

Manual for escape room

This document provides a comprehensive explanation of the escape room, which is educational for both students and teachers, helping both groups.

- ***The goal of creating this escape room is:***

This escape room's main design objective was to creatively blend fun and learning. The escape room's primary theme, the Sustainable Development Goals (SDGs), attempts to increase knowledge, promote the use of thinking, encourage collaboration, adjust to various disciplines and make education more interesting. The escape room is not only a game but also a learning tool that combines fun and relevant education, allowing participants to gain a greater understanding of sustainability in their personal and professional lives.

- ***Target group:***

As for the target group, the entire concept of the escape room is designed to be accessible to both professors and students for easier understanding and explanation of certain topics. However, the main target group is professors who will have access to the escape room.

- ***Preparation:***

- ***Material (for two sets):***

1. Two Notebook;
2. Six Wooden boxes;
3. Two Rulers;
4. Rocks;
5. Six Handwritten letters;
6. Two Pictures of puzzle;
7. Pictures and envelopes for each game.

➤ **Games and description:**

Our escape room consists of six stages: five puzzle-based games followed by a final reward. Participants are provided with six locked boxes, a diary containing two letters, a ruler, sticks and an envelope labelled “*Garden*”. At the start, players must search the space to locate all six boxes. Correctly arranging the first five boxes is essential, as they cannot access the final box without them.

▪ **Game 1 – The Garden**

Players begin by reading one of the letters and examining an envelope labelled “*Garden*.” Using the letter and images inside the envelope, they discover what is needed for a garden to function. Solving the equation reveals the code to open the first box.



Code: $(4+4)*4*5=160$ opens box number 1

▪ **Game 2 – Food Emissions**

Inside the first box, players find pictures and a chart showing levels of meat consumption and corresponding CO₂ emissions. They must arrange the items from highest to lowest impact. The reverse side of the pictures contains numbers that form the code for the second box.



Code: 521 opens box number 2

- **Game 3 – Hidden Message**

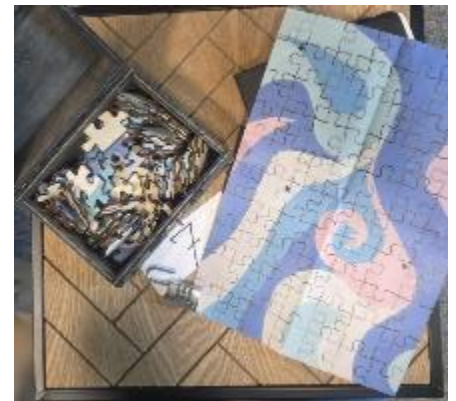
The second box contains an envelope labelled “*Deep Thinking About Food Emissions.*” The envelope has three cut-out holes. By inserting the second diary letter into the envelope and aligning it with the holes, players reveal the code to open the third box.



Code: 394 opens box number 3

- **Game 4 – The Puzzle**

The third box contains a snail puzzle, painted and divided into several pieces. Some pieces have numbers written on them. The diary also contains a reference image showing how to assemble the puzzle and which numbered parts are relevant. At the bottom of the box, players find a slip of paper with an additional number, which they must keep for later use.



Code: 531 (opens box number 4) and piece of paper with 7 on it

- **Game 5 – True or false**

The fourth box presents players with nine statements (e.g., *“In extreme droughts, there is no longer enough water for everyone, which is why the Netherlands uses a displacement series to distribute water fairly.”*). Players must decide whether each statement is true or false.

Alongside this task, they receive a sheet containing symbols and numbers marked in red and green. By tallying their correct and incorrect answers, they connect the corresponding numbers, which reveal the code. Additionally, participants must search for stones hidden around the space—each marked with a symbol on one side and a code on the other.

At the bottom of the box, they also receive another slip of paper with a number.



True: 1, 3, 4, 5

False: 2, 6, 7, 8, 9

Code: 642 (opens box number 5) piece of paper with 5 on iton it.

- **Game 6 – Sorting Challenge**

In the fifth box, players discover 16 images and five slips of paper. Each slip has a three-digit number on one side and a single-digit number on the other. Participants must categorize and correctly arrange the images, then identify the corresponding slips of paper. The single-digit numbers from these slips provide the code to the next box. At the bottom of the box, small pictures indicate how to combine the saved numbers from earlier boxes to unlock the sixth and final box.



Number is 566, and on other side there was number 6



Code of box number 6: True or False: 5
Puzzle: 7
Sorting: 6

- **Final Reward**
 Inside the sixth box, participants find congratulatory letters celebrating their success. The reward also includes a symbolic action: the restoration of the Atlantic Forest, underscoring the project's connection to sustainability and the SDGs.



➤ ***Adapted to specific studies:***

An important feature of this escape room is its flexibility. While the foundation is built around sustainability and the SDGs, each game can—and should—be adapted to the specific field of study of the participants. This ensures that the escape room is not only entertaining but also academically relevant, reinforcing subject-specific knowledge while highlighting the importance of global challenges.

➤ ***Instructions on how to play:***

- **Objective:**
 Work together as a team to solve a series of six challenges. Each challenge unlocks a box, leading you step by step to the final prize.
- **Starting Point:**
 - You will receive:
 - Six locked boxes (hidden in the room)

- A diary with two letters
 - A ruler and sticks
- Begin by searching the space carefully and finding all six boxes.
- Arrange the boxes in order. You cannot complete the game if the boxes are not in the correct order.
- **Game Flow:**
 - Each box contains a puzzle or task.
 - Solving the puzzle provides a code to open the next box.
 - Some boxes also contain additional slips of paper or numbers that you must save for the final challenge.
 - Pay attention to details in the diary, letters, and objects, as they provide important clues.
- **Teamwork:**
 - The escape room is designed to be solved collaboratively.
 - Divide tasks among teammates (reading, searching, solving puzzles, handling physical objects).
 - Share discoveries immediately—every clue matters.
- **Hints:**
 - If you get stuck, re-read the diary, letters, or instructions carefully.
 - Look closely at both sides of every object or paper.
 - Consider whether an item you found earlier might connect to the current puzzle.
- **Winning the Game:**
 - Once you unlock the sixth box, you will receive a final reward and message.
 - Celebrate your teamwork and reflect on how the puzzles connect to the Sustainable Development Goals (SDGs).

