



our Research APproach

Recrear IS THE SPANISH WORD FOR 'TO recreate'

To recreate means to give new life to something, to redo, or remake it.

The name 'Recrear' suggests our vision to bring fresh energy and shift mindsets and modes of operating. We seek to radically reconfigure the way we think about individual and system change so as to value care and emotional grounding.

Recreate can also mean to play — it gives us the word recreation.

Our projects aim to be energizing and fun.



WHAT IS PARTICIPATORY ACTION RESEARCH (PAR)?

'RESEARCH' is a way of making sense of the world around us.

But is there only ONE world, only one way of making sense of it? WHO decides what the world is like and how we learn about it?

- ✓ *'PARTICIPATORY' research is about doing research WITH people, rather than ON or ABOUT them.*
- ✓ *'ACTION' suggests that research findings are meant to be put into motion.*
- ✓ *Critical reflections and action are a fundamental part of PAR and are used to refine and deepen participant's experience.*

Research is not only about publications. It is not something abstract, to be undertaken purely for academic purposes.

It is the launchpad for inspired collective action, action that changes our day-to-day realities.

The outcome of a PAR project can be a shift in ways of being in the world, the development of new skills or liberating a creative impulse.

Participatory action research (PAR) starts with "the understanding that people—especially those who have experienced historic oppression—hold deep knowledge about their lives and experiences, and should help shape the questions, [and] frame the interpretations" of research (Torre & Fine, 2006).

PAR à La Recrear

Recrear specializes in creative Participatory Action Research.

To us, research is about deepening our connection with ourselves, each other and the world around us. We know we internalize the structures and norms of the systems we are inhabiting. At the same time, within us there is a deep wisdom. We enjoy creating space where all of that we hold within can emerge and be part of the research process so that we can question our beliefs, get inspired, and free ourselves of structures that are not useful. We value creating safe spaces where we can share stories and experiences that can expand our collective understanding and imagination.

For us, 'research' is the process of learning together. We believe in the power of creating collective space to listen, feel and be with each other differently. We create processes where research is carried out in communion, and all participants are responsible for defining the scope, approach and 'results' of the research. Our research model provides a space for reflecting together, deepening connections and co-creating new realities.

We use PAR (a` la Recrear) as a methodology to uncover and deconstruct the deep-rooted values, attitudes and behaviours that underlie the transformation processes experienced by the communities we work with. For us research is a way of transforming human relationships and creating the potential to transform our lives and systems.

We think that for research to be meaningful, it should be engaging and fun. We work with creative techniques because creativity is magical and it allows us to access interiorised, hidden and unformed parts of ourselves. We want to spark magic between people so that our relationships and connections can deepen. Creativity helps us to get out of old patterns and come to new ideas. We recognize our body and emotions as sources of knowledge, this makes for a more lively process that involves the whole person - not only our mind.

Want to experience
PARTICIPATORY ACTION
RESEARCH?... ASK US
FOR OUR **PAR SHORT**
COURSES.

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