

## Option 2: Upgrade your project with One Health

### Step 1: Read and Reflect

- Present the project, current challenges and interests.
- Form groups of 6 to 8 players.
- Distribute the character cards (try to balance different types: humans, animals, plants, environment).
- Each player reads their character card.
- Individually, write down three conditions that would make your character healthy and happy in the context of the project.

### Step 2: Share and Discuss

- Each player presents the three conditions of their character to the group.
- As a group, place the conditions on the table and discuss:
  - Are there any synergies (overlaps or shared goals)?
  - Are there any contradictions (conflicts between needs)?
- Discuss trade-offs and possible solutions.

### Step 3: Provide Recommendations

- Together, develop recommendations to adjust the project so that it better meets the needs of the different characters around the table.
- Define specific next steps for implementing the changes.

This tool was created within the scope of the One Health 4 Cities network (2023-2025). The [One Health 4 Cities Network](http://urbact.eu/networks/one-health-4-cities) aims to promote the integration of the One Health approach into urban strategies and projects. It develops tools that empower decision-makers and operational teams to increase the positive impact of urban projects on the well-being and health of people, animals and the environment.

[One Health 4 Cities](http://urbact.eu/networks/one-health-4-cities) is co-funded and supported by the EU through the URBACT IV programme - 2021-2027.

You can access the [Essential Guidebook for City Makers and full Toolbox](http://urbact.eu/networks/one-health-4-cities), via the link below:



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## The One Health Role Play



**Step into the shoes of humans, animals, plants, and the environment!** Your mission is to co-create solutions that make cities and places healthier and more sustainable for all living beings.





# Objective of the game

The purpose of this role play game is to **raise awareness about the One Health approach**, which recognises the interconnected health of humans, animals, plants, and ecosystems.

Players take on roles of different stakeholders (humans, animals, plants, ecosystems) and engage in dialogue to explore how their needs and perspectives interact. Together, they work to **explore synergies, face trade-offs, and co-create a future where people, animals, plants, and environment can all thrive.**

The ultimate goal is to encourage participants to **think beyond their own perspective.**



# Instructions to play

This game is flexible, allowing you to use the characters in the way that best fits your purpose. Here are two suggested ways to play:

## Option 1: Design a city level vision

### Step 1: Read and Reflect

- Provide a brief overview of the city.
- Form groups of 6 to 8 players.
- Distribute the character cards (try to balance different types: humans, animals, plants, environment).
- Each player reads their character card.
- Individually, write down three conditions that would make your character healthy and happy living in the city.

### Step 2: Share and Negotiate

- Each player presents the three conditions of their character to the group.
- As a group, place the conditions on the table and discuss:
  - Are there any synergies (overlaps or shared goals)?
  - Are there any contradictions (conflicts between needs)?
- As a group, negotiate, discuss trade-offs, and find compromises.

### Step 3: Create Your City

- Together, write a vision statement (maximum 2–3 sentences) of your ideal One Health City.
- Pitch your vision and discuss!

