

Notes Journal

General Data

Name of the person:	
Organization / Collective:	
Advocacy space (event, forum, assembly, negotiation, etc.):	
Date and place:	

Initial Context

Expectations before participating:	
Previous questions or concerns:	
Key actors I expected to find:	
Personal or collective objectives in this space:	

Development of the Experience / Daily Log per Session

Date / Session / Activity:	
Brief description of the moment:	
Relevant actors or voices:	

Decisions, agreements, or observed tensions:	
Personal emotions and perceptions:	
Advocacy notes (which messages, positions, or demands I managed to position or heard):	

Personal Indicators of Participation

How did I feel in the space?	
Did I intervene in any plenary? How many times? How did I feel doing it?	
Did I have any key meetings?	
Did I face any fears?	

Learning and Reflections

Acquired knowledge (conceptual, technical, political):	
Observed advocacy practices that can be replicated:	
Identified difficulties or challenges:	
Strategies that helped overcome obstacles:	

Impact and Connections

Networks or contacts generated:	
Potential alliances:	
Acquired commitments (personal, collective, institutional):	
Short and medium-term actions for follow-up:	

Personal and Political Reflection

What did this experience mean to me as a rights defender?	
How does it connect with my story, identity, and territory?	
What tensions did I feel between the global and the local?	
What questions remain open for me?	

Closing and Projection

Key ideas to share with my organization/community:	
Recommendations for future participation in global spaces:	
Proposal of concrete actions following the experience:	

Additional Notes / Annexes

(Free space to paste cards, photos, direct quotes, links, or relevant documents).

