

# TREASURE HUNTS - QUESTS

## Handbook - Part 2



# PROJECT CONSORTIUM

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**P1**

SI

INSTITUT ANTONA  
TRSTENJAKA ZA  
GERONTOLOGIJO IN  
MEDGENERACIJSKO  
SOZITJE



**P2**

FR

M3 MCUBE  
ASSOCIATION



**P3**

ES

GANTALCALÁ  
LA RIOJA



**P4**

CY

CENTRE  
OF ACTIVE CITIZENS  
FOR SUSTAINABLE  
DEVELOPMENT



**P5**

PL

FUNDACJA  
MAPA PASJI



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# PROJECT INFORMATION

**Grant agreement** 2023-1-SI01-KA220-ADU-000158369

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**Programme** Erasmus+

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in adult education

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**Action** Adult Education

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learning and active participation  
of older people in the fight against  
climate change

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# TABLE OF CONTENTS

## CHAPTER 1: QUEST DEVELOPMENT AND ORGANISATION GUIDELINES

<b>Introduction</b>	7
What is a quest?	7
Origin of questing	8
Quest characteristics	8
Types of quests	9
<b>How quest development benefits local residents and communities</b>	
Educational benefits & personal development	10
Tourism development	11
<b>Methodology of creating quests</b>	
Story	12
Directions	13
Riddles	13
<b>Organising (preparing) workshops</b>	
Essential steps	14-19
Implementation tools	20



# TABLE OF CONTENTS

## CHAPTER 2: GUIDELINES TO DEVELOPING CLIMATE CHANGE-THEMED QUESTS

<b>Quest leaflet Structure (DL format, fold-out)</b>	22
Page 1 (Cover, front - leaflet page one)	22-25
Pages 2, 3, 4	26
Page 5 (continued)	27
Page 6 (Cover, back - last page of the leaflet)	28
<b>Introduction</b>	17
What are our objectives? / Why are we doing this?	29
Planning the development of a climate-themed quest	29-30
Developing a climate-themed quest step by step	30-32
Examples of using different location types in climate change-related education:	33-34
Defining the final location (where the treasure is hidden).	35
Designing and printing of the leaflets / brochures	36

## CHAPTER 3: EXAMPLES OF CLIMATE CHANGE-THEMED QUESTS INCLUDED IN THE AGEINGREEN PROJECT





# **Chapter 1: Quest development and organisation guidelines**



# INTRODUCTION

## What is a quest?

**QUESTS** (also called treasure hunts) are unmarked trails, created to discover local history, culture and nature, by solving riddles concealed in rhyming clues. Explorers (quest participants) are rewarded by treasures hidden at the end of each trail - most frequently stamps / seals confirming that all riddles have been solved, the route covered. All quests are free-of-charge and available 24/7 – all Explorers need is a leaflet, or a mobile phone with a downloaded app.

Quests come in different categories, by topic (history, culture, nature, etc.); mode of travel (walking, cycling, kayaking, etc.); form (leaflet / pdf, mobile app, virtual); level (basic, intermediate, advanced); and seasonality (seasonal or year-round).

Quests are usually created by local communities in workshop format. When developing questing routes, local residents can offer and exchange knowledge on quest themes and locations. Quests are a valuable tool in youth education and when working with adults, senior citizens included; they are also an excellent way of promoting local heritage and developing tourism, in the local and visitors' communities alike.

New quest authors should master a variety of skills and logistics-related knowledge; not only does this produce high-quality quests - it allows the methodology to be replicated elsewhere, with a focus on assorted topics important to a given community.



## Origin of questing

The Questing methodology was created by US Americans Steven Glazer and Delia Clark, also authors of the book *"Questing. A Guide to Creating Community Treasure Hunts"* (2004). The method was developed with children and young people in mind, to get them interested in local cultural and natural heritage. Check out the Vital Communities programme here: <https://vitalcommunities.org/quests/>. Steven Glazer first presented the questing methodology in Poland in 2008.





# INTRODUCTION

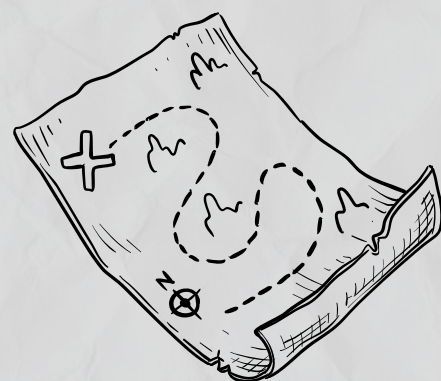
## Origin of questing

Ever since, a number of Polish NGOs have begun creating their own quests, and develop questing networks. The tool has been used in children and youth education, in working with adults (senior citizens included), developing tourism, and promoting local heritage in local resident and visitor communities.

## Quest characteristics

To tell quests from other treasure and/or scavenger hunts, be aware that quests:

- Rhyme (in no fewer than 20 stanzas).
- Contain information regarding their focal location (its history, culture, nature, famous people, etc.).
- Contain riddles, answers to be found in the field; once solved, riddles produce the password required to reach the treasure.
- Come with a treasure at the end of the trail (box containing a seal or stamp, ink and quest book - hidden in the great outdoors or left in someone's care: a restaurant or hotel, for example).
- Have Guardians responsible for routinely checking routes and caring for treasures.
- Are ready for print in pdf format (A4 preferred).
- Include a map or sketch of the area (simplified drawings allowed) without revealing the exact route.





# INTRODUCTION

## Types of quests

Quests come in different categories, by:

- **TOPIC** (history, culture, nature, climate change etc.)
- **MODE OF TRAVEL** (walking, cycling, kayaking etc.)
- **AVAILABLE FORM** (leaflet / pdf, mobile app, virtual)
- **LEVEL** (basic, intermediate, advanced)
- **SEASONALITY** (seasonal or year-round)



# HOW QUEST DEVELOPMENT BENEFITS LOCAL RESIDENTS AND COMMUNITIES

## Educational benefits & personal development

Quests benefit participants and their communities in a variety of ways. Largely educational in value, benefits include personal development, for quest authors and Explorers alike. Quests are also conducive to local tourism development.

Quests - especially ones with a climate education focus - are a unique and engaging way of promoting learning, awareness and action. Some key benefits have been listed below:

### *Active learning and engagement*

Participants can learn by doing, a measure with far greater impact than passive learning methods such as lectures. By engaging in activities held in natural or community settings, participants can observe how climate issues manifest locally. Quests are great tools for intergenerational learning; allowing older participants to share wisdom, they let younger participants bring fresh perspectives to the table.

### *Raising awareness*

Different locations along quest routes can highlight specific climate issues typical for the community (e.g. waste management challenges or the importance of green spaces). They can also point to correlations between acting locally and globally. What's more, highlighting local environmental features or challenges fosters a sense of community pride and responsibility.





# HOW QUEST DEVELOPMENT BENEFITS LOCAL RESIDENTS AND COMMUNITIES

## *Building community eco-skills and eco-behaviours*

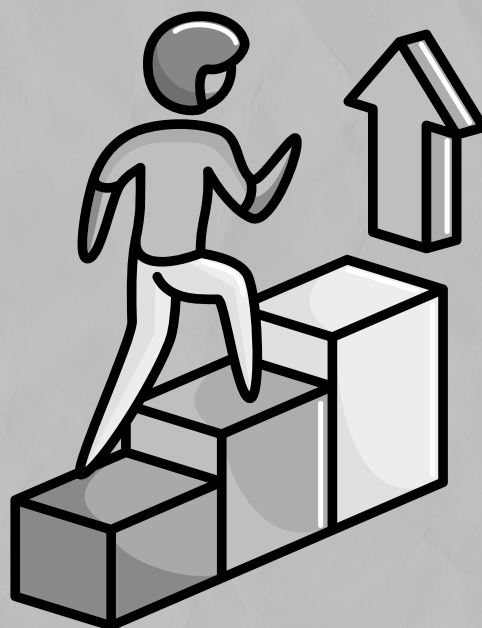
By fostering comprehension of climate-related concepts (grasping or consolidating notions such as the carbon footprint, renewable energy, biodiversity conservation), quests can also encourage eco-friendly behaviours in daily life (e.g. reducing waste, conserving water, and supporting renewable energy sources) or inspire people to engage in environmental initiatives.

## *Physical and mental well-being*

Questing is an innovative way of improving physical and mental well-being through outdoor / creative activities.

## **Tourism development**

Quests are frequently developed off the beaten track, in spots that nobody would normally visit. Questing locations attract visitors, boosting tourist traffic. Notably, this is a relatively inexpensive method of developing tourism, requiring neither signage nor other infrastructure.





# METHODOLOGY OF CREATING QUESTS

Each quest should include three types of content: the story, directions and puzzles (riddles). This subchapter lists some basic hints on how to develop high-quality quests. The number of stanzas shouldn't exceed 35, otherwise fitting textual content into a A4 leaflet becomes a challenge - A4 leaflets are practical for at-home printing. The entire text should rhyme; rhymes make things easier to remember and more fun, with an additional bonus of preventing copy-pasting of guidebook content, something we absolutely want to avoid.

## Story

The text should include as many facts as possible. The quest must be interesting, which involves much more than taking Explorers from one place to another. As textual length is limited (usually to 35 stanzas), we suggest you encourage users to read bulletin / information boards, and any other materials / information available on-site.

An example of an informative stanza:

*An Ecological Education Centre operates here today,  
Its name? Symbiosis. It's worth staying a day.  
For seniors and youth activities of wide range  
on nature, ecosystems and climate change.*



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# METHODOLOGY OF CREATING QUESTS

## Directions

When giving directions, we should be as specific as possible - Explorers may be unfamiliar with the location. Trying to guide people by using location names not visible along the trail is useless.

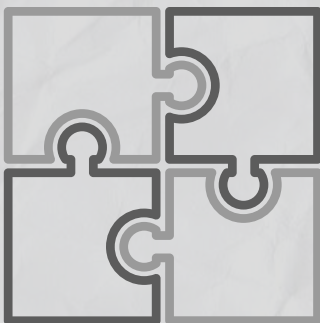
An example of a directive stanza:

*Full of impressions, walk back to the cut tree,  
then turn right into Działowa 10 street.  
Look for intersection with a trail marked in red.  
Stop for a while and turn right your head.*



## Riddles

Riddles should be based on what an Explorer can see on-site. They should not involve general knowledge, facts learned at school, etc. All riddles must be solvable on-site only (a quest allowing riddles to be solved from a comfy armchair at home is not a good quest!). On the other hand, puzzles should be sufficiently clear to leave Explorers in no doubt as to what we are asking for.



An example of riddle-containing stanzas:

*At the ticket office, on the side wall  
There's a metal plaque not very small,  
Commemorating Józef \_\_\_\_\_ . His name  
is here shrouded in great fame.*

# ORGANISING (PREPARING) WORKSHOPS

This section describes the proper way of delivering a quest-making workshop, usually with local residents attending. All instructions have been designed to guarantee a smooth, easy and satisfactory quest development process in terms of proceedings and outcomes alike. It is advisable to follow all steps listed - from choosing the quest theme to engaging in promotional activities intended to open the quest up to the local community.

## **Workshop requirements:**

- A conference room or classroom equipped with many chairs and tables, allowing work in smaller groups as well. If possible, the workshop location should be in close proximity to the (planned) quest location.
- Video projector, screen, computer, paper, pens, and a map of the location (or use Google Maps software). Quest treasure making materials: large-size erasers, chisels, coloured stamp / seal inks.

Recommended: clipboards for participants.





# ORGANISING (PREPARING) WORKSHOPS

## ESSENTIAL STEPS

### Step 1: Brainstorm

- Use the “brainstorming” method to list all potential quest themes proposed by workshop participants.
- Write down all suggested facts, places and stories.
- Engage participants in a discussion on what would be the best theme, and why.
- Working as a group, choose the main quest theme (a vote can be held, if needed).

### Step 2: Map out the route

- Mark locations related to the chosen theme on a map (or in Google Maps).
- Try to project your quest route on the map:
  - Where are you going to start? Why?
  - Which way will you go to visit all the interesting spots?
  - Where are you going to finish? Is there a good place for your treasure on or near the finishing line?
- When mapping out the route, remember:
  - The route shouldn't be too long (typically 1-3 km).
  - Consider planning the start and finishing lines close to each other (not a must, but practical for Explorers).
  - You might need to cut some interesting locations, if too far away.



# ORGANISING (PREPARING) WORKSHOPS

## Step 3: Test the route

- Test your quest route with the whole group – take the walk you want others to take. Find out if it's interesting enough!
- Stop at all spots chosen for your quest. Let your people tell stories that should be included in the quest, so that everybody can share knowledge and take notes.
- Route testing serves a specific purpose: you're checking its interest factor. If you see it's too long, boring, etc., you can always change it!



## Step 4: Plan the treasure location

- Find a place for the quest treasure. You have two options:
  - Find an on-site place allowing the treasure to be safely concealed.
  - Find an on-site venue with someone able to look after the treasure (a restaurant, a hotel, a library etc.).
- Create a final quest password pointing Explorers towards the treasure, or telling them how to reach it:
  - If hidden on-site, the password should tell Explorers where to look, for example: “under a big rock”, “in the birdbox”, etc.
  - If guarded (by a receptionist, a bartender etc.), Explorers will be required to give the guardian a password in exchange for the treasure.
  - If your treasure box is locked (code- or code padlock-protected), the code should be part of the final password (numerical riddles have to be included in textual content).



# ORGANISING (PREPARING) WORKSHOPS

## Step 5: Summarise your preparations

- Recap everything you have done so far:
  - Your quest theme.
  - Your quest route (put together a final list of locations and facts to be mentioned in the quest).
  - Treasure location.
  - Treasure password.

## Step 6: Group work

- Divide workshop participants into groups of 3-6.
- Divide the quest route into sections: each group should be assigned to a specific section (point A to point B).
- Split up the treasure password: each group should be given a couple of letters to “hide” in their riddles.
- Explain the activity to all groups. Their job will be to:
  - Write rhymed clues including directions, the story, and riddles.
  - Include facts gathered since the first day of the workshop.
  - Design riddles that can only be solved on site.
  - Provide directions, taking into account that Explorers are unfamiliar with the location.



**IMPORTANT:** Send groups out into the field, to their respective quest route sections. Don't let them stay in the conference room and design clues based on their memory – they have to look at actual spots when writing their clues.





# ORGANISING (PREPARING) WORKSHOPS

## Step 7: Extras - drawings, introductions, maps etc.

- When all groups reconvene in the conference room, let them work a little more.
- Ask participants to prepare a quest description to be included in the leaflet (quest theme, how to play, start line, trail length, etc.).
- Ask participants to design a quest map (skipping the exact route - with main locations only) and drawings to be potentially included in the quest leaflet.
- Working as a group, design the quest treasure – a commemorative seal or stamp:
  - You will need large-size erasers, chisels and coloured inks;
  - Begin by asking participants to draw their designs on paper,
  - Then invite them to carve stamps with chisels;
  - Give clear carving instructions: a mirror image of the actual stamp content is needed.
  - In the meantime, combine all rhymed clues written by individual groups.



# ORGANISING (PREPARING) WORKSHOPS

## Step 8: Evaluate your quest / read the quest aloud

- Working as a group, read all the rhyming clues aloud. Make sure everyone sees and understands what you are referring to (if there's enough time, the ideal scenario involves everyone going out to the quest route, and reading the entire text on site).
- If necessary, make corrections or mark sections for correction.
- Celebrate the result with the group – you have just created a new quest!

## Step 9: Quest custody and promotion

- Talk with participants about promoting the quest in local resident and visitors' communities - what can be done and how? How will tasks be assigned?
- Explain the Quest Custodian's role - the quest must be checked out at least once every 6 months: the condition of the treasure has to be inspected, ink changed, etc.





# ORGANISING (PREPARING) WORKSHOPS

## Implementation tools

- 5.1. Quest leaflet sample (pdf)
- 5.2. Treasure samples (photos)
- 5.3. Riddle samples (textual content, with corresponding photos)
- 5.4. Preparatory quest template (pdf)
- 5.5. Quest leaflet template (pdf)
- 5.6. Translating quests into other languages (pdf)





# **Chapter 2: Guidelines to developing climate change- themed quests**



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# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

## Page 1 (Cover, front - leaflet page one)

- **Quest Title**

- Example 1: "Cracow - a City of Diversity"
- Example 2: "The Green Trail of [City Name]: A Quest across Ecological Sites"
- Example 3: [City Name] for Climate: Discover Places of Change

- **Organiser / Client Logo** (optional)

- **Quest-related image or drawing** - illustration, old map, distinctive building, etc.

- **Information icons** - consistent in style, small but legible

- Form of activity: walking / cycling / public transport.
- Trail length - mileage icon [km] (specifying the length of the route to be covered to complete the quest).
- Route type: straight line / loop icon, to indicate whether the start and finishing lines overlap or not).
- Estimated exploring time: clock icon (e.g. 2 hours).



# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

- **Essential information section:**

Theme - subject clearly defined .

- Example 1: Walking across the city centre, discover the nooks and crannies of historic (name of park), brimming over with treasures from past centuries, especially the Renaissance.
- Example 2: Trees in (name of park) in (name of city) tell tales of nature and their own history, and stories of people who have shared space with them for centuries.
- Ecological examples:

*“Embark on a journey across (name of city), discovering locations actively contributing to environmental protection. Explore sustainable initiatives, eco-friendly businesses, and places where you can learn how to live a more environmentally-friendly life.”*

*“Discover parks, nature reserves, and other places that offer respite from urban hustle, and inspire a life in harmony with nature. Find out how easy it is to take care of the environment simply by using local resources.”*

*“Walk along a trail of ecological sites . Find out how and where to get involved in local environmental protection activities. Together we can make (name of city) more eco-friendly!”*





# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

- **"Where it is"** - information about the quest location: a couple of sentences to provide essential information about the city / town / village, including the name of the region and/or district.
- This will help avoid confusion in cases of identical location names, while promoting remote, lesser-known towns or regions.
- **Example 1:** (name of city) is located in (name of region), on the (name of river name). It is one of Poland's leading (economic / cultural) centres.
- **Example 2:** Tarnów is located in Lesser Poland, at the confluence of the Biała and Rivers. It is an urban county and Tarnów agglomeration centre.
- **"How to play"** - a description of how to look for the treasure (solve riddles follow the trail). In our case, the description will read as follows:
- **Example:** This quest is an outdoor scavenger hunt available 24/7. Read rhyming clues carefully and solve the riddles for the final password to the treasure - a commemorative stamp.
- **Start line:** an exact specification of where the quest begins.
- **Example 1:** Entrance to (name of park) from (name of street).  
GPS: (co-ordinates)
- **Example 2:** Main entrance to Krakowski Park from Główna Street.  
GPS: (co-ordinates)
- **Example 3:** In front of the west entrance to the Cathedral on Główna Street.  
GPS: (co-ordinates)



# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

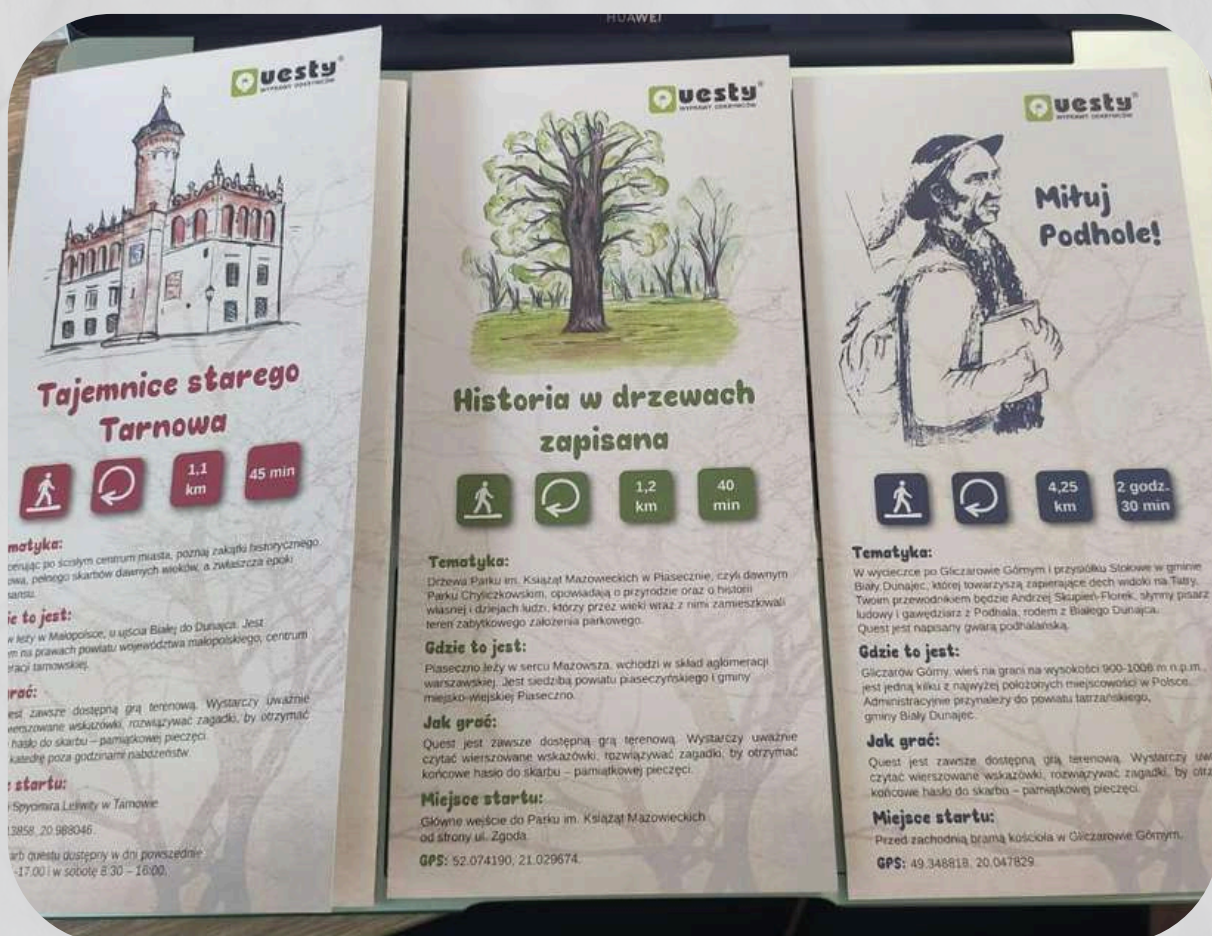


## ATTENTION! (optional, if required)

Information regarding treasure availability, if depending on (for example) the opening hours of a shop, museum or another venue.

**Sample content:** The quest treasure is available on weekdays from 8:00 a.m. until 4:00 p.m.

## Photo: Three different cover examples



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# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

Pages 2, 3, 4

Riddle / clue content

A sequence of riddles leading Explorers to clue locations along the trail in pre-designed order. All riddles should be connected to the theme and location, the text including blank spaces for riddle answers / solutions. Including a map / sketch with landmarks (major buildings, street names) with the leaflet is always a good idea.

It's great you're in Cracow! In our old city!  
We'll talk of grand matters, not all of them pretty –  
On this diversity- and history-themed walk  
You'll find Cracow loves when guests come in flocks!

Like any large city, a blend of traditions  
makes it strong – the consensus and general condition.  
Also in nature, as all goes to show,  
Diversity breeds strength: a thing we all know.

The University's its bedrock – for years, nay, centuries  
have foreigners sat in its halls and its libraries:  
Yugoslav Ivo Andrić, winner of the Nobel,  
Norman Davies, an author showing Poland so well.

Francysk Skaryna, Belarusian language pioneer,  
And Copernicus (his family was German, let's all here be  
clear) –  
Approach the astronomer's statue to your left:  
NECCELAJ COPERNICZY DE – the  
sculptor's hand did it.

This is also where the Equality March had first started.  
Called March of Tolerance, the marchers lionhearted –  
While this was in 2004, it goes on, the same fight,  
LGBT+ persons still struggling for equality of rights.

And yet Poland had been among the very few countries  
not punishing homosexuals, with no vigilantes,  
Except for the years 1918-37, under occupant's law,  
they were persecuted. Now it's time, off you get!

The Collegium is circled to the right by the Planty,  
Enter the park alley towards Wilnia, that's the axis:  
See the house on the corner? On the left? The first block?  
Here's where Greek Catholics to worship would walk.

This creed of Ukrainians was born in old Poland,  
For papacy to rule churches of the east in their whole and  
A round plaque was affixed Planty-side to the wall,  
Figures in the cross. Read letters large and small!

They pay homage to victims of Ukrainian Great  
Millions of deaths have been here both seen and examined.  
Communism and wars... take Wilnia to the Square!  
Women's 18 introduction has been featured there.

To reach św. Jana, you'll cross the Old Square Market.  
A recently restored house awaits – go on to spot and mark it,  
It's number eleven, first junior school for girls  
On Polish territory! It's a city of poets!

It's Mariacki Square. Now find the church model,  
And the \_\_\_\_\_ inscription – search swiftly, don't  
dawdle.  
The system serves the blind, and deserves high praise,  
With twelve such inscriptions the city can amaze!

Cracow's guests are welcome to numerous facilities,  
including the "Tourist Guide for Persons with Disabilities" \*  
It will tell you that St. Mary's was in a German zone –  
And Velt Soss's family were German to the bone.

Go back to Mały Rynek, turn right and walk its length,  
Find the street Stolarska! Now take it, save your strength!  
Observe the flags on consulates, they are quite the row,  
You'll soon see two churches, one in the background though.

Walk in its direction, pass Grodzka with a snail!  
You'll reach Plac Wszystkich Świętych, Saxon Square, not a  
mile.  
The white bulk right across is our City Hall,  
in front – a sculpted statue is rising rather tall.

Politician and scholar, Józef \_\_\_\_\_, Austrian-Polish,  
in government until his seventies, many things accomplished,  
And was a man of talent. Today it's the place  
For Cracow's Saxon Council in local government space.

Now go right back to Grodzka, southward you will travel,  
St. Peter and Paul's Church on the left, the thing to now  
unravel.  
Past St. Andrew's Church is another spot:  
A church with Latin text above the door, it says a lot.

Fronda \_\_\_\_\_, qui remittit prodest, or we should serve  
others –  
Reveals the text on the temple of our Evangelical brothers,  
Protestants are famous for their work ethos trait!  
The parish was built by Poles and Germans, ain't that great?

When tolerance prevailed, this temple, once abandoned,  
Was given to them, now remaining under their command and  
Evangelical dreams were no longer just a pipit!  
The house number just across – see that? – is \_\_\_\_\_  
three.

Your next job is to find Dietla street four and sixty,  
At the end of Grodzka royal ghosts wander misty...  
The castle's Italian Renaissance! Take Planty to the left,  
The first path to your right – we're halfway! Ain't we deli?

\* Free download available in PDF format on Krakow The Queen City's website.



# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

Page 5 (continued)



Riddle / clue content

Last page with a sequence of riddles leading Explorers to clue locations along the trail in pre-designed order. All riddles should be connected to the theme and location, the text including blank spaces for riddle answers / solutions.

The leaflet features a colorful mosaic background. On the left, there are several paragraphs of riddles and clues, some with blank lines for answers. At the top center, there is a 'CODE WORDS' section with a grid of colored boxes (green, blue, pink) numbered 1 to 16. Below this is a 'TREASURE (STAMP)' section with a large empty box. In the center, there is a 'QUEST EXPLANATION' section with text in Polish and English, and a QR code. At the bottom left, there is a 'FOR MORE QUESTS' section with the Questy logo and website information. On the right side, there is a 'QUESTY' logo, the title 'CRACOW - CITY OF DIVERSITY', and a silhouette of the city's skyline. Below the skyline, there are several hexagonal callouts: 'WALKING TIME: 1 hour 05 min', 'THEME: We will take a walk across the centre of Cracow Old Town in Kazimierz, learning all about the treasures of its inhabitants and cultures and their centuries-old traditions of diversity spanning nationalities, creed, social networks, talents, ages and genders. Together, they form one of the greatest cities in our part of the world.', 'WHERE IT IS: In the Cracow Old Town, main city of Southern Poland.', 'RULES OF THE GAME: Go to Start. Read all clues. Solve all riddles. Once you reach the end of the itinerary, you will have an amazing leading you to the treasure - a commemorative stamp!', 'START: Collegium Novum - main building of the Jagielloń University. GPS: 50.060032, 18.932615.



# QUEST LEAFLET STRUCTURE (DL FORMAT, FOLD-OUT)

## Page 6 (Cover, back - last page of the leaflet)

1. Blank answer space - field(s) or box(es) to be filled in by Explorers (password or numeric code).
2. Blank commemorative stamp space.
3. Information regarding authors, illustrators and translators of the quest.
4. Contact data – organisation name and address, e-mail address, phone number.
5. Contact data for the Quest Guardian.
6. Link to website / app / QR Code (if applicable)
7. Logos of partners / funding institutions etc.



# INTRODUCTION

This section of the document provides a detailed plan for developing a climate change-themed quest (treasure hunt). It includes guidance on planning, content, logistics and implementation, making it adaptable to different locations and audiences.

## **What are our objectives? Why are we doing this?**

Goal 1 - Education: To raise awareness of causes for, effects of, and ways to tackle climate change.

Goal 2 - Engage the local community: Active participation through local yet globally meaningful tasks.

Goal 3 - Integration: Bringing different generations together to promote dialogue and co-operation on the essential issue of climate change. Acting together makes sense!

Goal 4 - Action: Encourage behavioural change. Starting environmentally sustainable lifestyles and / or active engagement with local organisations.

## **Planning the development of a climate-themed quest**

- Define your objectives:
  - What key climate change messages do you want to carry across to participants?
  - What local environmental challenges or successes do you want to highlight?
- Identify your audience:
  - Identify the age group, adjusting the difficulty level and themes accordingly (e.g. children, families, intergenerational groups).
- Identify the preferred quest form: walking, cycling or mixed, e.g. with some sections requiring public transport use.



# INTRODUCTION

## Planning the development of a climate-themed quest:

- Choose a quest location (area):
  - Suggested locations:
    - Parks, forests, other natural areas.
    - Green urban spaces.
    - Local centres with plenty of examples of green activities and practical solutions to combat climate change.
    - Cultural or scientific facilities (museums, research centres, educational facilities , etc.).
    - Places outside city centres, interesting from the climate change point of view (organic farms, large recreational areas).

## Developing a climate-themed quest step by step:

- Plan the start line. This location is important: it should be easy to find, and encourage people to join the quest.
- Choose the preferred quest route format: should the start and finishing lines overlap (loop quest), or be entirely different (linear quest)? The final trail location is very important too. It should be a place offering respite as well as a safe treasure hiding spot.
- Number of locations: plan between 5 and 8 stops, depending on the group members' age and planned quest duration.
- Themes for exploration: quest locations should be climate change-related. Suggested topics:
  - Reducing the individual carbon footprint: Advice on how to abate personal and community emissions.
  - Renewable energy sources: Teaching about solar, wind and hydropower.
  - Waste management: Recycling, composting and reducing single-use plastics. Upcycling.

# INTRODUCTION

## Developing a climate-themed quest step by step:

- Forests and biodiversity: The importance of trees and wildlife to climate stability.
- Green spaces: The significance of seemingly unaffected small-sized green spaces (ecological grasslands / meadows, pocket parks, urban gardens, community gardens).
- Water conservation: Sustainable water use.
- Sustainable food system: Local, seasonal and plant-based diets. Local farmers and producers and their importance to shortening supply chains.
- Sample climate change-related locations (used by project partners):
  - Outdoor market\*
  - Second-hand shops / food shops / Fair Trade shops\*
  - Public transport stops
  - Municipal park / nature reserves / landscape Parks
  - Energy Agency / consulting companies\*
  - Organic vegan restaurant / centrally-located official building\*
  - Class A energy efficient building with green design
  - Urban community gardens / urban agriculture locations
  - Roundabout with an outer bicycle trail
  - Renovated old buildings with sustainable solutions
  - Secure bicycle parking / Outdoor bicycle parking lots
  - Recycling containers
  - Recycling centre\*
  - Green wall
  - Community kitchen\*
  - Underground waste collection containers
  - Greenery
  - Bookcrossing shelf / BOOK PARK-ing
  - Food Bank in Cracow / Community fridge
  - Public drinking fountains





# INTRODUCTION

## Developing a climate-themed quest step by step:

- Forests and biodiversity: The role of trees and wildlife in climate stabilization.
  - Green spaces: The role of seemingly unaffected small green spaces such as ecological grasslands, pocket parks, urban gardens, community gardens.
  - Water conservation: How to use water sustainably.
  - Sustainable food system: Local, seasonal and plant-based diets. Local farmers and producers and their importance in shortening the supply chain.
- Sample locations related to climate change (used by project partners):
    - Outdoor market \*
    - Second-hand shops / Food shops / Fair Trade shops\*
    - Public Transport Stops
    - Municipal Park / Natural parks / Landscape Parks
    - Energy Agency / consulting companies\*
    - Organic vegan restaurant / Market Square building\*
    - Class A energy efficient building with green design
    - Community Urban Gardens / Urban agriculture places
    - Roundabout with an outer cycling ring
    - Old, renovated buildings with sustainable solutions
    - Secure bicycle parking / Outdoor bicycle parkings
    - Recycling containers
    - Recycling centre \*
    - Green wall
    - Community kitchen\*
    - Underground waste collection containers
    - Greenery
    - Bookcrossing shelf / BOOK PARK-ing
    - Food Bank in Krakow / Community fridge
    - Public drinking fountains

\* potential difficulties: opening hours / change of location



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# INTRODUCTION

## EXAMPLES OF USING DIFFERENT LOCATIONS TYPES IN CLIMATE CHANGE-RELATED EDUCATION:

Location type	Theme	Challenge / Task
Recycling bin	Waste Management	Ask participants to count recycling bins in the area. Explain their importance to in reducing landfill waste.
Large tree / Natural monument	Forest Conservation	Write a riddle about trees. Explain their benefits to the environment.
Water fountain	Water Conservation	Showcase ways of saving water at home and/or in urban space.
Stop 4: Solar panels	Renewable Energy	Ask participants to spot a renewable energy source nearby. Explain how it helps reduce CO <sub>2</sub> .
Gardens or markets	Sustainable Food Systems	Ask participants to identify locally grown fruit or vegetables. Explain why buying locally matters.
Nature reserve / Greenery / Landscape park	Biodiversity/ - nature preservation	Explain the significance of preserving biodiversity, and how low biodiversity impacts nature and our health.
Recycling facility	Zero waste	Ask participants to locate a certain type of waste container. Explain how recycling helps combat climate change.



# INTRODUCTION

## EXAMPLES OF USING DIFFERENT LOCATIONS TYPES IN CLIMATE CHANGE-RELATED EDUCATION:

Location type	Theme	Challenge / Task
Bicycle parking lot / Bicycle trail / Public bicycle servicing point (with tools etc.)	Eco transport	Encourage participants to reflect on how often they use private cars to drive somewhere they could have gone by bike / bus / tram / underground. Explain ways in which green transport combats climate change.
Green wall	CO2 reduction	Explain how green areas reduce urban area temperatures, helping combat climate change.
Electric car charging station	Green energy	Explain how green energy combats climate change and why using fossil energy is not sustainable.
Urban farm / Urban garden / Urban agriculture	Sustainable lifestyle	Ask participants to identify / read about certain plant species. Explain why urban farms / gardens are part of a sustainable lifestyle.
Clothes sharing centre / second hand shop / public bookshelf	Sustainable lifestyle	Explain how buying new clothes / products affects the environment. Ask participants to reflect on their lifestyles.
Renovated building / Class A energy efficient building	Energy conservation	Present a handful of facts about the building, and technologies used in its construction. Ask participants to identify details (colour, shape, inscriptions etc.). Explain how those technologies help combat climate change.

# INTRODUCTION

- **Define the final location (where the treasure is hidden).**

The last point on the route should be a reward for reasons other than the treasure itself. Choose a place where you can sit down and relax while learning about climate change or ecology: e.g. a museum, ecological education centre, square with information panels, eco-shop, café, etc.

- **Extras: Co-operating with climate change-focused institutions and experts**

Consider co-operating with municipal bodies responsible for landscape management, urban greenery, waste management, environmental campaigns and climate change activities.

To reach wider audiences, it is also worth your while to begin collaborating with a public body responsible for promoting the city / region. Quest-related information will be distributed automatically, attracting more participants and generating greater social impact.

Developing relationships with NGOs with a daily environmental and climate change focus can be very helpful too.

- **Designing the treasure**

The simplest treasure form is a plastic box containing a seal or stamp, ink and a short list of instructions.

Consider adding a small notepad and pencil, letting people leave you a note when they find the treasure. The notepad will become a Guest Book as well as a source of feedback.

You can opt for a larger metal / wooden box, and decorate it to match the quest theme. You can also add more information on climate change / eco-friendly lifestyles, attach QR codes to interesting websites, or leave token surprise gifts for successful Explorers. The stamp can be carved manually in a large-size eraser. Alternately, you can come up with a graphic design and order it from a specialised manufacturer.



# INTRODUCTION

Examples of seals / stamps:

- Automatic self-inking stamps;
- Stamps with ink containers;
- Manual seals (wooden handle, separate ink container).

Designing the seal to include something - a symbol or object associated with the quest theme or location is always a good idea.

## • **Designing and printing quest leaflets**

- Graphic design: use drawings / photos to make the image attractive; different shades of green are a perfect fit for the quest's eco-friendly theme.
- Materials: use offset paper (preferably recycled) to print your leaflets.
- Format: A4 allows at-home printing from a pdf file.
- In case of colourful design backgrounds, you can prepare an alternative background-free background for anyone printing their leaflet at home (to reduce ink use).
- Add QR codes linking to additional eco information or websites.
- Optional: add information on why the leaflet is environmentally friendly.

## • **Launching your quest in ecological style!**

- It's a good idea to combine quest opening with an eco-event in your city / town / village. Examples include:
- Public climate-centred picnic events
- Earth Day
- Eco-festival
- Climate Sports Day
- Eco-Activities: under the open sky
- Green Campaigns Day
- Climate Knowledge marathon



# **Chapter 3: Examples of climate change-themed quests included in the AgeinGreen Project**



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# AGEINGREEN QUEST - SLOVENIA

Walk along Trubarjeva, until the umbrella shop, the last of this kind, with some tourist rooms on top.

Reuse, repair, they say, are the principles of a sustainable way. And we all can contribute to a better tomorrow, including you, with no apologies or sorrow.

Turn up the Resljeva's street, to the Institute on no. 11 where we will meet.

Here ends our green tour, you've reached the goal. Be proud of yourself, you've played your role.

Solidarity is our treasure, what we care about, for all generations and the environment, no doubt.

What kind of planet will we leave behind for our grandchildren and whole friends and whole mankind?

**You've finished your treasure hunt in a sustainable Ljubljana, congratulations!**

More information about sustainable initiatives in Ljubljana

	Green guidance of Ljubljana
	Sustainable development in Ljubljana and facts
	BicikeLJ Rediscover Ljubljana by bike
	Water fountains app Tap Water Ljubljana
	Cyanometer monolith measuring the blueness of the sky and airquality

This leaflet was written and published by Anton Trstenjak Institute, as one of the activities of international project AgeinGreen.

AgeinGreen

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## TOUR of sustainable Ljubljana

*Come with us on a treasure hunt!*

**Theme**  
This tour will take you to the streets of Ljubljana, green capital of Slovenia.

**How to play a treasure hunt?**  
By following instructions and solving puzzles on this leaflet you will discover less-known local spots that offer sustainable solutions to keep the environment clean, contribute to the fight against climate change and remind us how we can do our bit. At the same time, you will get to know some of the local sights and Slovenian culture.

**Starting point**  
In front of the main entrance of "nebotičnik" (skyscraper), Štefanova 1, Ljubljana

ca 1,5h  
Walking time





# AGEINGREEN QUEST - CYPRUS



When you see the bakery near, keep walking straight, have no fear. Go on for five hundred meters ahead, where old city homes by charm are led. A parking lot sits on your right-hand side, while a mosque across greets with pride.

Keep moving on the road that lies straight, your next green clue will not be late. To check your steps and stay on track, look to your right, a tavern displays a face of Greek man. Now prepare and look to your left with care, glass walls ahead will lead you there. But turn not yet just one more mark: A kiosk appears - your journey's spark.

Take the left turn, on the one way street, it will guide your way to Phaneromeni Kindergarten's stay. Then head toward the church in sight, with green windows shining bright. Take a gentle turn with care, the church will be on your left there. Find our next practice, hand in art, Ceramics by M... Studio Handy Crafts.

Congratulations once again, you're near the end, The second last path is just around the bend. Walk straight thirty meters, you will see, a green practice to be. Step inside the office if you wish, and you will learn what energy means - AGENCY.

The moment has come to find your win, Three minutes away, the treasure's within. To find it right, spot the sign, Avraamides it reads, Stand opposite it, then turn left with speed. Head toward the church that you will see, and write its name please:

As you pass, take the left-hand turn, From the bar with blue shutters, straight you'll learn. A few steps ahead, then turn left again. Keep moving forward, the path will gain.

Pass the MAS supermarket with care. Look for recycled clothes waiting around there. Across the one-way street, take a glance, to find the treasure you ask. It may be hard to spot, but you will succeed. The O... SHOP is all you need.

Step inside to find sawing treasures rare, and say the secret code/phrase there. Congratulations again, you've done so well. Your journey's complete - now you are green!

## Secret word/phrase

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15

## STAMP



This initiative was created by CitizensACT, a non-profit organization based in Nicosia, which promotes active citizenship by providing opportunities for personal and social development to a wide range of citizens.



CITIZENSACT

(+357) 22-664404 | info@citizens-act.org

## ECOLOGICAL TREASURE HUNT



NICOSIA

- Starting Point: Eleftheria Square / Nero Café
- Distance: 4 kilometers
- Duration: 2 hours

### Topic:

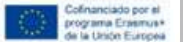
Discover green practices and sustainable solutions that make Nicosia more environmentally friendly while exploring the heart of the city.

### How to find the treasure:

Follow the instructions. Solve the puzzles and uncover the secrets of the city. At the end of the route, you will find the answer that will lead you to the treasure!

### Attention!

The treasure is available: Tuesday to Friday from 12:00 to 7:00 PM and Saturday from 11:00 AM to 7:00 PM.



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# AGEINGREEN QUEST - POLAND

If you wish to go where the spirit can soar,  
Feel the peace that the monks hold in store.  
Carpathian monks' hermitage beckons you near,  
A journey to stillness, so pure and so clear.

To continue the quest you need to go back.  
Cross Działowa 10 and follow the red track  
Towards the biggest glade in the Wolski park,  
Named after Julius Leo. It's a great landmark.

Leo was Cracow's Mayor a century ago  
Who put a lot of effort in this great goal  
Of creating the People's Park – today's visit,  
A green resting place so nice and vivid.

Walk up the glade to a board on big trees  
It's written in Polish and Latin, as you can see.  
"Buk zwyczajny" (□□□□□ sylwatica) is a beech  
- just one of the things every quest's there to teach?

Go up towards another board, you are near the end.  
At a wooden box some time you'll spend.  
It has a yellow cover. What do you think it is?  
You can't be wrong. It is a hotel for bees!

And finally, you are at the last spot.  
Where you can get food cold and hot.  
Okocim Pavilion is its historical name,  
Streamline Moderne, one reason for fame.

A place of rest, where weary hikers cheer,  
Is a gift of the founder\* of Okocim beer.  
A café and restaurant, a haven in the wood,  
Where modern spirit and nature both stood.

An Ecological Education Centre operates here today,  
Its name? Symbiosis. It's worth staying a day.  
For seniors and youth activities of wide range  
on nature, ecosystems and climate change.

Green roof water is here collected,  
Ensuring that people and the ecosystem are connected.  
Count the columns in front of the centre,  
There are □□. There's a café, you may enter!

Congratulations, you finished the quest,  
Through trials and challenges you gave your best.  
The password will reveal a hidden treasure -  
A reward for this journey, and for your pleasure.

\*Anieli Jan Górz-Okocimski

**Quest code phrase:**

□□□□□ □□□□□ □□  
1 2 3 4 5 6 7 8 9 10 11 12

□□□ □□□□□ CODE: □□□□  
13 14 15 16 17 18 19 A B C D

**Treasure (stamp):**

**Got the Treasure? Keep playing!**

- Go to [www.questy.org.pl](http://www.questy.org.pl)
- Set up an account and add the quest you have just completed, by providing its full code phrase on your profile page
- Get the badges
- Explore 950 quests across Poland
- Facebook: [@questywyprawyokocim](https://www.facebook.com/questywyprawyokocim)
- Download the quest app. >>

**Authors:**  
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**Development and graphic design:**  
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**QUEST outdoor game** 3 km 1h 30 min

**Introduction:**  
This quest will take you to the green lungs of Kraków – Las Wolski (Wolski Forest), introducing one of the most beautiful and green parks. The place is suitable for educational and recreational visits and during the journey you will have both a nice walk and a real learning experience.

**Where it is:**  
Kraków, also known as Cracow, is the main city in southern Poland. Wolski Forest lies on the western outskirts of the city.

**Rules of the game:**  
Go to Start. Read all clues. Solve all riddles. Once you reach the end of the itinerary, you will have an answer leading you to the treasure – a commemorative stamp!

**Expedition start line:**  
At the entrance of the Kraków zoo.  
**GPS:** 50.055186, 19.854126



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# AGEINGREEN QUEST - SPAIN



At the entrance, you can still see the old tiles in blue, \_ \_ \_ \_ , yellow and white; remembering how it was in its beginnings. Now, it's time to keep walking.

Keep going up Sagasta street and turn left towards Muro de la Mata. Walk straight down the arches, and at door number 12, look around.

You will see a blue parking meter right next to you, with \_ \_ \_ \_ \_ as a roof. Something hated by everyone, can also be very appreciated.

Continue straight on under the arches, and cross Muro del Carmen street. After the zebra crossing, walk straight ahead until you come to the next corner.

In front of you, you will find many colours. For the glass, the green igloo; For paper, only blue; In the yellow, brick you'll deposit.

And what things go in the others? Well, the brown one gives us a clue: the word \_ \_ \_ \_ \_ is written there. And the green and black, for the rest of the waste.

Now, look up, what do you see? Look for a yellow building, a classical one. Go to that corner, and on Juan XXIII street, on the left side, go to the third shop.

That is the \_ \_ \_ \_ \_ shop, which supports fair trade and local produce. And here, right in this shop we can end this special walk.



**Congratulations! You've finished the route**  
Fill in the final key with the codes you have found out and show it to the person at the counter of the shop where the walk ends.

You will receive a free gift and have this brochure stamped.

## FINAL KEY



## STAMP



This initiative has been created by Asociación Gantalcalá, an NGO that has been working since 2008 through non-formal education to provide more opportunities for personal and professional development of young people in La Rioja.



941 703 245 | info@gantalcala.org | @gantalcala

## Walking LOGROÑO:

An evolution from grey to green

### What does it consist of?

This is a self-guided walk that will allow you to enjoy the most charming surroundings in the centre of Logroño, and through which you will be able to see numerous examples that make our city a model to follow of sustainable development and respect for the environment.

Follow the clues and discover the keys that will guide you along the way - you don't need maps!

At the end, you will get a key that will allow you to get a small final prize.

### How long does it take?

With a total distance of 1.5 km, the route takes approximately 1 hour.

### When can I do it?

Any time; but for the full experience start at any of these times:

- Weekdays, from 11h to 12h, and from 18h to 19h
- Saturday, from 11h to 12h

### What do I need?

Just a pen or pencil, and this brochure.

Start your walk here: [Portales street 87](#)



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