



#NON-IGNORE DAY

LEARN SOCIAL SENSIBILITY



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Each day list 5 things you usually ignore in the city and for that day, pay attention to them. Maybe you pass by noisy people, stop signs, trash on the street; or you hurry so much that you don't have time for the extraordinary sunset, or to see how the old man helps the old lady. By the end of the week write down a paragraph about what you are going to change in your life.



#STREET REPORTERS

LEARN VOLUNTEERISM



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Take some water, cloth and a bucket. Go outside and choose a monument. Start washing it. People will start interacting with you out of curiosity, so tell them that you are on a mission and need photos to present to your organisation about the activity, but that your colleague is sick and cannot help you with this - so would they kindly take a picture?



#NON-VIOLENCE DAY

LEARN PEACEFUL CO-EXISTENCE



Celebrate non-violence day in an innovative way with a friend: make pictures with yoga asanas in urban locations where no one would imagine doing them.



#ROADSIDE PICNIC

LEARN PLACE MAKING



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This time your challenge is to picnic wherever and whenever you can! Anyplace in the city could be your backdrop for this event. Go to the riverside, sit down on the stairs or sidewalk, find a parking lot or climb up into a tree. Invite your friends to eat a sandwich or play a cardgame with you at at your impromptu picnic. Post a picture to inspire others!



#HIDE AND SEEK!

LEARN LOVE OF ADVENTURE



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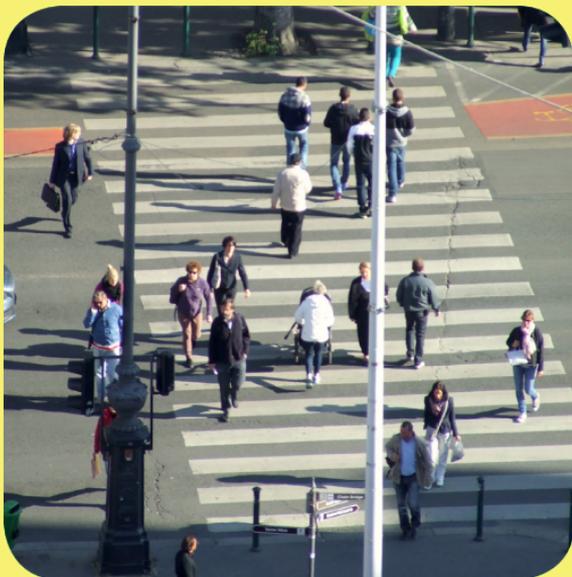


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You walk on the sidewalk and a car is approaching. What do you do? Hide! Use the trees, shrubs, benches or even parking cars as shelter! You need to get to your destination without being seen by a car!



#CITY RACE

LEARN ENCOURAGING PEOPLE



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Challenge your friends to a race!
Are you at the top of the hill? Who
can run down faster? Do you
wait for crossing the zebra? Who
reached the other side faster? Use
this time to speed up your day!



#WALK ON THE EDGE!

LEARN ADAPTABILITY



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The city is full of rhythms, and this week you will experience it! Change your walking pace and style according to the form, color, structure and size of the pavement! You can avoid stepping on lines, you can jump and scamper, walk on the curb, balance on the wall, speed up and slow down according to the distances given by the rhythms of your built environment.



#SPIN AROUND

LEARN FLEXIBILITY



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Handrails and bicycle stations? On every corner there is a little fun! Take your chance to spin around or slide down the handrail and enjoy the world upside down! Invite others to do the same!



#TEA TIME

LEARN ORGANIZATION



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Go outside and make a tea ceremony. You can choose whether it will be English 5 o'clock tea or a Chinese tea ritual, a Russian samovar or South American yerba mate time. Bring a pot with boiled water, paper or porcelain cups, some sweets and invite others to join you. Children will love it, especially if you can tell them a bit about the traditions of the tea drinking style you've chosen.



#TRASHTRACK

LEARN INDIVIDUAL IMPACT



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This time you track where your trash goes. Get more information about where your trash goes, try to visit waste landfill deposit. Try to give new life to things you usually throw out. Do you have selective or non selective collecting? Try by yourself or with your neighbours to organize the waste selection. See any illegal dumping? Organize your friends to clean it up!



#SMALL THINGS TO DO

LEARN IMPACT CHAIN



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This week you will attentively search for small things you can do for your community. Walk with eyes opened and offer your help mindfully to anyone who might need it. Yield your place to elder people, help the mother with the stroller, pick fallen things up, collect litter on the street, etc.



#GO AND GREEN IT

LEARN SUSTAINABLE THINKING



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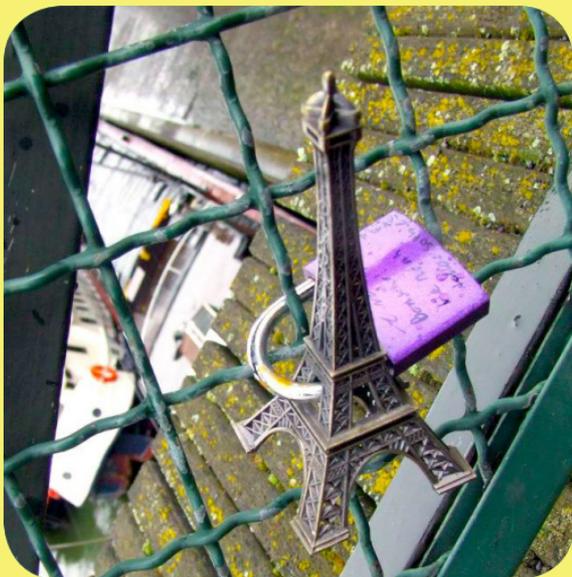


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The city needs green. This week you will search for possibilities to green it! Do guerrilla gardening with your parents, join a community garden, create seed bombs and throw them into vacant lots on your way, put herbs on the balcony, join the local NGO when they plant trees! But don't forget: plants need care, just as we all do!



#ACT LIKE A TOURIST

LEARN OUTSIDE OBSERVER



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This week you will consciously pay attention to visit the celebrated treasures of your city. What does it have to offer? Visit the local history museum, art exhibitions, historical buildings, etc. Search for local brands and products, for cultural and natural values and discover the side of the city to be proud of!



#FREE BOOK IT

LEARN SELF-INITIATIVE



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Choose the books you've already read and leave them on an impromptu community bookshelf in your neighbourhood. You can use a windowsill in a block house where everybody passes by, or find some real small bookshelf that nobody needs and put it in some suitable place. Make a sign designating this the "free public library" and watch the books on the shelves changing!



#FEED THE BIRDS

LEARN RESPONSIBILITY



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Birds need food to survive winter. This week, create small food balls or homes to feed them! Go back and check how much they eat, and refill the food station from time to time. Try to identify the types of the birds that come and take photos of them! Remember that once you've started, it's really important to continue to feed birds during the whole winter!



#GAME IN THE CITY

LEARN COLLECTIVE THINKING



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The street is full of playing potential. Search for places where you can add play elements for your community: draw hopscotch blocks on the pavement, paint a chessboard on the table in the park, tie a rope swing to a treebranch. Describe your action and share it with your community. If you can, implement them together with others!



#SAVE THE WORLD!

LEARN MODESTY



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This week you will save resources! First just observe your usage habits: electricity, water, etc. Choose at least one that you will save! Make a small research what you can do for the next generations! Close the tap on time, eat less meat to save the water. Use public transport and bicycle instead of cars or turn of the lights and replace bulb. Choose the easiest for you and go step by step.



#PERSONAL HERO

LEARN SOCIAL AWARENESS



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Get to know the people who work for your city. Talk with the gardeners, the postmen, someone from the municipality. Thank them for their work, take their photos and in order to express your gratitude create an exhibition from your findings! Use a string and clothes-peg to fly your notes or photos. Put it on the staircase board of your block house or any open space where others can also see it.



#GET LOST

LEARN SELF-CONFIDENCE



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Get out from the metro in a station you don't know, get out from the bus or tram where you have never been, or just walk to a neighborhood you haven't visited for ages! Regardless of the size of your city, there are certainly places you do not know that well. Go there and ask people you meet there for directions to the coffee shop they like the most. Ask something that only locals could know!



#CREATE A LEGEND

LEARN STORYTELLING



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Ask your parents and grandparents to share experiences and memories about a specific point of the city! How was it before? What did they do there? Maybe you can discover hidden secrets about your city. Share the information with your friends and relatives and leave a message on the spot for other people. You can also share this new urban story on Facebook!



#I AM THE MAYOR

LEARN LEADERSHIP



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Imagine that you are the mayor of your city and you can initiate changes. What would they be? Walk in the city and find dangerous junctions, broken stairs, missing handrails or the need for a ramp for disabled people. Document the trouble spots and share it on any forum of your community! Post on social media, write a letter to the notary, start a discussion with your friends!



#SOCIAL CLEAN-UP

LEARN CHARITY



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This is the time for cleaning your room. Look around and decide: do you really need everything you possess? Select books, clothes, old jewelry, kitchen stuff, anything you might have two of or won't use anymore and give it to someone who needs it. Create a community charity box, contact a charity organisation or a person in need and share.



#PART OF THE CHAIN

LEARN INTERPERSONAL CONNECTIONS



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Create connections between people who need them - whether it's someone who needs a job and someone who can help, a friend who found a cat and another friend looking to adopt one. You can also reach out to build connections between strangers - buy some flowers from the elderly ladies on the street and give them to a street musician, for instance.



#MAKE THE FIRST STEP

LEARN FORGIVENESS



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Do you feel regret about something? Have you experienced a serious offense that you cannot forgive? It's emotionally liberating to set yourself free from these things. Think about the person with whom you want to improve your relationship. What would represent your feelings? You do not need to say much. Leave a small message or a small gift tied on the door handle for that person.



#CAKE FOR A STRANGER

LEARN OPENNESS



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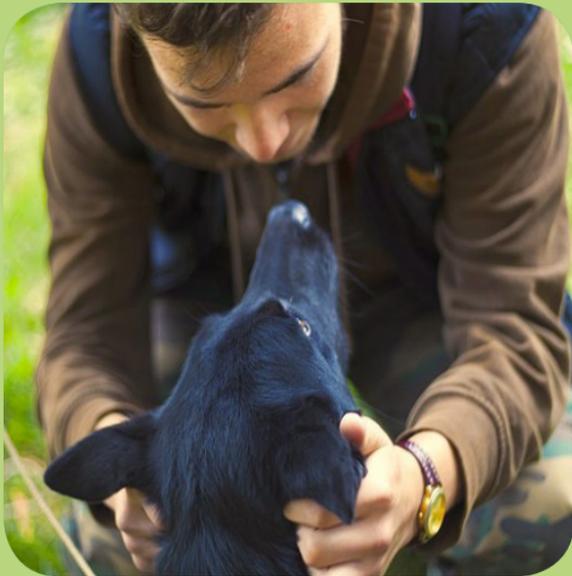


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Bake your favorite cupcakes, muffins or cookies. Pack them nicely, go out on your usual route and present them to someone! Probably it will be your neighbor, parks maintenance worker, vendor, or just someone you've never met before. Surely you'll get a new friend!



#ALWAYS SAY "HI!" DAY

LEARN RESPONSIVENESS



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Friendly dogs don't need a reason to say "Hi!", they just come and like you. Try one day to say "Hi!" to everybody you meet anywhere! What kind of responses did you get?



#CAMERAKID

LEARN UNDERSTANDING DIFFERENT PERSPECTIVES



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Photograph your neighbourhood from the point of view of a 5 to 8-year-old child. Squat and look around. What looks nice, strange, disgusting or wonderful? What would change as the child grows? Go to the places of your own childhood or visit any place specifically for children like an amusement park, playground swings, etc. Have fun!



#SMALL TALK PRACTICE

LEARN POLITE



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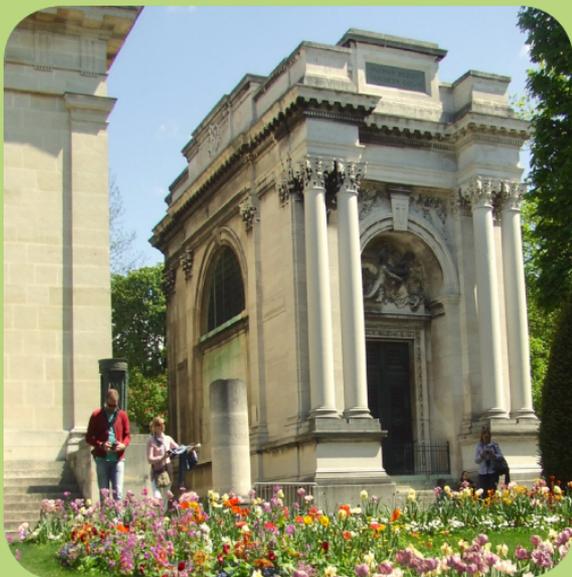


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This week you will master small talk. Chat with the cashier, your neighbor, the person next to you on the bus, people with friendly dogs or the taxi driver. Open with a compliment about the person's clothes, dog, bicycle, whatever. It's no problem if you don't succeed, just practice. Try to have at least one small talk with a stranger daily this week!



#OLD SOULS

LEARN RESPECT FOR TRADITION



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Visit the local cemetery. Is it a park or a sacred place? Who takes care of the graves and how do they look? Walk around and find the oldest, the most striking and the most famous graves. Find the most abandoned and put flowers on it. Become friends with old souls of your city!



#LIMITED ME

LEARN NEGOTIATION



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This week is about identifying obstacles in the city. Observe spatial and social barriers around you: fences, borders, symbols, signs of disconnections and disattachment. Try to find the causes and reasons for them! Make interviews with stakeholders, write down a short text about your findings and feelings and try to identify a course of action!



#URBAN HERBARIA

LEARN EXCHANGE



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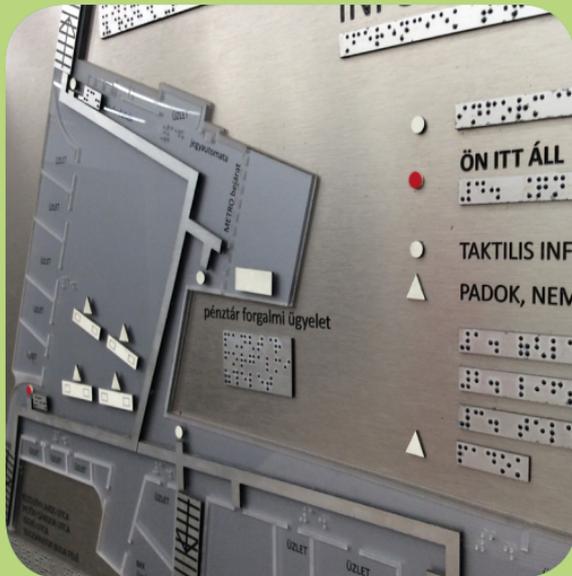


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Walk around and collect leaves and flowers characteristic of your area. Make a small “scientific” collection about your neighborhood, dry and glue everything to a small diary or put in plastic. Make notes identifying things you’ve found. Send the most characteristic leaves by mail to your friends from another city/neighborhood!



#WALK-A-MILE

LEARN EMPATHY



Walk a mile in someone else's shoes. Try to be someone with a limitation for some time. Travel in a wheelchair or walker, or blindfolded, or wearing noise-cancelling ear-phones all day - experience your city through the perspective of someone very different from you.



#JOIN NOW
LEARN ACTIVISM



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Search for NGOs and communities active in your city. What is their mission and how do they contribute to the city? Pick one that you like the most, follow their activities, get engaged and help them! Join a sport community, an arts and crafts club, an NGO fighting for animal rights, or a vegetarian cooking group. Try the one that you always wanted to or never tried!



#SAME ANGLE DIFFERENT STORY

LEARN COLLECTIVE IMPACT



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Have you ever been to the local history museum? Go today! Ask the staff about the development of your city and request copies of archive photos of your neighborhood! Search online archives too. Visit the place on the photo and take a new one with the current conditions. Send the retaken image back to the historic collection! Start a social media page to encourage others to do the same!



#HOLIDAY IT!

LEARN BRINGING PEOPLE TOGETHER



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There are many holidays in your city, so select one and celebrate it. Organize a small local holiday in your yard. Invite your friends, relatives and neighbors! In advance, decorate the place where you are going to have the celebration to make it feel festive, and celebrate together!



#COLLABORATIVE CHALKING

LEARN COLLABORATION



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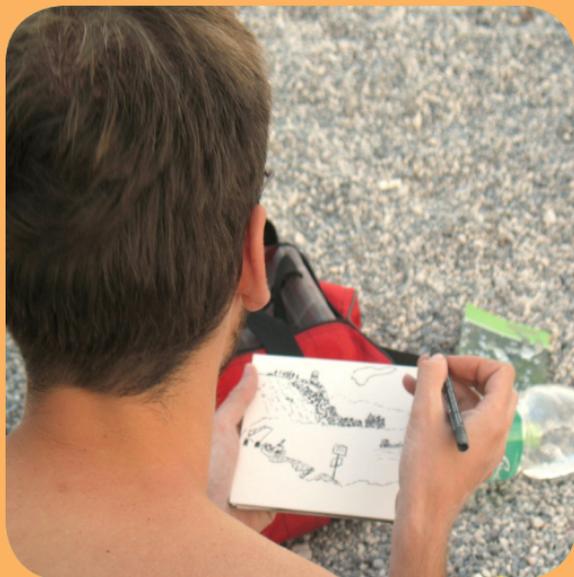


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Take colorful chalks with you and visit your favourite places where many people tend to gather. Start drawing your favourite landmarks of the city or anything you have in your mind on the pavement. Put some chalk next to you as a silent invitation for people to contribute to your collaborative drawing project!



#PLEIN-AIR

LEARN PRESENCE



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Take a photo of the cityscape you like. Close your eyes and try to recall the details. Now take a paper or sketch-book and the tool you prefer to draw with. Your skill doesn't matter: you have 2 minutes to draw the most notable details. When you finish, close your eyes and try to recall the image again! Which time was easier?



#THE MELTED MESSAGE

LEARN GETTING INVOLVED



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You are traveling and you cannot see through the window. Let the dew or frost be your canvas. Draw messages on the glass: say hello to the world, invite people to play tic tac toe with you, or just write letters with spaces between them so others can finish your words.



#CHOOSE ANOTHER WAY

LEARN CHOICES



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We usually walk the same way to school and work every day. Take more time and and turn right on the corner where you usually turn left, walk on the parallel street and let yourself be surprised! Document your adventures daily: draw a mind map about your journey, write short expressions, and record the most important things you can remember. Who had the biggest adventure?



#SHELTERS AND SHOULDERS

LEARN ACCOMMODATING



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This week you will help an animal in the city to feel at home. Find a street cat, a stray dog, or any creature living in the city - even bees. Make them feel comfortable: host them, help them to find a new owner, build a shelter. Find a relevant organization of your city and ask professionals or civil activists how you can help the species! Propose ways to make a positive change!



#SHADOW ART

LEARN TRANSFORMATION



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Observe how shadows move and change during the day. Check silhouettes, contours and different objects! Bring chalk with you and tell a different story of your neighborhood by adding objects and cartoons to the shadows. Take a photo of the work and make your friends laugh!



#SHIFT SENSES!

LEARN SENSIBILITY



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Choose your favorite place in the city and visit it each day, focusing every time on a different sense: sight, hearing, taste, smell, and touch. How did these special filters change your impression of the site? Create a diary and describe your emotional changes from the different experiences: draw or take photos, write a poem or mix a soundtrack from the sounds.



#HOPSCOTCH IT

LEARN REALIZING IDEAS



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Pavement and raster? Corner of a crowded square? Entrance of a supermarket? Middle of an abandoned street? Bus stop or metro station? Doesn't matter! This week, you will search for possibilities for playing hopscotch anywhere! If there are no lines, draw your own with chalk! Play!



#LAND ART IT

LEARN PERCEPTIVE



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Fall is an especially good season for land art - that is, an artform created in the nature using natural materials. Go to your favorite green place in your city. Let yourself be inspired by your neighborhood and the essence of the space! Search for fallen leaves, branches, stones, berries, crops and nuts and create a composition that expresses what you feel.

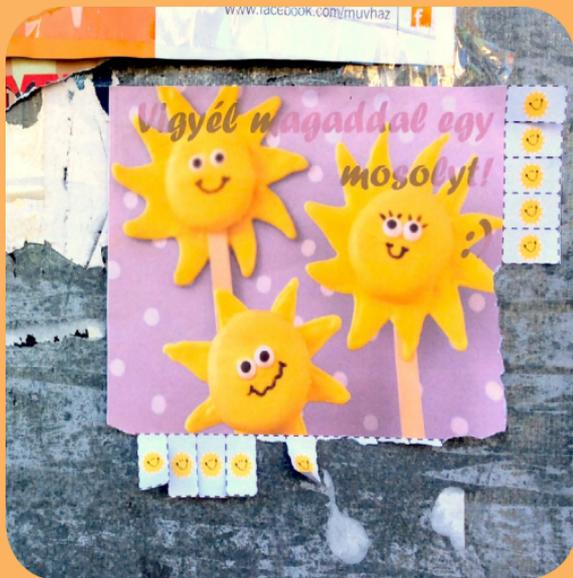


#LET ME KNOW YOU

LEARN BUILDING TRUST



Make a small advertisement inviting your neighbors to share social media contact with each other. Be the first to stick your Facebook page ID to your door or mailbox. You can also share a photo of your family and your names, your hobbies or other information that would be pleasant for your neighbours. Leave prepared cards and pens for people to make their sharing easier!



#POSTER IT

LEARN HUMOUR



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Make a “Wishing you the best day!” poster and put it on your own door or on the common one. Be creative! You can draw the poster yourself, invite kids to do it with you or print out some beautiful picture from the internet.



#WE DREAM ABOUT

LEARN BEING VISIONARY



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Collect the dreams of your neighborhood! How to do it? Print the phrase “I dream about...” and leave time for answers, writing down a few first answers to encourage and inspire others! Put it on the wall in your neighborhood, at the bus stop or anywhere people have to wait. Leave a marker or pen somewhere close to it.



#ART ATTACK

LEARN CREATIVITY



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This week your task is to notice potential art in your neighborhood! First analyze existing art in your neighborhood: sculptures, fountains, frescos, reliefs, graffiti etc. Then search for gaps and find everyday objects that could become part of your own art project. Use reusable and temporary materials to contribute to the art of your city. Use things like ribbon, leaves, paper, tape.



#METRO-POLYS

LEARN INTERRELATION



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Create a metro map of your street. How is it connected to other neighborhoods and to other cities? What is its role? What stations would you mark? You can map services, cultural institutes, social problems of the area, interesting buildings, strange and unique objects, functions or whatever you notice. Find a way to share what you discovered!



#PATTERNS

LEARN PAYING ATTENTION TO DETAILS



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Notice the beauty of ordinary places, and be curious about details. Choose a theme and collect patterns: facades, plates with housenumbers, park benches, windows, porches, utilities, trash. Find distinctive ones and rare examples. Make your own photo collage!



#IGUIDE

LEARN ASSERTIVENESS



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Draw a personalized tourist map of your neighborhood! Introduce your favorite places, describe the city highlights or the most important places of your childhood, create thematic walks based on oral history or on your own experiences. Use online or offline tools to create and spread the map, and put it online or on the staircase! Encourage people to add their own contributions!



#XMAS CALENDAR

LEARN PUBLIC SPIRIT



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Create a Christmas or New year calendar for your community! Make boxes for every day before the celebration or one box where you put something on a daily basis. Find small nice things or candies and put them in the boxes!



#ROLL DOWN THE HILL!



Can you think of a hill covered with grass or snow? It's high time to take a roll down the hill! Right now!



#THE PATH OF ANGELS



It is cold and snowing. Today, you will leave the symbols of happiness everywhere you go! Choose your signature action: build small or giant snowmans with special attributes, draw smileys in the snow, do snowangels! Do it near your office, in the neighborhood, near the supermarket. Let people follow your trail of objects and make them smile when they see the signs of happiness.



#FLYING LESSON



Everybody can fly in one way or another. Some people need wings for flying, others colorful dreams. Someone else needs favorite ice-cream or a bouquet of flowers. Today you have to remind yourself what makes you fly! Chocolate, a new book, an aerobic class, religious mass? A walk around to look at the world? And then fly. For a half an hour at least.



#LIE DOWN



The city offers many walking areas, some sitting possibilities, but why not lie down? Take your chance and lie on the grass in the park, on the bench, in the middle of a public square, wherever you feel like it. Enjoy the view of the sky, clouds, trees, buildings above you! Make a collage of your skyline impressions.



#PLAYHELLOCITY

WHAT IS THIS GAME ABOUT?

You are the actor of social change and we believe that through weekly playful tasks you can make your community healthier and better.

You will find three different type of actions that are short, creative and connected to the everyday flow of your life.



Charisma tasks will help you to get in touch with various type of urban actors and give reason to communicate with them.



Creativeness tasks will inspire you to actively shape your environment and motivate you to recognize your individual values and the common values of the city.



Activeness tasks will free your mind, take you out from your daily routine and helps you to find opportunities in your city and think outside of the box.



Joker cards are there for you when you cannot complete a tasks, or when you feel down and you need some extra charge. Have fun and ask your friend to give you a score for the task.

HOW TO PLAY IT?

You have one week to complete the selected task.

Do you want to work on your charisma, creativeness or activeness? Or on all of them? Take this challenge alone or create a small challenge group.

- 1 Pick a card!
- 2 Design your challenge!
- 3 Take action!
- 4 Evaluate!
- 5 Collect your badge!

Scores

	CHARISMA	ACTIVENESS	CREATIVENESS
0-35	open-minded	activist	manifestor
35-75	talkaholic	community builder	creator
more than 75	charisma guru	catalyst	visionary

Playhellocity Embassies

- Ahniya Asanovich, Minsk, Belarus
- Anna Fadeeva, Perm, Russia
- Ksenia Stepanenko, Novokuznetsk, Russia
- Anna Szilágyi-Nagy, Törökbálint, Hungary

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Development time: 2015 August-December

Graphic Design: Mimma Nosek



EU-RUSSIA CIVIL SOCIETY FORUM
ГРАЖДАНСКИЙ ФОРУМ ЕС-РОССИЯ



Ministry of Foreign Affairs

