



Thank you for taking part in  
Democracy Labs!  
And lastly, a friendly reminder to bring  
your booklet to our workshop session.


# Welcome to Democracy Labs !



INCITE-DEM

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NOTES

 Funded by the European Union

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# VISIONS OF THE FUTURE

ESTIMATED TIME: 10 MINUTES.

After reflecting on your experiences and surrounding, and thinking about what democracy means to you....

*Don't limit your imagination! Believe in your vision and your ideas, and share all you can imagine, don't worry about having all the details, this is about your hopes, visions and ideas.*



... How do you imagine democracy will be in the future?

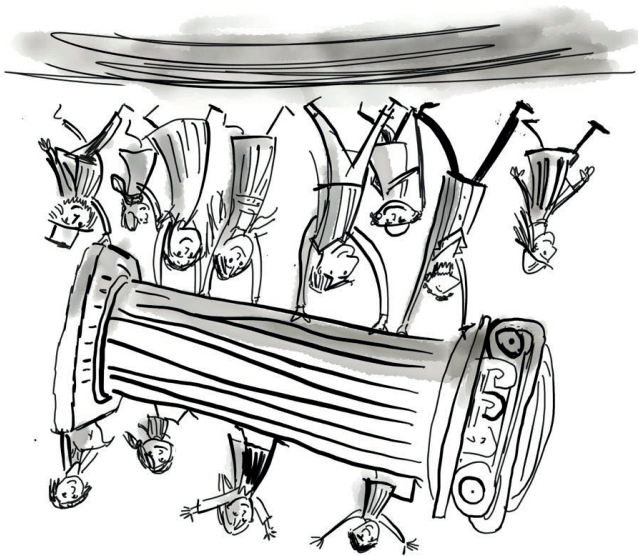


# DEMOCRACY LABS

Where citizens, policy makers, bureaucrats, researchers, and experts come together to co-create democratic innovations that can impact and improve our societies.

This booklet is the first step in this process, and it will serve as the basis for the next stage in the Democracy Labs.

If you have any doubts or comments, please contact us at this number:  
\_\_\_\_\_ from \_\_\_\_ to  
\_\_\_\_\_ during work days or  
write us at \_\_\_\_\_



From your point of view, what  
are the necessary principles for  
democracy?  
Again, take your time. If you are not sure, try  
writing what comes to your mind when you  
think about democracy.

MY THOUGHTS ABOUT...  
ESTIMATED TIME: 10 MINUTES

Democracy is based on...

# MY THOUGHTS ABOUT...

ESTIMATED TIME: 10 MINUTES

## What is democracy for you?

Take your time, this is an answer for you. Don't worry about it making too much sense or being complete. Ideas, sketches, doodles, stories can be answers.



## For me, democracy is....



## HOW TO USE THIS BOOKLET

Thank you for taking part in the Democracy Lab. This booklet is the initial step in our work co-creating democratic innovations for improving our societies.

Here you will find a set of activities, questions and reflections to let you explore your ideas, perspectives and insights regarding your community and its possibilities.

This booklet is for you, there is no ‘right’ answer for any activity. You can complete the activities in the booklet at your own pace and rhythm, as you feel like it.

We estimate that completing all the activities in the booklet would take you around 2 hours and 30 minutes, with most of them taking around 10- 15 minutes each.

*tMaybe you want to propose a a new right like the right to repair or perhaps the expansion of a program. Perhaps you want to see the city consult you more often regarding how they manage their parks. Whatever idea you may have, here is the space to explore it..*

**REMINDER:**  
DON'T FORGET TO  
FOLLOW THE LINK  
AT THE END AND  
ANSWER OUR ONLINE  
QUESTIONNAIRE!

Take these activities as invitations to think about your experiences and your ideas regarding how to our societies are and how they could be. Don't get hung up with them. You can read them, think about them a bit and leave them behind to return to them at a later time if you prefer.



## LOOKING BACK

ESTIMATED TIME: 10 MINUTES

Think about a recent experience, during the past months, when you were participating in making a decision for your community, and tell us your impressions about it.

*For example, being part of a neighborhood meeting, or volunteering to suggest improvements at work or being involved with a local institution, professional body or NGO.*

*experience?*

### Situating the experience

Can you answer some questions about your

I was part of...

My participation was...

When did it happen?

- ☐ Ongoing
- ☐ 1 to 7 days ago
- ☐ 8 to 30 days ago
- ☐ 1 to 6 months ago

At what level was the decision making

experience?

- ☐ Communal
- ☐ International

What was the impact of the decision?

- ☐ Low
- ☐ High

How clear was the process?

- ☐ Transparente
- ☐ Opaque

I collaborated with...

My experience during it was...

## LOOKING AROUND

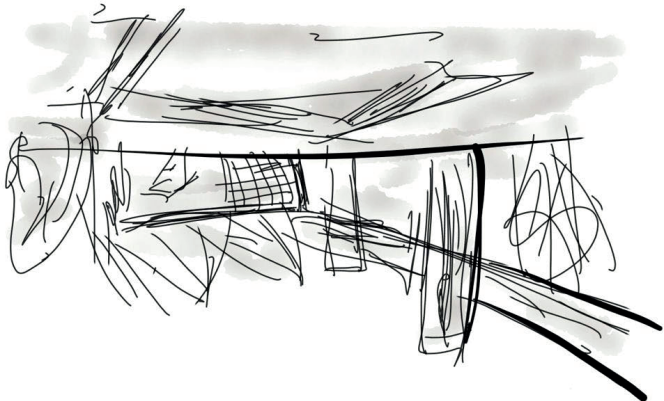
ESTIMATED TIME: 10 MINUTES

Think about an experience you had where you were part of makingv a decision about sustainability.

For example, volunteering to clean up a public space, taking part of an initiative, being consulted about a new development.

I was part of...

My experience during it was...



What I remember the most from it is...

I would have changed...



LOOKING AROUND

ESTIMATED TIME: 10 MINUTES

Think about a public space or event that you enjoy or like.

For example, it can be a park, or a forest; perhaps it is a public institution like a library or an event like a festival o local celebration.



What does this space or event means to you?

What does this space or event means to you? You can use words, a small story, doodles, poems, pictures, collages whatever you feel inspired to.

THINKING BACK

ESTIMATED TIME: 10 MINUTES

What I remember the most from it is...

How did you feel? / I felt...

We have three columns of pictures. On each column, select the image that better represents your emotion with an “X”.

For example, on the first column, if you feel more happy than sad, you can mark the mannikin with the bigger smile.

You can also select the space in between two pictures.

I would have changed...

Happy	Agitated	Powerless
Sad	Relaxed	Powerful



LOOKING FURTHER BACK

ESTIMATED TIME: 10 MINUTES

How about an older memory? Tell us about another experience where you were participating in another decision making or process?

I was part of...

What I remember the most was...

I collaborated with...

My experience during it was...

When did it happen?

☐ Ongoing

☐ 1 to 3 years ago

☐ 4 to 5 years ago

☐ more than 5 years ago

At what level was the decision making experience?

☐ Communal

☐ International

☐ Communal

☐ International

☐ Communal

☐ International

☐ Low☐ High☐ Low☐ High☐ Low☐ High☐ Transparent☐ Opaque☐ Transparent☐ Opaque☐ Transparent☐ Opaque

THINKING FURTHER BACK

ESTIMATED TIME: 10 MINUTES

How have your ideas and vision changed from that time?

From the distance now I see...

I would have changed...

Happy		Sad	
Agitated		Relaxed	
Powerless		Powerful	

How did you feel? / I felt...

We have three columns of pictures. On each column, select the image that better represents your emotion with an "X".

For example, on the first column, if you feel more happy than sad, you can mark the manikin with the bigger smile. You can also select the space in between two pictures.

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