

# Participatory Learning and Action

**Participatory Learning and Action** – often referred to as PLA – is an approach to helping people explore local conditions and plan changes. The tools and techniques were initially used in the context of work in developing countries, but they have since been successfully employed in work with communities in the UK.

The principle behind PLA is that local people are the experts on the conditions of their own lives and that their priorities should form the basis for any plans for change.

**This course is intended for** anyone whose work involves consulting and engaging service users.

**The aims** are to introduce participants to participatory learning and action, and to help them consider how such approaches might be used in their own work.

The course will include:

- An overview of PLA – what it is, where it comes from, how it has been used
- Case studies of its application in the UK
- The principles behind PLA
- Practical, hands-on use of a range of PLA tools: visual and physical tools for mapping, analysing time, exploring linkages and relationships, eliciting experiences and ideas, prioritising, evaluating and planning action
- Action plans: how to make use of PLA in our work.