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.