RESEARCH METHOD:
23. THE JOURNALIST

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We all have a tendency to feel that we know the world and what is true or not, but we may have different opinions and preconceptions that prevent us from really understanding what is going on. This method focusses on getting out of the classroom and talking with people, asking questions or doing longer interviews to gain knowledge, insights and inspiration and get past one's own views

Materials needed: A notebook and a pen, a smart phone with camera and a recorder or recording and photo equipment.

Time required: Some time to prepare, maybe as homework and 30–45 minutes to conduct the interviews.

How?
1) Start of by discussing what you want to learn from the interview and what you are going to do: a) Who do you want to talk to? How many people? Do you want to do a group interview or an interview with two different interviewees: a child and an adult, a woman and a man, old and young? b) Where do you want to conduct the interview, in the street? In the interviewee's home? During a lunch break? This is important for how formal or unformal the interview will be. c) How much time do you have? Will you do a quick "Vox pop" or a lengthy interview? d) Do you want the interviewee to do something during the interview: make a collage or a drawing, walk you through their workspace, show you how something works, or solve a small assignment? e) Are the questions you want to ask factual and quantitative: How, when, where? Or "softer" and more qualitative: Why?

2) Rehearse the interview to see if the questions make sense and prepare notes on paper.

3) While interviewing, note down keywords on a note pad, record the interview on a cell phone, but be sure to ask for permission to do so.

4) Keep an open and non-judgemental mind while interviewing!

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28. DAY CYCLE

The Day Cycle is quite simply a way of looking at for example a phenomenon, a person's activities or what is happening at a specific site during a day and then mapping those occurrences visually. This approach often uncovers challenges or patterns that might be interesting and relevant for your work or the challenge you are interested in.

Materials needed: Board and tape/pins, pens or computer software that allows you to assemble, show photos and draw diagrams.

Time required: 45 minutes–1.5 hours.

How?

1) Take the information or data you have gathered – photos, statements and objects and organise it according to a timeline of 24 hours or a day cycle.

2) Ask yourself: Where are the persons, the objects, or what is the situation at specific moments of the day or night? Who are they with? What are their thoughts and needs? What kinds of objects are they using? What is happening?

3) Look at the 24-hour timeline and information posted and discuss what you can see: are there any moments of the day where there are some interesting issues, actions or things happening? Is there a pattern or a challenge that becomes apparent?
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IDEATION METHOD:
36. BRAINSTORM
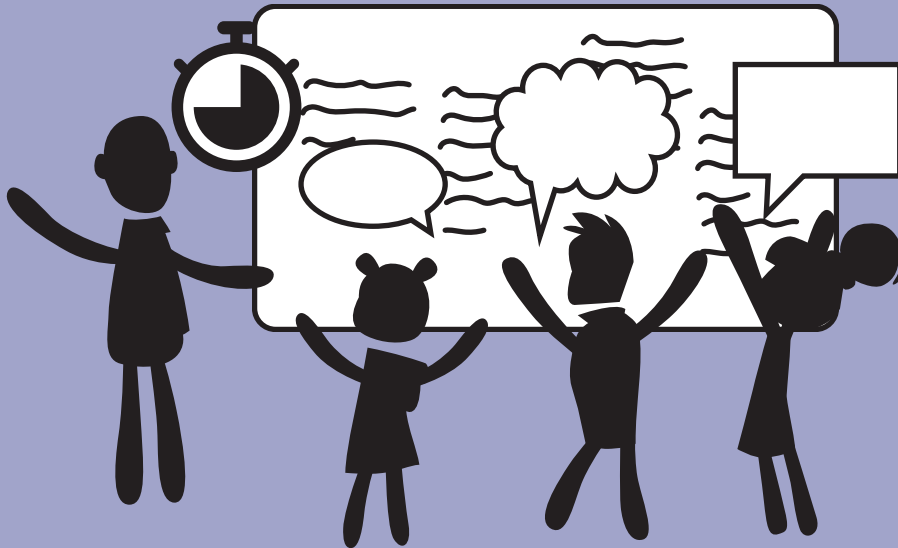
36. BRAINSTORM

This is a classic ideation method that can help you develop multiple ideas with other people quickly. The important thing here is to avoid criticism and keep an open mind towards all ideas and suggestions. It is important to have a responsible person as a facilitator to keep the energy and motivation high and to respect the time limit. A fun twist to the exercise is to do an "inverse brainstorm" where ideas for creating really bad solutions or to enhance problems are ideated. This creates lots of fun and laughter and often reveals relevant aspects of an issue. It is also a good warming up exercise!

Materials needed: Pens and paper post-it notes or a shared online digital board e.g. padlet.

Time required: 30 minutes.

How?
1) Appoint a person responsible for keeping time and for collecting/posting all the ideas on a blackboard or piece of paper.

**2)** Write the challenge down in a place for everyone to see.

3) Respect these rules and explain them to all participants: everybody must speak up, keep ideas coming, the more unusual the better, the more the better. Be playful and encourage one another, and do not criticise each other's ideas. Build on the ideas and listen to one another.

4) Decide on a time frame, 30 minutes max. Then start!

5) Everybody states their ideas, and the facilitator writes them on a shared piece of paper or puts them on post-it notes or on an online digital board for all to see.

6) If the rules are not respected, take a break and get back on track.

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CREATION METHOD:
42. ROLE PLAY
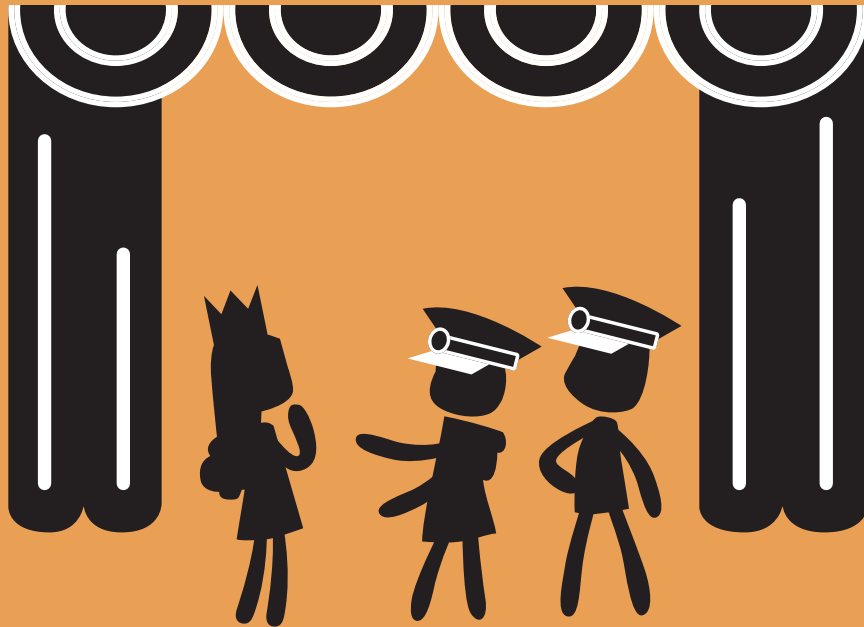
42. ROLE PLAY

Role play has always been a way of experiencing what it would be like to be a horse, a prince or a wizard. This method uses role play and acting to try to experience something and develop ideas and solutions in relation to a challenge or a project.

Materials needed: Paper, pens, costumes, settings, props (or not!).

Time required: 1 hour to 1 day.

How?

1) Start by discussing the following: what do you want to learn and develop through acting it out? What kind of situation or scene would be interesting to act out? What do you need to do it and get in the mood? Do you need props and costumes? Do you want to create a storyboard to act from or will it be improv theatre where the different characters are clearly defined but you will develop the dialogue and actions on the fly?

2) As role play and acting is something many people find a bit difficult it is important to have fun while still being serious enough to actually act and commit properly to the exercise!

3) Follow the story board or the characters you have chosen as faithfully as possible and be respectful towards one another. Make the others relax and try to follow their ideas and experiments if you are improvising.

4) Act out different scenes, situations and roles.

5) Step back and evaluate what happened. What possibilities and situations arose from the role play or acting that seemed interesting? Did you become aware of new things you had not thought of before? Explain!

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