INSTRUCTIONS

1. THE SCOPE OF THE GAME

Welcome to One Health - The Game! This is a **cooperative game** where everyone works as a team. The goal is simple: **survive, collect and maintain more than 75 points each by the end of 20 rounds.** If everyone reaches the goal and all characters manage to stay alive, you all win! If even just one character reaches 0 points, you all lose. Remember, **there is no single winner**, success comes from working together.

In this game, you will become someone else: a person, an animal, or a plant, fate decides. Whoever you become, you'll experience this world through their eyes for the entire game, your perspective matters!

Here's why: every event and action in this world affects everyone living in it. When forests are protected, a person finds clean air to breathe, a bird finds shelter, and the soil comes alive. When ecosystems suffer, everyone pays the price. We are all connected.
This is One Health—the understanding that human wellbeing, animal health, and environmental health can't be separated. The same choices affect different beings in different ways.

So as you play, remember: you're not just playing for yourself, every choice affects this world and everyone who lives in it. Together, you can build something healthy for all.

2. SETUP (GETTING READY)

1. Place the board in the center of the table.
2. Place the event cards and action cards on their designated spaces on the board.
3. Put the pawn on round 1. (1 person turn = 1 round)
4. Each player randomly draws one character card.
5. Each player has to roll the dice to determine your starting health points: 1 equals 10 HP, 2 equals 20 HP, 3 equals 30 HP, and so on. If you draw a 1, roll the dice again until you get a higher number, you can't start with 10 points.
6. Each player draws three action cards, you must always keep three action cards in your hand.
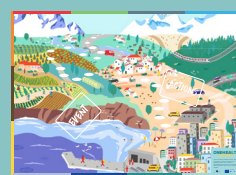
1. Place the board on the table

2. Place action and event cards on the board
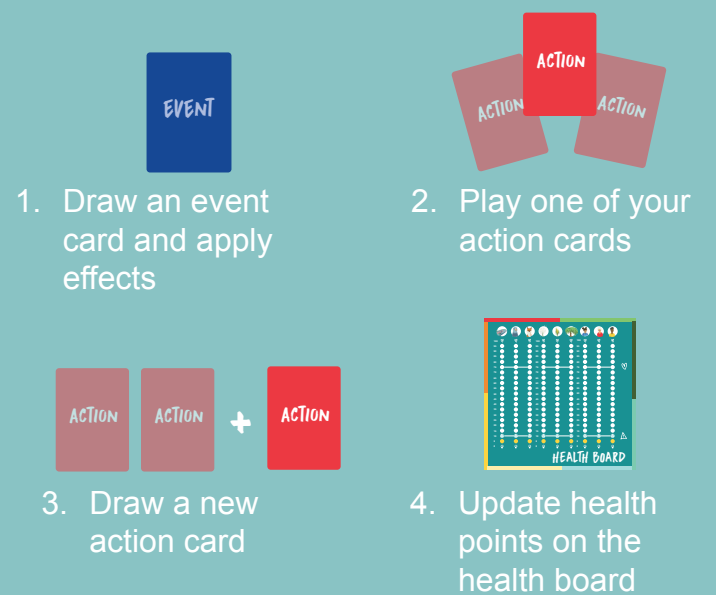

3. Pick a character and roll the dice

4. Pick 3 action cards

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3. HOW TO PLAY

1. On your turn, draw an event card and read it aloud, apply the effects to the characters as indicated.
2. Decide what action card to play after the event card, choose which characters it affects based on the number of affected players written at the bottom of the card, then apply the effect. You have to really think about a survival strategy!
3. After playing the action card, draw a new card to maintain three cards in your hand, you can't play the card you just drew immediately.
4. Update the health points for all affected characters on the Health Board.
5. Pass the turn to the next player, continue taking turns in this order until all 20 rounds are completed.

1. Draw an event card and apply effects

2. Play one of your action cards

3. Draw a new action card

4. Update health points on the health board

4. TIPS!

- **Event cards** happen automatically and affect characters either positively or negatively. You can't prevent an event from occurring and you can't use any card to prevent or fight it.

- **Action cards** allow you to influence the game. Defense cards heal characters, attack cards and evil cards reduce health points, and special cards provide unique effects. Each card affects positively or negatively a certain number of players, the amount of points is written on the card and it's up to you to decide who will be impacted by it. (for example, 'impact on 3 characters' means that 3 characters of your choosing will be affected by the card). Only one action card may be played per turn. Discuss your strategy as a team before playing action cards, cooperation is the key to winning the game!

- **Special cards** (Emergency Aid, Resource Share, Community Help) can't be played if you are the one attacking, you can do that only if you have 3 special cards and no other action card in your hand. Special cards can be used during the whole game based on the instructions of each card, even if it's not your turn.

- Use **pawns** to keep tracks of the turns and health points.

ONEHEALTH
THE GAME

URBACT

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