



THE DFC
METHODOLOGY:

Applying design
thinking to IN-
HABIT

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Abstract:

In the context of the European Horizon 2020 project IN-HABIT, **Design for Change Spain has carried out four workshops and one webinar on the DFC Methodology** in the cities that are the focus of the project: Córdoba, Nitra, Lucca, and Riga.

The DFC Methodology includes a set of tools for solving challenges, applicable to social entrepreneurship as well as the educational sector, with the objective of **facilitating community empowerment**.

Design for Change Spain has played a huge role in this project in 2022, delivering four workshops in three cities, three of which were face-to-face and one online, as well as a webinar. More than fifty participants joined the sessions, which were documented on social media to raise awareness of the work carried out. **The response from the workshops was hugely positive**, resulting in a great deal of appreciation from the attendees and follow-up feedback given by educators present at the sessions.

All in all, these IN-HABIT workshops have showed how the I CAN mindset offers multiple opportunities once put into place and used. Another takeaway from this project was recognising the importance of working closely with local partners to identify and solve needs that can use the help of the DFC Methodology. **Next steps include identifying partnerships, proposing activities to raise awareness of this method, and planning more training sessions.**

IN-HABIT is a Europe-wide project that aims to improve health and well-being, both mental and physical, and to facilitate access to medical services for the inhabitants of the four peripheral cities that are piloting the project: Córdoba, Lucca, Nitra, and Riga. The project puts a real emphasis on inclusion with a focus on gender, diversity, and equity.

Córdoba is the first city addressed by IN-HABIT, focusing on its socio-economic problems with high levels of unemployment and low income, as well as the existence of marginal neighbourhoods, which prevent social inclusion. In **Riga**, the second city, the project focuses on food, setting up a food hub fostering the production of good quality foodstuffs. The city also aims to develop a local market for cultural activities, for both young people and tourists, as well as areas such as playgrounds and therapy gardens. The city of **Lucca**, on the other hand, is focused on making the town more

animal-friendly by, for instance, building recreational areas for animals. Finally, **Nitra** faces the challenge of receiving and hosting foreign immigration as a consequence of the arrival of large employers and foreign investment to the city. As the situation has taken a toll on the health and well-being of the population already living there, the IN-HABIT project aims to create an open landscape to introduce more social and cultural activities and outings. Overall, these results will make a huge difference to these cities, for the better.



Design for Change Spain has played a huge role in this project in 2022, delivering four workshops in three cities, three of which were face-to-face and one online, as well as a webinar. More than fifty participants joined the sessions, where they experienced the DFC Methodology for generating change, a methodology that combines Design Thinking and social entrepreneurship tools applicable in the third sector, as well as in the educational field. Moreover, they carried out dynamics to promote teamwork, empathy, and creativity, as well as obtaining new tools and strategies to facilitate the transition to action and reflection.



All the workshops were documented on social media to raise awareness of the work carried out. A total of **56 posts** (12 of which were in English) were posted on social media (Twitter, Facebook, Instagram, and LinkedIn), and a **video** discussing the highlights of the project was shared on YouTube and on the website.

The workshops proved to be a great success, and the feedback was positive overall, praising the team for their work and encouraging them to keep going. The workshops brought about a great sense of togetherness and warmth: for example, one participant from the Riga lab declared that DFC Spain had “brought a bit of Spanish sunshine into our grey days in Riga”. Some constructive feedback about the workshops included adding more senior citizens to the sessions and programmes

and moving away from solely focusing on informing the younger generations about the DFC Methodology. Another comment proposed splitting the workshops into several days, while others suggested further promoting and explaining the projects and objectives of DFC. Finally, some people recommended adding more fun activities and energisers to the workshops.



All in all, **the workshops have proved that the I CAN mindset, promoted by Design for Change Spain, offers multiple opportunities to people once it is believed in and put into practice.** When delivering the workshops within the IN-HABIT framework, DFC Spain developed a clear understanding of the importance of working closely with the project partners to identify and solve needs. In fact, IN-HABIT has been a great learning experience for DFC Spain and the organisation is set to continue with the next steps: identifying partnerships, proposing activities to raise awareness of this method, and planning more training sessions. As learning is a continuous process, DFC Spain will keep applying the lessons taken from IN-HABIT and put its work to good use in other projects and to deliver future workshops.

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