

BASIC RECIPE FOR A WALK AND TALK

Walk and talks can create a framework for a natural and good dialogue and can be used in many different contexts. There are no perfect recipe for a walk and talk but the points below will make sure that every participant get the chance to speak and you will make sure to reflect and listen during the walk.

- The participants get together two and two at the meeting point.
- If there will be multiple couples, the participants will line up in a row as shown on the figure underneath.
- Walk in pairs for 2-5 minutes - no specific conversation topic/non-formal talk.
- The leader of the meeting introduces the topic/topics to the participants.
- Walk in pairs in silence for 2-4 minutes while the participants think about the topic.



TIP

If you are three persons walking together – it is the person in the middle who speaks.

- The leader explains that it is always the person to the left who are talking, while the person on the right is listening. A rule that has to be followed during the entire meeting.
- The person to the left explains the reflections they have made for 2-5 minutes while the person on the right is listening.
- Now they switch sides, so the person who has been listening are now on the left side talking. After 2-5 minutes the pairs will switch back again, so they are on the same side as in the beginning.
- The same topic or a new one can be discussed with a new partner. The person on the left side in the front of the row will move to the back and the rest will move up. New pairs has now been made and the person to the left will start talking again.
- Everyone will gather at the end and the leader of the meeting will collect the bullet points from the discussions.

