



Guidelines for User and Trainers

“HELP-ME – Higher European Learning by Prevention game” – HANDBOOK Part 1

The game designed to learn SELF PROTECTION ACTIONS





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Introduction

More and more often the media report dramatic news of people who have been victims of disastrous natural events: earthquakes, flood, fires, etc.

“They were in the wrong place at the wrong time” This is the first news about those facts.

Actually, if you analyze carefully the dynamics of the events, you will realize that those deaths could have been avoided, if the rights individual and collective rules were been adopted, before and during the emergency.

But being ready to face an emergency and know which precautions take is not easy for everyone.

Metabolize the protective measures and acquire them as their own, it is the result of a long process which originates in the first place in the conscience of the risks that insist in the place where you live.

Often the risk perception can be distorted by some mechanism born from social behaviors, caused by the poor knowledge of the territory, the loss of historical memory and in the absence of a sense of community.

The result is that the cities, the work places and the houses are felt as secure.

How can we be aware of the risk? How can we be safe?

In the first place we have to know the Civil protection Plan, an important source about the risk of the territory, the safe place, the area of first aid.

Generally, by assuming an active role about the risk issue, being conscious that in the emergency we can save ourselves.

The participation of the community in laboratories organised by the cities the use the gaming simulation and the organization of events that engage all the community are very important, because they encourage to think about the risk.

Help me as a mobile app, is an effective tool to learn about self-protection measures and to consolidate what we already know.



The Aim of the game

The aim of the game is educational. The purpose is to learn, in an easy way, which behaviours take to face in an effective way an emergency of natural or anthropic origin.

In the game, as in real life, the knowledge about self-protection measures, which are all the individual and collective activities to activate to reach a good level of self-security, is the relevant condition to get away safely.

The player will be call to take a series of decisions about how to behave in case of earthquakes or floods. The choose of the right behaviour will result in the possibility of continue with the game or in the end of the game.

If the player do the right action, he will be safe.



Structure of the game

The game is organised in phases.

1	Contextualization of the game/Scenario choice	Before the game
2	Choice of the setting	
3	Choice of the level difficulty	
4	Game	
5	Awareness and consciousness	After the game

First phase: Contextualization of the game/Scenario choice

The app opens with a map of Europe.

The player can:

- Choose a country
- Choose different game scenario

Second Phase: Choice of setting

The player can choose from a building or an open space, with different settings; an house, school, an office, or an opens space such as a park.

- 1) Building
 - House
 - school
 - office
 - shop
- 2) Open space
 - park



Third phase: choice of level of difficulty

Basic level - The player is alone in all the situation.

Successive levels - The player have to interact with other people:

- family
- colleagues
- strangers

Fourth phase: the game

Once the player has chosen the scenario, the setting, and the character, the real game begin.

Example:

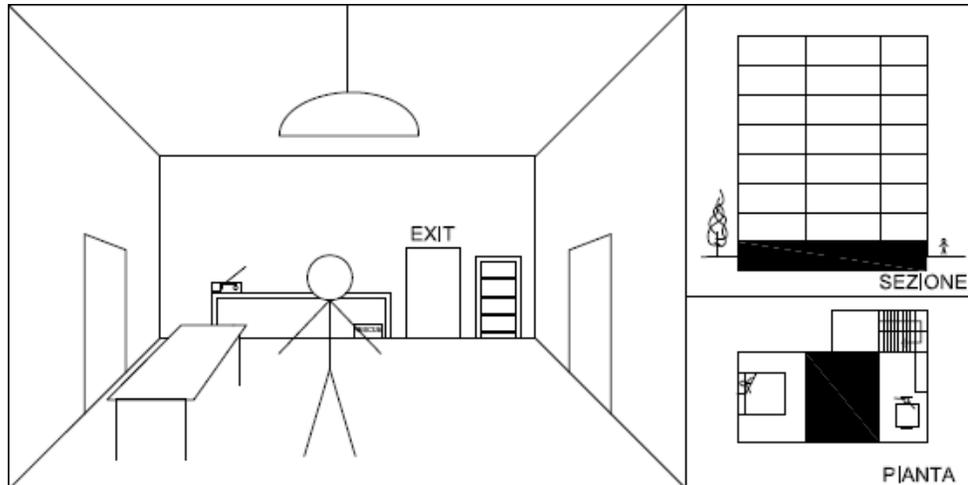
scenario/earthquake

setting/house

level/ 1 (only one player)

Scenario

A room where the player can move around.



Objects/Key elements

In the room there are a lot of objects and architectural elements (doors, stairs) which are the key elements. The player have to comprehend how to use them and when, to win the game and being safe.

The main elements/key objects:

- lift
- first aid kit
- documents
- fire extinguisher
- hammer
- medicines
- torch
- door
- switch on/off electricity/gas/water
- portable radio
- stairs
- shoes
- table
- television
- exit
- clothes
- backpack



Time of the game

The game is divided in four period:

1. before the earthquakes
2. first earthquakes
3. seismic inactivity
4. second earthquakes

Game mechanism

The game is design in a way that the player can discover himself which are the right measures and the decisions to take, throughout the negative experience of take the bad decision, which will cause the end of the game and the dead of the player.

The repetition of the game and the right behaviour in the right way are the tool that allow to assimilate and learn the basic measures of self-protection.



Fifth phase: Awareness and consciousness

The last phase has the purpose to strengthen what learned during the game, giving to the player a short summary of the right actions that he took before during the previous phases.

Well done! You are alive because,

During the earthquakes

1. You find shelter under a door or a beam.

During/after the earthquakes

2. you switch off gas, water and electricity
3. you wore your shoes left near the door
4. you took the backpack with the flashlight
5. you took the stairs and not the lift
6. you reached the safe place indicate in the civil protection plan of your city



Glossary

Fire extinguisher: a portable container filled with chemicals for putting out a fire

Self-protection measures: Right activities to take in case of emergency

Earthquakes: vibrations in the earth's crust causing the ground to shake

Civil Protection Plan: The totality of operative procedures to face an emergency in a specific territory



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Website

<http://www.protezionecivile.gov.it/>

<http://www.windy.com/>

<http://meteoterremoti.altervista.org/>

<http://forecast.io/>

<http://www.protezionecivile.gov.it/>

<http://www.ingv.it/it/>

[http://www.geophysics.geol.uoa.gr/stations/
maps/recent](http://www.geophysics.geol.uoa.gr/stations/maps/recent)