

Example questions for the reflection cards

Card 1

- A. Identify one element of the presentations or discussions in the programme that triggered you or that you did not agree with?
- B. What was the most important lesson you learned?

Card 2

- A. What did you like most about the experience, and why?
- B. How would you educate others or raise awareness about this topic?

Card 3

- A. What was the most challenging/provoking issue?
- B. What would you like to experiment with once you are back home and whom would you need to involve?

Card 4

- A. Did anything surprise you? If so, what?
- B. Do you feel the need to respond to/act upon what you have learned? How?

Card 5

- A. What was the funniest moment yesterday?
- B. What important trend do you see that might be an opportunity for your organisation?

Card 6

- A. Did anything happen that made you feel uncomfortable? If so, what, and why do you think it made you feel this way?
- B. How could what you learned affect your life/work?

Card 7

- A. What could you teach your colleagues about this topic? How can you engage your colleagues?
- B. What were your feelings during the learning experience? How did this experience affect you?

Card 8

- A. If you were giving a lecture on this topic, how/what would you do differently?
- B. Based on what you learned, what is the smallest step you can take to create a positive change?

Card 9

- A. What did you learn during the informal interactions?
- B. What did you find most inspiring?

Card 10

- A. What was the most meaningful aspect of yesterday's activity for you ?
- B. What unanswered questions do you have? What more would you like to know or find out?

Please feel free to adapt these questions according to your own needs.