**Day 1 Essentials**

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| Was there something you strongly agree with or feel could be very useful? |
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| Was there something that surprised or was new to you? |
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| Was there something that you disagree with or find puzzling? |
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| **Action:** What message will you take home? What action will (should) you take in your own country/ organisation? |
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Other comments (optional)

**Day 2 Integrating in practice – 1st day**

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| Was there something you strongly agree with or feel could be very useful? |
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| Was there something that surprised or was new to you? |
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| Was there something that you disagree with or find puzzling? |
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| **Action:** What message will you take home? What action will (should) you take in your own country/ organisation? |
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Other comments (optional):

**Day 3 Integrating in practice – 2nd day**

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| Was there something you strongly agree with or feel could be very useful? |
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| Was there something that surprised or was new to you? |
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| Was there something that you disagree with or find puzzling? |
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| **Action:** What message will you take home? What action will (should) you take in your own country/ organisation? |
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Other comments (optional):