

# *El Jardín de las Hespérides*

## ESCAPE ROOM GUIDE

Escape Racism: Toolbox to Promote Inclusive Communities



## Introduction

The goal of this escape room is to make people reflect about the importance of accessibility and how we usually do not know about the objects that make people's lives easier. In this scenario, these objects are hidden and protected by three very defensive nymphs, who want to preserve the normative world, but the players must recover these objects in order to grant accessibility for people with disabilities, as the most powerful weapons for inclusion.

## Narrative

This escape room is set in a natural environment, a mythological and mysterious garden that we must try to access to get the objects that the Hesperides, three nymphs who take care of their wonderful garden, have kept.

"The Garden of the Hesperides" is that magical place of the goddess Hera, where the most precious goods for humanity are kept. To safeguard her possessions, the goddess Hera entrusted Egle, Eritia and Arethusa, the Hesperides and sunset nymphs, with the protection of her precious objects.

This time, to protect the prevailing normative world, Goddess Hera has ordered the Hesperides to hide objects she considers threatening in order to destabilise and break with the normative world. The only limited world in terms of human diversity that she knows of and that the Hesperides try to protect from social inclusion and diversity.

Your mission is to find those objects, the most powerful weapons for inclusion, the objects that are able to make the world more accessible to everyone. But beware! The Hesperides have set hundreds of traps to prevent us from entering their garden, on the other side of the door... so look around you, use your intuition and above all, don't run out of time!

The idea of this escape room is to publicise and raise awareness of the different accessibility devices that enable people with disabilities to go about their daily lives in an inclusive way, just like the rest of the population.

These objects will be kept by the Hesperides to protect the regulations and prevent society from being more inclusive, but the aim of the participants is to find them, take them away from the Hesperides and give them to the world to generate a more inclusive society.

Some of the elements that the participants will come across may be very familiar objects that we take for granted and that we take for granted in order to be able to carry out our daily lives in a satisfactory way, and there will also be other objects that are not so well known and more striking but that are nonetheless essential for the lives of people with disabilities.

The idea is to reflect on each of the elements that the participants have encountered once the escape room time is over so that they can give us feedback on whether they know them or not, if they know how to use them, etc.

## Required materials

To create the setting of the room, you will need a space with 3 rooms and a list of materials. You may also decorate the room with a mystical and nature approach.

- 1 x basin (big enough to put water in it and three glass bottles)
- 3 x glass bottles
- 1 x horoscope
- 1 x mechanical parcheesi
- 4 x cloth pieces
- 1 x plastic snake
- 1 x tangram game
- 1 x battery
- 1 x mirror
- 1 x roll of adhesive tape
- 3 x rings
- 3 x little purses
- 1 x set of gold, silver and bronze coins
- 3 x different shaped big leaves
- 1 x flute
- 3 x clay jars
- 1 x light torch
- 1 x wicker basket
- 3 x plastic oranges
- 2 x plastic lemons
- 4 x plastic pears
- several rocks
- some plastic ties
- 1 x walking stick for blind people
- 1 x wheelchair
- 1 x glasses
- 1 x pair of crutches
- 1 x set of adapted cutlery
- 9 x numbers locks (3 digits)
- 1 x numbers lock (4 digits)
- 1 x movement lock
- 1 x letters lock
- 1 x bike lock
- 9 x wooden or cardboard boxes with holes cut into them
- 1 x magic box
- 1 x key box

You will also need to print some materials on paper (explained later in this document):

- Message
- Horoscope
- Objects List
- Hieroglyphics alphabet
- Stars instructions
- Hieroglyphics
- Stars
- Leaves series
- Music score
- Poem
- Score code
- Constellation

The following materials may also be included to act as red herrings and decorations, although other objects may be substituted should you desire:

- flowers
- flower petals
- rocks
- leaves
- tree branches
- plants
- LED lights

## Preparation

Some of the materials used within the escape room will need to be prepared. Please seek assistance if you need help.

1. Fill the basin with water
2. Print the “Message” in a piece of paper, roll it and put it in one of the three glass bottles. then put the bottles in the basin with water.
3. Print the “Horoscope” and hang it on a wall.
4. Print the “Objects list” and put it in a lock box.
5. Take the cloth pieces and draw one arrow in each of them, indicating different directions: up, left, right, down. Glue them to the compartments of the mechanical parcheesi, in that order, and draw another arrow on top of the beginning compartment indicating the direction to which players should look at the cloth pieces.
6. Draw the number 126, using roman numerals (CXXVI), on the plastic snake, and put it in the movement lock box.
7. Take the tangram and draw , then divide the pieces into two sets.

8. Print the “Hieroglyphics alphabet”.
9. Take the first set of tangram pieces, the battery, the mirror and the Hieroglyphics alphabet and put them in a lock box.
10. Take the roll of adhesive tape and with it, make a maze on the floor, with one entry and three different exits, but only one of them is correct when you try to exit the maze.
11. Fill two of the three purses with different random coins, and fill one of them (the correct one) with 5 gold coins, 4 silver coins and 6 bronze coins.
12. Take the three rings and hook them to the little purses, and then tape the rings to the floor, one purse next to each exit of the maze, being the correct one on the correct exit.
13. Print the “Stars instructions” and the “Hieroglyphics” and put them in a lock box.
14. Put Key 1 (the key which opens the second room) in a letters lock box.
15. Print the “Stars”, four in total, one with 6 points, one with 10, one with 12 and one with 14, and place them on the ceiling, wall or tree in order of the number of points, from highest to lowest.
16. Take the three sheets of paper and draw on one the number 5, on another the number 9 and on another the number 1. Place them on the floor.
17. Print out a series of leaves similar to the leaves you have placed on the ground, leaving three blank. These blank spaces are the code for the leaves on the floor.
18. Take the rolled up sheet music with red notes (la, si and do), roll it up and put it inside the flute.
19. Take the key that opens the lock on the wheelchair and put it inside the magic box.
20. Put the magic box and the flute into a lock box.
21. Put the wheelchair secured with a padlock in one place.
22. Put the crutches secured somewhere in the room with a padlock.
23. Place some rocks on the floor and hide a key in them. This key will open the box with half a tangram in room 1.
24. Place the other half of the tangram and the code for a score (do=3, la=1 and si=2) inside a lock box.
25. Place on the wall a papyrus with a poem with key words that are in order.
26. Place the three words from the papyrus in the amphorae and put the numbers indicating the order of the words. This code will open the box with the score and half of the tangram.
27. Take the pencil and draw on it some lines that are half of the drawing of three numbers.
28. Put the torch in a lock box. This lock box can be opened with the flute score and the score code.
29. On a piece of cardboard, wall or tree draw a constellation that forms the other half of the lines that make up the three numbers on the lantern.
30. Put the glasses in a lock box. You can open this box with the torch, the constellation and the torch battery you got in room 1.

31. Take a fruit bowl and put 3 oranges, 2 lemons and 4 pears in it.
32. Take the adapted cutlery and put it in a lock box closed with a coloured padlock. You will be able to open this box thanks to the colour code on the fruit bowl.
33. Secure the cane to the wall, railing or any other place with a padlock. You can get the cane with the instructions of the stars in room 1 and the stars with different points in room 2.

## Creation of the room

The space used to develop the "Garden of the Hesperides" escape room must be large enough to fit all the materials for the game, as well as 4 or 5 players. The most recommended space is outdoors, two garden spaces separated by a fence or door, and thus, make up the two rooms. If you do not have outdoor space, you can make the first room in an indoor space with a good decoration and atmosphere, and the second room in a garden. If you do not have outdoor space, the most recommended thing to do is to have a good props with artificial gardens, leaves, flowers and all the elements that set the atmosphere of the outdoors and nature, to set the Hesperides Garden, especially room 2.

### Room 1

1. Take the basin with the bottles.
2. Tape the horoscope to the wall.
3. Put the parcheesi somewhere.
4. Draw the maze on the ground and glue the bags with the coins.
5. Hide all the safe deposit boxes in different places.
6. Decorate with all the elements of a garden if you are going to make this escape room in an interior space.

### Room 2

1. Put the wheelchair in a locked place.
2. Put the sheets on the floor with the numbers and the series of sheets with the code nearby.
3. Place the amphorae together and the papyrus hanging from a tree or any other element.
4. Place the rocks and hide the key in them.
5. Hook the pole to a wall, tree, door or railing.
6. Hook the crutches to a wall, tree, door, or railing.
7. Hide and place the lock boxes in different places in the garden.
8. Decorate and set the scene correctly if you are in an interior room using leaves, flowers, artificial gardens, etc.

## Example set-up image

The following image shows an example of how-to set-up the escape room taken prior to initial play.



## Game goals and puzzle connections

The game should play out in a relatively structured manner. However, it doesn't matter what order the players uncover clues and hints as they will need to complete each of the puzzles in order to find and decipher the code-words that are required to complete the room. The following structure is built into the game.

1. With the paper that is inside the bottle of the basin with water they find the result of the riddle that is on the wall with the horoscope. They will know that the answer is "aries" and the numbers 2, 9 and 3.
2. With that code 291 it will be possible to open the lock box that contains the list of objects that the hesperides keep.
3. In Parcheesi you can find a cloth in each compartment. That cloth indicates the directions that must be followed to open the address lock. This code is up, left, right and down.
4. In a box placed in the room you can find half of a tangram.
5. Once you open that box you will find a snake that has the numbers 126 drawn in Roman numerals CXXVI.

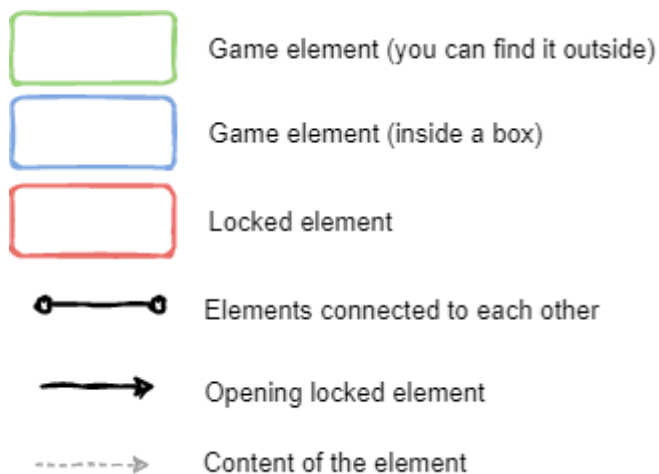


6. With code 126 you can open a lock box that contains these three things:
  - a. Tangram template
  - b. flashlight batteries
  - c. Mirror
7. In the labyrinth that is drawn on the ground you can find the bag with the correct number of coins. The correct exit from the maze gives the bag with the correct coins.
8. The coins will be 5 gold, 4 silver and 6 bronze. The code is 546.
9. With that code you can open the box that contains:
  - a. Instructions of the stars "half of the points you must consider only from one star always". This message is written backwards, so that it can be deciphered with the mirror.
  - b. Hieroglyph with the code AYRHR.
10. With the AYRHR code you can open the lock box that contains the key to access the second room.
11. Once inside room 2 you will find three leaves on the floor that each have a number 5, 9 and 1 written on them.
12. In another place, you will be able to find a series of number with leaves, you will see that the correct order of the numbers of the leaves thanks to that series is 591.
13. With this code you can open the lock box that contains:
  - a. A magic box
  - b. Flute
14. Once they manage to open the magic box, inside they will find the key that allows them to open the bike's lock.
15. Inside the flute they have found, inside is a sheet of sheet music rolled up with notes in red (la si do).
16. The amphorae have words and numbers written on them. In one amphora there is the number 7, in another the 0 and in another the 1.
17. On the wall there is a papyrus with a poem in which the words of the amphorae (fruits, nymphs and gold) are written in an orderly manner "The trees in this garden do not have fruits like any other. They are the most coveted fruits belonging to the goddess Hera. In the custody of the Hesperides , those nymphs of the sunset, are the golden apples, which if you are not skillful, you will never be able to see".
18. With the order of the words of the poem and the numbers of the amphorae they obtain the code 701.
19. With this code they open the lock box that contains:
  - a. Half tangram
  - b. Score code do=3, la=1, si=2
20. With the half of the tangram that they just found and the other half that they have from room 1, they get the code 681.
21. With the code 681 they manage to remove the padlock from the crutches.
22. With the code from the sheet music plus the sheet music rolled up with notes in red that was inside the flute they get the code 123.

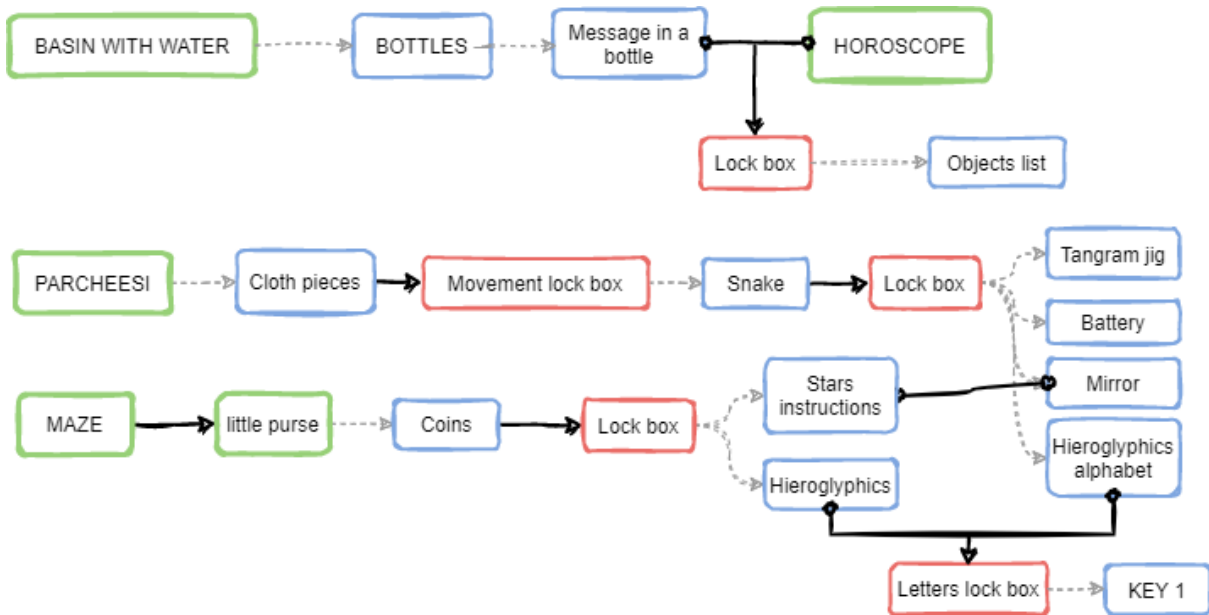
23. With the code 123 they manage to open the lock box that contains the flashlight.
24. With the flashlight, the constellation with half the numbers, and the battery from the flashlight in room 1 get the code 439.
25. With the code 439 they open the lock box where the glasses are.
26. In the fruit bowl there are 3 oranges, 2 lemons and 4 pears. This is how they get the code 324.
27. With this code you can open the colored padlock that keeps the box in which the adapted cutlery is.
28. The stars stuck somewhere have 12, 14, 10 and 6 points. With the instructions of the first room in which it says that they must pay attention "to the middle of the points" the code 6753 is obtained.
29. With the code 6753 you can open the padlock on the cane.

## Game flow chart

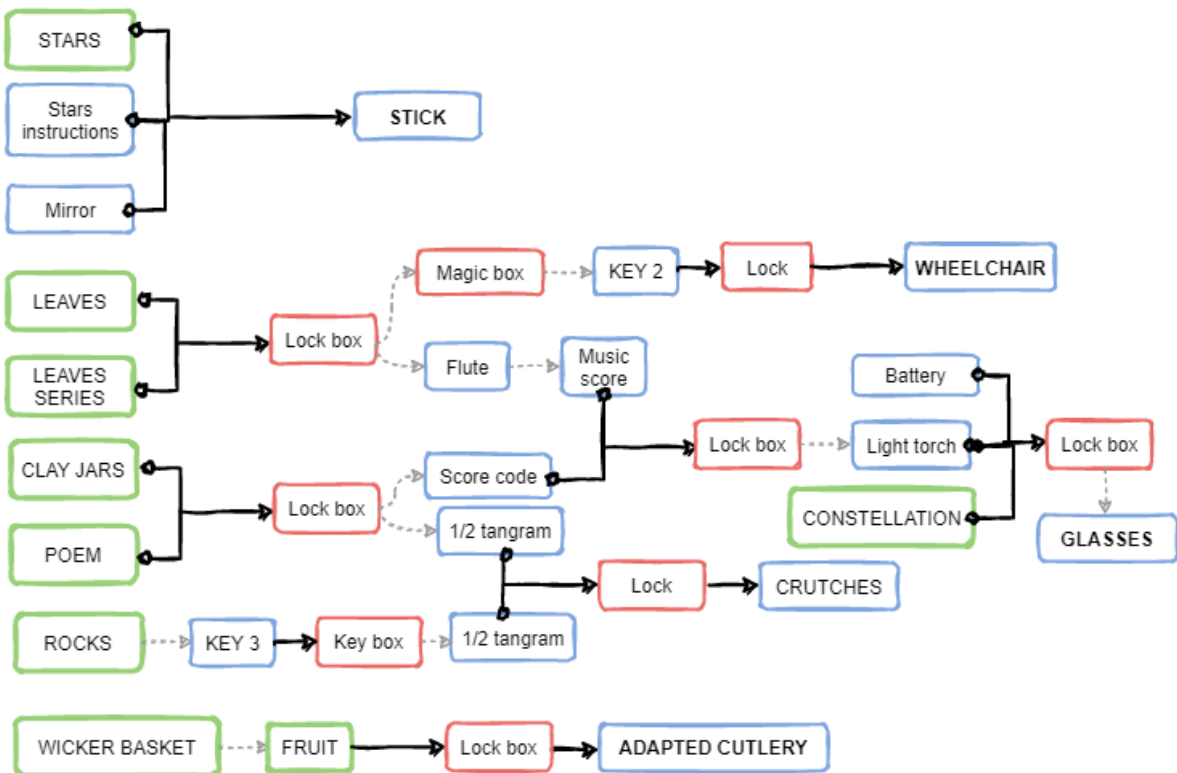
The following ow diagram shows how the items within the scenario connect together and can be used to go from one room to another and then solve the game.



### ROOM 1



### ROOM 2



## How to Win

To complete the game, the participants must find the objects that the Hesperides have kept: a wheelchair, glasses, crutches, adapted cutlery and a cane. If the time is up and they haven't had time to get all the items, stop them and tell them the time is up.

## Facilitation

While playing, it is important that the players have fun. It's okay if they get stuck on a puzzle, as long as they have fun trying to solve it.

However, if the players get bored, the facilitator should step in to help them.

Taking into account the setting of the escape room, it is interesting that the facilitators can be characterized by characters similar to those that may be in the Garden of the Hesperides, such as nymphs, for example.

Depending on the age of the players and their abilities, clues can be provided verbally, by asking playmate-style questions such as what's in the bottle?, or by writing a note that guides the players and tossing it into the water or room for them to meet.

When you provide clues, try not to make them too obvious. Most important of all, do not solve any part of the puzzle yourself, as this will rob players of their sense of agency.

**Important note:** some escape rooms are designed in such a way that it is essential to win the game and get out of the room; because this will reveal an important fact highlighted within the informative phase. In cases like this, make sure the group doesn't run out of time. If this is not the case, and the group has discovered enough elements on the escape room theme, there will be no requirement that they win the game, so don't make the escape room experience too easy.

## Game Dynamics

At the beginning of the game it is very important that you present the game and the escape room as well as the rooms in which it will take place.

We can make a presentation of the escape room in which we expose the theme or the participants read it on a poster, for example. We will emphasize before starting the objective of the escape room: find the objects that the Hesperides keep in their garden and that allow inclusion.

We must give the indications that all the clues are used only once to achieve an objective, which will be to open a box or find an element. It is important to tell them that it is not necessary to rip, throw or break any object from the materials of the escape room, since they all open or can be solved easily. We must also tell them that all the clues that are found have a use to solve some enigma of the escape room.

They are given the time they have to solve the escape room and are allowed access to the room to start the game.

## Debriefing the Players

Once the game has concluded, by the players either escaping or running out of time, you should debrief them. It is important to create a climate of reflection and sharing the group experience, since we can learn about the impact that the escape room has had and the power to raise awareness about disability that it may have had on the participants.

If some of the participants did not know some of the objects that have been discovered, it is important that we say what they are for and how they are used, in this way we can further contextualize the escape room on disability.

You can start asking them to write some key words on some post-its, and then ask some questions:

1. Have you ever done an escape room that reflects on a similar topic?
2. Do you know all the elements that the Hesperides kept?
3. What is the intention of the Hesperides in hiding these accessibility objects?
4. To what extent are these objects essential for inclusion?
5. Do you think that this type of experiences can help inclusion?

Close: framing the escape in the project, intention of the escape, accessibility, inclusion and awareness of the reality of people with disabilities around the invisible barriers of everyday life.

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**Cover Text:** Photo reference. = Calibri Light 10pt Bold & Calibri Light 10pt Regular

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