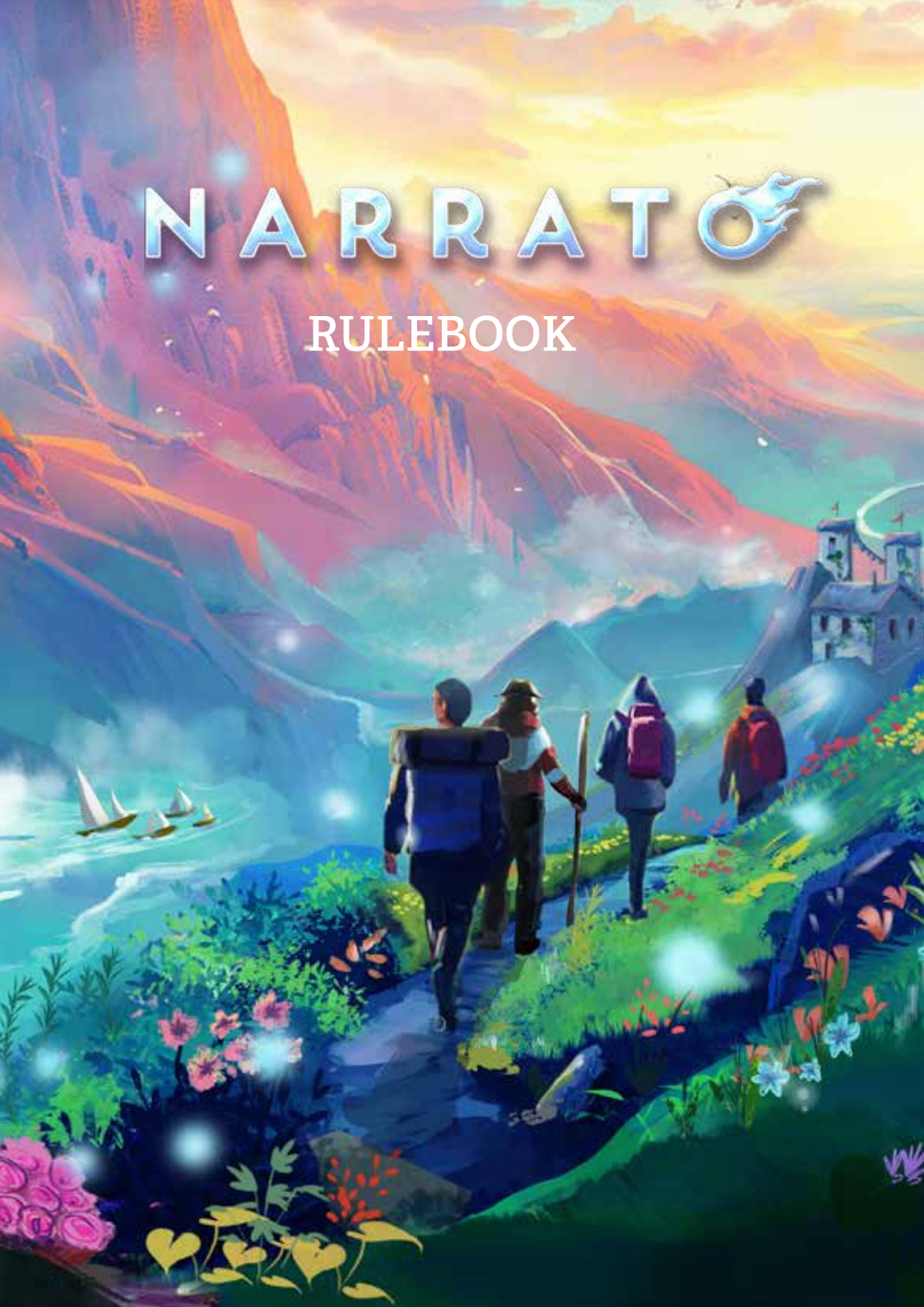


NARRATO

RULEBOOK



INTRODUCTION

Narrato is a journey of discovery in game form through stories and domains of life. Each player takes on the role of an adventurer. This way, you will not only get to know your own experiences better but also share them with your fellow hikers.

CONTENT

SPELMATERIAAL

- A. 1 Rulebook
- B. 1 Travel Guidebook
- C. 1 Compass
- D. 5 Player Boards
- E. 5 Pawns (one in each color)
- F. 5 Player Aid Cards
- G. 50 Wooden Pieces
- H. 2 Wooden Cubes (blue = expedition marker, red = finish marker)
- I. 9 Landscape Tiles (1 base camp tile and 8 life domain tiles)
- J. 20 Dream Cards
- K. 31 Wind Cards
- L. 31 Torch Cards
- M. 1 Color Die
- N. 33 Adventure Cards
- O. 5 Pebbles per Color
- P. 40 Specific Hike Tokens (numbered)
- Q. 15 Neutral Hike Tokens
- R. 12 Bridge Tokens
- S. 40 Sparkle Tokens (25 × value 1, 15 × value 3)
- T. 1 Hike Map
- U. 5 No entry cards



THERAPEUTIC FRAMEWORK:

Narrato derives its name from the word narrative – the art of storytelling. Narrato is a semi-cooperative game in which each player embarks on a journey through stories and meanings. Players explore different life domains across timelines: past, present, and future.

While playing, you gather sparkles as you wander through stories. The therapeutic objective, in the broadest sense of the word, is to discover refreshing, surprising, and sometimes humorous perspectives.

Adventurers who wish to explore the principles behind the game more deeply can consult the additional booklet: Narrato: Unlocking Stories.

SETUP

1. CHOOSE THE LIFE DOMAINS

Place the base camp tile in the middle of the table.

Choose some or all life domains to explore during the game. Select with your gaming group which life domains will be part of your gaming session. Note: The fewer life domains that are selected, the less variety there will be in the hikes.

An introduction to each life domain can be found in the guidebook.

There are 8 life domains:

- I) Family
- II) Neighborhood
- III) Friends
- IV) Leisure
- V) Work
- VI) Extended Family
- VII) Relationship
- VIII) School

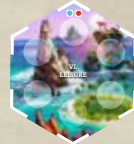
Shuffle the chosen life domains and place them face-down in a stack next to the base camp.

2. CHOOSE YOUR JOURNEY

Leave some empty space under the base camp tile before placing the hike map. Place the blue cube (expedition marker) on '0' on the upper side of the hike map. [visual]

The adventurers now choose a game variant based on the time they have available. The duration depends on the number of players and the chosen journey.

Excursion	30 minutes to 1 hour	Each player goes on 1 hike.
Trek	1,5 to 2 hours	Each player goes on 2 hikes.
Voyage	2 to 3 hours	Each player goes on 3 hikes. This journey is not available with more than 4 players.



To determine the ending of the journey you need to multiply the number of hikes (in the chosen journey) with the number of players. Place the red cube (finish marker) on the number that matches the maximum number of hikes for the chosen journey.

*e.g. You as a group of 4 players choose the trek.
That means that you must place the red cube on '8'.*

*e.g. You as a group of 3 players choose the voyage.
That means that you must place the red cube on '9'.*

3. CARD DECKS

Sort and shuffle the Dream, Torch, Adventure, and Wind decks. Place them face-down next to the hike map.

4. PLAYER SETUP

Each player chooses a color and receives:

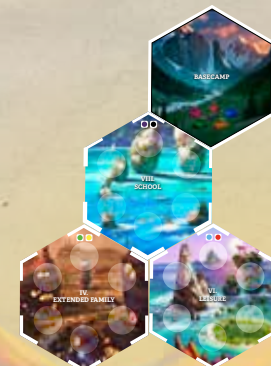
- 1 player board of that color
- 1 pawn of that color
- 3 pebbles of that color
- 1 No Entry Card

5. FORMING THE GAME BOARD

Taking turns, starting with the hiker, each adventurer draws the top tile from the life domain stack and places it adjacent to the base camp or to another landscape tile.

Once all life domains have been placed, the game board is complete.

Here are some examples:



GAMEPLAY

GOAL OF THE GAME

The adventurer who has collected the most sparkles by the end of the journey wins the game. However, all players gain new insights about themselves and their fellow players.

PLAY ORDER

The youngest player rolls the color die.

The player wearing the most items in the rolled color receives the compass token and starts. This player with the compass is named the hiker.

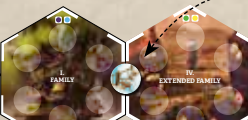
Play continues clockwise, passing the compass after each turn.

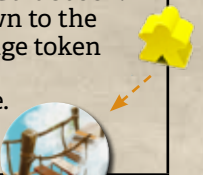
PLAYER ACTIONS

On your turn, you have several options. Your choices depend on the pebbles you have (left) and the situation on the game board.

On your turn you may perform actions depending on the number of pebbles you have on field A. Choose an action you want to do, pay the required pebbles by moving the pebble(s) down to field B and complete the act

There are 6 possible actions. They are shown at the top of your player board:

ACTION	COST	DESCRIPTION
 Discover	1 pebble	Flip a landscape tile of your choice to reveal the life domain. Place the 5 corresponding hike tokens on the tile. Place also one neutral hike token from the supply underneath each hike token.  If two revealed life domains are adjacent to each other, take a bridge token from the box. Place it face-up (the side with the intact bridge) on the circle formed by the two connected landscape tiles. Bridges are not placed if a life domain is adjacent to the base camp. 

ACTION	COST	DESCRIPTION
 Balloon Ride	1 pebble	<i>Note: This action can only be taken if at least one life domain has been revealed.</i> Roll the color die to determine where you'll travel. Each roll allows you to move to already discovered life domain tiles that match the color. If there is only one tile of the rolled color, move your pawn to that tile. If the color rolled is not yet visible (i.e., the tile hasn't been discovered), you cannot move and lose the pebble you spent. 
 Teleport	2 pebbles	Move your pawn directly to any life domain of your choice without rolling the die. 
 Seek Adventure	1 pebble	Draw the top card from the Adventure deck and add it to your hand. <i>Note: This action cannot be taken while your pawn is in the base camp.</i> 
 Cross a Bridge	2 pebbles	<i>Note: You may only take this action if your pawn is on a life domain adjacent to a bridge token.</i> Move your pawn on the bridge token and check the number on it. Go to page # of the Travel Guidebook. After crossing a bridge, move your pawn to the connected life domain and flip the bridge token to the broken bridge side. Gain 1 sparkle from the reserve. 
 Go on a Hike	3 pebbles	Choose one of the available hikes in the life domain where your pawn is currently located. Move your pawn on the hike token. See further for more information about the hikes. <i>Note: This action cannot be taken while your pawn is in the base camp.</i> 

HIKES

When going on a hike, you can choose between the available ones in the domain you are currently at. Each life domain contains 5 hike tokens.

There are three types of hikes:

1. Walk in the park – one out of five

These are lighthearted and playful, focusing mainly on the fun aspect.

You can recognize them by the adventurer-in-hammock icon .

2. Regular hike – three out of five

These cover broader aspects of life.

You can recognize them by the walking adventurer icon .

3. Mountain hike – one out of five

These tackle challenges or unpleasant aspects within the life domain.

You can recognize them by the climbing adventurer icon .

The Travel Guidebook serves as a guide throughout the game. Every code found on a card, tile, or token refers to a specific section in the book.

Hike follow a specific procedure:

- After choosing the hike, place the token in front of your player board.
- Consult the Travel Guidebook and search for the corresponding hike code.
- Read the hike description out loud.
- Follow the instructions:
 - o Setup of the game materials that are required for the hike
 - o The hiker chooses a time dimension: past, present, or future
 - o Instructions for the hiker
 - o Instructions for the fellow players
 - o Additional reflective questions
- Fellow players may contribute by asking questions using their Inspiration Cards or by playing an Adventure Card.
- When you complete a hike, move the **expedition tracker** one space forward on the hike map.

After successfully complete the hike:

Rewards for the fellow players:

The hiker acknowledges the contributions of the fellow players. The hiker gives **one sparkle** to each contributing player.

Optionally, the hiker may give **an extra sparkle** from their own tent to someone who made a particularly meaningful contribution.

Rewards for the hiker:

The hiker receives both hike tokens:

the **specific hike token** and the **neutral hike token** that was underneath it.



Next, the hiker takes the hike token and places it on the first available spot (left to right) in the row corresponding with the **category** (walk in the park, regular hike or mountain hike). Upon placement, check which **reward** is shown underneath and take it from the supply.



Then, do the same with the neutral hike token but now you can choose an available spot (still from left to right) on all categories. Upon placement, check which reward is underneath and take it from the supply.

IMPORTANT FOOTNOTES ABOUT HIKES:

Drift off: A hike may lead you deep into storytelling and temporarily take you out of the game. If that happens, take a moment for it, then gently return to the game.

No judgement: Players are not allowed to make judgmental remarks about another person's story. The intention is not to solve or judge, but rather to reach surprising and novel perspectives.

No hijacking: Only the hiker answers the questions. Fellow players may contribute or ask follow-up questions, but they should not answer on behalf of the hiker.

No entry card: You can always play your No Entry Card. Use it if you don't want to go in a certain direction or don't want to answer a particular question.

- If you play as the hiker, the hike ends immediately.
- You are not required to explain your decision, and no one is allowed to ask why you used an escape route.



- After playing it, place the card back next to your player board.
On the other side, you'll find your Inspiration Card.

Inspiration card: During another player's hike, you are always welcome to ask (extra) questions or share your own stories in an attempt to earn sparks. We encourage players to come up with their own questions or reflections, but the Inspiration Card is there to help guide fellow players.

ADVENTURE CARDS

Adventure cards introduce twists and player interactions. They can be played in certain circumstances (see on the card itself for its conditions).

There are 11 types of adventure cards:



1. Mindbug

Play this card when another player wants to start a hike.
It forces that player to take a different hike within the same life domain.



2. Whirlwind

Play this card when a player rolls the color die. They must roll it again.



3. Bird's-Eye View

Play this card when hike cards are about to be drawn.
Draw 3 additional cards of the required type (dream, torch, wind).



4. Mule

Play this card after completing a regular hike. Receive 1 extra sparkle.



5. Hammock

Play this card after completing an easy hike. Receive 1 extra sparkle.



6. Ice Axes

Play this card after completing a difficult hike. Receive 1 extra sparkle.



7. Lianas

Play this card when one or more bridges are broken. Repair all broken bridges.



8. Portal Gun

Play this card when you want to travel to a new area.
Pay only 1 pebble to move to any area of your choice.



9. Terrain Scanner

Play this card when seeking adventure. Draw 2 cards instead of 1.



10. Hiking Boots

Play this card after completing a hike. Gain 1 extra hike token.



11. Shovel

Play this card during a difficult hike of a fellow player when you feel they could go deeper. Ask them to reflect further or dig deeper into their story.

END OF THE GAME

When the expedition tracker (blue cube) reaches the finish marker (red cube), the game ends.

All players count all their collected sparkles.
The player with the most sparkles wins the game.

"At the end of the path, what matters most are the stories we shared along the way."

SOLO PLAY

If you are playing solo, you will set up the necessary components yourself and read the texts on your own—even if it says "the player to your left or right..."

We recommend that when you play Narrato solo, you have some form of guidance (coach, therapist, psychologist, ...).

ICON REFERENCE

Hikes



Walk in the park



Mountain hike



Regular hike

Guidebook



Setup



Hiker



Other players



Player left to the hiker



