



**USER GUIDE**

MENTA50+

# User Guide for MENTA Online

TREBAG LTD

# User Guide for Menta Online

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Learning to take actions for mental fitness and wellbeing in older age

[www.menta50plus.eu](http://www.menta50plus.eu)

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## Introduction

*Menta Online is a serious game, a complementary material to Menta Handbook fostering mental fitness and wellbeing at older age.*

**S**erious Games are meant to assist learners in a playful, creative way to gain acquaintance with new skills or become better in things what we already know. They have much in common with educational games, at the same time they serve a broader scale of audience targeting learners regardless of age.



**Let's build a Community Center.** To create a Serious Game, first of all we needed an existing, real venue to provide an imaginary location to Menta Online. The United Kingdom has plenty of community centers where age is not an obstacle when it comes to learn new things or to warm up one's social life. This gave us the idea to host our game in such community center:

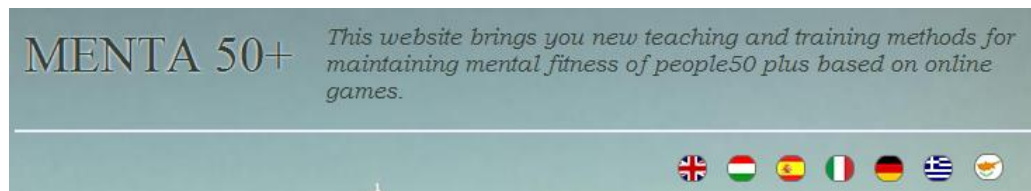
Our model Community House was inspired by Higham College in England, a used a leading centre of adult education.



The online surface is the fruit of “Menta 50+ Learning to take actions for mental fitness and wellbeing in older age” Lifelong Learning Project financed by the European Commission.

## Purpose

**The online material** is designed mainly for facilitators, trainers, teachers and adult caregivers in order to color their daily work dealing with older adults, but it can be used by individual users and groups as well.



### **Menta Online to WHOM?**

- The online surface complements the Menta Handbook - developed in the framework of the above mentioned project -. Together they form a complete material to train essential brain functions at older age.
- Facilitators can use it as an alternative toolkit which enables them to introduce new perspectives into their work with 50+.
- Older adults can train their cognitive brain functions in new ways thus gaining insight to technical issues improving their basic IT competences.

## Overview

By entering the website Visitors arrives to “door of the Community House”, on the main page. It has five main community spaces: Meeting Room, Gym, Library, Garden and Kitchen. The five rooms represent different fields of life but all have significant influence on mental health. Rooms offer one or more training exercise to Gamers (accessibly only after registration and login).

Facilitators and Players can choose Game based on recommendation (under Psychological background, clarifying the specific Game’s effects) or simply by choice of interest. By practicing these games Gamers can develop indicated cognitive functions.

Gamers will also find Hints and Tips for Menta Online’s better use, highlights on connections between online Games and Menta Handbook, furthermore a Link Gallery tracking towards interesting related websites.



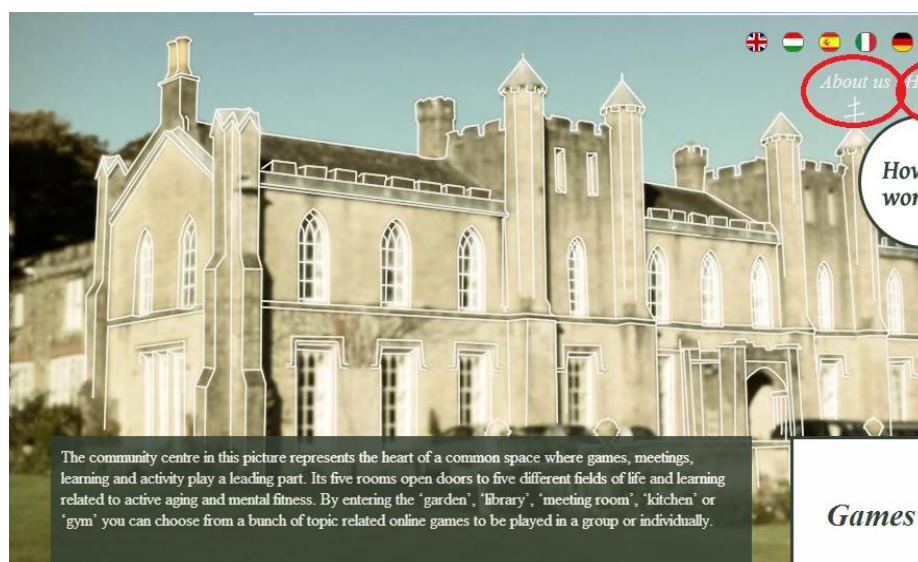
**Logo.**

The left one is Menta 50+ Online Serious Game’s logo, coming from Menta 50+ Project Logo, on right one.



## Functional description

Below you see Menta Online main page. It provides basic information about the online game surface's main goals (**grey info box**), offers further information about the Project Consortium (**About us**), and makes accessible Menta Handbook (**Handbook**) and the present User Guide (**How it works**) in pdf format by downloading.



### LANGUAGE

### ICON KEY

	Greek/Cyprian
	Hungarian
	Italian
	Spanish
	German
	English

### About the "Language" Icons

Gamers can choose language option in the Top line. The first two pages can be visited in all languages.

### Note

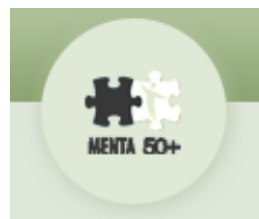
At registration Users can select only one language.

GAMES >> Brings you to the second page, to the Community Centre's top view.

**Community Centre top view.**

**5 Rooms** Here you can see the 5 rooms of the Community Centre, each of which representing a something different. By clicking on a room's name than on the room itself you can get right there.

- Meeting Room – Social networks and mental fitness
- Gym – Physical activity and mental fitness
- Garden – Stress management and mental fitness
- Library – Mental fitness
- Kitchen – Nutrition and mental fitness



**Homepage icon**

This icon represents the homepage of the Menta Serious Game. Clicking on it automatically brings you back to the first page representing the Community House.

**TOP Headings**

The top line offers you several options to learn more about mental fitness.

*Handbook*

The first heading from the left reflects on connections between Menta Handbook and Menta Online.

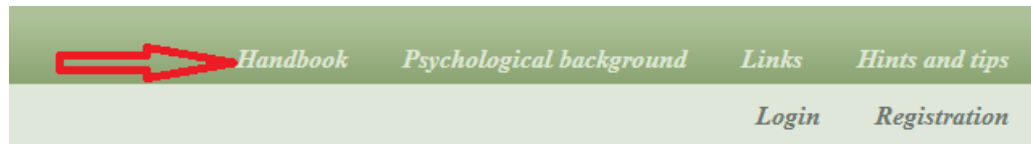
*Psychological background*

The second in the top line familiarize you with the game's general effect on cognitive functions and

psychologists explains the importance of training the brain at older age.

**Links** You will find a list of links here, all connected with mental health and mental fitness, but from different point of view. The gallery is the fruit of Menta Project Partners' desk research. You can take this as recommendation or source of creativity an, informative appetizer in various languages to learn more about the topic.

**Hints and tips** Under this heading it you will find ideas about using Menta Online in your daily work.



**2<sup>nd</sup> Line Headings** **To play the games**, first click on the Registration or Login headings, depending on if it's the first time you visiting the Game or if you have already registered.

**Login**

**Registration**

Games are accessible for Players only in logged in mode.

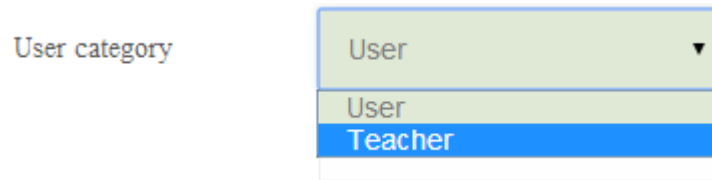
As Players need to Login in order to proceed to the Games, registration is necessary. You can do the registration directly by clicking on this heading. Mind what language and status you choose!

**About the "Registration"**

To become registered the below information boxes need to be filled in. We suggest to use an acceptable **nickname as User name**, since it will appear later on, in the introductory Game (Tableau/in Meeting Room).

Surname	<input type="text"/>
First name	<input type="text"/>
Username	<input type="text"/>
E-mail	<input type="text"/>
Password	<input type="text"/>
Confirm password	<input type="text"/>

Here you can choose whether you register as Teacher or Student. Only teachers can create groups and start the social board game.



Country selection will define the Game language in the followings. E.g. once you are registered as “Austrian”, in your following Logins you will automatically arrive to the German language version of Menta Online.

**To teacher’s attention**

Teachers can create Groups from Users who are registered into the same country and doesn’t belong to other group yet.



**Note**

Groups can be formed only by Users registered into the same country.

**Profile**

Once registered, every User will automatically receive a Profile. The Profile is editable (name, password). In several Games Players are provided with the possibility to save the fruit of their work (e.g. ‘Fruitprints’ in Kitchen or ‘My Artistic Self’ in Garden). These pictures are stored in their User’s Profile.

**Teacher profile and teacher functions**

In their Profile teachers will find a special surface named “Teacher function” (the arrow on the left points here) from where they can manage teams through the following functions:



- Creating a group
- Checking existing groups under “My groups”

- Starting game (Meeting Room, “Social Flight”)

## Games

### General icons:

The “house picture” icon (left) brings you back to the main page with 5 rooms.



The “info icon” (right) will provide general information regarding the given room’s games.

### Progress versus Competition

Menta Online doesn’t consist of competitive games. Games foster self-development and self-assessment. A part of the games has set time limits while other game types gives feedback regarding the number of correct answers (quiz games).

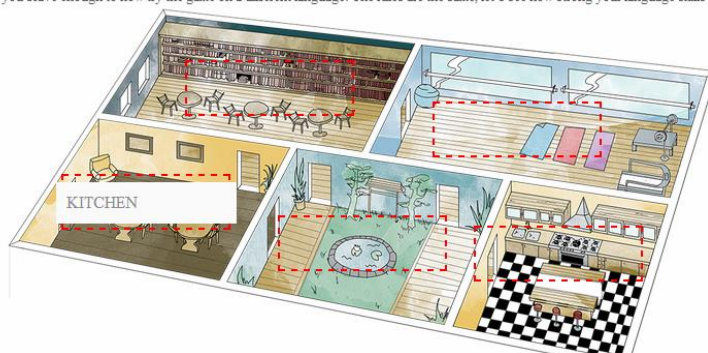
### Game types

#### Drag and Drop words and images

Worlds and pictures need to be combined meaning based. Players can choose from different language options (by clicking on the national flags in the bottom) in this Game. Results can be checked by clicking on ‘Evaluate’.



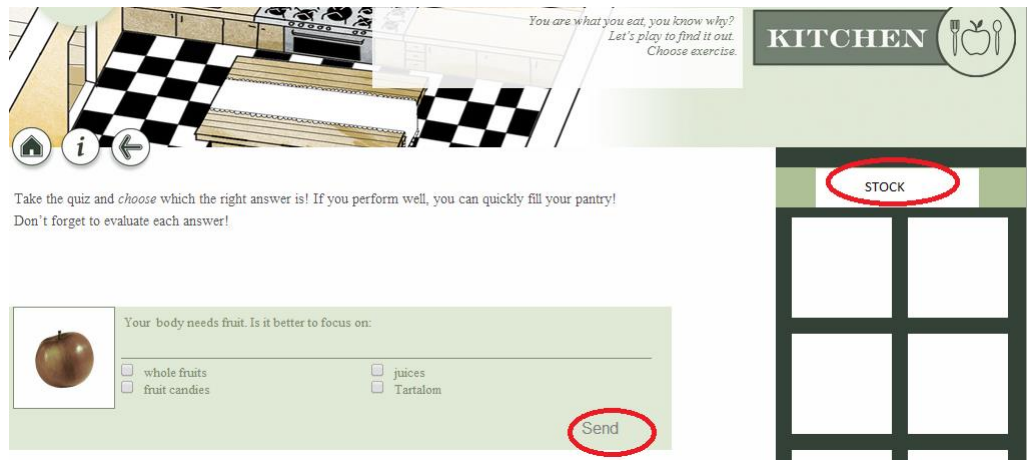
Drag and drop the names of the rooms to the right place on the picture! After you have placed all of them, evaluate your trial!  
Are you brave enough to now try the game on a different language! The rules are the same, let's see how strong your language skills are!



**Quiz**

A collection of informative, topic related questions helps the Player to test his/her knowledge regarding the healthy nutrition (Kitchen, 'Knowledge Garden' Game) and social skills & assertive communication (Meeting room, 'Social Flight' Game). The Player needs to find the right answer or the odd answer, following Game instructions.

E.g. By choosing an answer (tick and send), the Game evaluates its correctness by showing it green (correct) or all red (not correct). In case the answer is right the Gamer will receive the apple into the Stock. Fruits will appear in the Stock after answering the last question.

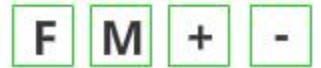


**Quiz extras:** 'Knowledge Garden' Game is related to 'Fruitprints' Game. The more correct answer is given the more fruit can be collected into the Stock. Fruits from Stock will be used to create artistic fruit & veggie sculptures in 'Fruitprints' Game.



**Create with Drag and Drop**

Gamers can create images from mandala pieces (Garden, 'My Artistic Self') or fruits and veggies (Kitchen, 'Fruitprints'). By clicking on a chosen object on the right (above picture), it appears in on the drawing pad. The object can be moved by (F M + -) signs as described in the Game's info box.

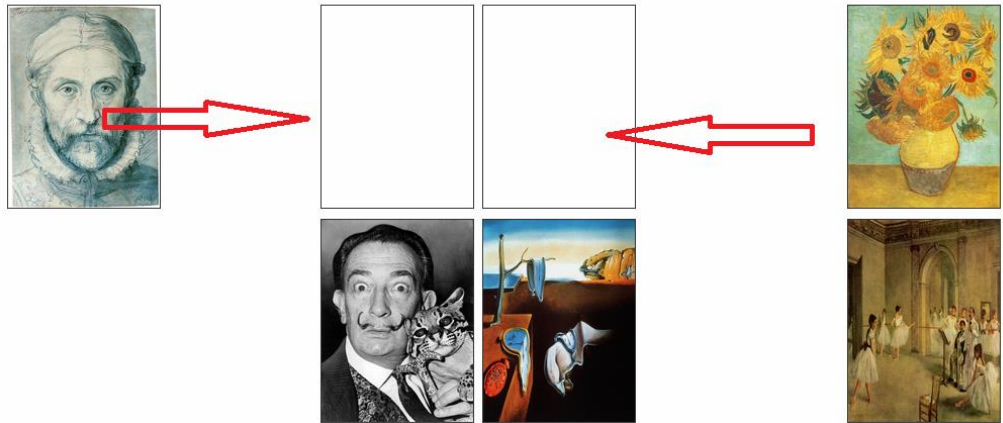


In 'My Artistic Self' Gamers will find several inspirations (music, mandalas, nice images and their own pictures).

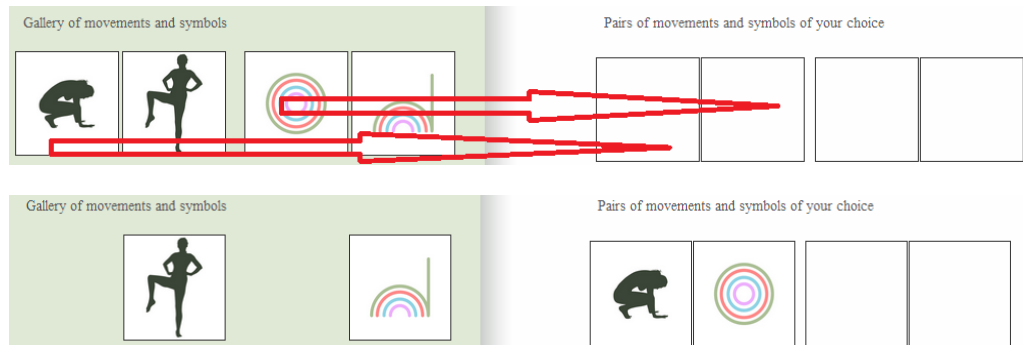
**Find the pair**

Players need to find the matching cards from the left and from the right column, pulling them into the middle by drag and drop. (Kitchen, 'Artmix' and Gym, 'Gymbo'). Once you have arranged your choices, click on 'Evaluate' in the bottom of the screen to check whether your answers were right. The percentage of right answers will be shown.

Pair the paintings with their painters!











In 'Gymbo' Gamers need to pair symbols and movements (using all of them) according to their preference, but later on the pairs will need to be memorized within a set time limit.















Following this Players will have 3 minutes to memorize all pairs.

Memorize the pairs!


02:55

1.		
4.		
7.		
10.		

2.		
5.		
8.		

3.		
6.		
9.		

In case Gamers need less than 3 minutes to memorize the pairs the right arrow (below heading) will bring them to the next step of this Game. In case they would like to re-pair the symbols and the movements the left arrow (below heading) brings them back to the previous page.



Memorize the pairs!



02:55

In the next step Gamers will have 5 sec to try each movement, they still see the matching symbol next to the movement illustration.

Try out the movement represented by the symbol!

:05

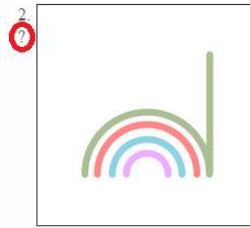
2.

	
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The last step is to realize the movements solely based on symbols, which appear in random order on the screen. They have 8 sec for each.

Recall the movement and work it out!

:08



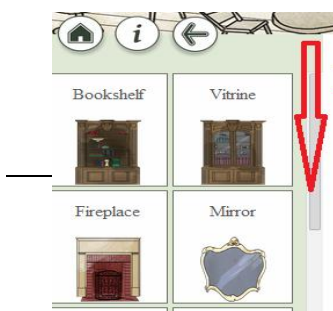
The question mark offers a hint to Gamers in case they can't recall the matching movement, by clicking on it they will receive the symbol's movement pair.

**Reconstruction from Memory by Drag and Drop**

In Library, 'Memorypoly' Players will use drag and drop to rebuild a room. Following a 60 sec memorization period (of the interior and its elements) the below image disappears from the middle. Players need to reconstruct it in an empty room by clicking on the elements (in the left column's furniture stock) first, then by placing it to its original position by drag and drop.



You can scroll down the stock to see all the elements.



In Library's 'Design Agency' Game Players can use re-design the above interior as they wish, following their own inspiration. There are no time limits or judgment regarding good or bad design, everything is up to the Player.



**Board Game** In Meeting Room, 'Social Flight' offers an opportunity for teamwork, by playing in team. This Game can be initiated by Facilitators (registered as Teacher) only. (For more information see Registration.) Registered teachers can create groups by entering 'Teacher functions' surface.

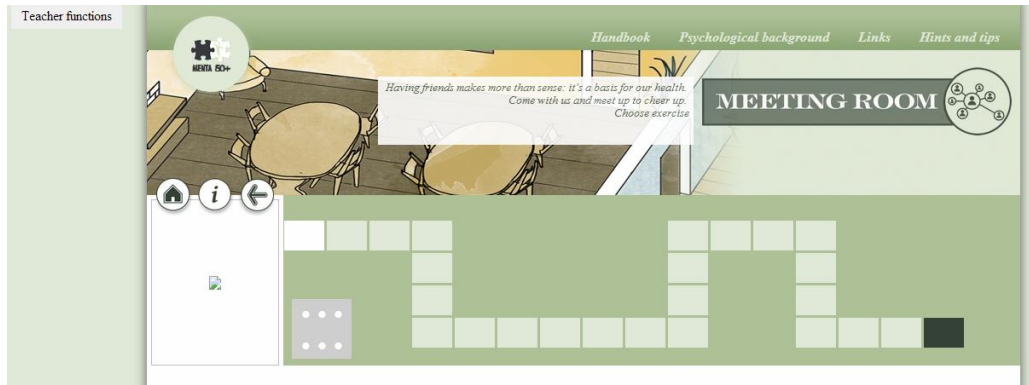


[Main page](#) - [Create a group](#) - [My groups](#) - [Start game](#)

Teachers can start the Game following these steps:

- Create a group will offer the possibility to team up users (from the same country and not belonging to other groups yet) creating a group.
- Under my groups the Teacher can see his/her already existing groups and group members. Members can be also removed here from a group.
- The teacher starts the board game with Start game.

The board game will appear on the group member's individual screen.



Players are represented by coloured figures. On the starting place all of them are present, therefore their figures won't be all visible, but one. The same thing happens in case more than one figure stand on one board field.

Game steps:

> Click on the dice to drop > The dice shows a number and the Gamer is asked a question (quiz). If the Gamer gives the right answer he/she can step forward as many steps as the dice shows. If the answer is wrong the Gamer can't go ahead. > The dice changes colour, this shows who's turn comes (dice colour will be just like the Gamers figure's colour).

### Tableau

Gamers can play this Game only in case they belong to a group

(administered by the Teacher).



Here they will see their peers' (members of the same group) 'Name cards'. By drag and drop they have to place onto the card each peer's name. E.g. Name: Test 2; User name: Test2 Test 2.

Onto the Gamer's own name card a link can be placed (symbolized by Globe icon), which represents his/her interest field. Other group

members can visit interesting sites by clicking on other users'

Globe icon. (The link's address can be seen by clicking on 'Edit' (on the right).



[profile\_print] >

[form\_edit] >

It's also possible to print the Tableau by clicking on 'Print'.