



Reflect and adult learning

Reflect is an innovative approach to adult learning and social change, which fuses the theories of Paulo Freire with the methodologies of participatory rural appraisal. It was developed in the 1990s through pilot projects in Bangladesh, Uganda and El Salvador and is now used by over 500 organisations in over 70 countries worldwide.

Reflect has been successful in linking the literacy acquisition process with individual and community empowerment – strengthening the capacity of millions of people, particularly women, to secure their basic rights. For more information visit the **Reflect** website.

Contacts and information

Reflect website
(www.reflect-action.org)

Basecamp networking and file sharing site for practitioners (invitation only, contact emma.pearce@actionaid.org)

Facebook page
(www.facebook.com/ReflectAction)