

**DECOLONISE
VOLUNTEERING!**

get ready for equality..

Participatory Action-research *Guidebook for barefoot researchers* July 2023

Co-funded by the
Erasmus+ Programme
of the European Union



with the support from the
Participation Programme of UNESCO

What will you find in this document?



(16)
→ DECOLONISATION
CLIMATE COLONIALISM
GLOBAL JUSTICE
INTERSECTIONALITY
EQUITY
→ NEO COLONIALISM



1. Intro to PAR

3. PAR protocol

2. PAR timeline

4. PAR resources

6. Contacts

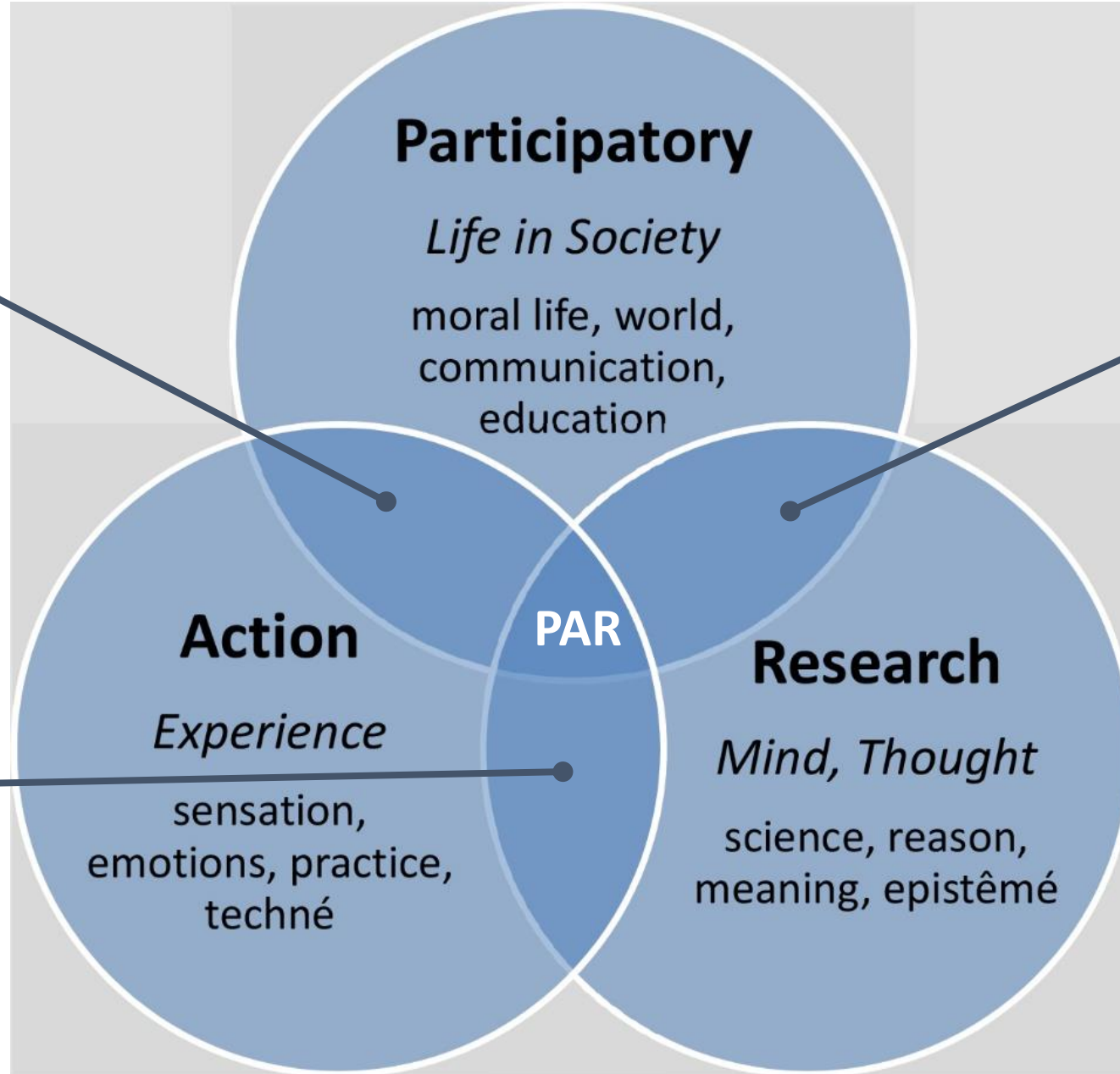
5. Q&A

1. What is PAR? (in a nutshell)

Participatory
action

Action
research

Participatory
research



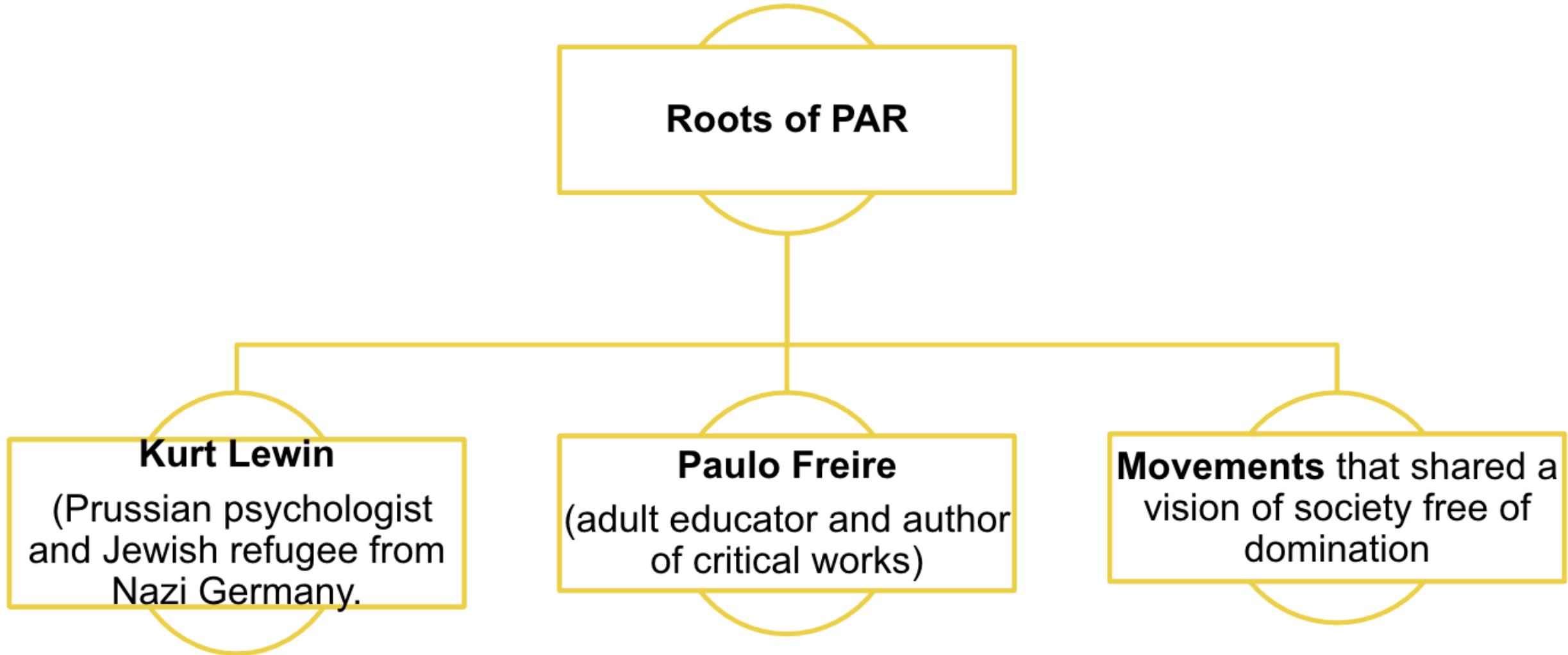
1. What is PAR? (in a nutshell)

"A participatory process concerned with developing practical knowing in the pursuit of worthwhile human purposes.

It seeks to bring together action and reflection, theory and practice, in participation with others, in the pursuit of practical solutions to issues of pressing concern to people, and more generally the flourishing of individual persons and their communities."

(Reason and Bradbury, 2008. pp.3)

1. What is PAR? (some background information)



1. What is PAR? (key elements)

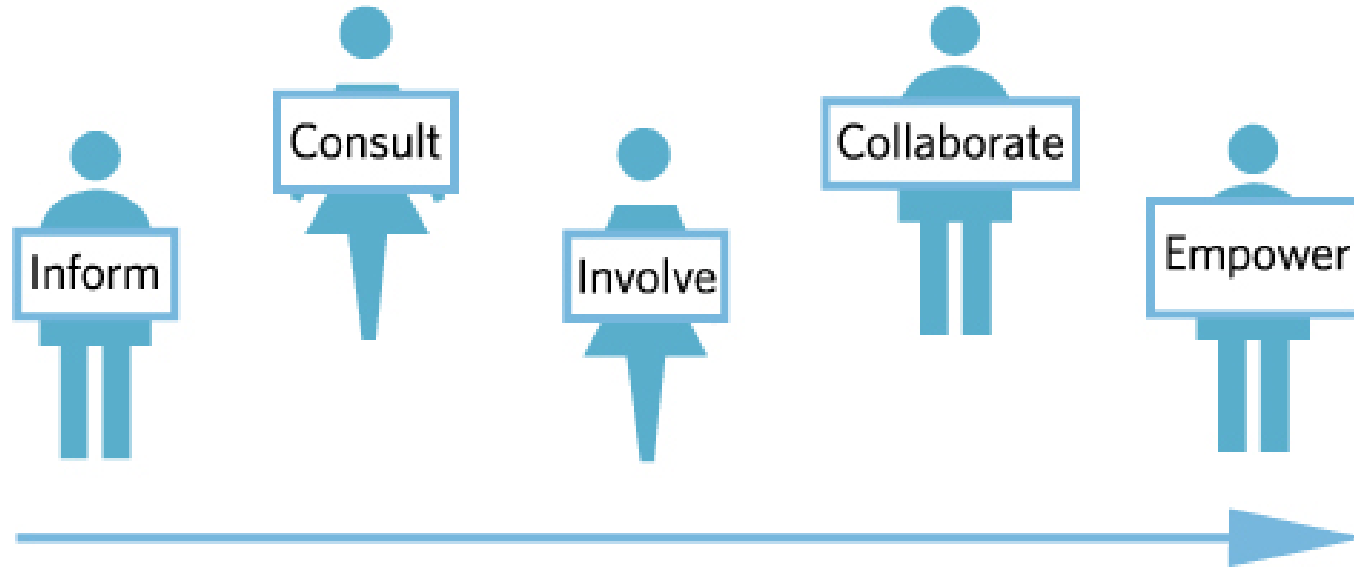
PAR
key elements



1. What is PAR?

Traditional Research Methods	Participatory Action Method
Emphasis on “learning about”	Emphasis on “learning from” and “learning about”
Objectivity	Subjectivity
Researcher as professional	Researcher as consultant, educator
Research conducted by “outsiders”	Research conducted by “insiders”
Subjects have one role: “ subject”	Subjects have a dual role: “subject” and “researcher”
Research agenda shaped by professional and socioeconomic forces	Research agenda influenced directly by the concerns of end-users

1. What is PAR?



When?

Who?

How?

You cannot (should not) try to involve **everyone**, **all the time** for **every stage of the process**..

1. What is PAR?

Who?

Take into consideration your objectives, research question and resources. Find your allies..

When?

Which stakeholders are to be involved in which stages of the PAR process?

How?

Which tools and methods will you use?

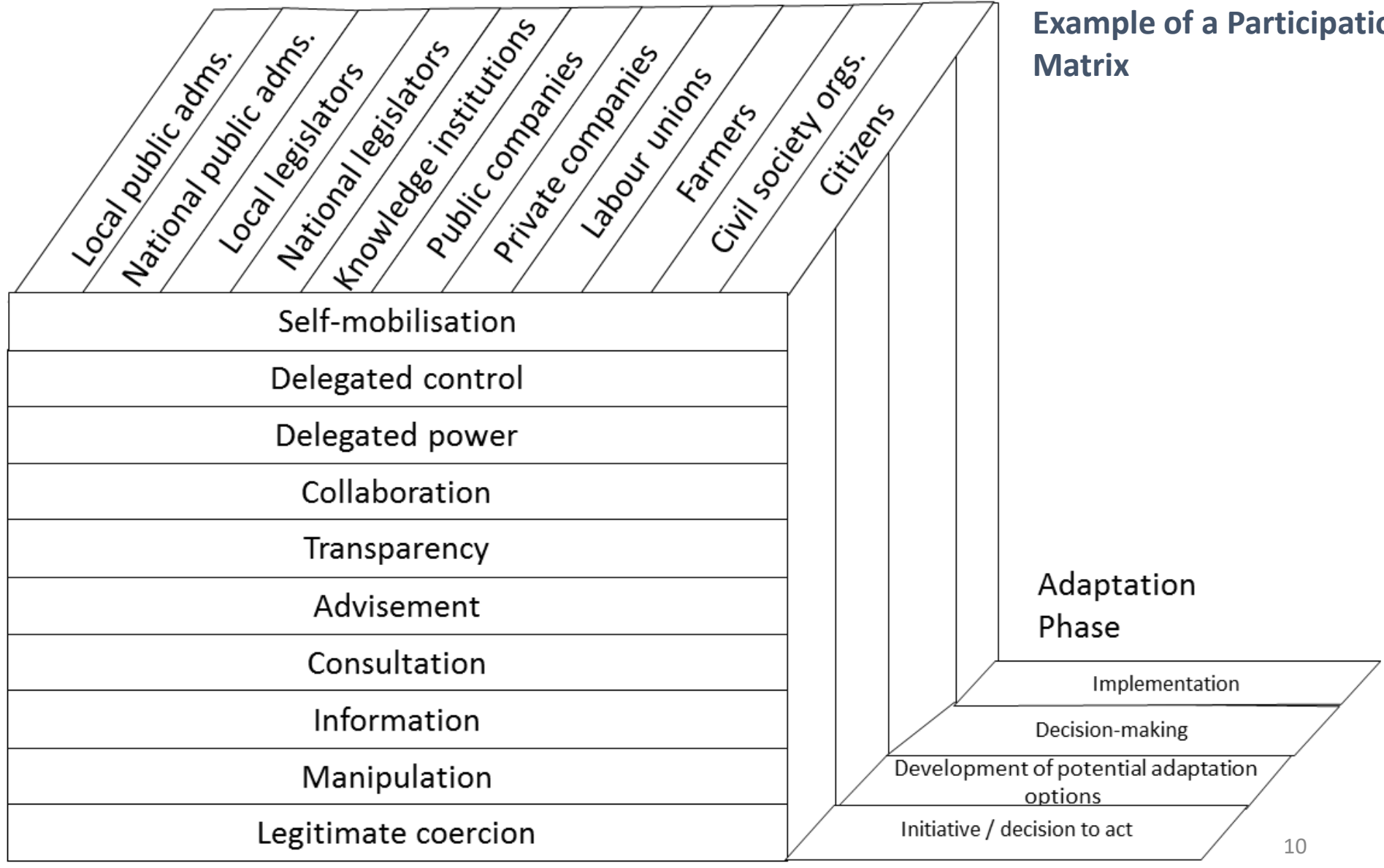
1. What is PAR? (a matrix to understand who you are involving, how and at which stage)

Example of a Participation Matrix

Levels / Spectrum of participation

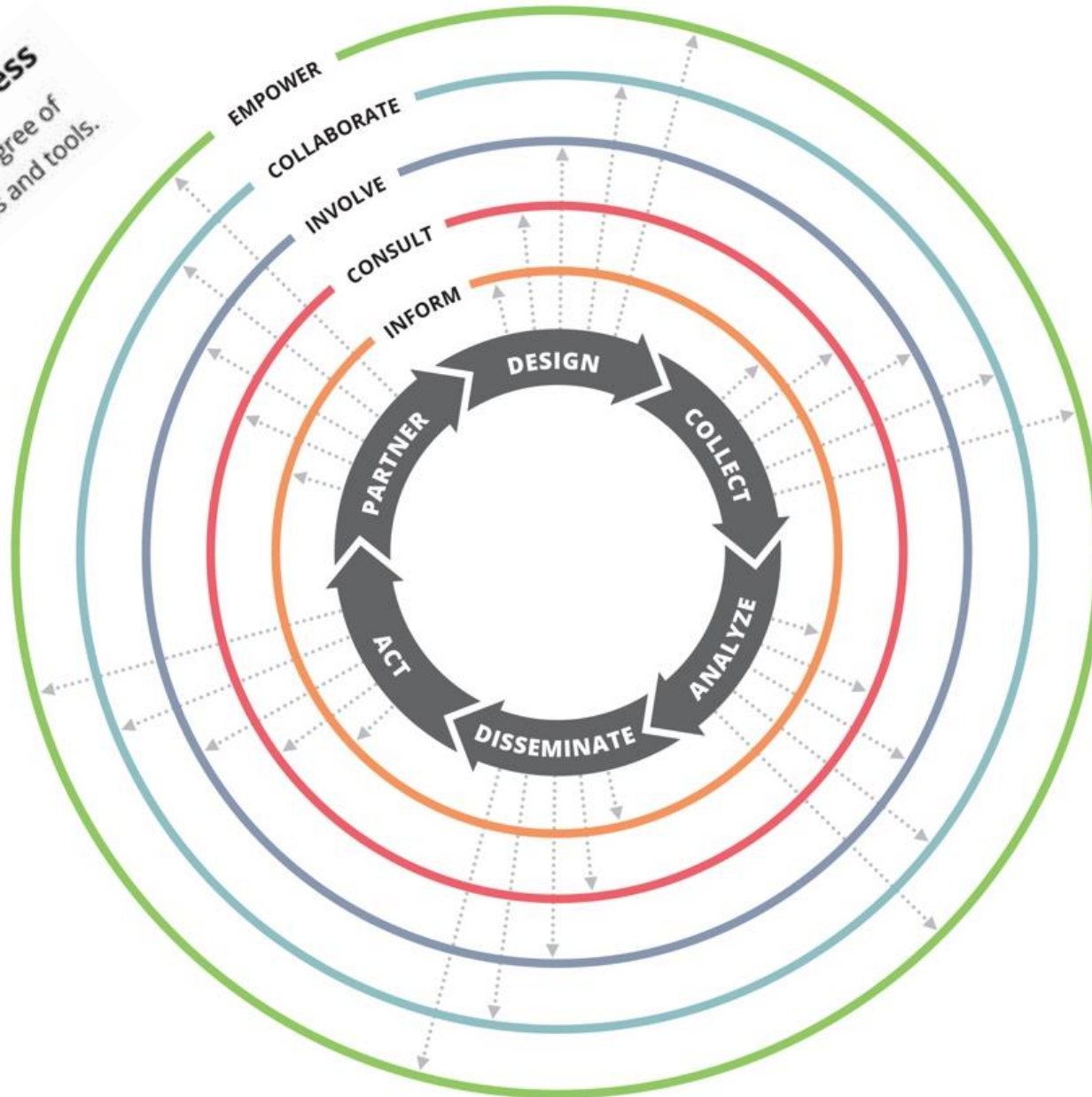


Autonomous action
Collaborative Participation
pre-Participation
Consultative Participation
Non-participation
Conflict



1. What is PAR?

Participation Choice Points in the Research Process
At each step in the research process, there is a choice about the degree of participation. The choice guides the selection of research methods and tools.



INFORM

Information is provided to community

CONSULT

Input is obtained from community

INVOLVE

Researchers work directly with community

COLLABORATE

Community is partner in research process

EMPOWER

Community leads research decisionmaking

Levels of participation based on:
Spectrum of Public Participation
© International Association for
Public Participation www.iap2.org

1. PAR

Remember that:

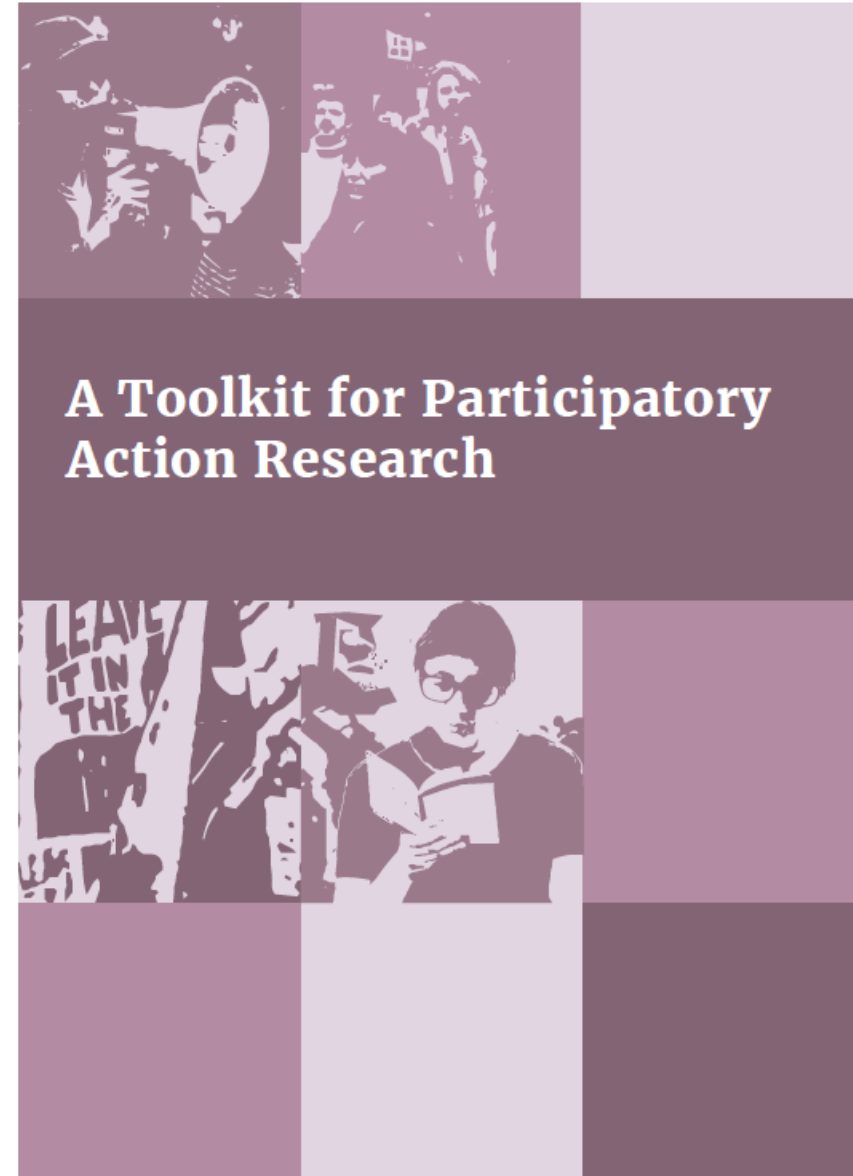
Participatory action research rests **on two principles:**

- 1) the pursuit of social change;
- 2) the democratization of the knowledge process.

The point of action research is both to change the situation and to change power relations in terms of who holds knowledge.

This means:

- 1) You don't have to start by gathering data;
- 2) 'Participatory' is how information is gathered (as far as possible);
- 3) 'Action' is how the community, with your support, uses it in the process itself;



PAR barefoot researchers are:

- ✓ Optimistic, believing in the possibility of change
- ✓ Sociable and collaborative
- ✓ Practical and concerned with achieving real outcomes with real people
- ✓ Engaged in embodied and emotional intellectual practice
- ✓ Patient
- ✓ Able to be flexible and accommodate chaos, uncertainty and messiness
- ✓ Able to tolerate paradoxes and puzzles and sense their beauty and humour
- ✓ Hybrids of scholar/activist where neither is privileged
- ✓ Interdisciplinary

Source: adapted from Brydon-Miller *et al.* 2003; Fisher and Ball 2003; Greenwood and Levin 1998; Greenwood *et al.* 1993; McTaggart 1997; Park *et al.* 1993; Reason and Bradbury 2006

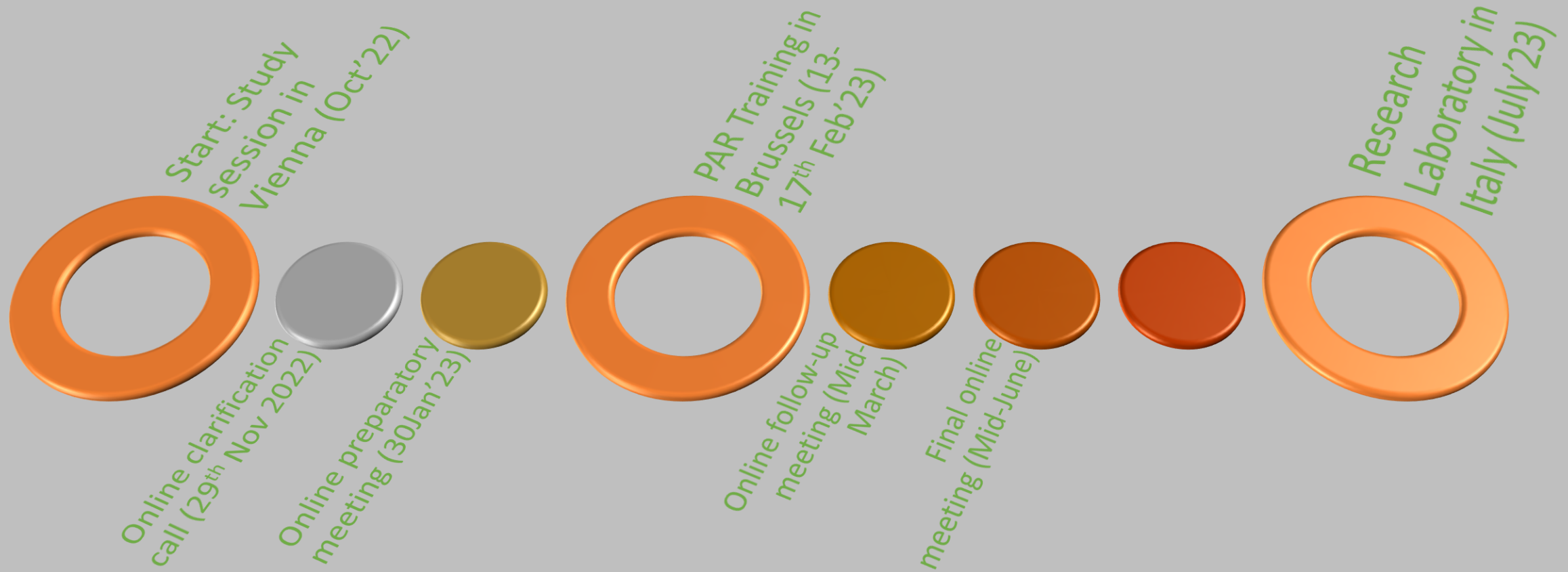
Participatory Action Research Approaches and Methods

Connecting people,
participation and place

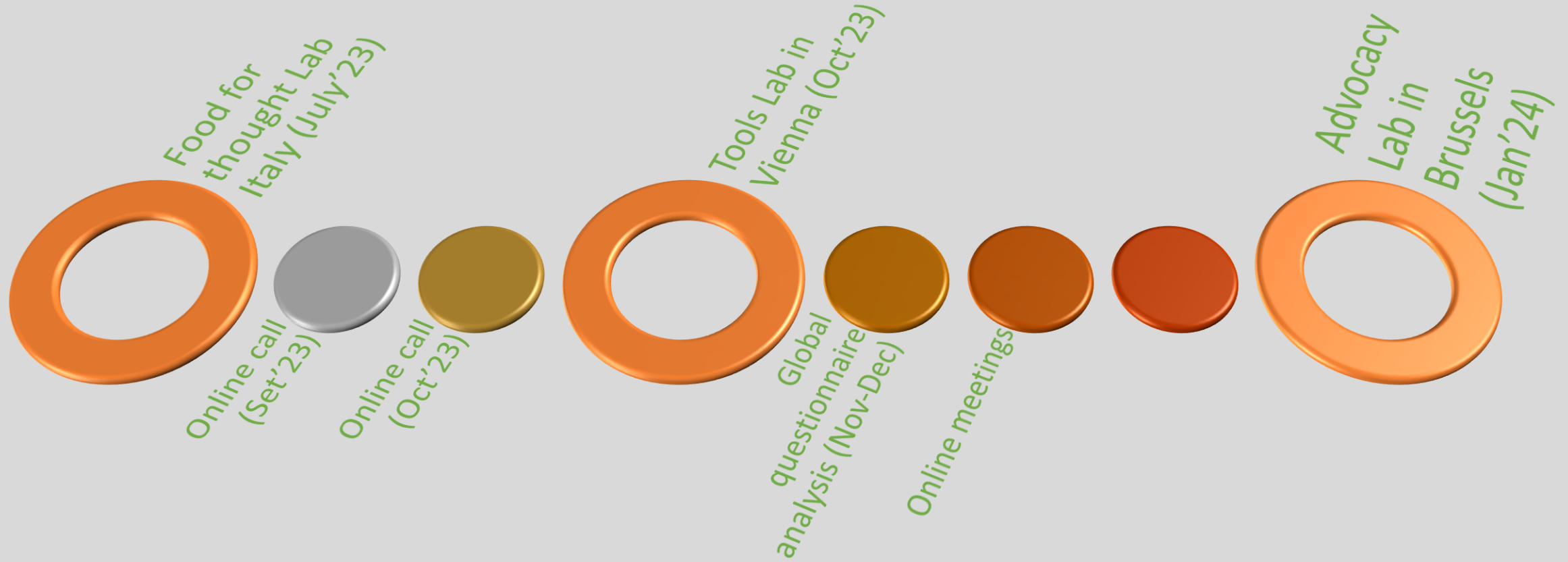
Edited by
Sara Kindon, Rachel Pain
and Mike Kesby

 Routledge
Taylor & Francis Group

2. Our Participatory Action-research **TIMELINE for PAR I** (Oct'22 – July'23)



2. Our Participatory Action-research **TIMELINE** for **PAR II** (July'23 - Jan'24)

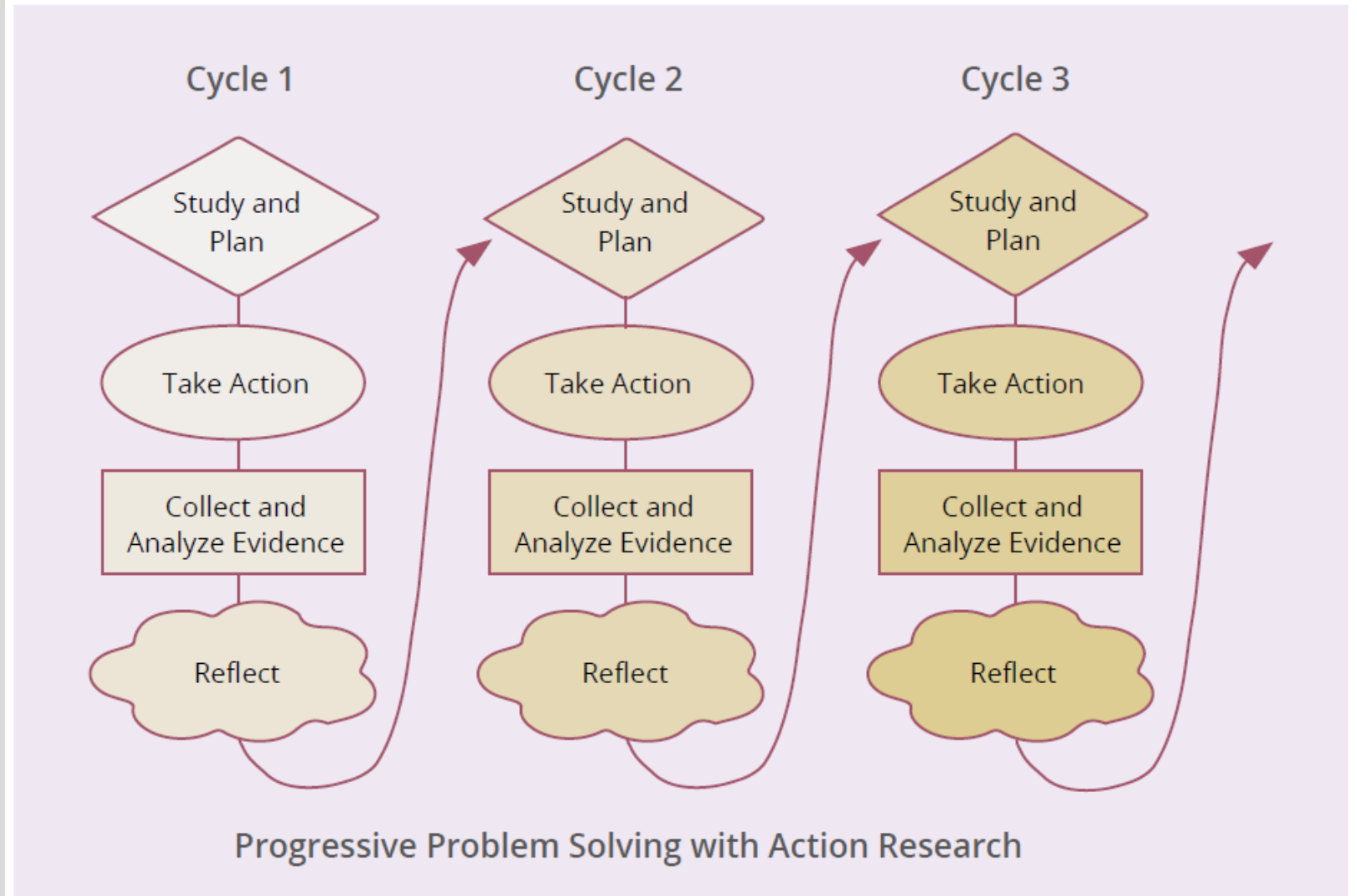


2. Our Participatory Action-research **TIMELINE**

Remember that PAR invites for multiple action-reflection rounds in iterative processes that are often emergent and spontaneous.

Our project timelines are just fluid boundaries of a PAR cycle that started in October 2022 and will continue beyond January 2024.

Multiple loop learning vs single loop learning (Chris Argyris)



Source: Centre for Collaborative Research, 2014.

3. Participatory Action-research **objectives & goals**

Aim:

Support IVS organisations to ***examine and deconstruct*** colonial power structures and climate colonialism within their structures, programs and partnerships.



Specific objectives:

- Identify existing (neo) colonial structures in our organisations and collect baseline information to **develop new decolonial tools and guidelines;**
- To formulate **principles and practices** that tackle or deconstruct existing inequalities on local and international level and promote environmentally sustainable practices

Overall PAR Communication Protocol

1. Your primary (internal) communication tool will be your **own Journal**. Your first and foremost tool for expressing your thoughts and feelings, and recording the whole process;
2. Secondly it is important not to be alone in the PAR process, so you should bring **others from your organization** to your inner circle and involve them as much as possible in discussing and implementing the PAR activities;
3. Thirdly remember that you have a wider community supporting. They are there if you need to have a chat or brainstorm some ideas with someone from outside your normal working environment. This can be done through our **Slack Journaling channel** or by reaching out on **Signal**;
4. Fourthly **Joelle and Valentine** will be your contact points (mostly by e-mail) throughout the PAR process and can help directly or forward the questions and doubts to Filipe;
5. Finally, **Filipe** will be there to provide support, insight and guidance whenever necessary.

3. Participatory Action-research objectives & goals

Next steps on Phase 1 - Diagnostic

(March'23)

Step 1

- Check within your organization what could be the “entry points” & the “bumping spaces” to get some conversations around decolonization started.
- Get your allies onboard this journey

Step 2

- Observe & interact with your colleagues as you bring the theme into different settings and contexts. Take note of their reactions, emotions, willingness to engage and openness to explore this topic;
- Assess the organizational starting point for the Decolonization process

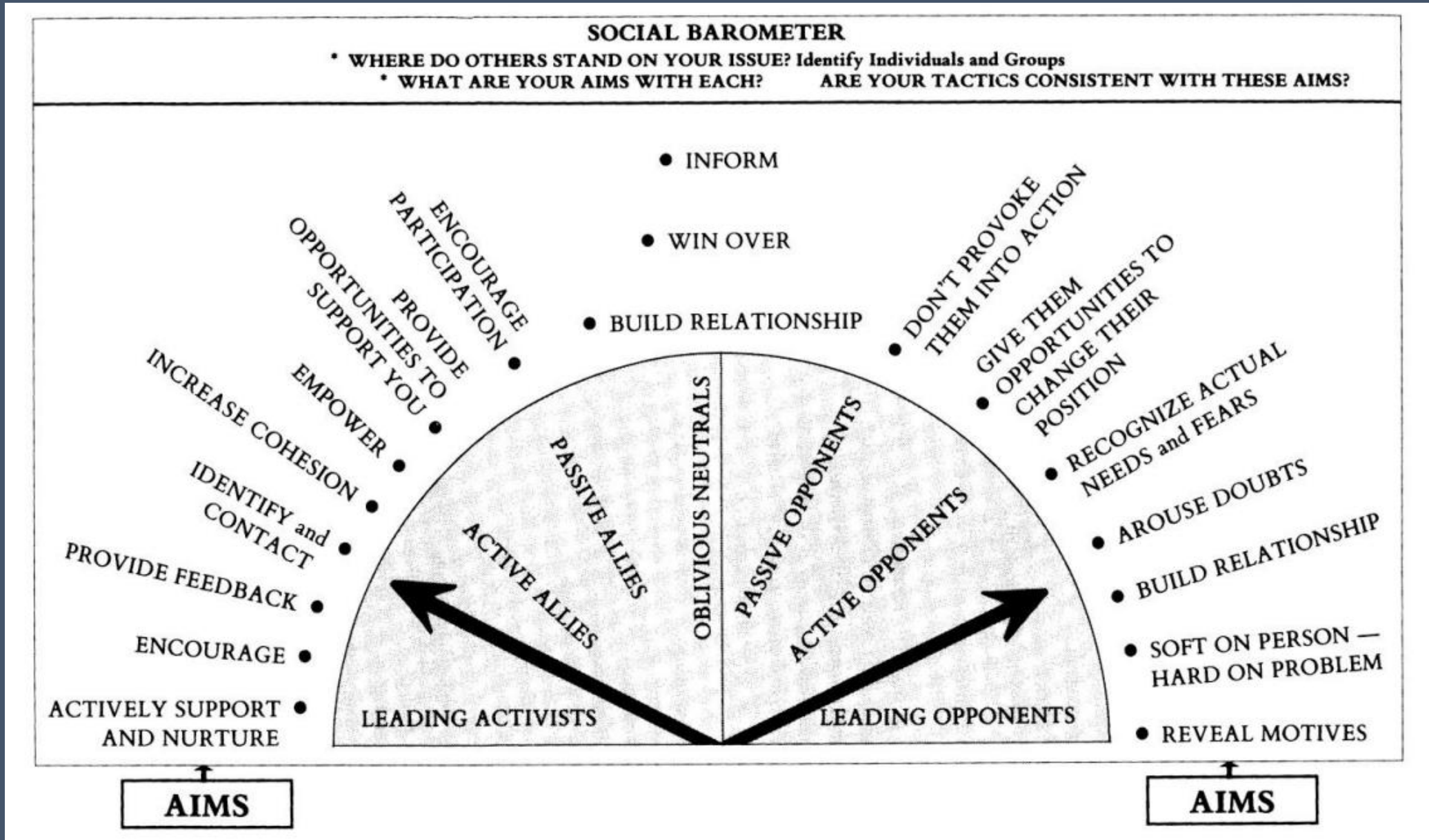
Step 3

- Bring your experiences, questions and comments into our online meeting in the **end of March!**

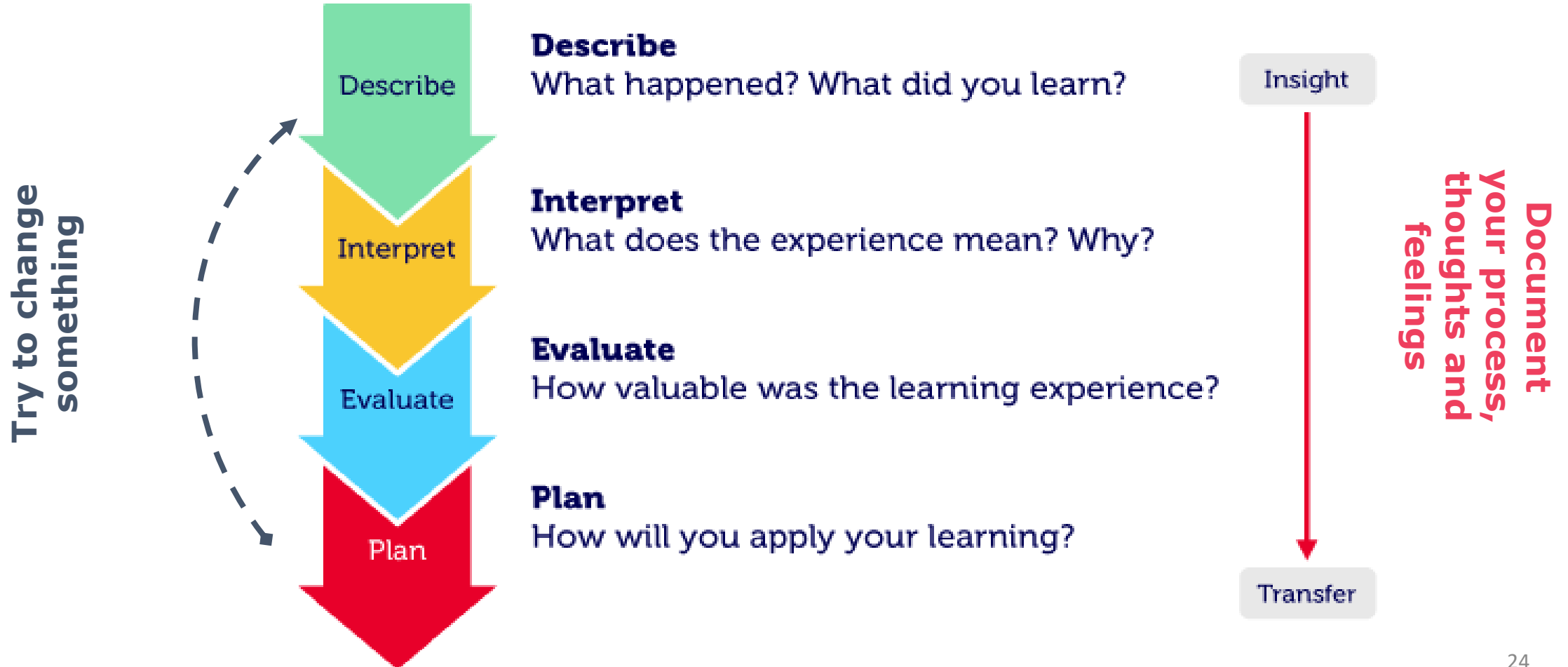


3. Participatory Action-research objectives & goals

The allies spectrum



Reflective Journaling



3. Participatory Action-research objectives & goals

Next steps on Phase 2 - Implementation

(April to June'23)

Step 4

- Organize within your organization the first participatory events that allow you to start working towards concrete actions or more visible outputs;
- Consider having a World Café, Focus groups or Fish Bowl conversations

Step 5

- Engage with others in your organization for a follow-up on the activities of Step 4. Consider enlarging or broadening the group or the scope of these activities in a second iteration.

Step 6

- Remember to acknowledge and celebrate what you've done and achieved and use that moment and energy to dream the next PAR cycle.



4. Participatory Action-research **References for tools & methods**

4.1 Methods for structured dialogues/conversations: Dyad(e)

DYADE

Structured Dialogue

The Dyade is a very structured conversation between two persons using pre-defined questions. The same questions are asked again in several rounds, allowing a more and more profound understanding.



- ABOUT
- TARGET OF GROUP
- REQUIREMENTS
- STEP BY STEP GUIDE
- ONLINE & VARIATIONS

Duration

10 minutes – 20 minutes

4. Participatory Action-research **References for tools & methods**

4.1 Methods for structured dialogues: World Café

A world café is..

an easy-to-use method for creating a living network of collaborative dialogue around questions that matter in service to real work.

Cafés in different contexts have been named in many ways to meet specific goals, for example Creative Cafés, Strategy Cafés, Leadership Cafés, and Community Cafés.

World Café conversations are based on the principles and format developed by the World Café, a global movement to support conversations that matter in corporate, government, and community settings around the world.

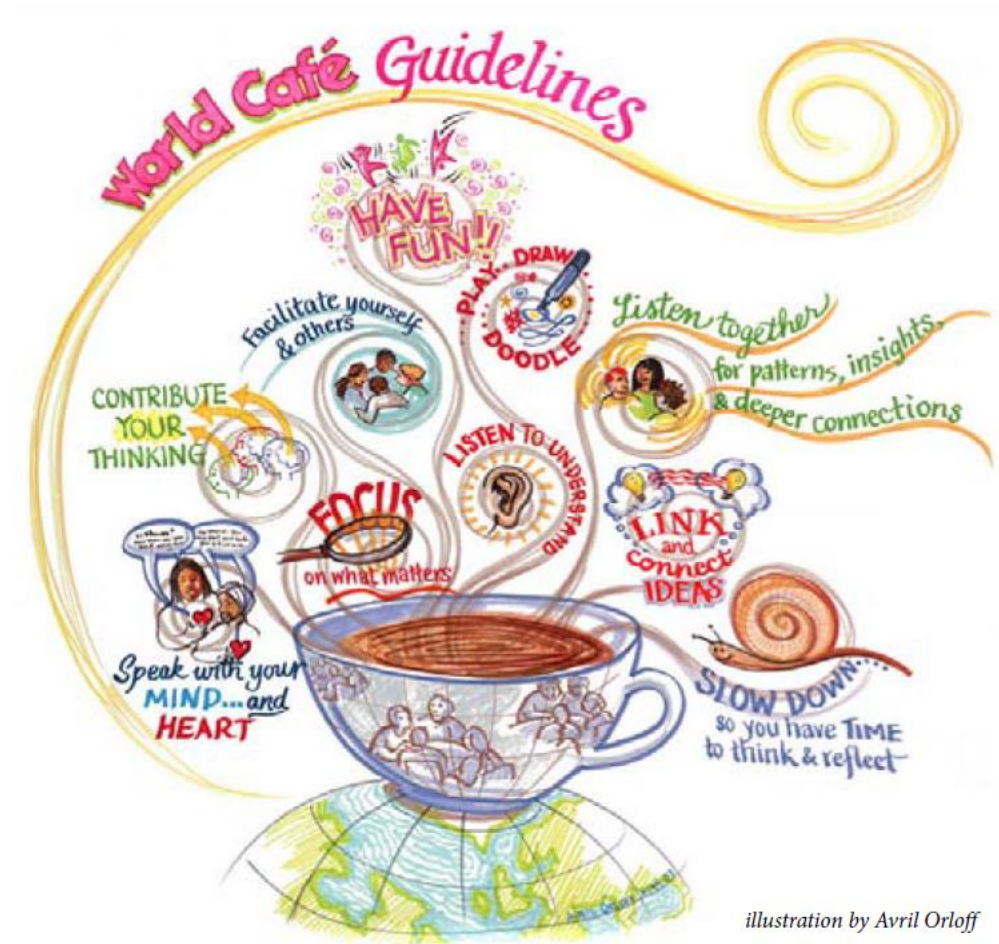


illustration by Avril Orloff

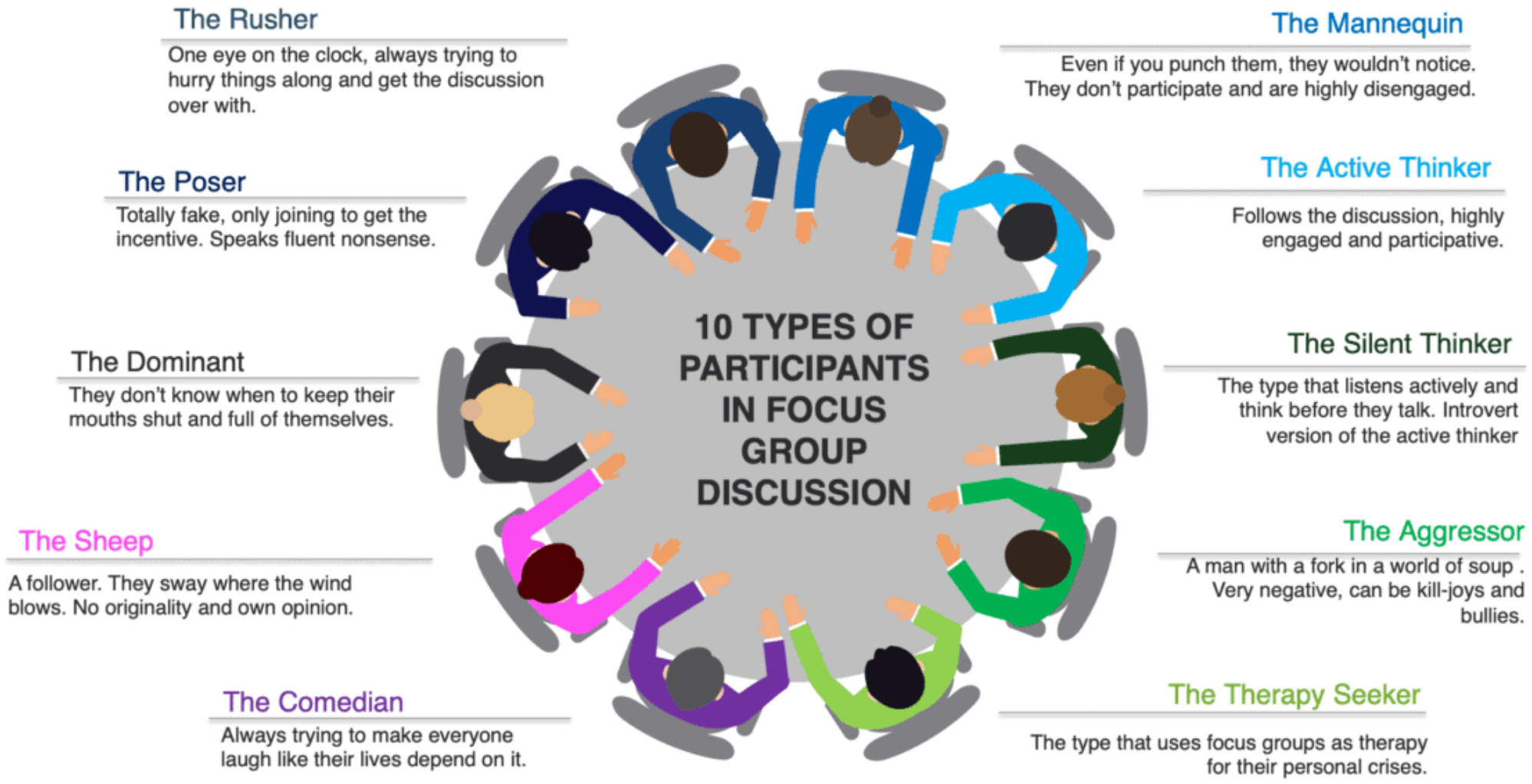
www.theworldcafe.com

Focus group

Research method that brings together a small group of people to answer questions in a moderated setting



4. Participatory Action-research **References for tools & methods**



4. Participatory Action-research **References for tools & methods**

4.1 Methods for structured dialogues: Fishbowl

The fish bowl tool enables the facilitation of large group dialogue by focusing on a small group discussion in an inner circle while the rest of the group listens and observes from the outer circle.

It can be used as an alternative for traditional debates or panel discussions and offers a highly dynamic setting to discuss controversial issues and share expertise.



4. Participatory Action-research **References for tools & methods**

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get ready for equality..



Features

Solutions ▾

Pricing

Community

Blog

Library

Templates

Log in

Sign up

All methods

IAF Library

Library of facilitation techniques

find the right tool for your next session



TEAM



ENERGISER



IDEA
GENERATION



ISSUE
RESOLUTION



ISSUE
ANALYSIS



ACTION



SKILLS



REMOTE

Search for facilitation exercises, methods, etc.

FILTER

1,544 methods

+ Add new resource

<https://www.sessionlab.com/library>

4. Participatory Action-research **References for tools & methods**

Search/Filter ⚙️

Clear filters



Objective of application of the method ⚙️

- Policy formulation
- Programme development
- Project definition
- Research activity
- Political empowerment of people

Level of stakeholder/public involvement, i.e. objective of public participation through the method's application ⚙️

- Dialogue
- Consulting
- Involving
- Collaborating
- Empowering
- Direct decision



<http://actioncatalogue.eu/search>

4. Participatory Action-research References for tools & methods



Example participatory research methods/tools for each step in the research process

Steps in the Research Process	Example Participatory Research Methods/Tools
<p><u>PARTNER</u></p> <ul style="list-style-type: none"> • Develop a research partnership • Build relationships • Evaluate and sustain partnership 	<p>Warm calling (Lapierre et al., 2018) Stone soup (Ndulue et al., 2012) Boundary crossers/co-researchers (Kilpatrick et al., 2009) Community advisory boards (Newman et al., 2011) Synergy model (Brush, Baiardi, & Lapides, 2011)</p>
<p><u>DESIGN</u></p> <ul style="list-style-type: none"> • Develop research questions • Plan research design 	<p>Action learning sets (Munns et al., 2017) Storytelling group (Kankainen et al., 2012)</p>
<p><u>COLLECT</u></p> <ul style="list-style-type: none"> • Assessment of community needs, resources, and priorities • Data collection • Idea generation 	<p>Community risk assessment (Van Aalst, Cannon, & Burton, 2008) Group Level Assessment (Vaughn et al., 2011) Concept mapping methodology (Vaughn et al., 2016) Arts-based, co-created fotonovelas (Hidalgo, 2015) Narrative workshops (Lykes & Crosby, 2014)</p>
<p><u>ANALYZE</u></p> <ul style="list-style-type: none"> • Data analysis • Data interpretation 	<p>Participatory group process for data analysis (Jackson, 2008) Community-based participatory data system (Main et al., 2012) Participatory data analysis and interpretation (Cashman et al., 2008)</p>
<p><u>DISSEMINATE</u></p> <ul style="list-style-type: none"> • Telling and showing • Dissemination 	<p>Decision guide (Van Eerd et al., 2016) Collaborative GIS tool (Driedger et al., 2007) Ethnodrama (Taylor et al., 2017)</p>
<p><u>ACT</u></p> <ul style="list-style-type: none"> • Enacting change • Sharing impact of project • Policy-level outcomes 	<p>Urban community action planning (Ross & Coleman, 2000) Participatory forecasting (Gudowsky et al., 2012) Participatory monitoring and evaluation (Holte-McKenzie, Forde & Theobald, 2006) Framework to Assess the Impact from Translational health research (FAIT; Searles et al., 2016)</p>

Very often we do not use one specific tool and/or method but rather a combination of different ones depending on the “who & when” unique arrangements for each stage.

Vaughn, L. M., & Jacquez, F. (2020). Participatory Research Methods – Choice Points in the Research Process. *Journal of Participatory Research Methods*, 1(1).

4. Participatory Action-research **References for tools & methods**

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Journal of Participatory Research Methods

<https://jprm.scholasticahq.com/>

A screenshot of the Participatory Action Research website header. It features a dark blue navigation bar with the 'SAS² Dialogue' logo on the left and links for 'About', 'Vision', 'Publications', 'Services', 'Contact', and 'More' on the right. Below the navigation bar is a banner image showing a group of people in a meeting, with the text 'INQUIRING AND ACTING ACROSS BOUNDARIES' and 'Participatory Action Research, Planning, and Evaluation' overlaid.

<https://www.participatoryactionresearch.net/>



Collaborative Action Research Network

<https://www.carn.org.uk/>



**ACTION LEARNING, ACTION RESEARCH
ASSOCIATION LTD**

<https://www.alarassociation.org/>

5. Participatory Action-research Q&A

I'm not a "researcher", can I be a part of this?

Yes, absolutely. The most important will be your curiosity and willingness to establish some conversations within your socio-professional context around this topic. At the moment the only thing we ask is for you to be aware and record in some way the process.

I don't have a clear or official role in my organization, can I still contribute to this?

Yes, absolutely. For now and until our training in February the most important thing is to sense what could be the entry points, the allies and the avenues for transformation within each organization. Even if you are not working "in the office" or working directly within the organization, we would still invite you to engage as possible and record what's meaningful.

I'm not sure if I will be a part of the whole process till July, does it still make sense to join?

Yes, absolutely. We would love to hear back from you experience already in November and assess the possibilities of you joining the training in February. Only after February we would ask for a greater commitment!

5. Participatory Action-research Q&A

I'm not a professional facilitator or expert in PAR methods, what can I do?

You don't need to be an expert in any given method to try it out and learn-by-doing. The most important thing is to get people to help you and make it clear for everyone involved that you are learning and experimenting. If you have experienced people in your organization get them involved.

I don't have the resources (time, money, infrastructure) to apply more complex methods. What can I do?

Remember to always start with what you have and what flows more naturally to you. Embeddedness in your daily routine is the best strategy for a PAR process. Whenever in doubt or stuck ask for help!

What if no one wants to talk about Decolonization?

If you find that there's a lot of resistance or indifference towards Decolonization, perhaps try changing the angle and the wording and focus on what matters for people. They might give it a different name and not yet connect it with Decolonization. You can discrimination, oppression or dependency to start with.

Remember that PAR is an invitation for connection, empathy and meaningful conversations.

Focus on 'good enough for now' and 'safe enough to give it a try'.

Remember to Journal yourself throughout the journey

Task coordination and main communication link:

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Magazine Scilophone, volontariats d'un jour

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