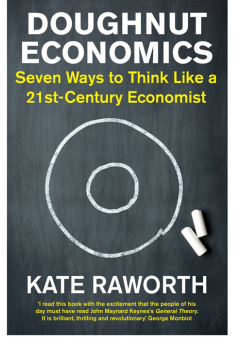
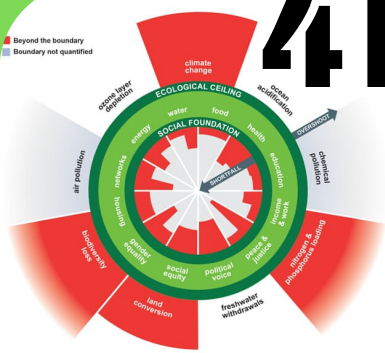


# 4D Doughnut Poly©



playful education beats @ the heart of sustainability



The Doughnut (or Doughnut Economy) is an economic model that measures economic prosperity by looking at the realization of a social foundation without exceeding ecological ceilings. Simply put, the goal is to realize everyone's needs within the carrying capacity of Earth.

The name 'doughnut' is taken from the shape of the diagram: a circle with a hole in the middle (see center game). The hole in the model shows how many people do not have access to basic necessities such as health care, education and housing. The crust shows the extent to which the ecological ceilings (planetary boundaries), on which life depends, are exceeded.

According to the model, an economy is prosperous if all 12 elements of the social foundation are secured without exceeding an ecological ceiling (9 elements). The situation is described in the model as 'the safe and just space for humanity'. The diagram was developed by Oxford economist Kate Raworth in a report for Oxfam called 'A Safe and Just Space for Humanity'. She developed the model further in her book 'Doughnut Economics: Seven ways to think like a 21st-century economist'. (Source: Wikipedia).

### The short game rules (level 1 & 2):

- The game is played on the floor, on a 3 meter by 3 meter game rug. There are 4 teams: People, Planet, Prosperity, Peace.
- One participant of each Team is the pawn = Life Educational Awareness Gaming (LEAG©), there is also a board game variant.
- The participants first determine together the order of the Doughnut-indicators on the board with regard to the 5P's(\*) = level 1 game, your own version. Above is an example.
- Team-pawns, roll the dice and walk around the board and answer questions (with their Team) that relate to 1 or more Doughnut-indicators/7 Steps linked to the case = level 2 game.'
- Along the way, participants are invited, using the specific '!'-cards / '?'(Quest)-streets etc., to dialogue with each other about the goals, the case and their own organization.

The winner is the first Team to collect all/most 5P's within the gaming-time. You are the most sustainable doughnut Team, congratulations! In addition, we also measure your awareness of the Doughnut before/after playing and record all your good ideas related to the case and more. You will receive a debriefing of this.



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