



METHODOLOGIES



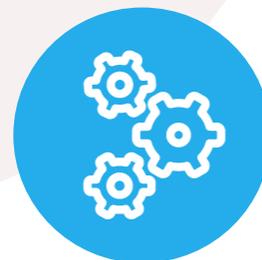


The DFC Methodology is a mentality based on the **I CAN Mindset**, which comes from the belief that **everyone can be the protagonists of their own lives**, set their own challenges, be sensitive towards their environment and the ones they are living alongside, and trust their own abilities to sort out challenges using the DFC methodology. This methodology gives people the empowerment of conviction that pushes them to do something to change their environment, set their own challenges, and change their lives through their ideas and knowledge. **Every story and idea is valued and listened to, giving them the conviction and empowerment to change the world** - their world - starting with the immediate challenges presented in the IN-HABIT project.



Therefore, as DFC's task is to switch communities' mindsets to the **I CAN Mindset**, we follow a methodology that uses the principles of design thinking. This "formula" intentionally cultivates the **I CAN Mindset through five steps: Feel, Do, Imagine, Evaluate, and Share.**

This five-step process provides participants with the tools to develop abilities through problem-solving. The people trained in the DFC methodology apply and adapt the tools according to their needs.

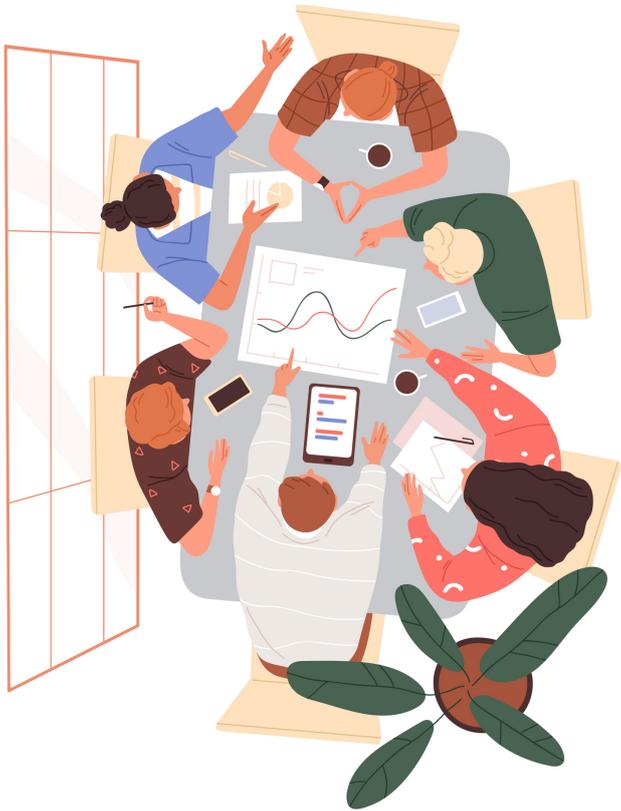


Once the necessary conditions are built, a co-design process is used to create a **shared design**, with each individual contributing from their point of view and knowledge to achieve greater enrichment of the process.

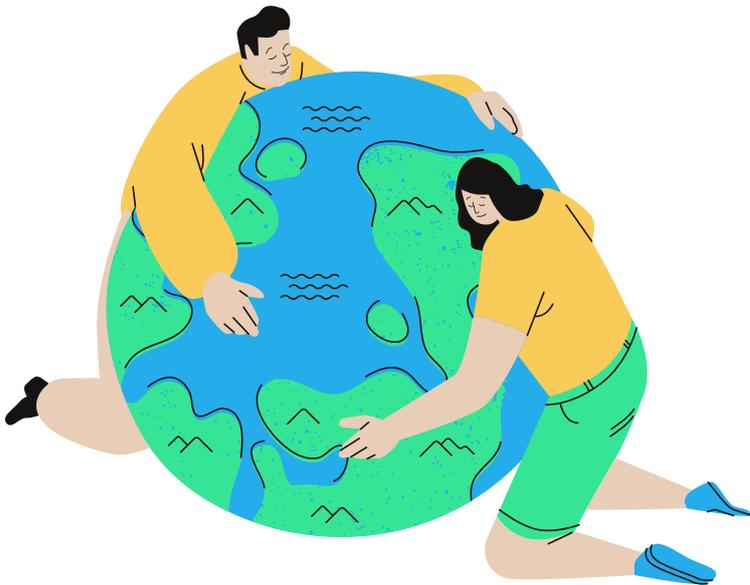
DFC Spain facilitates workshops to introduce **design and co-design activities within educational centres**, and social and civil organisations. Its objective is to share the tools with educators so they can help members of the community (women, children, young people, people with disabilities...) become the primary actors and agents of change in their own communities and environment, within the framework of the IN-HABIT project in each city.

For IN-HABIT, DFC will introduce the setting for communities to become engaged in all activities. How? By **generating ideas, developing solutions, and taking action**. This is the way that more than 30,000 children and young people throughout Spain and 70 other countries around the globe are working to change their environments and the world.

By “doing”, communities will feel more motivated to get involved and be part of a long-term project. Also, by training educators, we can contribute to the sustainability of the IN-HABIT actions, as this methodology will stay within the community as a way of approaching challenges, giving them a process that can be used in various contexts, topics, moments, and environments.



DFC Spain faces two main challenges. Firstly, it is very important for educators to understand and apply the methodological process within their communities as facilitators. The main risk here is for educators to act as teachers and not as facilitators of the process. The participants need to go through the process, and the role of the facilitator is key. In addition, the projects carried out using the methodology will come from multiple frameworks, such as culture and heritage, food, human-animal bonds, and art and environment, within different cultures and ways of doing things. All of this provides a wonderfully enriching experience, as well as offering a language challenge that could be an obstacle to giving the educators proper follow-up support as they work with their beneficiaries on the methodology.



In the future, we want communities to feel empowered by action, changing the way they approach challenges, and to see the DFC methodology as an easy and flexible tool for solving those challenges. We also want to help co-design solutions regarding inclusive health and well-being, giving the communities real protagonism by encouraging them to be subjects of their development, leaders, and the main actors of change in their environment for their own benefit.

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