances in Experimental Social Psychology (2006).

Debrief

1

What happened?

How did it feel to say your promise aloud, or to hang it without speaking? Which promise from someone else stayed in your mind?

2

So what?

Why do vague promises ("be greener") so often fade, while specific ones stick? What helps you keep promises in daily life?

3

Now what?

When is your buddy check-in? Where will you keep a reminder of your promise at home?

Make it work for your group

- **Limited mobility, sight or hearing:** Bring the tree to people, or let a helper hang the leaf while the writer watches. Use large-print leaves and templates (at least 14 pt) and thick felt pens. Read the letter prompts aloud for people who prefer to dictate; a young person can be the scribe.
- **Mixed-age (intergenerational) version:** Young people write their letter to themselves in 2050, when many will be the age of today's parents or grandparents. Older people write to a young person they know. Buddies of different generations swap letters to read at the check-in (only if both agree).
- **No-device version:** This activity needs no device.
- **Online or hybrid version:** Use a shared digital whiteboard with a tree picture. Each person adds a leaf-shaped note. Letters are written on paper at home and posted to the facilitator, or kept by each person with a calendar reminder.
- **Short (20-min) version:** Steps 2, 3 and 4 only. The letter to 2050 becomes homework.

WATCH OUT

Promises can feel heavy for people who are unwell, caring for someone or short of money. Make it clear that any size of promise counts, and that "I will tell one friend what I learned" is a valid promise. Never compare or rank promises. Letters may be emotional; leave space and time, and let people stop if they wish. Store sealed letters securely and never open them. If you take a photo of the tree, get consent and avoid showing names. Use a battery candle, not a real flame.

OWN IT

This whole activity is the Own It. To make it last, put a copy of your promise where you will see it every day, and keep your buddy date. For example: "I have put a photo of my leaf on the fridge, and on 12 December I will phone Oliwia to tell her whether I kept it."

Related: Living well and staying connected · G-PRO cards: W-16 The Sustainability Promise, KN-22 What You Want Left Behind, AI-20 Your Last AI Question

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Printable cards and sheets



Every card, script, game board and worksheet for the fourteen G-PRO activities, ready to print, cut and play, with a list of what to print for each session.

How to print

- **Paper size:** print on A4 at **100% (actual size)**. Switch off "fit to page" or "shrink to fit" in the print settings, so that cards come out the right size.
- **Card size:** playing-card sets are designed for **63 × 88 mm** (standard playing-card size). Larger cards, such as safe-word cards, care cards and promise leaves, work well at **A6** (105 × 148 mm). One table row or one table cell = one card, unless the section says otherwise.
- **Large print for seniors:** use **at least 14 pt** text for everything participants read, and 16 pt or more where you can. Black or dark blue on white or cream, on matt paper, is easiest to read. Avoid printing small text on dark colours.
- **Card stock:** print card sets on thin card (160–200 g/m²) and cut along the table lines.
- **Reuse: laminate** any set you will use more than once, or keep each set in a labelled envelope. Worksheets, recipe cards, logs and letters are printed fresh for each group.
- **Colour:** colour helps but is not needed. Where colour matters (Prompt Kitchen ingredients, promise leaves), use coloured paper or write the colour name on each card.
- **Game figures:** prices, lifespans, decades and litres marked as **game figures** are simplified for play. Hidden water figures are approximate global averages. They are not exact local data.
- **Check your local rules:** recycling answers follow the general national system in each country, and towns differ. Check your municipality's guide and correct any card before you play.
- **Privacy:** none of the printables ask for real bank details, addresses or ID numbers. Do not add them.

What to print for each activity

Printable	What it is	For which activity	How many to print
A	Truth slips, voting cards, ready-made AI statements, green fact trios, score sheet	Two Truths and an AI	Truth slips: one strip (three slips) per player · voting cards: one set per team · statements and trios: one facilitator copy · score sheet: one
B	Fridge cards, twist cards, starter prompt, judging sheet	Grandma's Recipe vs the Robot	Fridge cards: one per team · twist cards and starter prompt: one set · judging sheet: one per judge
C	Time Machine timeline cards, shop cards, shopping list, twist cards	The Time Machine Shop	Timeline cards: one large set · shop cards: one set per team · shopping list: one per team · twist cards: one set
D	Repair station cards, broken basket checklist, skill passport, scoreboard	Repair Café Relay	Station cards: one per station · checklist: one per team · skill passport: one per person (folded A5) · scoreboard: one
E	Real or Robot clue checklist, message pairs, picture pair guide, phone call scripts, scoreboard	Real or Robot?	Clue checklist: one per person · message pairs: one set per team · scripts: one copy per pair of readers · scoreboard: one
F	Bin labels (PT / PL / EE), item cards with answers, speed-round cards, scoreboard	The Great Bin Sort	Bin labels: one set for your country · item cards: one set per team plus one facilitator answer copy · speed-round cards: one set · scoreboard: one
G	EU rules in brief, case files, verdict sheet, role badges, scoreboard	Green Claims Court	Rules: one per table · case files: one set per court · verdict sheet: one per juror · badges: one per role · scoreboard: one
H	Prompt Kitchen ingredient cards (role, task, context, format, check it), spoiled ingredients, customer orders, recipe card	The Prompt Kitchen	Ingredient and spoiled cards: one set per team (63 × 88 mm) · order slips: one set · recipe card: two per team (one per round)
I	Scam call scripts, "three magic moves" poster, safe-word card	Scam Call Theatre	Scripts: one set per group (large print) · poster: one, A4 or A3 · safe-word card: one per participant (A6 or 63 × 88 mm)
J	Standby Hunt bingo, detective's maths, one-week energy log	The Standby Hunt	Bingo: one per team (A4) · energy log: one per participant (A4)
K	Water Detectives object cards, answer key, higher-or-lower pairs, shopping basket	Water Detectives	Object cards: one set per team (63 × 88 mm) · answer key and pairs: one facilitator copy · shopping basket: one per team
L	Interview question cards (Then / Now), follow-up card, reporter's notes, zine template	Memory Lane Interviews	Question cards: one set per pair · follow-up card: one per table · reporter's notes: one per person · zine template: one per pair, plus one blank A4 or A3 sheet
M	Seed packet template, sowing guide, plant care card, seed tokens	Pocket Garden & Seed Swap	Seed packets: two or three per person · sowing guide: one per table · care card: one per person (A6) · tokens: ten per person
N	Promise leaves, "make it specific" card, letter-to-2050 template	The Promise Tree	Promise leaves: one or two per person on coloured paper (A6) · specific card: one per table · letter: one per person (A4) plus an envelope

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Printable A: Truth slips and score sheet

For Two Truths and an AI.

A1. Truth slips (three per player)

Print one strip per player and cut into three slips.

Slip 1	Slip 2	Slip 3
Initials: _____ · Statement: _____	Initials: _____ · Statement: _____	Initials: _____ · Statement: _____

Players write true statements on slips 1 and 2. The facilitator writes the AI's statement on slip 3 and shuffles the three.

A2. Number cards for voting

Print one set per team, very large: **1** · **2** · **3**

A3. Ready-made "AI-style" statements (no-device version)

Choose one that fits the player, and change a detail (town, job, hobby) so it sounds personal. These are examples of the smooth, ordinary sentences an AI tends to write.

1. "I learnt to ride a bicycle on my uncle's farm one summer."
2. "I once won second prize for my apple cake at a village fair."
3. "I have kept the same recipe notebook since I was twenty."
4. "My first job was in a bakery, starting at five in the morning."
5. "I grew tomatoes on my balcony for more than thirty years."
6. "I once got lost in a forest picking mushrooms and walked home after dark."
7. "I sang in a choir at school and still remember every song."
8. "I met my best friend on a train journey to the coast."

A4. Green fact trios (round 2)

Print one trio per card. The answer is on the facilitator's copy only. Each trio has two true statements and one confident AI-style mistake.

Card	Statement 1	Statement 2	Statement 3	The mistake (facilitator only)	How to check
1 Dates	"Use by" dates are about safety.	"Best before" means the food becomes unsafe the next day.	Many foods are fine after the "best before" date if stored well.	2	Handbook: Shopping and food; national food safety agency
2 Glass	Glass bottles and jars go in the green bin in Portugal, Poland and Estonia.	Drinking glasses, mirrors and light bulbs also go in the green bin.	Glass packaging can be recycled again and again.	2	The label on the glass bin; municipality guide
3 Cartons	In Portugal, milk and juice cartons go in the yellow bin.	In Poland, drink cartons go in the yellow bin with metals and plastics.	Drink cartons are made only of card, so they always go in the blue paper bin.	3	Sociedade Ponto Verde (PT); municipal guide (PL)
4 Laundry	Modern detergents clean most clothes well at 30 °C.	Washing at 30 °C uses less energy than washing at 60 °C.	Clothes are never properly clean unless washed at 60 °C.	3	The detergent packet; the clothes label
5 Labels	Since 27 September 2026, the EU bans "eco-friendly" claims that the company cannot prove.	A green leaf on a pack means the product is certified by the EU.	The official EU Ecolabel is a flower symbol.	2	Directive (EU) 2024/825; EU Ecolabel website
6 Deposits	Poland's deposit return system for drinks bottles and cans started on 1 October 2025.	In Portugal, the deposit on plastic and metal drinks containers is €0.10.	Deposit bottles should go in the yellow bin, and the deposit is refunded automatically.	3	The deposit logo on the bottle; the shop
7 Repair	The EU right to repair covers products such as washing machines and mobile phones.	If you choose repair instead of a replacement under the legal guarantee, the guarantee is extended by 12 months.	Under the EU right to repair, manufacturers must repair every product free of charge, for ever.	3	Directive (EU) 2024/1799; the seller
8 Water	In the EU, tap water must meet strict safety standards.	Bottled water is always safer than tap water.	Tap water costs far less than bottled water.	2	Your water supplier

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A5. Score sheet

Team	Round 1 (who is the robot?)	Round 2 (green trios)	Bonus (how to check)	Live test	Total
_____					
_____					
_____					
_____					
_____					
_____					

Scoring: right guess = 1 point · player not guessed by anyone = 2 points to that player's team · named a way to check = 1 bonus point.

Printable B: Recipe challenge cards and judging sheet

For Grandma's Recipe vs the Robot.

B1. Fridge cards

Print one per team. Remove any card with an ingredient a participant is allergic to. Cards marked (trap) contain a trap.

Card	In the fridge and cupboard	Season / country hint
1	Stale bread, two tomatoes, garlic, one egg, a bunch of coriander, olive oil	Any time · Portugal
2	Four cooked potatoes, half a white cabbage, one onion, a small pot of sour cream, dill	Autumn–winter · Poland
3	Dry rye bread crusts, two apples, half a bottle of kefir, cinnamon, a little sugar	Autumn · Estonia
4	Cooked rice from yesterday (kept in the fridge), frozen peas, two eggs, a spring onion, soy sauce	Any time
5	Three over-ripe bananas, oats, half a litre of milk, a handful of walnuts	Any time
6	Half a pumpkin, an onion, a cup of red lentils, a stock cube	Autumn
7	Carrot ends, celery leaves, onion skins, potato peelings (washed), parsley stalks	Any time
8 (trap)	Half a cucumber, three tomatoes, feta cheese, a pot of plain yoghurt with a "use by" date of **yesterday**, dried mint	Summer
9	Half a cauliflower, a piece of hard cheese, a little butter, flour, milk	Winter
10 (trap)	A bag of pasta with a "best before" date of **last month**, a tin of tomatoes, garlic, a courgette, basil	Summer

Facilitator answers for the traps: Card 8: the yoghurt is past its "use by" date and must not be eaten (1 point for spotting it). Card 10: this is a false trap. Dried pasta past its "best before" date is usually fine if the packet is dry and intact (1 point for explaining the difference).

B2. Twist cards

Twist	Card text
1	"One guest cannot eat gluten."
2	"The oven is broken. You have one hob ring."
3	"Two extra grandchildren arrive. Feed six instead of four."
4	"One guest is vegetarian."
5	"You have only 20 minutes."
6	"Half the meal must be kept for tomorrow. How will you store it safely?"

B3. Starter prompt (Robot round)

> "I have [list from the fridge card]. I live in [country] and it is [month]. Suggest one simple, cheap meal for [number] people that uses up as much of this as possible, with no special equipment. Tell me how to store any leftovers safely."

Improve it: add who is eating, any diet, the time you have, and the equipment you have.

B4. Judging sheet

One per judge. Score each plan from 1 (poor) to 5 (excellent).

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Team: _____	Grandma's plan	Robot's plan
Waste saved: uses most of the fridge card, nothing new thrown away		
Cost: needs few or no extra purchases		
Season and local food: fits the month and the country		
Safety: respects dates, storage and allergies		
Would I eat it? tempting, realistic, doable at home		
Total (out of 25)		
Bonus: the team caught a mistake in the AI's answer (+1)		

Comment in one sentence: _____

Printable C: Time Machine object cards with prices and decades

For The Time Machine Shop. All decades, prices and lifespans are **game figures**: simplified for play, not historic data. Homes in Portugal, Poland and Estonia changed at different speeds; a participant's memory can overrule any card.

C1. Timeline cards

Print large. Write the "game decade" on the back of each card.

Object	Game decade (back of card)
String shopping bag	1950s
Glass milk bottle, returned to the shop	1950s
Valve radio in the living room	1950s
Enamel mug and jug	1950s
Darning mushroom	1950s
Black-and-white television	1960s
Electric refrigerator	1960s
Twin-tub or automatic washing machine	1970s
Plastic carrier bag from the shop	1970s
Cassette player	1980s
Microwave oven	1990s
Plastic drinks bottle (PET)	1990s
Disposable nappies in most homes	1990s
Mobile phone	2000s
Fleece jacket from recycled bottles	2000s
Smartphone	2010s
Fast-fashion T-shirt for the price of a coffee	2010s
Deposit return machine at the supermarket	2020s

C2. Shop cards

One set per team. The household must last **20 years**. Cost over 20 years = price × number of times you must buy it.

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Category	Item	Game price (time coins)	Game lifespan	Cost over 20 years
Carry shopping	Plastic carrier bag	1	1 year	20
Carry shopping	String bag	6	20 years	6
Carry shopping	Cloth tote bag	3	10 years	6
Drink from	Pack of plastic cups	1	1 year	20
Drink from	Enamel mug	5	20 years	5
Drink from	Glass tumblers	4	10 years	8
Wear on your feet	Cheap trainers	4	2 years	40
Wear on your feet	Leather shoes	15	10 years	30
Wear on your feet	Leather boots, resoled by a cobbler	22	20 years	22
Listen to the news	Pocket radio	3	4 years	15
Listen to the news	Wooden radio, repaired once	18	20 years	18
Listen to the news	Smartphone (does many other jobs too: discuss!)	20	5 years	80
Clean with	Disposable wipes	1	1 year's supply	20
Clean with	Cloths cut from old T-shirts	1	5 years	4
Clean with	Wooden scrubbing brush	2	5 years	8
Store food in	Cling film	1	1 year's supply	20
Store food in	Glass jars, reused	2	20 years	2
Store food in	Plastic tubs	2	4 years	10

Facilitator check: the cheapest item in every category costs 135 coins over 20 years. The most durable choices cost far less.

C3. Shopping list (one per team)

Category	Our choice	Price	Times bought in 20 years	Cost over 20 years
Carry shopping				
Drink from				
Wear on your feet				
Listen to the news				
Clean with				
Store food in				
Total (budget: 100)				

C4. Time traveller's twist cards

Twist	Card text	Points
1	"Your cloth bag tears in year 5. Mend it for 1 coin, or buy a new one?"	Mend = +1 point
2	"The heel comes off your shoes in year 6. Take them to the cobbler for 3 coins, or buy new?"	Repair = +1 point
3	"Your radio goes silent. The repair café fixes it for free, but you must wait a week. Wait, or buy new?"	Wait = +1 point
4	"A neighbour offers you her spare glass jars. Accept?"	Accept = +1 point, save 2 coins
5	"A shop offers 'buy two, get one free' on plastic tubs. You need one. Buy three?"	Say no = +1 point

Printable D: Repair station cards and skill passport

For Repair Café Relay. Each station card is one A4 page, placed on the station table.

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D1. Station cards

Station	You need	The five-minute fix	Safety
1. Button back on	Needle, thread, button, a pin, scissors	1. Thread the needle, double the thread, knot the end. 2. Mark the button's place. 3. Lay a pin across the button and sew through the holes 6–8 times, over the pin. 4. Remove the pin, wind the thread 3–4 times round the stitches under the button to make a "stem". 5. Push the needle to the back and finish with three small stitches.	Count needles back in.
2. Darning a sock	Darning wool, large-eye needle, darning mushroom or a smooth jar, scissors	1. Trim loose threads. 2. Put the sock over the mushroom or jar. 3. Sew small running stitches in a ring round the hole, in good fabric. 4. Lay threads across the hole in one direction, close together. 5. Weave across them in the other direction, over and under, like a basket. 6. Finish on the inside.	Use a blunt-ended needle if you can.
3. Patch it	Fabric patch, pins, needle and thread, scissors	1. Cut a patch 2 cm bigger than the hole on every side. 2. Pin it inside or outside the hole. 3. Turn the patch edges under. 4. Sew round the edge with small, even stitches. 5. Remove the pins.	Keep pins in a dish, not on the table.
4. T-shirt to bag (no sewing)	Old T-shirt, scissors, ruler	1. Cut off both sleeves. 2. Cut a wider scoop round the neck: the shoulders become handles. 3. Turn inside out. 4. Cut strips 8 cm long, 2 cm wide, along the bottom hem, through both layers. 5. Tie each front strip to the back strip below it in a double knot. 6. Turn right side out.	Blunt-tipped scissors for children.
5. Tighten and glue	Screwdrivers (flat and cross-head), small spanner, wood glue, cloth, string or a strap	1. Find out what is loose: a screw, a bolt or a glued joint. 2. Use a screwdriver that fits the screw exactly, and tighten gently. 3. For a loose joint, put a thin line of wood glue in it, press together and wipe off extra glue. 4. Hold it tight with string or a strap. 5. Label it: "Do not use until tomorrow."	Nothing electrical. Keep glue off skin and away from children.
6. Books and paper	Book-repair tape or archival tape, glue stick, a heavy book as a weight	1. Lay the torn page flat. 2. Line up the edges carefully. 3. Cover the tear with a strip of book-repair tape on one side. 4. For a loose cover, glue the edge of the spine, close the book and press it under a heavy book for an hour.	Work on a clean, dry table.

D2. Broken basket checklist (one per team)

- [ ] A shirt or coat with a missing button (Station 1)
- [ ] A sock with a hole (Station 2)
- [ ] Trousers, a bag or a cushion cover with a small hole or tear (Station 3)
- [ ] An old T-shirt (Station 4)
- [ ] A wobbly stool, a chair with a loose screw, or a pan with a loose handle (Station 5)
- [ ] A book with a torn page or loose cover (Station 6)

D3. Skill passport (one per person, folded A5)

G-PRO Repair Café Relay · Skill passport

Name: _____ · Team: _____ · Date: _____

Station	Stamp	What I learnt in one sentence
1. Button back on		_____
2. Darning a sock		_____
3. Patch it		_____
4. T-shirt to bag		_____
5. Tighten and glue		_____
6. Books and paper		_____

A skill I can teach someone else: _____

Someone younger or older who taught me something today: _____

My repair promise: By _____ (date) I will repair _____ instead of throwing it away or buying a new one.

D4. Scoreboard

Team	St. 1	St. 2	St. 3	St. 4	St. 5	St. 6	Best rescue vote	Teach-back	Total
_____									
_____									
_____									
_____									

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Quality points per station: 1 = attempted · 2 = works · 3 = would last for years.

Printable E: Real or Robot evidence pairs and clue checklist

For Real or Robot?. All messages, names and companies are invented. Do not replace them with real brands.

E1. Clue checklist (one per person)

Question	Look for
Who sent it?	Unknown number or address; a name that is almost right; a message from "your bank" by text with a link
What does it want?	Money, a code, a password, card details, a click, a download, secrecy
How does it feel?	Hurry ("within 24 hours"), fear ("your account is blocked"), excitement ("you have won"), pity ("I'm in trouble")
What looks wrong?	Odd spelling or grammar; strange hands or fingers; writing that is not quite letters; impossible reflections or shadows; backgrounds that melt or repeat; skin that is too smooth
How can I check?	Call back on a number I already know; open the official app or website myself; ask a family safe word; ask who first posted a picture; check whether trusted news shows it; reverse image search

Remember: newer fakes may show **no** visible clues. The last row is the one that always works.

E2. Case 1: message pairs

Print each message on its own slip, labelled A or B. The answer column is for the facilitator only.

Pair	Message A	Message B	Fake	Clues
1 Parcel	"QuickParcel: Your parcel is held at our depot. Pay 1.99 zł within 24 hours to release it: quickparcel-pay.info/xyz"	"QuickParcel: Your parcel 4471 2093 will be delivered tomorrow between 10:00 and 14:00. Track it in the QuickParcel app."	A	Hurry, small payment, strange web address. A real courier does not ask for payment by text link.
2 Bank	"Banco Exemplo: Your card has been BLOCKED for security. Confirm your details now or lose access: bit.ly/..."	"Banco Exemplo: Your new card has been posted. It will arrive in 5 working days. We will never ask for your PIN or codes."	A	Capital letters, fear, link, request for details. Banks do not ask you to confirm details by link.
3 Energy refund	"Hi, this is HomePower customer service. You are owed a €148 refund. Reply with your bank card number and the code we send you."	"Your monthly bill from your energy supplier is ready. Log in to your account on our website or app to see it."	A	Unexpected money, asks for card number and a code. Never share codes.
4 Family	"Hi Mum, I dropped my phone in the sink, this is my new number. Can you pay a bill for me today? I'll explain later x"	"Hi Mum, running late, I'll be at yours around six. Shall I bring bread?"	A	New number, urgent payment, "explain later". Call the old number you know.

E3. Case 2: picture pairs (facilitator prepares)

You need three pairs and one extra picture for Case 4. For each pair:

1. Take one ordinary photo yourself on a phone: a cup of coffee on a table, a street or market in your town, your hands holding a book.
2. Ask an AI image tool for a similar picture, for example: "A realistic photo of a cup of coffee on a wooden table by a window, natural light."
3. Print both the same size, without file names. Label them A and B on the back. Write the answer in your notes.
4. For Case 4, choose the AI picture in which you cannot find any mistake yourself.

Answer sheet for teams:

Pair	Our verdict: the fake is A or B?	Our clue
1		_____
2		_____
3		_____
Case 4	Real or robot?	How we would check: _____

E4. Case 3: phone call scripts

Two volunteers read aloud. The "voice" is acted, not cloned. Read script 1, then script 2.

Script 1

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Caller: "Grandma? It's me. Please don't be cross. I've had an accident with the car and the police say I have to pay for the damage today or they'll keep me here." Grandma: "Oh no! Are you hurt? Where are you?" Caller: "I'm fine, I'm fine. But I need 2,000 euros now. A lawyer will come to your house to collect it. Please don't tell Mum, she'll be so angry." Grandma: "Let me call your mother..." Caller: "No! There's no time. Please, Grandma. Do it for me."

Script 2

Caller: "Hi Grandma, it's me. I'm on the bus, so it's a bit noisy. Are we still on for Sunday lunch?" Grandma: "Of course! What would you like?" Caller: "Your soup, please. And Mum says she'll bring the cake. Shall I call you on Saturday to confirm?" Grandma: "Yes, call me on Saturday."

Facilitator answers: Script 1 has all the signs of a scam (urgency, money, a stranger collecting cash, secrecy from family). Even if the voice sounds exactly right, the story is the clue. What to do: hang up, call the grandchild or the parent on a number you already know, ask the family safe word, and never hand money to a "courier" or "lawyer". Script 2 asks for nothing.

E5. Scoreboard

Team	Case 1	Case 2	Case 3 (three good actions)	Case 4 (best checking idea)	Total
_____					
_____					
_____					
_____					

Scoring: right verdict = 1 point · right verdict with a correct clue = 3 points · Case 3: 1 point per good action (up to 3) · Case 4: 2 points for the best checking idea.

Printable F: Bin sort item cards and bin labels (PT / PL / EE)

For The Great Bin Sort. Rules differ between municipalities. **Check your local rules** and correct the cards before you play.

F1. Bin labels: Portugal (ecoponto)

Bin	Label text
Yellow (amarelo)	Plastic and metal packaging, and drink cartons: bottles, pots, bags, cans, foil, milk and juice cartons
Blue (azul)	Paper and cardboard: newspapers, magazines, boxes (clean and dry)
Green (verde)	Glass packaging: bottles, jars, food jars (no lids)
Bio-waste (biorresíduos)	Food scraps and garden waste, where your municipality collects them (often a brown bin; check locally), or compost at home
Mixed waste (indiferenciado)	Everything that cannot be recycled or composted
Back to the shop / special collection	Plastic and metal drinks containers with the deposit logo (SDR, €0.10 deposit, since April 2026); batteries; electrical items and bulbs; medicines (to the pharmacy)

F2. Bin labels: Poland

Bin	Label text
Yellow (żółty): Metale i tworzywa sztuczne	Metals, plastics and multi-material packaging: bottles, pots, cans, foil, drink cartons
Blue (niebieski): Papier	Paper and cardboard: newspapers, boxes, clean paper bags (no greasy paper)
Green (zielony): Szkło	Glass packaging: bottles and jars, empty, without caps
Brown (brązowy): Bio	Fruit and vegetable scraps, coffee grounds, tea bags, eggshells, garden waste
Black or grey: Zmieszane	Mixed waste: everything that does not fit the other bins
Back to the shop / special collection	Drinks containers with the deposit logo (system kaucyjny since 1 October 2025: PET bottles up to 3 l and cans up to 1 l, 50 gr; reusable glass bottles up to 1.5 l, 1 zł); batteries, electrical items and bulbs (shops or PSZOK); medicines (pharmacy collection points)

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F3. Bin labels: Estonia

Bin	Label text
Yellow (kollane): Pakend	Mixed packaging: plastic packaging, metal packaging, drink cartons
Blue (sinine): Paber ja kartong	Paper and cardboard: boxes, newspapers, clean paper packaging, paper bags
Green (roheline): Klaaspakend	Glass packaging: clear and coloured bottles and jars (if there is no glass container, use the yellow packaging container)
Bio-waste (biojäätmed)	Food scraps and garden waste; separate collection is required. Bin colour varies: check your municipality
Mixed waste (segaolmejäätmed)	Everything that cannot be recycled or composted
Back to the shop / special collection	Bottles and cans with the Eesti Pandipakend deposit mark; batteries, electrical items, bulbs and hazardous waste (shops or the jäätmejaam, the waste station); medicines (pharmacy)

F4. Item cards with answers

Print the item name large on the front. Print the answers on the facilitator's copy only.

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No.	Item	Portugal	Poland	Estonia	Note
1	Yoghurt pot (rinsed)	Yellow	Yellow	Yellow	Rinse lightly; no need to scrub.
2	Milk or juice carton	Yellow	Yellow	Yellow	Made of card, plastic and aluminium together.
3	Newspaper	Blue	Blue	Blue	
4	Cardboard box (flattened)	Blue	Blue	Blue	Flatten to save space.
5	Greasy pizza box	Mixed waste	Mixed waste	Mixed waste	Grease spoils paper recycling. A clean lid can be torn off for the blue bin. Some towns accept it with bio-waste: check.
6	Empty jam jar	Green	Green	Green	Take the lid off.
7	Metal jar lid	Yellow	Yellow	Yellow	
8	Wine bottle	Green	Green	Green	
9	Broken drinking glass	Mixed waste	Mixed waste	Mixed waste	Not the glass bin. Wrap it in paper for safety.
10	Broken ceramic mug	Mixed waste	Mixed waste	Mixed waste	Ceramics spoil glass recycling.
11	Small broken mirror	Mixed waste	Mixed waste	Mixed waste	Wrap it. Large mirrors: recycling centre.
12	Food tin (empty)	Yellow	Yellow	Yellow	
13	Clean aluminium foil	Yellow	Yellow	Yellow	Scrunch it into a ball.
14	Plastic carrier bag	Yellow	Yellow	Yellow	Better still: reuse it.
15	Empty shampoo bottle	Yellow	Yellow	Yellow	
16	Apple core	Bio	Brown (bio)	Bio	Or home compost.
17	Potato peelings	Bio	Brown (bio)	Bio	Or home compost.
18	Coffee grounds	Bio	Brown (bio)	Bio	
19	Eggshells	Bio	Brown (bio)	Bio	
20	Used tea bag	Bio	Brown (bio)	Bio	Check locally: some tea bags contain plastic.
21	Used paper tissue	Mixed waste	Mixed waste	Mixed waste	Some towns accept it with bio-waste: check.
22	Till receipt	Mixed waste	Mixed waste	Mixed waste	Most receipts are thermal paper, which does not belong with paper recycling in most places.
23	AA battery	Special collection	Special collection	Special collection	Collection boxes in shops. Never in household bins.
24	LED light bulb	Special collection	Special collection	Special collection	Electrical waste: shops or recycling centre.
25	Old mobile phone	Special collection	Special collection	Special collection	Electrical waste. Delete your data first, or give it to a reuse scheme.
26	Out-of-date medicines	Pharmacy	Pharmacy	Pharmacy	Never in the toilet or sink.
27	Plastic water bottle with the deposit logo	Back to the shop	Back to the shop	Back to the shop	You get your deposit back.
28	Drinks can with the deposit logo	Back to the shop	Back to the shop	Back to the shop	
29	Glass beer bottle with a deposit logo	Green, unless it is a returnable bottle: the Portuguese SDR covers plastic and metal only	Back to the shop	Back to the shop	A good tricky card.
30	Old shoes in good condition	Textile or charity collection	Textile or charity collection	Textile or charity collection	Rules for textiles vary by town. Reuse first.

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F5. Speed-round bonus cards

Item	Answer (all three countries)
Cereal box	Blue
Plastic yoghurt-drink bottle without a deposit logo	Yellow
Dead flowers from a vase	Bio
Egg box made of card	Blue (or home compost)
Empty tuna tin	Yellow
Jar of old paint	Special collection (hazardous waste)

F6. Scoreboard

Team	Correct items (+1)	Wrong items (−1)	Spotted others' mistakes (+1)	Speed round	Total
_____					
_____					
_____					
_____					

Printable G: Green Claims case files and verdict sheet

For Green Claims Court. All brands are invented.

G1. EU rules in brief (one per table)

Since **27 September 2026**, EU consumer law (Directive (EU) 2024/825) bans these practices:

1. **Generic claims without proof.** Words such as "eco-friendly", "green", "natural", "climate friendly" or "biodegradable" are banned unless the company can show recognised excellent environmental performance relevant to the claim.
2. **Home-made labels.** Sustainability labels must be based on a certification scheme or set up by a public authority.
3. **Offsetting claims.** A product may not be called "climate neutral", "carbon neutral" or "reduced CO_2" because the company pays for projects elsewhere, such as planting trees.
4. **Whole-product claims for one part.** A claim about the whole product is banned if it is only true for one part.
5. **The law as a selling point.** A company may not present something every product must do by law as its own special feature.
6. **Unproven durability.** A company may not claim a product lasts a certain time or number of uses unless it can prove it.

Still **allowed**: specific, provable claims ("bottle made from 50% recycled plastic") and genuine certified labels such as the EU Ecolabel (a flower), the EU organic logo, FSC, MSC or Fairtrade.

Verdicts: **Allowed** (fair and provable) · **Banned** (breaks a rule above) · **Needs proof** (only allowed if the company shows the evidence).

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G2. Case files

Case	Product and claim	What the evidence shows	Witness card	Official ruling (facilitator only)
1	**PureLeaf washing-up liquid.** Green bottle with a big leaf: "Eco-friendly and natural!"	No certification. The ingredients list is similar to ordinary washing-up liquid.	*The shopper:* "I paid 50 cents more because it said eco-friendly."	**Banned.** Generic claim with no proof of excellent environmental performance (rule 1).
2	**BeanGood coffee pods.** "Carbon neutral: we plant a tree for every pack."	The pods are single-use and not recyclable in many towns. The company pays for tree planting abroad.	*The sustainability manager:* "Our tree projects are real and audited."	**Banned.** Carbon-neutral claim based on offsetting (rule 3). The company may still describe its tree projects honestly, separately.
3	**ReBottle shampoo.** "Bottle made from 50% recycled plastic." Certificate number from an independent body printed on the back.	The certificate is real and matches the bottle.	*The packaging designer:* "We tested every batch."	**Allowed.** Specific and provable.
4	**SuperFresh supermarket.** Its own "Green Choice" seal on 200 products.	The supermarket designed the seal itself. No independent checks, no published criteria.	*The store manager:* "Our team chose the greenest products."	**Banned.** A sustainability label not based on a certification scheme or set up by a public authority (rule 2).
5	**NatureWear T-shirt.** "ORGANIC" in large letters on the front of the label.	5% of the cotton is organic; 95% is conventional cotton.	*The fashion buyer:* "It *does* contain organic cotton!"	**Banned as printed.** The claim suggests the whole shirt when only a small part qualifies (rule 4). "Contains 5% organic cotton" would be allowed.
6	**Sunny Fields apples.** "Free from [pesticide X]!"	Pesticide X is banned in the EU, so no apple sold here may contain it.	*The farmer:* "But it's true!"	**Banned.** Presents a legal requirement for all products as a special feature (rule 5).
7	**ForeverKettle.** "Lasts 10 years!"	The company has no test results. Customer reviews mention breakdowns after two years.	*The engineer:* "We believe it is very well made."	**Needs proof.** A durability claim is banned unless the company can demonstrate it (rule 6).
8	**CleanWave dishwasher tablets.** The EU Ecolabel flower with a licence number.	The licence number is listed in the official EU Ecolabel product catalogue.	*The shop assistant:* "Customers ask whether this label means anything."	**Allowed.** A genuine certified label.

Bonus case: a real product brought from home. Apply rules 1–6 together.

G3. Verdict sheet (one per juror)

Case	Allowed	Banned	Needs proof	The rule I used (1–6) or "specific and provable" / "genuine label"
1				_____
2				_____
3				_____
4				_____
5				_____
6				_____
7				_____
8				_____
Bonus				_____

G4. Role badges

Print and cut: **Judge** · **Prosecution (for shoppers)** · **Defence (for the company)** · **Witness** · **Jury**

G5. Scoreboard

Team or juror	Case 1	Case 2	Case 3	Case 4	Case 5	Case 6	Case 7	Case 8	Total
_____									
_____									
_____									

Scoring: argument matched the official ruling = 2 points to the team · juror named the correct rule = 1 point.

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Printable H: Prompt Kitchen ingredient cards and recipe card

For The Prompt Kitchen. Print one set per team on coloured card if you can: ROLE on blue, TASK on red, CONTEXT on green, FORMAT on yellow, CHECK IT on purple. Cut along the lines; each line below is one card (63 × 88 mm). Blank cards let teams add their own.

H1. ROLE cards (blue): who should the AI act as?

ROLE	ROLE	ROLE
Act as a patient teacher explaining to a beginner.	Act as a friendly gardener who knows my climate.	Act as an energy adviser who explains things simply.
Act as a careful cook who hates wasting food.	Act as a librarian who helps me find reliable sources.	Act as a repair expert at a repair café.
Act as a _____	Act as a _____	Act as a _____

H2. TASK cards (red): what exactly do you want?

TASK	TASK	TASK
Give me five ways to…	Explain in simple words what … means.	Compare … and … and tell me which is better for me.
Make a shopping list for…	Write a short, polite letter to…	Make a step-by-step plan for…
Tell me the questions I should ask before I buy…	_____	_____

H3. CONTEXT cards (green): who are you, where, and what is your situation?

CONTEXT	CONTEXT	CONTEXT
I am 72 and live alone in a flat.	I live in a village with a vegetable garden.	I live in Portugal / Poland / Estonia (choose one).
My budget is under 30 euros.	I cannot kneel or lift heavy things.	I cook for two people.
I have no car and use the bus.	I am a beginner with smartphones.	_____

H4. FORMAT cards (yellow): how should the answer look?

FORMAT	FORMAT	FORMAT
A numbered list of no more than five points.	Use short sentences and simple words.	Answer in Portuguese / Polish / Estonian / English.
Explain why each idea helps.	Put it in a table with cost and effort.	Keep it under 150 words.
Ask me questions first if you need more information.	_____	_____

H5. CHECK IT cards (purple): taste before you serve

CHECK IT	CHECK IT	CHECK IT
If you are not sure, say so.	Tell me what I should double-check with a local expert.	What are the disadvantages of this idea?
Is this true in my country, or only in some countries?	Where does this information usually come from?	Tell me which part of your answer is most likely to be wrong.

H6. Spoiled ingredient cards (grey): these go straight in the bin

SPOILED	SPOILED	SPOILED
My full home address	My bank card number and PIN	My password
My date of birth and ID number	A photo of my prescription	My one-time code from the bank

H7. Customer order slips (cut, fold and put in the pot)

Order	Order	Order
"How do I save water?"	"Recipes?"	"Tell me about recycling."
"Is this product green?"	"Help with my heating."	"Gift ideas."
"What should I plant?"	"Explain AI."	"How can I be more eco-friendly?"

H8. Recipe card (one per team per round, A5 or A4)

Team name: _____ **Round:** _____ **Customer order:** _____

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Ingredient	What we added
ROLE	_____
TASK	_____
CONTEXT	_____
FORMAT	_____
CHECK IT	_____

Our full recipe (the prompt): _____ _____ _____

Spoiled ingredients used?

- [ ] None (well done)
- [ ] Yes, we lose this round

Tasting score from the robot round (one star per ingredient that made a difference): ☆ ☆ ☆ ☆ ☆

Optional real kitchen test. ASK: we typed it in. EVALUATE: what was useful? _____ What was missing or wrong? _____ DECIDE: what will the person actually do? _____

Printable I: Scam call scripts and safe-word card

For Scam Call Theatre. Print one set of scripts per group (large print, 14 pt or more) and one safe-word card per participant. All names, banks and numbers are invented. Never replace them with real ones.

I1. Script: "The bank security department"

Caller says: "Good afternoon, this is Pedro from the security department of your bank. We have blocked a suspicious payment of 890 euros from your account. To cancel it, I am sending you a code by SMS now. Please read it back to me quickly, before the payment goes through."

Red flags to spot: urgency ("quickly"), asks for a one-time code, unexpected call, caller ID may look real.

Winning line: "My bank never asks for codes. I will hang up and call the number on my card."

I2. Script: "The grandchild in trouble" (AI voice)

Caller says (crying): "Grandma? Grandpa? It's me. I've had an accident with the car, the police are here, I need 2,000 euros for a lawyer today. Please don't tell Mum, she'll be so angry. A friend of mine will come to collect the money."

Red flags to spot: strong emotion, secrecy ("don't tell Mum"), money today, a stranger collects cash. The voice can be copied by AI.

Winning line: "What is our safe word? … I will call you back on your own number."

I3. Script: "The police inspector"

Caller says: "This is Inspector Nowak from the city police. Criminals are working inside your bank. To protect your savings, you must move them to a safe account we will give you. Do not tell anyone at the bank, they may be involved."

Red flags to spot: police never ask you to move money; "safe account"; telling you to keep secrets from your bank.

Winning line: "I will go to my local police station in person, thank you." Then hang up.

I4. Script: "The courier and the parcel"

Caller says: "Hello, this is the delivery company. Your parcel is held at customs. There is a fee of 2 euros and 99 cents. I will send you a link by SMS: please enter your card details there and the parcel will arrive tomorrow."

Red flags to spot: you are not expecting a parcel; a small fee to make it seem harmless; a link to type card details.

Winning line: "I am not expecting anything. If I am, I will check on the company's official website myself."

I5. Script: "The energy refund"

Caller says: "Good news! You have been overcharged on your electricity and you are due a refund of 312 euros. I just need you to install a small app so I can see your screen and help you claim it."

Red flags to spot: unexpected good news; asks you to install an app for "remote access"; wants to see your screen.

Winning line: "I will call my supplier on the number on my bill." Never install an app because a caller asks.

I6. Script: "The pharmacy" (the genuine call)

Caller says: "Hello, this is the pharmacy on Main Street. Your prescription is ready to collect. We are open until seven. No need to call back. Have a nice day."

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Why it is safe: it asks for nothing, it does not rush you, and you can easily check by going to the pharmacy or calling its number from the bag or receipt.

I7. The three magic moves (poster for the wall)

STOP · Slow down. Urgency is the scammer's tool. **HANG UP** · You can end any call, even an official-sounding one. **CALL BACK** · Use a number you find yourself: the back of your bank card, an official letter, your family phone book. Wait a few minutes or use another phone first.

Golden rule: a real bank will never ask for your PIN, your password or a one-time code, and will never ask you to move money to a "safe account". Emergency number across the EU: **112**.

I8. Safe-word card (one per person, 63 × 88 mm or A6; fold in half)

Front:

My family safe word

Do not write the word here. Keep it in your head.

I will agree a safe word with: _____

When: _____

Back:

If a call feels urgent:

1. Stop. Breathe.
2. Ask for the safe word.
3. Hang up.
4. Call back on a number I know.

My bank's official number (copy it at home from the back of your card): _____

Someone I trust to talk to first: _____

Emergency: 112

Printable J: Standby Hunt bingo and energy log

For The Standby Hunt. Print one bingo card per team and one energy log per participant (A4, large print 14 pt or more).

J1. Standby Bingo (A4, one per team)

Put a red sticker in a square when you find the suspect. Write where you found it. Complete a line and shout "Standby!"

A television with a red light	A phone charger left in the socket with no phone	A microwave or oven showing the time	A computer screen "sleeping"
A printer with a light on	A coffee machine with a clock or light	A radio or speaker with a light	A set-top box or TV receiver
A games console	A charger that feels warm	**FREE SQUARE:** something that must stay on (fridge, alarm, router)	A washing machine or dishwasher display
An electric toothbrush or shaver on charge	A lamp with a glowing switch	A power strip with a light	A mystery suspect: _____

Where we found them: _____

Verdicts: green = can be switched off at the wall · yellow = must stay on · ? = check the instructions first

J2. The detective's maths (game figure)

Watts × hours ÷ 1,000 = kWh. A device using 1 watt all day, all year: 1 × 24 × 365 ÷ 1,000 ≈ **8.8 kWh a year**. Find your own price per kWh on your electricity bill.

J3. My standby energy log (one week, A4)

Name or initials: _____ **Week starting:** _____

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My suspect	Where	Stay on (yellow) or switch off (green)?	Watts if I measured them	

Tick each day you switched the "green" suspects off at the wall or with a switchable power strip.

My price per kWh (from my bill): _____

What surprised me: _____

Never switch off: fridges, freezers, alarms, medical devices, stairlifts, heating or boiler controls, or a router that carries your phone or alarm line. Check the instructions for recorders and smart devices.

Printable K: Water Detectives object cards and answer key

For Water Detectives. Print the object cards once per team (cut into cards, 63 × 88 mm). Print the answer key once, for the facilitator only. All figures are approximate global averages, rounded: treat them as game figures. A 10-litre bucket helps people picture them.

K1. Object cards (front: object only)

One cup of coffee (125 ml)	One cup of tea (250 ml)	One glass of milk (250 ml)
One egg	One kilo of bread	One kilo of pasta (dry)
One kilo of rice	One kilo of potatoes	One kilo of tomatoes
One kilo of apples	One kilo of oranges	One sheet of A4 paper
One glass of wine (125 ml)	One glass of beer (250 ml)	One pizza margherita
One cotton T-shirt	One pair of jeans	One kilo of beef

K2. Answer key (facilitator only)

Object	Hidden water (litres, about)	In 10-litre buckets	Source
One sheet of A4 paper	10	1	Water Footprint Network (Hoekstra 2010)
One cup of tea (250 ml)	30	3	Water Footprint Network (Hoekstra 2010)
One glass of beer (250 ml)	75	7.5	Water Footprint Network (Hoekstra 2010)
One glass of wine (125 ml)	120	12	Water Footprint Network (Hoekstra 2010)
One cup of coffee (125 ml)	140	14	Water Footprint Network (Hoekstra 2010)
One kilo of tomatoes	180	18	Water Footprint Network (Hoekstra 2010)
One egg (60 g)	200	20	Water Footprint Network (Hoekstra 2010)
One glass of milk (250 ml)	250	25	Water Footprint Network (Hoekstra 2010)
One kilo of potatoes	250	25	Water Footprint Network (Hoekstra 2010)
One kilo of oranges	460	46	Water Footprint Network (Hoekstra 2010)
One kilo of apples	700	70	Water Footprint Network (Hoekstra 2010)
One pizza margherita	1,200	120	Water Footprint Network (Hoekstra 2010)
One kilo of bread	1,300	130	Water Footprint Network (Hoekstra 2010)
One kilo of pasta (dry)	1,900	190	Water Footprint Network (Hoekstra 2010)
One cotton T-shirt	2,700	270	Water Footprint Network (Hoekstra 2010)
One kilo of rice	3,400	340	Water Footprint Network (Hoekstra 2010)
One pair of jeans	7,500	750	United Nations (UN News / UNEP, 2019)
One kilo of beef	15,400	1,540	Mekonnen and Hoekstra, UNESCO-IHE (2012)

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K3. Higher or lower? Suggested pairs for round two

- A cup of tea or a cup of coffee? (Coffee: 140 against 30.)
- A glass of milk or a glass of beer? (Milk: 250 against 75.)
- A kilo of potatoes or a kilo of rice? (Rice: 3,400 against 250.)
- An egg or a sheet of paper? (Egg: 200 against 10.)
- A cotton T-shirt or a kilo of bread? (T-shirt: 2,700 against 1,300.)
- A pair of jeans or a kilo of beef? (Beef: 15,400 against 7,500.)

K4. Water-wise shopping basket (round three)

Budget: **10,000 litres** for the team. Buy one breakfast, one lunch and one item of clothing for the week, using the object cards and the litres in the answer key.

Item bought	Litres
Breakfast: _____	_____
Lunch: _____	_____
Clothing: _____	_____
Bonus: "Make it last" (keep old clothes instead of buying new): add back the litres of that item	+ _____
Bonus: "Use it all" (no food thrown away): add back 500 litres (game figure)	+ _____
Total left from 10,000	_____

Printable L: Interview question cards and zine template

For Memory Lane Interviews. Print one set of question cards per pair (63 × 88 mm, large print) and one zine template per pair. Anyone can swap a card or pass.

L1. "THEN" cards (younger person asks the older person)

THEN	THEN	THEN
How did your family keep food fresh before you had a fridge, or before fridges were common?	What is the oldest thing you still own and use? Why has it lasted?	Who repaired things in your family? What did they repair?
How did you get to school or work when you were young?	What did your family do with clothes that no longer fitted?	Where did your water come from when you were a child?
What did a typical winter evening look like at home?	What food did you grow, pick or preserve? Who taught you?	What was a special treat when you were young?
What did you buy in a shop, and what did you make yourself?	Which habit from your childhood do you wish people still had?	_____

L2. "NOW" cards (older person asks the younger person)

NOW	NOW	NOW
Where do you and your friends get clothes? Do you buy second-hand?	What do you do with an old phone or broken headphones?	Have you ever repaired something by watching a video?
How do you get to school, college or work?	What food do you know how to cook from scratch?	Which app or website do you use to share, sell or swap things?
What worries you most about the future of the planet?	What gives you hope?	What would you like to learn from older people?
Which green habit do your friends think is "cool"?	What is the oldest thing you own?	_____

L3. Follow-up questions (keep this card on the table)

- "Can you tell me more?"
- "Who taught you that?"
- "Do you still do it? Why, or why not?"
- "How did it feel?"
- "Could it work today?"

L4. Reporter's notes (A4, one per person)

My partner's first name: _____

The best story I heard: _____

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One exact quote: "_____"

Our bridge (an old habit with a new version today): _____ then → _____ now

L5. Zine template: one sheet, eight pages

How to fold an eight-page zine from one A4 or A3 sheet:

1. Fold the sheet in half the long way, then open it.
2. Fold it in half the short way, then in half again, then open it. You now have eight rectangles.
3. Fold it in half the short way. Cut from the folded edge along the middle crease, only as far as the next fold (the middle two rectangles).
4. Open the sheet. Fold it the long way again. Push the two ends towards each other so the cut opens into a diamond, then flatten it into a booklet.

Plan your pages:

Page	What goes on it
1. Cover	Title of your zine and a drawing or collage.
2. Then	The best "Then" story, in a few sentences.
3. Now	The best "Now" story.
4. The bridge	Old habit → new version, in big letters.
5. The quote	One exact quote, with a first name or pen name.
6. Picture page	Drawing, collage or a photocopied photo (with permission).
7. Top tip	One thing readers can try this week.
8. Back cover	"Reporters: _____ and _____", date and place.

Permission check:

- [ ] We both agree this zine can be shown in the room.
- [ ] We both agree it can be copied or published (first names only).

Printable M: Seed packet template and plant care card

For Pocket Garden & Seed Swap. Print the seed packet template two or three times per person (A4, coloured paper if possible), the plant care card once per person (A6 or 63 × 88 mm) and one sheet of seed tokens per person.

M1. Seed packet template

Draw this on A4, or print and cut. The packet is a rectangle about 9 × 14 cm with three flaps.

Part	Size	What to do
Front panel	9 × 14 cm	Plant name, picture, "secret tip".
Back panel	9 × 14 cm	Growing instructions (see below).
Side flaps	1.5 cm each	Fold in and glue to close the sides.
Bottom flap	3 cm	Fold up and glue.
Top flap	3 cm	Fold down after filling. Close with a sticker.

Front of the packet:

Plant: _____

Picture: (draw here)

Secret tip from: _____ "_____"

Back of the packet:

- **Sow when:** _____
- **How deep:** _____
- **Sun or shade:** _____
- **Water:** _____
- **Ready to harvest after about:** _____
- **Seeds saved by / from:** _____ **Year:** _____

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- [ ] An edible plant I can name
- [ ] No coloured coating on the seeds
- [ ] Seeds are for sowing, not for eating from the packet

M2. Quick sowing guide for the pocket garden (simplified; check your seed packet)

Plant	Sow	Notes
Cress	On the surface, lightly pressed	Very fast. Often ready in about a week to ten days.
Rocket	On the surface or very shallow	Peppery leaves. Pick young.
Lettuce (cut-and-come-again)	Very shallow	Cut leaves and let them grow back.
Radish	About 1 cm deep	Big seeds, easy to handle.
Basil	Shallow, in a warm place	Likes warmth and sun. Do not over-water.
Parsley, chives, coriander	Shallow	Slower to start. Be patient.
Pea shoots	About 2 cm deep	Big seeds. Eat the young shoots.
Nasturtium	About 2 cm deep	Big seeds. Edible leaves and flowers; good for insects.

Do not use or swap: sweet peas, lupins, foxgloves, castor oil plant, or any seed you cannot name.

M3. Plant care card (one per person, A6 or 63 × 88 mm)

Front:

My pocket garden

I sowed: _____ on (date) _____

It will live: _____ (a bright windowsill, not above a radiator)

I will water it: _____ (when the top of the compost feels dry; little and often)

I will show it to: _____

We meet again to compare on: _____

Back:

Keep it safe and healthy

- Wear gloves when handling compost, keep it damp, and wash your hands afterwards.
- Do not open compost bags with your face over them.
- Turn the pot every few days so the plant grows straight.
- Newspaper pots can go straight into a bigger pot or the ground.
- If your immune system is weak, ask your doctor before handling compost.

M4. Seed tokens (cut out, ten per person)

SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN
1 seed	1 seed	1 seed	1 seed	1 seed
SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN
1 seed	1 seed	1 seed	1 seed	1 seed

Market rules: a packet costs one or two tokens; rare or home-saved seeds can cost three. The seller explains in one sentence how to grow the plant.

Printable N: Promise leaves and letter-to-2050 template

For The Promise Tree. Print one or two leaves per person on green, yellow and orange paper (A6 or 63 × 88 mm, cut into a leaf shape if you like), and one letter template per person (A4). Large print, 14 pt or more.

N1. Promise leaf (front)

I will _____

on / by _____

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with / where _____

Colour guide: green = nature and water · yellow = energy · orange = food, shopping and AI

N2. Promise leaf (back)

My name or initials: _____

My promise buddy: _____

Our check-in date: _____

- ☐ I kept it
- ☐ I kept part of it
- ☐ I will try again, differently: _____

N3. Make it specific (example card for the table)

Vague	Specific
"I will save energy."	"I will switch off the power strip behind my television every night from today."
"I will waste less food."	"On Sunday evenings I will check the fridge and plan two meals from what is left."
"I will use AI better."	"Next time I ask an AI something, I will add who I am, where I live and 'If you are not sure, say so'."
"I will be greener."	"By 30 November I will take my winter coat to the tailor instead of buying a new one."

N4. Letter to 2050 (A4)

To: _____ **To be opened on:** _____

Dear _____,

In 2050 you will be _____ years old.

Today, in _____ (month and year), I took part in G-PRO. I promised to _____.

When I was young, the world was like this: _____

One thing I learned that I want you to know: _____

I hope that in your world _____

Something I would like you to keep doing, or start doing: _____

With love / with best wishes,

_____

Fold the letter, seal it in an envelope, and write on the front who it is for and when it may be opened.

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