

Activities for workcamp participants

Walk & Talk

Length: 30+

Main objective(s): To reflect on the experience or evaluate any aspects of a project

Materials needed: Flipchart, markers, questions written on small pieces of paper, hat

Outline (step by step methodology):

1. Write questions on paper and put them in the hat. -Each pair takes out 1 or 2 questions, walks in the nature and discusses it. Questions such as: How did I feel today? How have the activities influence my behaviour/perspective on my work/ life? What was I thinking during the activities? Were there any AHA moments coming up today, which ones? What else could I do today to be more engaged? What was the most important thing for me today? Where could I use this again?

2. The participants in pairs go for a walk and discuss these questions, agree on a conclusions.

3. After the walk, the participants sit in a circle and each pair presents their question and main conclusions.

Also, it is possible to give each pair the same set of questions and let them discuss everything, or to change pairs and questions during a walk.