



DOOM EXPRESS

COMPOS MENTIS - INCLUSION
AND MENTAL WELL-BEING IN
YOUTH PROJECTS- TOOLBOX



WHAT
simulation exercise

FOR WHOM
youth workers,
facilitators, trainers

WHY
dealing with a failure
boosting adaptability
and resilience

Created during Compos Mentis Doom Express is an exercise focused on raising awareness of self-acceptance through dealing with failure and challenges which compromise our mental health. Participants are solving quests in four different 'train compartments' in a very short time before the train reaches the destroyed bridge.

Based on escape rooms, simulation and role-playing give lots of opportunities to creatively cooperate and observe group dynamics. In the debriefing phase it is discussed how do we deal with failure, adaptability and resilience.



Doom Express Exercise

SCENARIO



1. Prepare 3 different rooms - "train wagons" and fill them with quests and riddles on different levels - up to 10 in one room
2. Prepare 3 facilitators, one for each room, optionally 3 conductors who can lead the group from one room to another
3. **DON'T REVEAL THE SECRET** - that the game is about dealing with failure! It's not meant to be won, players are doomed from the beginning, the chance to escape the catastrophe is less than 10%, but still should be available.
4. Facilitate the exercise - the groups are going to 3 different train wagons and at the end, they are coming back to the one where they started, so in total, they will be 4 times in the wagon.
5. Debrief

Doom Express Exercise



1,5 session, 3 - 6 facilitators

30 - 40 participants

10 min introduction

50 min - the exercise

30 min - debriefing

TRAIN WAGON 1st - 10 minutes

Solving Quests given by Dancing Mad Lady

REFLECTION - 5 minutes

TRAIN WAGON 2nd - 10 minutes

Solving Quests by Tarot Oracle

REFLECTION - 5 minutes

TRAIN WAGON 3rd - 10 minutes

Solving Quests by Black Stories Detective

REFLECTION - 5 minutes

TRAIN WAGON 1st - 5 minutes

DEBRIEFING - 30 MINUTES

Doom Express Exercise



You can choose any kind of riddles and quests which suit your group, the content is not that important as we are more looking for the patterns of behaviours under the stress and in the face of failure.

TRAIN WAGON 1st

**Solving Quests given by Dancing Mad Lady
Messages with code and ciphers eg. Morse Code, Pig Pen Cypher, Caesar Cypher, Block Code, dancing waltz with a mad lady, decode messages for her**

TRAIN WAGON 2nd

**Solving Quests by Tarot Oracle
Tarot Cards, Quotes from books, Myths and legends riddles**

TRAIN WAGON 3rd - 10 minutes

Solving Quests from the Detective, Black Stories Cards, Detective Mysteries,



Doom Express Exercise

SCENARIO

'You are a group of youth workers going by train to International Tool Toolfair to present your tool. Actually, you are yourself. You know some of the people in your wagon better, some less. The intercome in the train just announced an emergency that the train got hacked and cannot change the course or stop and the bridge on the way is destroyed. You need to either escape or stop the train. There are 10 minutes to reach the bridge. If you don't find the code to unlock the ATO (Automatic Train Operation) system and stop the train you will all die. It may happen that some other travelers can have clues on how to find the code.'

After getting to know the story 3 groups start simultaneously and in 10 minutes must solve all the quests hidden in the room. Mad Dancing Lady, Tarot Oracle and Black Stories Detective are their guides who know how to find a code and give some hints. Also, they are creating tension and reminding that the bridge is getting closer, when the alarm rings after 10 minutes and the code is not broken they scream that they all fell down and died.



Doom Express Exercise

SCENARIO

Then 'the magic circle' of simulation is broken and the actors become again facilitators and tell players that their characters died but they can leave what they learned to the next group of youth workers (5 minutes reflection).

Each of the 3 groups repeats the 10 minutes simulation, dies, reflects, leaves advice to the next group, and starts again in the different "train wagon". It's like a time loop that makes them come back to solve the same situation but in a different context with different quests (various themes of train wagons). In the end, they are coming back to their original wagon, then they got fewer minutes to stop the train, but many of the riddles were already solved by previous groups and also they got "legacy of the dead" so tips from previous groups.

In the end all the groups meet for a debriefing.



DEBRIEFING

How many tasks did you accomplish?

Were you task or process-oriented?

Were you an individual or a team player?

How did you divide task solving in your group?

Did any leader emerge or perhaps you choose one?

How was the cooperation under the stress?

Were you encouraged or unmotivated to do the task?

Did you have any winning strategy? If, so then what?

How did you feel when you failed?

Did you blame anybody? If so, then yourself, the group, the fate? Did you express your emotions?

Do you adapt quickly to change? What are your strategies?

What does resilience means to you?

Do you feel resilient?

What can be possible strategies to learn master resilience?

