

Difference between a lab and a workshop

Whilst workshops are extremely useful learning environments, unlike a lab they do not allow you to test a change in context and experience the risks associated with this change.

A number of other key differences are listed below:

| Labs | Workshops |
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| Takes place in situ | Can take place anywhere |
| Involves the people with experience of working or living with in the context being explored | Can involve anyone |
| Designed around a contextual issue | Designed around themes |
| Are designed to test something | Are designed to learn something |
| Focus on experiential learning | Focus on cognitive understanding |
| There is no 'one' facilitator | Are facilitated |
| The group decides what is being tested | The facilitator usually decides what you do |
| Need to be designed to accommodate context, cultures, knowledge, and experiences of participants | Can be repeated with little or no changes |