

## Testimonies

My biggest takeaway was the introduction to causal loop diagrams and systems thinking in food systems research. I was not previously familiar with this approach, and it significantly changed how I view the complexity and interconnections within food systems.

**Seyedeh Shaghayegh Alavi**

University of Cagliari, Italy





## Testimonies

The importance of breaking big questions into small, clear and well-defined pieces. The concept of writing a transformative statement, connecting it with our underlying worldview, and then operationalising it into tasks — these are the most important takeaways for me.

**Alessandro Monaco**

Baltic Studies Centre, Latvia





## Testimonies

My biggest takeaway was learning how to approach food system challenges through a systems and transformation perspective rather than isolated solutions. I have started applying tools such as stakeholder mapping, BATWOVE analysis and back-casting in my work.

**Lidija Maurović Koščak**

Croatian Agency for Food and Agriculture





## Testimonies

The opportunity to network and engage with international researchers and students was very beneficial, and the classes were very insightful.

Chloe Brown

CHARM-EU





## Testimonies

The lectures were all very insightful. John presenting food loss in terms of calories was striking — I tried to include that aspect in a project I am planning. The applied systems science session from Deniz was particularly engaging, and Chelsea's session on impact and value was also inspiring.

**Johan Steyn**

University of Applied Science Burgenland, Austria





## Testimonies

It helped me understand and learn how to apply systems perspectives when working on multi-dimensional food systems problems. Now I feel more confident to work with such methods – and I can accept that they can never be perfect, but always helpful.

**Esra Akad**

Postgraduate, Germany





## Testimonies

My biggest takeaway was learning to frame my research more clearly through a food systems lens. In my work on indigenous leafy vegetables, the Winter School helped me connect nutritional research with broader food system elements such as household practices, cultural preferences, supply chains, policy environments, and end-user behaviour.

**Stellio Cyrus Sossou Jomo**

Kenyatta University of Agriculture and Technology, Kenya





## Testimonies

How to analyse food systems using a soft systems approach and identify key leverage points and decision venues for impact.

**Muluberhan Biedemariam**

College of Agriculture, Aksum University

