

# WORK LAB AGENDA

Time	Pre-challenge work lab	Responsible person
	Arrival and welcome coffee	
	Introduction with video screening from the 7 Day Challenge 2016	
	Experiences from the 7 Day Challenge in Nairobi and Stockholm	
	Assessing individual lifestyles Practical info on how to document the 7 day experience	
	What is and what is not sustainable	
	The 7 Day Challenge kit and designing your challenge	
	Lunch	
	Finalising the design of your challenge	
	Photos/Journals/Facebook	

Time	Post-challenge work lab	Responsible person
	General experiences from the 7 Day Challenge <ul style="list-style-type: none"> <li>● What was your challenge?</li> <li>● What worked?</li> <li>● What didn't work?</li> <li>● What could be done differently?</li> </ul>	
	Coffee	
	Would you do it again? 7 days or 30 days?	
	What are my options for smart living?	
	Video or other documentation	
	Lunch and departure	