

# THE RECIPE FOR SOCIAL TRANSFORMATION

1

**BUILD A TEAM OF CONVINCED COOKS!**



"Doing WITH" populations in a vulnerable situation is better than "doing for".

## THEN ADD THE INGREDIENTS...



Within Train to Transform, we believe that an action of social transformation is based on the following recipe:



Like making a cake, the order of the ingredients and their proportions vary depending on the team of cooks...

2

**WE BREAK THE RELATIONSHIPS OF DOMINATION**

It's like eggs, we release the yolk and the white from their shell!



3

**SPRINKLE WITH EMANCIPATORY TRAINING**

It's like flour, it gives texture!



4

**WE PLAY AS A TEAM**

It's like chocolate, the squares have to come together to form a bar!



5

**WE MAKE AN ALLIANCE**

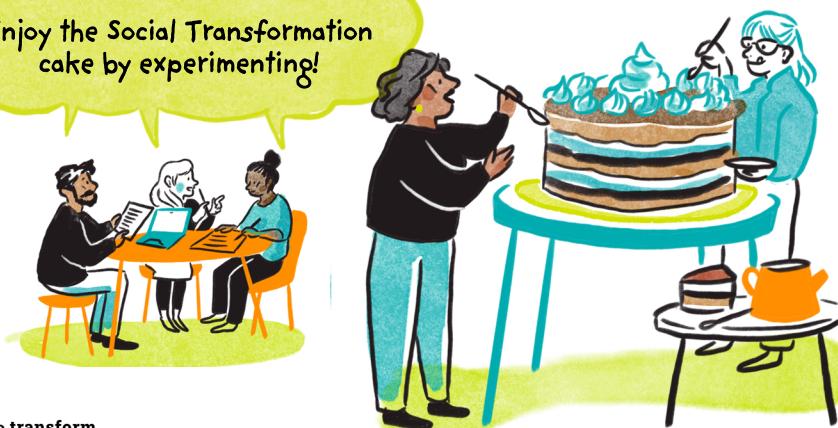
It's like milk, it binds the ingredients together



6

**AFTER BAKING**

Enjoy the Social Transformation cake by experimenting!



# AND YOU, WOULD YOU LIKE TO COOK A LITTLE SOCIAL TRANSFORMATION WITH US?

## Ultimately, what is social transformation?



Social transformation is a **process** during which we seek to **understand the mechanisms of inequalities** in order to transform social relations.



**The way we carry out our actions** is as important as the results of those actions.



If we take the image of the recipe, it is the **whole making of the cake that matters, the learning and relationships** that are developed in the kitchen, and not just the cake itself!

Within the **Train to Transform** collective, we share a vision of social transformation which is structured around **6 priorities**

### What is a priority? And how do these six priorities fit together?



Who are the participants ?

What ingredients do we need ?

What outcome do we want to obtain ?

**Priority 1 :**  
Choose social transformation with populations in a vulnerable situation

**Priority 2 :**  
Free yourself from relationships of domination to **activate the powers to act**

**Priority 3 :**  
Train to **emancipate yourself**

**Priority 4 :**  
Structure yourself as a **collective** to gain more **power to act**

**Priority 6 :**  
Experiment with alternatives for social change



**Priority 5 :**  
Form alliances based on the **non-reproduction of relations of domination**

From the start, not all cooks will necessarily agree on the recipe!



We can have different habits regarding the order of ingredients, their proportions...

Everything is possible, the main thing is to agree on the flavors that you want to **share and to adapt** your recipe according to the context...

RESPECT,  
TRUST,  
COMPROMISE,  
ENGAGEMENT



...trying to mix all these ingredients, all favorable to the success of the cake!

Ultimately, the alternatives for social change that we are going to experiment with are the result of this process, which involves all these ingredients.



A little training at the start, or directly a collective structuring? The deconstruction of relations of domination, we work on it by forming an alliance, during training, or both...?



Each member organization of the Train to Transform collective experiments and formalizes **different "recipes"**.

Do not hesitate to consult them and share yours on the **Workshop of Social Transformation website**, our collective cookbook!

<https://atelier.fdh.org/en/>