



Empatika RCA Level 1 Training

Over seven days, researchers in the Reality Check Approach level one training will understand the concept and conduct of immersion research, including core qualitative research skills and respectful ways of undertaking research with people.

Researchers will leave the training with an understanding of how to build relationships with study participants and with a reflexive understanding of how to mitigate their own bias and address power imbalances inherent in any form of research.

The training is composed of modules and exercises developed from more than 10 years of providing training for immersion. We regularly update this curriculum to reflect the lessons learned from each training and ongoing research studies, as well as adapting it to fit local contexts. To-date, this curriculum has been implemented in nine countries, with over 150 participants.

Who is this for?

This training is for anyone with an interest in immersion research techniques (as a practitioner or commissioner) and to enrich core qualitative research skills.

We believe the knowledge and skills developed through the training will help you undertake better, more thoughtful qualitative research, no matter what method you are using.



What you will learn

The Reality Check Approach (RCA) Level 1 Immersion Research Training includes two days of in-class exercises covering core concepts in qualitative research, including power, bias, positionality and rigour. Approaches to triangulation, conversation, and facilitating visual exercise provide practical ways to apply these concepts. This training also supports researchers to adopt attitudes and behaviour necessary to build relationships with communities and maintain informality during field work. Interactive activities will support trainees to develop creative approaches to having authentic conversations, to deepening insights with observations and shared experience to better connect with people. In-class exercises also cover core skills to facilitate participatory research, encouraging participants to be reflexive and deepen their insights.



RCA Level 1 Training in Ghana

A third day on the child safeguarding module goes beyond simply building awareness. Using a series of simulations based on real dilemmas that Empatika team members have faced, the session requires participants to consider the decisions which should be taken in undertaking research with children and young people, reflecting on the ethical and practical challenges as well as the delicate balance between a child's right to participate in research and their right to protection.



RCA Level 1 Training in Pakistan

Following the three days of classroom training, trainees apply their new skills in a two-night pilot immersion. In this period, trainees will stay with a family in a community for two-nights and are supported by their trainer and other members of their team.

After returning from home, trainees gather together a final time for reflection. This half-day reflection explores trainees general impressions of the immersion, how their assumptions compared with the actual experience, lessons learned, and how they feel their experience can be applied to current or future activities.

Program Overview

The training is facilitated by two senior Empatika researchers. These researchers have led numerous trainings in Indonesia and/or internationally and have also led or co-led immersion research studies.

Sample Training Agenda

Day 1	» Introductions	» Suspending judgment	Day 3	» Introduction to Child Protection
	» Added value of qualitative research	» Challenging assumptions		» Photos
Day 2	» Participatory research in development	» Understanding power	Day 4	» Researcher Behaviour
	» Considering study participants	» Introduction to RCA		» Simulation review and discussions
Day 2	» Approaches we use in Empatika	» Key characteristics of RCA	Day 5	» Security & Risk Assessment
	» Offsetting Bias	» Scope of RCA		Day 6
Day 2	» Appearance and Power Gaps	» Triangulation	Day 6	
	Day 2	» Listening		» Steps in RCA study
» Conversation		» Entering communities	Day 7	» Travel back to base, Rest
» Observation	» Ethical considerations	Day 7		» Half Day Reflection
» Recording & field diaries	» Data protection			
» Visuals & photos	» Household compensation			
	» Intervening			

Our trainers have language skills to support training participants, including Bahasa Indonesia, Nepali, and Hindi.

See our team of trainers at empatika.org/team.html

Additional Information

Participants: 6 - 14 participants

All participants will receive a certificate of attendance on completion.

Language of Instruction: English

For more information, please contact training@empatika.org

