



# FUTURE CARE FORCE

## INSTRUCTION MANUAL

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## INTRODUCTION

# WELCOME TO FUTURE CARE FORCE

This is a **cooperative, role-based futures game** designed to spark real-world **decision-making**. Your mission: explore possible future healthcare scenarios and design an intervention that enhances **resilience** and **equity** in the health systems of the Global South.

Designed for up to 4 teams (Think Tanks) of 3–6 players each and one Future Care Force Commander (Dr. Escleia, the facilitator), this game immerses players in the future of health systems through a combination of **role-playing**, **storytelling**, **sensemaking**, and **pathway thinking**.

Through a series of time-limited missions, each Think Tank will have the opportunity to use the **Future Influence Tracker (FIT)** to decode quantum messages and earn **Quantum Influence Tokens (QIT)**.

The team that responds effectively to the health system challenges posed in 2035 (through de-coding transmissions and co-designed interventions) ensures that the future is safeguarded.

This manual will walk you, the facilitator, and your players through a **step-by-step guide** to prepare and run a 2-hour session.

## WHAT IS IT ABOUT?

### FUTURE SCENARIO SETTING:

Players step into the shoes of key stakeholders, draw from curated card decks, and co-create a **plausible and provocative scenario for the year 2035**.

### ROLE PLAYING:

Players embody roles such as **doctors, nurses, policy makers, caregivers, or community organizers**, shaping the unfolding narrative and collaboratively envisioning equitable and resilient pathways for health systems in the Global South.

### COLLABORATIVE PATHWAY THINKING:

Players engage with **emerging issues and evolving dynamics** through timed card draws, identifying connections, mapping tensions, and capturing notes about possible futures.

### CARD-DRIVEN GAMEPLAY:

Role cards  
Future shaping cards  
Transmissions from the future

## GAME ASSETS

### ROLE FILES

9 cards  
9 role tags

### FUTURE SHAPING FILES

6 cards  
What do we value?

### FUTURE SHAPING FILES

6 cards  
What is the world like?

### FUTURE INFLUENCE TRACKER

1 per team

### FUTURE INSIGHT TRACKER

Boost your Future Insight Tracker's transmission quality by placing a FIT TOKEN on each of the FIT TOKENS are earned by completing the task on certain chapters.

QUANTUM INFLUENCE TOKENS  
5 per team

### TRANSMISSIONS FROM THE FUTURE

over 100 cards  
divided into decks  
with different topics

### FUTURE SHAPING FILES

6 cards  
How do we live?

## PRINT & PLAY GUIDELINES

You're about to bring this game to life — and with it, a journey across time, futures, and imagination. This version is designed so anyone can print and play it at home or school. Whether you have access to professional printing or just a basic home printer, here are some tips to make your experience as smooth and enjoyable as possible.

### PAPER & FORMAT:

- Use Letter (8.5" x 11") or A4 paper, depending on your region.
- For cards, we recommend printing on thick paper or cardstock (at least 200g/m<sup>2</sup>) for better durability and handling, but any paper you have will work.
- If printing double-sided, double-check alignment before printing large quantities. Some printers may require manual adjustment.
- To make it easier to organize the decks, we suggest printing each one on different colored paper:

\***Roles:** Green

\***Future Shaping Cards:** Orange

\***Transmissions from the Future:** Blue

Don't worry if you don't have colored paper, just use what you have on hand. The most important thing is that the text remains clear and legible.

### CUTTING

- The pages are designed to minimize paper waste, all layouts align with standard paper sizes to make cutting easier and more sustainable.
- Cut along the guidelines using scissors or a paper trimmer for cleaner edges.

### ORGANIZATION

- Group your materials by chapter before starting to play.
  - Use envelopes, folders, or small boxes to separate each chapter or card deck.
- Double-check that all required cards and pieces are included, using the checklist provided.
- This game is designed to be replayed and reimagined, take care of it and pass it on!



### CHECKLIST:

- |  |   |
|--|---|
| <input type="checkbox"/> Deck of roles                         | <input type="checkbox"/> FIT & FIT tokens       |
| <input type="checkbox"/> Deck of future shaping cards          | <input type="checkbox"/> A pack of sticky notes |
| <input type="checkbox"/> Deck of transmissions from the future | <input type="checkbox"/> Markers or pens        |

## GAME INSTRUCTIONS

# IF YOU AND YOUR PLAYERS ARE READY, LET'S BEGIN!

### IMPORTANT!

Throughout the game, you'll encounter a set of icons to guide your experience. Pay close attention to these as they signal different types of engagement:



**STORY NARRATIVE** – A narrator's voice guiding you through the scenario. These texts are intended to be read aloud by the facilitator.



**ACTION REQUIRED** – Something you need to do.



**TIME LIMIT** – How much time you have to complete an activity.



**MESSAGES** – Communications from Doctor Aescleia.



**GOALS** – The objective of each chapter.

## PRELUDE



It's an ordinary day in 2025. You're sitting at your computer, when your screen begins to flicker with a strange static interference. You freeze. Everything, your work, your research, your life's effort, lives on that device. Is it a virus?

You take a deep breath. Suddenly, a message appears. Your name, displayed in eerily precise letters. Then a text emerges from the screen:



FUTURE  
CARE  
FORCE



## SUBJECT: A WARNING FROM THE FUTURE

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*My name is Dr. Aescleia, The Future Care Force Commander. I'm contacting you from the year 2035. Your future is cloaked in uncertainty and facing great challenges. But there is still hope and it starts with your actions in the present.*

*You, along with many other health professionals, are being summoned. Together, you will form a special squad. Your mission: to gather, de-code, imagine and to co-design a new future for the care of life itself.*

*You must become part of a global think tank —a circle of visionaries— entrusted with shaping what comes next. Only a few will be able to carry this mission through to the end. The futures depends on you!*

## CHAPTER 1

### ROLES AND MEETING THE TEAM



You arrive at the meeting room at the appointed time. Inside, the other experts of your think tank are already gathered. There on a table is a device. Your science team developed it, calling it the **Future Influence Tracker (FIT)**, and your team can use it to receive quantum encryption encoded messages from a mysterious "Dr. Aescleia".

Your team can decode some of them, but not all of them. By following the instructions on the device and achieving goals, you can decode more messages and receive **Quantum Influence Tokens (QIT)**. These tokens help you keep track of how much positive influence your team has had over the futures. Wait... a transmission is coming through ...



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*Welcome to this think tank. The name of this team is Vitality Visionaries. Your mission is to imagine the futures and design an intervention in the present to ensure the future resilience and equity of our health systems.*

*One of the recurring challenges we've faced is working in silos — isolated, disconnected. But the future demands something different: cooperation, collaboration, and collective imagination.*

*Take this moment to truly connect. Get to know one another. Share your strengths, your challenges, and the unique perspectives you bring. Together, you can build something greater than any one of you could alone.*



**Each player selects a role file**, drags the cover to reveal it, and reads it silently. Take a moment to understand your role and what you bring to the mission.



**Introduce yourselves to the team.** Share your name, your role, and a quick overview of your strengths and perspective.



**Reflect together.** As a group, discuss and write down the strengths and weaknesses of your think tank. What unique insights or skills do you have? What challenges might your team face? Write it in the Decoding zone.



**Goal:** Build a shared understanding of your collective power as a future-shaping think tank.



**YOU HAVE 15 MINUTES TO COMPLETE THIS TASK.**



**IF YOU ACHIEVE THIS GOAL YOUR TEAM RECEIVES A QUANTUM INFLUENCE TOKEN. PLACE IT INTO THE FIT.**

## CHAPTER 2

### A GLIMPSE INTO 2035



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*The messages I'm sending you are incomplete, mere fragments of the world I inhabit. These files are glimpses into the year 2035. They will reveal how the world functions, what we value, and how we live. But they are scattered, fragile echoes of a possible future.*


*Your task is to create a mind map to piece together these fragments and envision this future world. It is only through open conversation, debate, and shared reflection that you will begin to make sense of what 2035 looks like.*


*As you examine each file, discuss what life is like in 2035. Consider:*


- What elements of 2035 seem most unexpected or surprising?
- How do these future shaping cards influence your challenge?
- How are your roles, daily lives and interactions different in this future?
- What structures, patterns, or systems have changed?
- How are flows of resources, power, and influence different in 2035?

*No one has the full picture, but together, you can reveal the bigger story. Listen carefully. Build on each other's insights. Use your roles to highlight different perspectives.*

 **As a group, decide which Future Shaping Files to unlock.** Drag the cover of each file to reveal its contents. Only one file from each category can be opened.

 **Discuss, listen, write.** Collaborate to build connections with these new cards. Discuss how each role would exist in this future and the implications for your challenge. Write these insights on sticky notes. Use your role tags to indicate which perspective is being represented.

 **Highlight the most important findings.** This will help the entire team build a detailed vision of what 2035 will look like.

 **Goal:** Through discussion and integration of different perspectives, co-create a shared vision of what 2035 looks like in this possible future.


 **YOU HAVE 20 MINUTES TO COMPLETE THIS TASK.**



**YOU MUST CONNECT AT LEAST TWO ROLES TO EACH OF THESE FILES TO RECEIVE ONE QUANTUM INFLUENCE TOKEN.**


## CHAPTER 3


# NEWS FLASH FROM 2035


 Vitality Visionaries, we are running out of time. This transmission comes with urgency. A new layer of data has broken through the static... I'm now transmitting urgent flash news, these are live events from 2035 as it exists now.

*The future is still taking shape, and your collective wisdom is needed to understand its full dimensions. Your insights in the present still hold power to influence what happens next. You must use these transmissions from the future to build a more complete picture of life in 2035. Consider:*

- How do these events interact with each other?
- How do they fit within the future vision you've begun to develop?
- What do they reveal about your challenge theme?
- How would your roles experience or respond to these events?
- What new information about 2035 can you infer about health systems, cross-sector interactions, or impacts on vulnerable groups?

 **As a group, unlock four Transmission from the Future files.** Drag the cover of each file to reveal its contents.

 **Write a cohesive narrative of 2035.** As a team, create a comprehensive story of what 2035 looks like based on all the information you've gathered. Integrate your earlier analysis with these new events to form a complete picture of this future world.

 **Goal:** Co-create a narrative that shows how multiple aspects of 2035 interconnect, highlighting collaboration, conflict, and transformation in this future.

 **YOU HAVE 25 MINUTES TO COMPLETE THIS TASK.**



**YOUR TEAM MUST FULLY INTEGRATE THE FOUR EVENTS INTO A SINGLE, COHERENT VISION OF 2035 TO EARN ONE QUANTUM INFLUENCE TOKEN.**


## CHAPTER 4

# SHIFT THE TRAJECTORY




*You've seen the signals. You've envisioned what 2035 could look like.*


*Now comes the most critical part of your mission: creating a better future. The flash news headlines were not just warnings, they were invitations to act. Your team must now design a powerful intervention in the present that builds toward a more desirable future or prevents an undesirable one.*

 **Reimagine, embrace, resist.** As a group, use sticky notes to identify in your vision of 2035:

- Reimagine:** What aspects of the current system must be radically transformed? (values, structures, narratives, priorities)
- Embrace:** What practices, relationships, or innovations should be nurtured and scaled?
- Resist:** What dynamics, behaviors, or structures must be questioned, interrupted, or dismantled?


Place the sticky notes in the corresponding areas and make sure to tag the roles involved in each idea.

 **Design a collective intervention in the form of a Pact.** This Pact will represent a shared commitment between roles — a bold agreement to act in the present to create the future you want to see (2035).

 **Write it down in your FIT and include:**

- The commitments of each role — what they will do (or stop doing) starting now.
- A shared vision of the future you're working toward.
- A reflection on what each role is willing to risk or change to get there.
- A clear call to action — how this pact could ripple outward and influence others.

Write a collective Pact that outlines the specific actions your team commits to reimagine, embrace, and resist in the present, in order to create a more resilient and equitable future by 2035.

 **Goal:** Through discussion and integration of different perspectives, co-create a shared vision of what 2035 looks like in this possible future.


 **YOU HAVE 20 MINUTES TO COMPLETE THIS TASK.**



**IF YOUR TEAM COMPLETES THE COLLECTIVE PACT, YOUR TEAM EARNS TWO QUANTUM INFLUENCE TOKENS.**

## CHAPTER 5

# QUANTUM REVELATIONS


 You've reached the end of your future influence journey. The quantum entanglement is collapsing into a defined future.

Now, the time has come to receive your final transmission from Dr. Aescleia, **what future has your team's actions and commitments created?**

(According to the number of TOKENS your Think Tank earned and placed into the Future Influence Tracker.)

## 5 TOKENS


<b>FUTURE INFLUENCE TRACKER</b>					
TRANSMISSION BOOSTER	SILENCE	WEAK	GARBLED	CLEAR	STRONG

 **STRONG TRANSMISSION!** You receive a strong and clear message from a future transformed. Because of your efforts, Dr. Aescleia and the Future Care Force powerfully came into being, and your Pact was critical in safeguarding health systems globally to become resilient, equitable and inclusive for all people.

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## 4 TOKENS


<b>FUTURE INFLUENCE TRACKER</b>					
TRANSMISSION BOOSTER	SILENCE	WEAK	GARBLED	CLEAR	STRONG

 **CLEAR TRANSMISSION!** You receive a message that your efforts led to important improvements in health systems globally. Dr. Aescleia and the Future Care Force exist, exerting influence on the future and past.

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## 3 TOKENS

<b>FUTURE INFLUENCE TRACKER</b>					
TRANSMISSION BOOSTER	SILENCE	WEAK	GARBLED	CLEAR	STRONG


 **GARBLED TRANSMISSION!** Your Think Tank receives an ambiguous message. Some things have improved... but many other problems have emerged. Dr. Aescleia struggles to do their work, but will continue to attempt to influence the space time quantum field. With luck they can find a new set of candidates in a different time line.

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# 2 TOKENS

FUTURE INFLUENCE TRACKER					
TRANSMISSION BOOSTER	SILENCE	WEAK	GARBLED	CLEAR	STRONG




**A WEAK TRANSMISSION COMES THROUGH!** Your Think Tank’s intervention was lost in the quantum uncertainties of space and time... The future is overwhelmed by its challenges, with little time and resources in 2035 to send messages to the past.

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# 1 TOKEN

FUTURE INFLUENCE TRACKER					
TRANSMISSION BOOSTER	SILENCE	WEAK	GARBLED	CLEAR	STRONG



**SILENCE...** Your team’s failure to positively influence the future means that Dr. Aescleia may never have existed, another victim of health systems under-serving vulnerable populations.

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