

A QUEST FOR  
*health treasure*

A traveller's guide



*Justyna Dubiel*

Greetings, adventurous TRAVELLER!

I'm your COMPANION, a little book full of tips and tricks.

Hold me tight and pay close attention to the pages ahead. Most of them will reveal important knowledge and secrets. You'll even find blank spaces – just for you to draw or write down your own notes. And there's also a picture for you to colour whenever you'd like! It will make me so happy!

I'd also be delighted if your loved ones added something here too.

It can be anything – good wishes, drawings, memories, or pictures.

Whatever you desire! I am yours and will always be by your side!

**NOW, LET'S SET OFF ON OUR ADVENTURE!**



Once upon a time, you set off on a daring adventure to find the greatest TREASURE of all – HEALTH! You have arrived at this magnificent PALACE (hospital) with your parents or in a swift CHEETAH'S CHARIOT (ambulance).

Like any great TRAVELLER you were both excited and a little nervous about what lay ahead. But fear not! I am your trusty COMPANION who is here to help you feel safe and at home, while you are on your quest for HEALTH.



This PALACE is like an enchanted maze,  
with many paths leading to the TREASURE you seek.  
But as a wise TRAVELLER, you want to find the shortest and surest path. That's where  
I come in. I will guide you with tips and tricks that will keep you feeling lively, active,  
and ready to conquer any challenge that comes your way.



On your journey, you'll meet many helpful people – WIZARDS (physicians), SPRITES (nurses), GOOD FAIRIES (psychologists), HEFTY GNOMES (physiotherapists), and MAGES (teachers and occupational therapists).

Each of them has their own special magic to help you find your way to the TREASURE. So don't be shy, make friends with them, and work together towards your common goal – your well-being.



Sometimes, their MAGIC may seem strange or even unpleasant to you – listening to your heart, looking down your throat, taking a drop of blood, asking difficult questions or making you do hard exercises. But don't give up! Remember that on the road to great treasures, adventurers always face challenges and fears. So keep your spirits high and trust in your abilities.



Your journey at the PALACE begins in the FRIENDLY ADMISSION ROOM where the sprites will write your name and other important information about you in the BOOK OF MAGIC SPELLS.

They will set up a HISTORY OF YOUR ADVENTURES (your medical history) especially for you, and with it you will be able to visit other CHAMBERS of the palace.



Your Parents or Guardians will be there with you, and so will the WIZARDS and SPRITES.

If you're a traveller hiking on your own feet, you'll march with them, and if you're a riding traveller, you'll mount a STEED (wheelchair or trolley) and continue your journey on its back.





Then, you will travel through the RAINBOW PATH and ascend to the upper floor of the PALACE in a TRAVELLER'S BALLOON – a magical lift that will take you there in a jiffy!

Once you reach the top, the local WIZARD will greet you and take you to the ROOM OF MAGIC (examination room, treatment room). Here they will interview you and your Parents or Guardians (as if you were celebrities) to learn about your health troubles and what they can do to help you find the HEALTH TREASURE.



The SPRITES will then show you to your SAFE HARBOUR – a cosy room where you can unpack your travel gear and stow it in the locker. There is a comfy bed in there, so you can rest and recover from your journey.



Didn't you forget to bring some precious items with you?  
Your favourite teddy bear? A photograph of someone you love? A holy picture, or  
another talisman? Keep them close  
as these treasures will bring you peace of mind and secret powers whenever you need  
them.



Draw your magic item



Someone from your nearest and dearest will be able to stay with you for the entire time you are in the PALACE, or will visit and stay with you for long hours.

Once you've settled into your SAFE HARBOUR, you will find that you are not alone on your quest for the HEALTH TREASURE. There are other travellers and treasure hunters just like you!

You will have the opportunity to make new friends and share your adventures with them.



As you continue on your journey, you will visit many different ROOMS OF MAGIC (examination and treatment rooms) – some may even look like they're from outer space!

If something in them sparks your interest or gives you reason for concern, always ask WIZARDS AND SPRITES about everything.

I'm sure they will be happy to tell you everything you need to know.



If you ever feel worried or need someone to talk to, you can always visit the GOOD FAIRY in her CHAMBER.

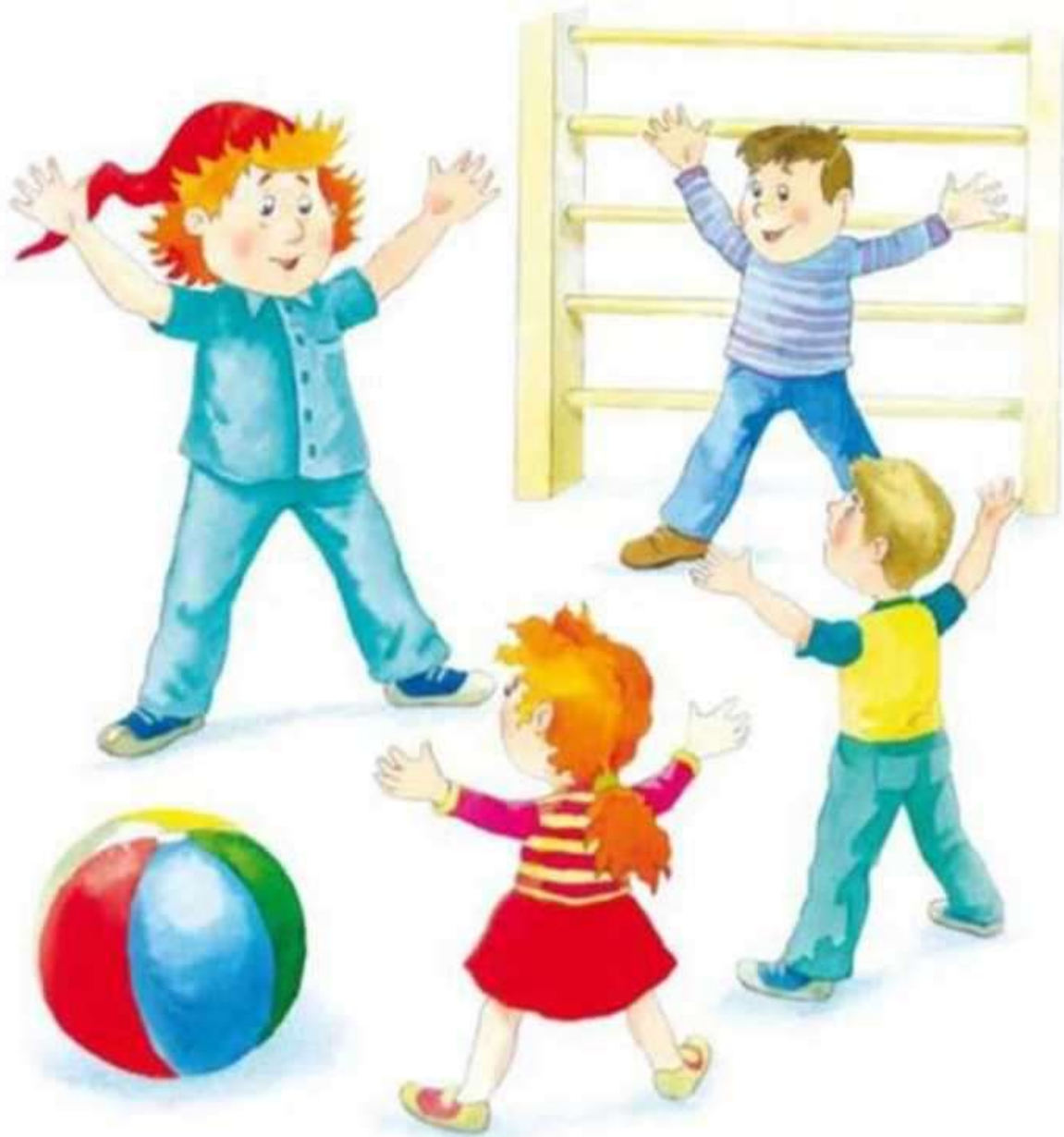
She is a great listener and can give you helpful advice.

You may also have the opportunity to perform some tasks or solve interesting puzzles.

Your Parents or Guardians can also talk with her to make sure you get the best care possible.



And if you needed help in increasing your movement skills, the HEFTY GNOMES (physiotherapists) are there to help you train and get stronger. They will make it fun too!



But wait, there's more! As a great traveller, you should always be eager to learn new things, including magic skills.

That's why you'll get to go to MAGIC SCHOOL and learn new skills under the guidance of the MAGES (teachers). So don't forget your textbooks, notebooks and eagerness to learn!





And when you need a break from all the learning and hard work, you can visit the SUPER-PLAYROOM full of toys, games, and even computers!



A colouring book for you

On your journey, you will need to keep your belly full to have the strength to hike and explore the wonders of the PALACE.

And don't worry, there's plenty of delicious food to keep you satisfied. You'll eat hearty meals that will give you the energy you need for your adventures. Your loved ones may also bring you tasty treats from home to enjoy.

Just be careful not to eat too much, because overeating can make a traveller feel unwell.



If you want to treat yourself to something special, you can go with your Parents or Guardians to the GOODIES CAVERN. It's a magical place on the first floor of the PALACE where you can find all kinds of yummy snacks and drinks.



And keep your eyes peeled because there are often exciting events and performances happening at the PALACE for travellers like you. You never know what fun and entertainment might be waiting just around the corner!



Colour here too.

Alas, in your adventure to find the HEALTH TREASURE you may encounter some tough moments.

But don't worry, because bad moments pass quickly, never to be seen again, especially if you have someone close and friendly to share your experiences with. Together, you can overcome any challenge!

Also remember about your precious item and of course ME, your COMPANION!

The more good powers you use, the closer you will get to the TREASURE and the better you will feel.



You should also know that if you want to strengthen your heroic spirit during your adventure, you can visit the CHAPEL OF GUARDIAN ANGELS.

Its door is always open for you, and you can sometimes meet a nice FRANCISCAN priest there, attend Mass, pray or simply sit in peace and quiet.



You'll also find a collection of beautiful Angel figurines.

You may ask: where did they come from?

Well, they were left behind by previous travellers, just like you, who visited this PALACE in pursuit of HEALTH TREASURE. You might think: why did they leave these precious and lovely figurines here?

There could be at least three reasons.

First, as an expression of their plea to GOD to help them find the HEALTH TREASURE. Second, as a symbol of gratitude for the obtained powers and support in a difficult journey.

And third, as a sign for future travellers, just like you.

A sign of hope, faith and love, and proof that you are not alone on your journey.

Remember that many other heroes also made it here and succeeded.

And you will succeed, too!

And why are these figurines of Angels?

Because each of us has their Guardian Angel, who always stands by us day and night to help us. Together, we can overcome difficulties and are never alone.

Remember about it!



And now I've got some important **SECRET INFORMATION** for you!  
While you're staying at the **PALACE**, some magic will happen (healing with medicines,  
treatments and internal repair).





This magic will help heal the TRAVELLER'S body from any damage or illness caused by some nasty GREMLINS like bacteria, viruses, and diseases. Your body's own DEFENCE ARMY will wake up and fight these gremlins with the help of WIZARDS and their MAGIC (the immune system is mobilised: white blood cells and other defence and regulatory mechanisms). This army includes millions of brave KNIGHTS



who will become so powerful that the gremlins will run away, and the TRAVELLER will receive the coveted HEALTH TREASURE!

This TREASURE will shine with a unique brilliance, depending on the TRAVELLER'S needs.

For example,

if a traveller broke his leg, his treasure would mean putting it back together so that it's functional again.

But if the traveller is dealing with a congenital defect or a long illness, their treasure could be a miraculous MIXTURE (medicine) or a way to chase away any pain, discomfort, or bad mood.



As you can see, your journey within the PALACE won't be easy, but it will be filled with pleasant and fun adventures.

You're smart and brave, so you have the power to influence the course of your adventure.

And don't forget that you have a team of WIZARDS, SPRITES, GOOD FAIRIES, HEFTY GNOMES and MAGES by your side.

You can count on them to help you feel safe and cheerful on your journey.

With them, but also with your family, friends, and...with me – YOUR COMPANION, you will quickly overcome any difficulties and get the coveted TREASURE.

Then you can safely return home and live happily ever after.

Are you ready for the ADVENTURE of a lifetime? Let's go!!!!!!!





Little notebook:



Little sketchbook:

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