THE LIFE CYCLE OF A T-SHIRT

Various game options tailored for different game setups:
individual player, 2-4 players and a group of players.

Age 13+

The fast fashion industry has two sides: on one side, there are customers eager to buy inexpensive, fashionable clothing at a fraction of the cost of high-end goods. On the other side, there are clothing manufacturers who build their business model on cheap labour in developing nations, where workers are often exploited, underpaid, and work in inhumane conditions.
"The Life Cycle of a T-Shirt" is a game designed to raise awareness about the impact of fast fashion on both the environment and individuals and to bring this reality closer to people in a playful manner. Through gameplay, players explore the various stages of a T-shirt life cycle, from production to disposal, and learn about the global consequences of fast fashion.

CONTENT

PRINTING INSTRUCTIONS 2

GAME COMPONENTS 3

EVALUATION OF THE CUSTOMER TYPE 5

GAME VARIATIONS

- **The board game** 5
- **The card game** 7
- **The individual game** 8
- **The game for a group** 9

PRINTING INSTRUCTIONS (GENERAL)

• **File format and page size:** The game components are provided in PDF format, sized for A4 paper (210 x 297 mm).

• **Print mode:** For the best experience, print the game components in colour (CMYK). However, if colour printing is not available, you may print the game in black and white too.

• **Paper thickness:** Use paper with a thickness of 300gsm for durability, ensuring the cards and other components withstand regular use. Standard paper can be used for printing these instructions, if it is necessary to have them in a hard copy.

PRINTING THE CARDS

• **Duplex printing:** Set your printer to print on both sides of the paper to ensure that the cards have a front and back side.

• **Cutting the cards:** After printing, cut the cards along the indicated lines. For a more professional finish, you may round the corners of the cards. If desired, professional cutting services are available at many printing companies for more precise results.

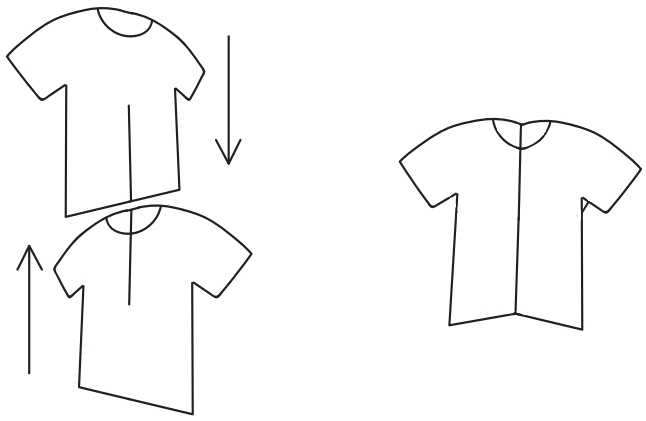
PRINTING THE GAME BOARD AND THE TWO CARDS DECK PLACEMENT MAT

• **Paper thickness:** Use paper with a thickness of 300gsm for durability. Print the Game Board and the Two Card Decks Placement Mat on separate papers.

PRINTING THE BOX AND THE T-SHIRT TOKENS

• **Cutting and assembling the box:** Cut the box along the indicated lines. Fold along the lines and glue the marked sections. The box can be used to store the cards.

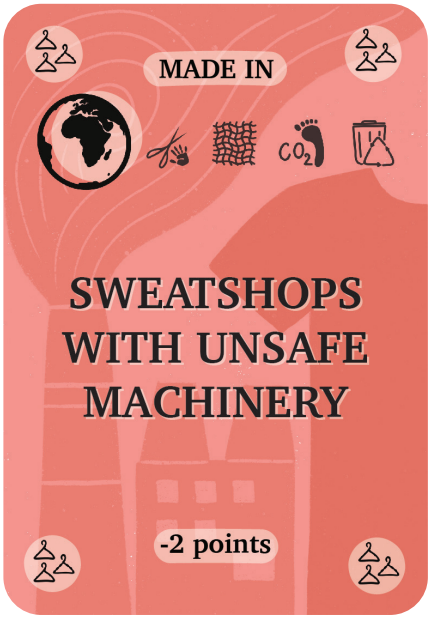
• **Cutting and assembling the T-Shirt tokens:** Carefully cut along the solid lines surrounding each part of a T-shirt token. Take your time to ensure the edges are smooth and clean. Next, cut along the marked line inside each T-shirt token piece: one piece should be cut from the bottom, and the other from the top. After cutting, insert the two parts into each other along these cuts to create 3D T-shirt tokens. You can personalise your figure e.g. by colouring it or writing your name on it.

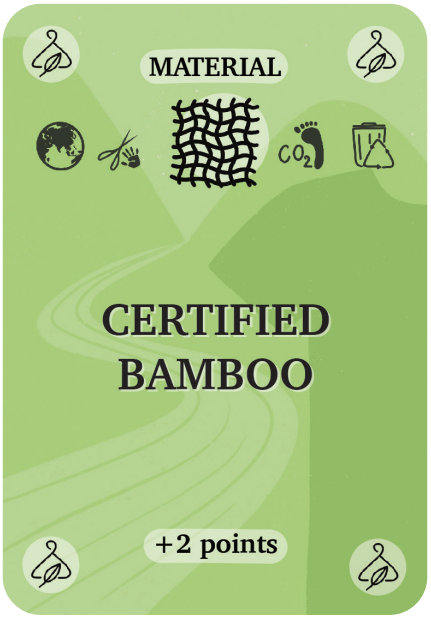


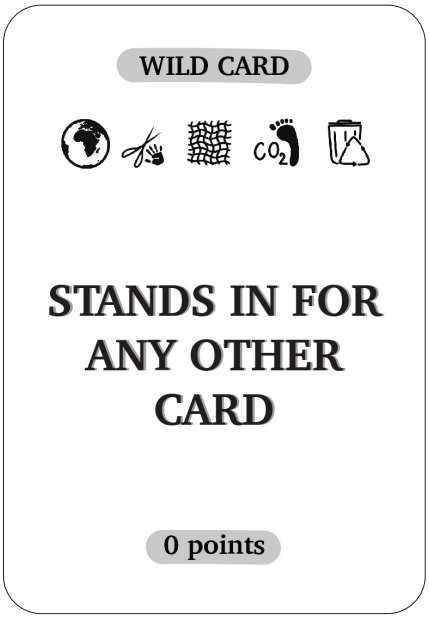
GAME COMPONENTS

- **81 cards:**

  57 basic cards: These cards represent different stages of a T-shirt's life cycle, including: Made in, Labour, Material, CO_2 footprint, Disposal/ Circularity.
  There are also two Wild cards, which can substitute for any other card in these categories.

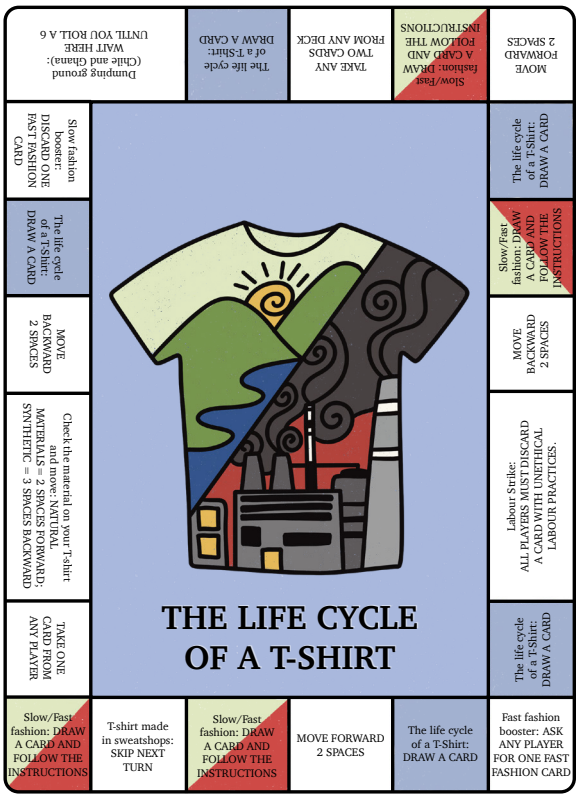


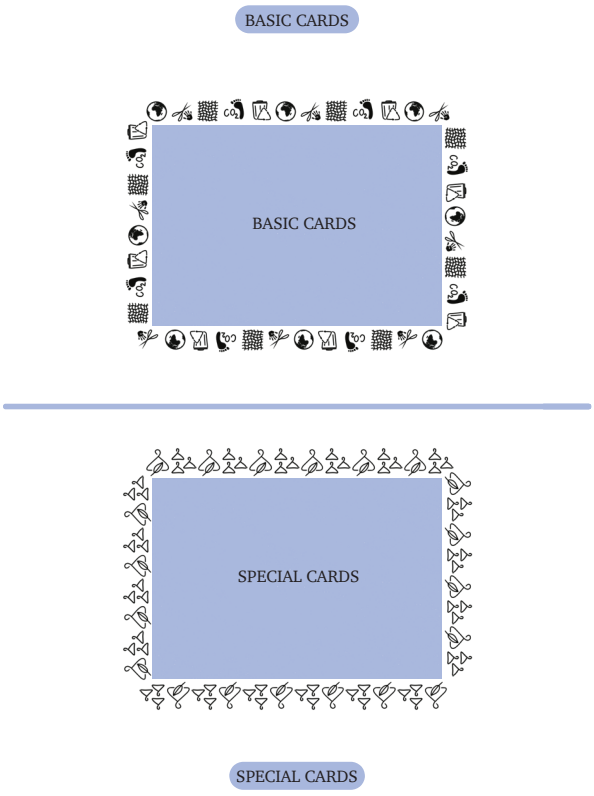




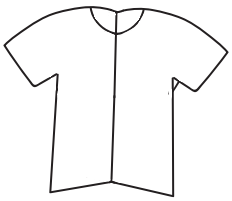
24 special cards: These cards represent concepts related to fast fashion and slow fashion.

• **Game Board and Two Card Decks Placement Mat:** The game board serves as the central playing area where players move their T-shirt tokens and interact with different spaces related to the game's theme. The two card decks placement mat provides the place to store the decks with basic cards and special cards.





• **Tokens:** These are tokens or figures that represent each of the players on the game board.



• **Virtual dice roller:** A digital application used to simulate rolling dice, or an actual dice can be used if available. Virtual dice rollers can be downloaded from the Apple Store, Google Play, or used directly from online sources.

• **Instructions for alternative game options:** Additional rules or variations that players can choose to customize their gameplay experience beyond the standard rules provided.

EVALUATION OF A CUSTOMER TYPE

Based on the value of the T-shirt's life cycle each player collects, they can evaluate their own customer type:

SLOW FASHION ADVOCATE (VALUE 5 POINTS AND MORE)

A Slow Fashion Advocate is a dedicated advocate of sustainable and ethical fashion choices. They prioritize quality over quantity, seek clothing that is timeless, well-made, and produced in an environmentally friendly and socially responsible manner. A Slow Fashion Advocate sees fashion as a reflection of their values, making deliberate and careful choices to support a healthier planet and fairer society through their wardrobe decisions.

CONSCIOUS CUSTOMER (VALUE BETWEEN -1 AND 4 POINTS)

A Conscious Consumer falls between a Slow Fashion Advocate and a Fast Fashion Waste Contributor. They are aware of the issues regarding fast fashion and strive to make more responsible choices, but they may not be as fully committed or knowledgeable as a Slow Fashion Advocate. A Conscious Consumer is on a journey towards a more responsible fashion consumption, balancing their desire for style and trends with a growing commitment to sustainability and ethical practices.

FAST FASHION WASTE CONTRIBUTOR (VALUE BELOW -2)

A Fast Fashion Waste Contributor is largely unaware or indifferent to the ethical and environmental implications of their clothing choices. They prioritize convenience, trends, and affordability over sustainability and ethical considerations. They can be characterized as trend-driven, with a disposable mindset and limited environmental awareness.

OPTION 1: THE BOARD GAME

GOAL OF THE GAME

The goal of the game is to collect a complete set of five cards representing the stages of a T-shirt's life cycle: Made in, Labour, Material, CO_2 Footprint, and Disposal/Circularity. Players not only race around the board to gather these basic cards but also accumulate points through careful management of both basic and special cards, which can significantly impact their final score. Victory is not just about speed. It is also about strategy, knowledge, and value. The player who completes their set first gains an extra advantage, but all players can maximize their score, keeping the competition intense until the final calculation.

SETTING UP

- Download a virtual dice roller or use an available dice from another board game.
- Place the game board and the two cards' decks placement mat on a table.
- Assemble your T-shirt token/ game piece (or use an alternative figure, such as a LEGO minifigure, or a figure from another board game).
- Divide the cards into two groups: basic cards and special cards.
- Shuffle the two sets of cards separately and place them face down on the two card decks placement mat next to the game board.
- Players can decide whether to play with their cards displayed openly on the table (this is a recommended option) or with their cards in their hands.

HOW TO PLAY/ WHAT TO DO ON YOUR TURN

• **Each player puts their token on the Starting point** = the so called "Dumping ground field" on the board (top left corner)

• The youngest player starts, and the rounds proceed clockwise.

• **On your turn:**

  • **Roll the dice and follow the instructions** on the space you land at.
  Rolling value 1, 2, 3, 4 or 5: Move your token clockwise based on the number rolled.
  Rolling a 6: If you roll a 6, you get an additional roll. Roll the dice again and add the value of the second roll to your initial 6. Move your token forward by the total of the two rolls (6 + the second roll). For example, if your second roll is a 4, move forward 10 spaces.

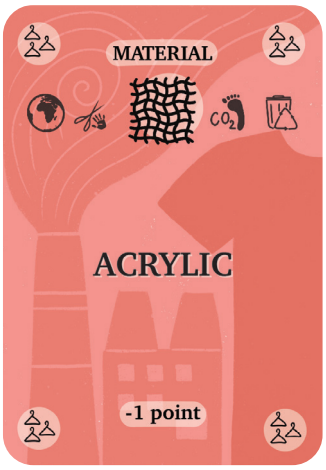
    • Additional Rolls: If you roll another 6 on your second roll, repeat the process. Continue rolling and adding the numbers until you roll a number other than 6. Then, move your token forward by the cumulative total.

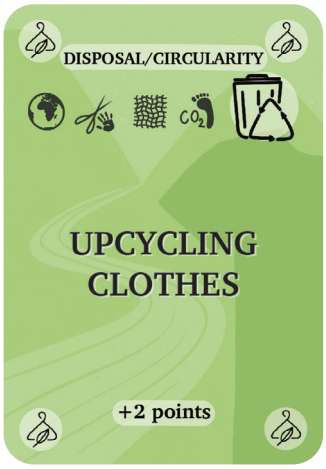
  • **At the end of your turn**, discard excess card/s so you have a maximum of eight cards. You can discard any card/s of your choice by placing them at the bottom of the respective deck (basic or special cards).

  • **Passing the Starting point/ Dumping ground field:** Each time you pass the starting point after completing a full round on the board, you earn one Basic Card.

WINNING THE GAME

• Complete the set: The game ends when one player collects a full set of T-shirt life cycle cards first.





• **Calculate your score:** The player who completes the set calculates the value of their T-shirt life cycle cards using only the five cards from their complete set and finds out their customer type. This player also adds an extra 3 points to their score for being the first to complete the set. Afterward, all players individually calculate the total value of all the cards they have.

• **Highest points win:** The player with the highest points wins.

• **Reflection:** Players can then discuss the content of the cards, share their experiences with (fast) fashion, and evaluate their own customer type.

OPTION 2: CARD GAME

GOAL OF THE GAME

The goal of the game is to collect a complete set of five cards representing the stages of a T-shirt's life cycle: Made in, Labour, Material, CO_2 Footprint, and Disposal/Circularity. Players not only try to gather these basic cards but also accumulate points through careful management of both basic and special cards, which can significantly impact their final score.
Victory is not just about the speed. It is also about the strategy, knowledge, and value. The player who completes their set first gains an extra advantage, but all players can maximize their score, keeping the competition intense until the final calculation.

SETTING UP

• Merge both basic cards and special cards into one deck.
• Shuffle the combined deck and place it face down on the table.
• Players can decide whether to play with their cards displayed openly on the table (this is a recommended option) or with their cards in their hands.

HOW TO PLAY/ WHAT TO DO ON YOUR TURN

• The youngest player starts and the game proceeds clockwise.
• **On your turn:**
    • **Always take one card on your turn:**
        • either draw the top card from the deck,
        • or take the top card from the discarded pile
    • **Using special cards:** follow the instruction, if you draw a special card.
    • **Discarding cards:** At the end of your turn, if you have more than eight cards, discard any excess cards of your choice until you have a maximum of eight cards in your hands. Place the discarded cards on the top of the discard pile.

WINNING THE GAME

• Complete the set: The game ends when one of the players collects a full set of the T-shirt life cycle cards first.

• **Calculate score:** The player who completes the set calculates the value of their T-shirt life cycle cards using only the five cards from their complete set and finds out their customer type. This player also adds an extra 3 points to their score for being the first to complete the set. Afterward, all players individually calculate the total value of all the cards they have.

• **Highest points win:** The player with the highest points wins.

• **Reflection:** Players can then discuss the content of the cards, share their experiences with (fast) fashion, and evaluate their own customer type.

OPTION 3: INDIVIDUAL GAME (BOARD GAME OR CARD GAME)

GOAL OF THE GAME

The goal of the game remains the same: collect a complete set of five cards representing the stages of a T-shirt's life cycle: Made in, Labour, Material, CO 2 Footprint, and Disposal/Circularity. You can also reflect on your journey through the game, considering the impact of fast fashion and sustainability.

SETTING UP

• **For board game:**

  • Set up the board and place your token on the Starting Point (Dumping Ground).

  • Shuffle the Basic and Special Cards separately and place them on the two card decks placement mat.

• **For card game:**

- Merge all the basic cards and special cards into one deck.
- Thoroughly shuffle the combined deck to ensure randomness.

HOW TO PLAY

• **For board game:**

- Roll the dice to move your token around the board.
- Follow the instructions on the space you land on, just as you would in a multiplayer mode.
- Draw cards from the appropriate deck (Basic or Special) as instructed by the board spaces.
- Like in the card game, discard excess cards to maintain a maximum of eight in your hands.

• **For card game:**

- You will take all turns.
- On each turn, draw one card from the combined deck.
- If you draw a Special Card, follow its instructions immediately or as specified.
- At the end of each turn, discard any excess cards so that you have a maximum of eight cards in your hands. Discarded cards should be placed on top of the discarded cards pile.

END OF THE GAME

• Complete the set: Continue moving on the board and collecting cards (or drawing cards) until you collect one card from each stage of the T-shirt's life cycle: Made in, Labour, Material, CO_2 Footprint, and Disposal/Circularity.

• Calculate your score: Once you have collected a full set of five cards, calculate your score and evaluate your customer type.

OPTIONAL: CALCULATE THE VALUE OF THE CLOTHES YOU ARE WEARING

As an optional reflective exercise, you can calculate the value of the clothes you are currently wearing. Consider the materials used, where your garments were made, and the environmental impact of their production and disposal. This exercise encourages reflection on own personal fashion choices and their implications and encourages individuals to make research on the background of their clothing garments.

OPTION 4: THE GAME FOR A GROUP (TEAM CHALLENGE EDITION)

GOAL OF THE GAME

The goal of the game remains the same: collect a complete set of five cards representing the stages of a T-shirt's life cycle: Made in, Labour, Material, CO_2 Footprint, and Disposal/Circularity.

SETTING UP

• **Remove wild cards:** Ensure all wild cards are removed from the deck.

• **Divide the cards:** Separate the cards into six decks:

- One deck with **Made in** cards.
- One deck with **Labour** cards.
- One deck with **Material** cards.
- One deck with **CO_2 Footprint** cards.
- One deck with **Disposal/Circularity** cards.
- One deck with **Fast and Slow Fashion** specia cards.

• **Shuffle each deck** to ensure randomness.
• **Form groups:** Divide the participants into six groups and assign one game mediator (it is recommended that the game mediator has deeper knowledge about the fashion industry and/or product value chains):
    • Each of the five groups represents one of the five stages of a T-shirt's life cycle.
    • The sixth group handles the special cards (Fast Fashion and Slow Fashion cards).
• Download a virtual dice roller or use an available dice from another board game.

HOW TO PLAY

• **Rolling the dice:** The game mediator rolls the dice to determine the action.

• **Draw a card:** Based on the dice roll, the game mediator draws a card from the respective deck:

For a 1, draw a card from the **Made In** deck.
For a 2, draw a card from the **Labour** deck.
For a 3, draw a card from the **Material** deck.
For a 4, draw a card from the **CO_2 Footprint** deck.
For a 5, draw a card from the **Disposal/Circularity** deck.
For a 6, draw a card from the **special cards** deck.

• **Using special cards:** If a special card was drawn, follow its instructions immediately or as specified.

• **Collecting and displaying cards:** The game mediator collects all the cards throughout the game and explains their impact on how the T-shirt was made. These cards should be displayed openly.

• **Discarding cards:** At the end of the turn, the game mediator ensures they have a maximum of eight cards in their hands/ on the table (while the cards are displayed openly). Discard any excess card/s by placing them on the side.

• **Continuing the game:** Continue rolling the dice and drawing cards until the group collectively collects one card from each stage of the T-shirt's life cycle: **Made In, Labour, Material, CO_2 Footprint,** and **Disposal/Circularity.**

WINNING THE GAME

• **Complete the set:** The game continues until the whole group (consisting of six small groups of players) collects a full set of the T-shirt's life cycle cards.

• **Calculate the value:** Once the group has collected a full set of five cards, calculate the value of the T-shirt's life cycle cards including the special cards.

• **Reflection:** After the game, the players can discuss the content of the cards and share their experiences with (fast) fashion and evaluate their customer type.

Author of the game:
Katka Moško Veselá

Illustrator:
Lucia Ričanyová

This game was developed as part of the 4F: Fast Fashion? Fast Forward! project. For more information visit: www.mysustainable.space

Funded by the European Union

This project is co-financed by the Erasmus+ programme of the EU