

Appendix Document

Setting the Table: Collective storytelling about the future with a community, Volkskeuken

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Appendix A: Chefs' pamphlet stories analysis

Motivations/Aspirations behind Cooking

for the past

for the present

for the future

n=10 active VK chefs

[illegible][illegible]

She feels it is important to pass on Cape Verdean heritage to younger generations and to anyone who loves Cape Verdean food or wants to learn about it.

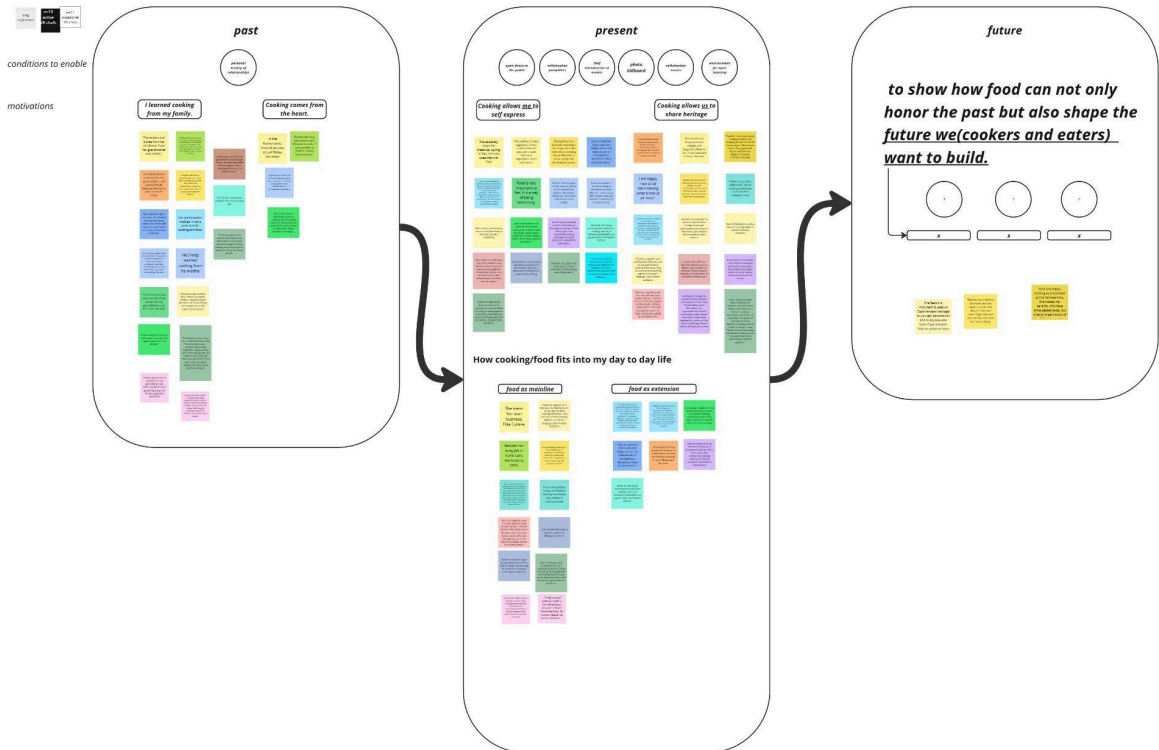
She has never been to Sumatra, but she wants to make that dream come true soon. Especially now that she has overcome her fear of flying.

Now she enjoys working as a volunteer at the Veralienhuis. She misses her parents, who have since passed away, but tries to impart much of her Sri Lankan culture to her daughters.

n=11 occasional VK chefs

[illegible][illegible]

Now she enjoys working as a volunteer at the veterans' home. She misses her parents, who have since passed away, but tries to impart much of her Sri Lankan culture to her daughters.



Appendix B: Guest survey + responses

Survey

TODAY'S LUNCH
LUNCH VANDAAG

PREPARED BY CHEF
BEREID DOOR CHEF _____

(DATE)
DATUM _____

EATING AT DE VOLKSKEUKEN TODAY FELT
ETEN BIJ DE VOLKSKEUKEN VANDAAG VOELDE

☐ _____ FAMILIAR ☐ **BEKEND** ☐ NEW **NIEUW**

BECAUSE...
OMDAT...

I WOULD LIKE TO SHARE THIS MEAL AGAIN...
IK ZOU DEZE MAALTIJD GRAAG NOG EENS WILLEN DELEN...

WITH (WHOM?)
MET (WIE?) _____

AT (WHERE?)
BIJ (WAAR?) _____

BECAUSE...
OMDAT...

A MESSAGE TO THE CHEF
EEN BERICHT VOOR DE CHEF

Responses

Survey #	Chef	Date	Eating at the volkskeuken today felt...	because	I would like to share this meal again with	at	because	a message to the chef
1		28 Nov	familiar	we eat this kind of food at home but it was my first time at verhalenhuis.	everyone	-	it's tasteful and healthy	thank you very much for the tasty and nice meal
2		28 Nov	hospitable	friendly hosting, friendly serving, and i felt cheerful/cozy	-	-	-	the food was very delicious and properly served
3		28 Nov	familiar	we eat frequently at verhalenhuis, familiar with the cuisine	my wife	malaysia	although it's nice to eat foreign cuisine in the netherlands, nothing beats local cuisine in the country of origin	very nice, especially the sambal
4		28 Nov	familiar	fine atmosphere, feels homey, food tastes good and feels like being at home. in an intimate space	my friends	just here	the food invites you to have good conversation	delicious food, thanks!
5		28 Nov	familiar	feels like coming home	a good friend or boyfriend	-	the atmosphere is "no nonsense" (no frills)	thank you for cooking
6		28 Nov	familiar	i eat here often	ineke	here	i come here often because it's always gezellig	delicious meal!
7		28 Nov	familiar	always heard(?) - vernamerd	josee	here	the food is always good	keep up the good work
8		28 Nov	nice	het was lekker and different from what i was used to	with my wife	here	nice cozy place. nice relaxed atmosphere	it was tasty and different than i'm used to. thank you.
9		28 Nov	familiar	cozy., friendly, living room feel.	beloved	here	delicious food	enjoyed the lunch!
10		28 Nov	familiar	i am vegan and love this kind of food immensely	everyone	belvedere (here)	food and atmosphere fit together, more people should enjoy it	thank you for the delicious lunch!
11		28 Nov	familiar	authentic, tastes like home	-	-	the flavor is delicious	thank you for the delicious food
12		28 Nov	familiar	i have come here for 7-8 years as a volunteer	people of verhalenhuis	here	for coziness	delicious, very tasty, i like it very much. i want to have the same food tomorrow
13		28 Nov	new	i come here for the first time	my daughter	here	she studies in rotterdam, (comign from friesland just like me)	it was very tasty
14		28 Nov	relax	convivial atmosphere, friendly reception.	vriendin	home	tasty spicy and good vegetarian	tasty vegetarian (meat eater?)
15		28 Nov	cozy/nice	nice atmospher and hospitality	my partner	-	it was very tasty	"vleesveronger" delicious, quite spicy for me though

Appendix C: Semi-structured interview guide

Volkskeuken Koks Discussion Guide

November 2024 - TU Delft Masters thesis -

Housekeeping

Informed Consent

The participant will be given a physical form to read and sign before the interview.

Participant Information

Initials, Age, occupation

Research question

What kind of future are Volkskeuken chefs cooking towards?

Data Collection

Audio recording + transcription after introduction

Discussion Guide

Introduction (5 min)

I'm Crystal, as you know I'm a volunteer at VHB, but also I'm here to talk with you today as a design researcher for my master's thesis about sharing food and imagining futures at TU Delft.

The purpose of today's conversation is to explore your perspectives on how cooking and sharing food at Volkskeuken contributes to broader ideas about community, culture, and possibility.

In the next half hour (re-confirm time flexibility), I have essentially three core topics we will talk through together. As we go through various questions, feel free to be honest about your perspective, as each person's response is going to be unique. There are no wrong answers. If at any point you feel uncomfortable answering a question, feel free to say "let's move on" and we can do so. Some formalities include this informed consent form that we can review and together now (3 minutes).

We will be recording audio for this session just for transcription and analysis purposes. The recordings will not be tied back to you individually. Do you have any questions? [Verbal consent confirmation + Recording begins].

Let's begin the recording now.. To confirm, we have your verbal consent to record -

A. Your role in sharing food (5 min)

Purpose: Investigating how these chefs perceive their position roles as carriers and challengers of cultural, traditional, or communal values, revealing how they view their contributions to cultural identity and community narratives

A1. To first learn about your connection to Volkskeuken, when did you start cooking here? How often?

A2. Why do you continue to participate as a chef at Volkskeuken? Any particular motivations?

B. Your impact in sharing food (8 min)

Purpose: Uncovering the qualities, feelings, and values they hope to embed in the community. This reveals how chefs see their food contributing to personal memories and the collective cultural heritage of Rotterdam over time.

B1. So you have cooked for all kinds of people here in the Volkskeuken. Imagine a few years from now, those guests are cooking too and sharing their own stories. What kind of things do you hope they would remember from your story? In other words, if they were to learn one thing from you, what kind of values or practices do you hope might grow from your cooking?

B2. Do you think that sharing your food here shifts perspectives or influences people's views on culture, tradition, and/or community? In what ways do you hope that sharing food can make a positive difference in people's lives?

B3. When you cook, what kinds of values or feelings do you hope to create in people who share your meals?

C. Imagining the broader future of sharing food (8 min)

Purpose: Using speculative design as a lens, the chefs' responses can help us imagine which parts of cultural heritage, diversity, and food traditions they aim to sustain in Rotterdam. This enables a vision of Volkskeuken as a space that dynamically reflects and supports a diverse, future-focused community.

C1. As you know, Rotterdam is a globalized city rich with over 170 cultures today. In the next few decades, Rotterdammers will be increasingly diversified and exposed to a mix of cultures and heritage. Considering the future mix of cultural identities among Rotterdammers and relationship with food, let's imagine how the Volkskeuken would be set up in 20 years. What would you, a future Volkskeuken chef, cook for lunch service?

C2. Are there ways you hope the act of cooking and sharing food will change in any way at Volkskeuken? Maybe there's something you want to try, about the process of planning, cooking, sharing food, etc?

Wrap up (2 min)

Thanks for sharing your ideas and stories with me today. To wrap up our conversation, Is there anything we didn't cover that you think is important for understanding the role of sharing food within the community here at Volkskeuken?

Appendix D: Semi-structured interview analysis



volkskeuse vibe

I like the place I like the vibe of the place I like the people here They are my idea people

It's nice to have a place where you can be yourself and not feel like you have to hide anything

Because of the people here I feel like I belong and I'm not alone

It's nice to have a place where you can be yourself and not feel like you have to hide anything

because of the vibe team...

Because of the people here I feel like I belong and I'm not alone

It's nice to have a place where you can be yourself and not feel like you have to hide anything

Because of the people here I feel like I belong and I'm not alone

It's nice to have a place where you can be yourself and not feel like you have to hide anything

because of the volunteers

It's nice to have a place where you can be yourself and not feel like you have to hide anything

Because of the people here I feel like I belong and I'm not alone

It's nice to have a place where you can be yourself and not feel like you have to hide anything

Because of the people here I feel like I belong and I'm not alone

Food as Love and Connection

to share food

I think we should have a system that gives the food away to the people who need it and not to the people who don't

Keep cooking, keep sharing the food with the people who need it. Don't let it go to waste.

And this is because we love the food, we love sharing food and we love with love, we know.

It's nice to share food with the people who need it. It's nice to share food with the people who love it.

It's nice to share food with the people who need it. It's nice to share food with the people who love it.

stories of family

I hope they can also share their stories, their memories, their relationship with their parents.

I hope they can also share their stories, their memories, their relationship with their parents.

I hope they can also share their stories, their memories, their relationship with their parents.

I hope they can also share their stories, their memories, their relationship with their parents.

impress/impression

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

Legacy + Documentation

stories of culture

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

presentation while serving food

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

Creativity and Adaptation

learning quality ingredients

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

cook affordable

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

adapting technique

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

learning from one another

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

Process and Nourishment

cooking process

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

It's important that people have a good impression of the food, the service, and the people who are serving it.

Don't mix your food, you must taste every flavor.

Appendix E: Workshop 1 (Scenario Building) discussion guide

December Workshop Proposal

The Future of Volkskeuken Master's Thesis - Crystal Mah

Pitch

I propose a 90 minute workshop with the Verhalenhuis Belvedere organizers, designed to present and collectively interpret insights gathered from my research with the chefs at Volkskeuken. This session will be a space for you (as organizers but also as members of the Verhalenhuis Belvedere community) to engage directly with the findings so far, offering you perspectives and expertise to deepen and refine the emerging picture of Volkskeuken's role and future potential. This session will allow us to explore how the community, including the chefs and organizers, can actively contribute to shaping the future of Volkskeuken.

Imaginative Scenario Building - Workshop

Objective: To explore how the Volkskeuken team (organizers + volunteers) can honor the chefs' cultural heritage while adapting to new aspirations and emerging identities through storytelling.

Logistics: 80 minutes, 4-6 participants (3 VHB organizers +2 volunteers), in person, english

Study Outline:

<i>Time</i>	<i>Section</i>	<i>Task</i>
2	1. Introduction	Setting context, intentions, method
10	2. Themes	Present how the results from chef's interviews lead to aspirational themes for Volkskeuken's future. These themes have been translated into simple scenarios to imagine further.
15-20	3. Scenario Building	Inhabit and co-create in several future scenarios. Each simple scenario presents a relatable medium of storytelling (e.g., podcast, newspaper, etc.,) for participants to imagine and narrate as characters. Narration will populate details they imagine with the scenario's reality (e.g., What's there? How does it feel? How do we get there?).
35-40	4. Review and Reflection	Discuss which of the scenarios participants found most exciting/interesting and identify what aspects of said future are recognizable/attainable to act on in the present.
5	5. Wrap Up	Reflect as participants experiencing the workshop itself. Highlight how these methods have shaped their thinking within their respective roles today.

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1. Introduction

Welcome, everyone. Thank you for being here today. We’re here today so 1. I can provide an update on my research with the Volkskeuken and 2. Move into the generative phase of creating something out of what we learned together and explore the future of Volkskeuken. Over the next 80 minutes, we’ll reflect on insights gathered from the chefs and community, and imagine where Volkskeuken might go next. Let’s set the scene for a future we want to grow in.

We’ll start by introducing some themes that have emerged from the research, then dive into an imaginative exercise where you’ll get to co-create future scenarios. The goal is to explore what Volkskeuken could become and how these futures may feel.

Think of this as a playful space to share ideas. There are no wrong answers—just opportunities to imagine and build on each other’s creativity.

2. Themes

Let’s start with reviewing some themes that emerged from conversations with the chefs. These aren’t set in stone but serve as starting points for today’s exploration. Each theme represents a different aspiration of Volkskeuken’s potential future.

Theme	Explanation	Chefs’ perspective
Legacy + Documentation	<p>This theme focuses on preserving and sharing the cultural and personal stories tied to food.</p> <p>It highlights how Volkskeuken can act as a living archive of culinary traditions, memories, and traditional practices.</p> <p>By documenting the cooking process and storytelling in various medium, the community ensures that future generations can access and learn from this rich heritage.</p>	<p>Document the process of cooking and sharing food</p> <p>Share how personal stories connect to culture and traditions</p> <p>Showcase how we eat (with what cutlery, if dishes are eaten mixed vs. separately, etiquette)</p>

Food as Love and Connection	<p>This theme emphasizes the emotional and social power of food to create bonds.</p> <p>Cooking and sharing meals is seen as an act of care and love, bringing people together and fostering inclusivity.</p> <p>It also underscores the importance of ensuring that no one goes hungry, promoting a sense of collective responsibility and compassion.</p>	<p>Cook and share food as a way to spread love and honor people</p> <p>Create connection between guests, chefs, and volunteers</p> <p>Share to ensure no one goes hungry</p>
Creativity and Adaptation	<p>This theme celebrates the freedom to experiment and innovate in the kitchen.</p> <p>It highlights how creativity in cooking, from ingredient selection to presentation, keeps food culture vibrant and evolving.</p> <p>This adaptability invites the community to learn from each other, blend traditions with new ideas, fostering a playful and dynamic culinary space.</p>	<p>Learning from each other's cultures and creating something new</p> <p>Freedom to try new things and experiment with ingredients</p> <p>Encourage innovation and playful cooking</p> <p>Emphasize presentation and creativity in plating</p>
Presence, Process, and Nourishment	<p>This theme centers on the physical act and intentionality in cooking and sharing food.</p> <p>It highlights the importance of being present and enjoying the process of preparing food, emphasizing the value of slow cooking.</p> <p>Nourishment goes beyond physical sustenance, promoting well-being and connection to the community and environment.</p>	<p>Enjoy the process of slow cooking and being present</p> <p>Cook to nourish and promote health</p> <p>Emphasize sustainability and avoid waste</p>

Spend 3 minutes reading through each aspiration and noting down one key insight or question that comes to mind for each theme. This could be something you find interesting, something you're curious about, or a way this theme connects to your personal experiences with the Volkskeuken. Afterward, we'll briefly share our thoughts to kick off our next activity

Now let's go around the table. Share one of your insights or questions about any theme. Keep it brief—just one sentence or two. This will help spark our collective thinking.

3. Scenario Building

Now we will be exploring these aspirations translated as scenarios. To help you imagine the reality behind each aspiration, each scenario is grounded in everyday situations. These scenarios are designed to help you think about the backdrop of Volkskeuken's future; who the key players might be, what kinds of experiences they would have, and how the community would evolve around them. Your job is to step into the world of Volkskeuken's future in the year of 2040, and populate it with characters, events, and details.

Theme	Scenario	Prompts-(hidden probess)
Legacy + Documentation	<p>A Podcast Episode</p> <p>Imagine that Volkskeuken has been invited to guest host a popular podcast you love. Over the next month, a series of weekly episodes will explore not just recipes, but the rich traditions, rituals, and values that shape the way food is prepared and shared at Volkskeuken. Each episode aims to highlight the personal stories behind the meals—from the process of creating the menu, cooking, to sharing the food.</p>	<ul style="list-style-type: none"> ● Who are the storytellers? Are they chefs, guests, volunteers, or perhaps new voices from the community? What perspectives do they bring? ● Who is the ideal audience for this podcast series? Why would they be drawn to Volkskeuken's stories, and what might resonate with them? ● What do you tell friends? If you share this podcast with friends, what story stands out?—are they about personal memories, cultural traditions, or culinary techniques? ● What are you learning as the series progresses? Which recipes, rituals, or traditions feel significant enough to preserve? What insights do they offer about the Volkskeuken experience? ● How does listening to these stories impact you? Does it inspire you to document your own traditions or create your own legacy?
Food as Love and Connection	<p>Community Forum</p> <p>The Volkskeuken has launched a community forum for people interested</p>	<ul style="list-style-type: none"> ● Who responds to your post? Are they neighbors, chefs, organizers, other organizations in the area, or someone else?

	<p>in all things related to the kitchen and sharing food in the area. You have received someone else's grocery delivery by accident and cannot return it. You make a post: "I have 100 eggs to use by tomorrow ..."</p> <p>The community forum responds the same afternoon.</p>	<ul style="list-style-type: none"> ● What do you hope to gain from sharing this dilemma? Is your goal to cook something special, connect with others, or ensure that food doesn't go to waste? ● How do these individuals or groups mobilize around your call for help? Is it a small gathering, a large community effort, or a more personal interaction? ● How does food become a tool for connection at this moment? Is it about sharing skills, offering support, or building new networks? ● How might this experience lead to ongoing collaborations or future community events? Could it inspire a regular food-sharing initiative or new partnerships within the community?
Creativity and Adaptation	<p>Rotterdam Cooking Show Competition Imagine you're observationing a cooking competition held in the city center of Rotterdam. The competition aims to celebrate the range of cuisines that feed the city every day. Various people from Verhalenhuis Belvedere's community come together to participate in the competition as the Volkskeuken team.</p>	<ul style="list-style-type: none"> ● Who's on the Volkskeuken team? How is the team created? Is there a range of skillset or seniority? ● Who are the judges? What makes their perspective and role fit to judge ● What aspects of their identity are reflected in their food? Was there distinction between cultural influences or were concepts fused to create something new? ● How does the Volkskeuken team perform throughout the competition? How do they make decisions together? What happens under pressure? ● How does the team inspire onlooking spectators of Rotterdam? Why are spectators rooting for the team to win?
Presence, Process, and	<p>Day Retreat You are attending the monthly Volkskeuken retreat, a full day of</p>	<ul style="list-style-type: none"> ● Who led the workshop? Were there guest hosts or collaborations with local partners to lead certain activities?

Nourish ment	activities. This workshop teaches you to source ingredients locally and the cooking takes all day, hence a feast begins only when the sun goes down. You write to a friend about the day, urging them to come join you at next month's Volkskeuken retreat.	<ul style="list-style-type: none"> ● Who came to the workshop? Did anyone inspire you or make the day more memorable for you? ● What sounds, smells, and sights define the experience? ● What did you takeaway from this workshop? What lessons or reflections emerge from the day? ● What's on the postcard? What point of the day was memorable enough for you to snap a photo as the front of the postcard? ● How do people interact throughout the process? How did the flow of interactions make you feel at the end of the day? ● How was the process of slow cooking? How did you pass the time?
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Each scenario invites you to create a narrative around each theme's aspirations. You can refer back to the aspirational cards for reference as you build the reality behind your story.

You will be writing a postcard to someone about the scenario you experienced that day.

The goal of this activity is for each of you to articulate preferable aspects, acknowledging what is possible from each aspiration.

Here's an initial brainstorm sheet to help you note down important points. [Insert Scenario Template Worksheet]. Select a scenario to sit in for the next 15 minutes. Spend about 5 minutes in brainstorm (imagining possibilities and noting details) and 10 minutes writing your postcard (putting it all together in a story)

Think about... 1. Who are the key characters? 2. What's happening? What could go wrong? 3. How do these details reflect Volkskeuken's role and potential?

Theme:		
Who are the key characters? Think about the people or entities at the heart of this story.	What's happening? Describe the actions, events, or decisions unfolding in your scenario.	How do these details reflect Volkskeuken's role and potential? Highlight the preferable aspects of the theme and how they align with Volkskeuken's values.

4. Review and Reflection

Now that we've spent time imagining and building these future scenarios, let's take a moment to share and reflect on what came up. This discussion will help us unpack not only the ideas themselves but also the motivations, values, and aspirations behind them. We're interested in understanding both *what* you imagined and why those futures felt important.

Read your postcard out loud to us, we will spend about 7 minutes in each of your imagined scenarios.

- What was the most interesting or surprising part of the scenario you created?
- What do you hope this future could achieve for Volkskeuken?
- What, if anything, felt challenging or uncertain about the scenario?

(Deeper reflection)

- **What stood out to you most in the scenario you imagined?** Why do you think this particular element felt significant for the future of Volkskeuken?"
- **What aspirations or values guided your thinking in building this scenario?** How do these aspirations align with or challenge how things currently work at Volkskeuken?
- **Did you encounter any tensions or challenges in your imagined future?** How might those challenges inspire new ways of working or collaborating within the Volkskeuken community?

Now that we've heard from everyone...

- **What common themes or values are emerging across the different futures we imagined?**
Are there any shared aspirations or challenges that feel especially important to focus on moving forward?
- **What opportunities do these imagined futures open up for new ways of working together?**
Are there aspects of these futures that the Volkskeuken can support in the present?

5. Wrap up

Before we go, I'd like you to reflect on the workshop itself.

- How did this process of storytelling and role-playing shape your thinking about your roles and the future of Volkskeuken?

What's next?

I would like to tailor the next workshop into another collective storytelling experience based on the findings from today's session. Set Date: __ Jan 2025

Brainstorm template

Theme:		
<p><i>Who are the key characters? Think about the people or entities at the heart of this story.</i></p>	<p><i>What's happening? Describe the actions, events, or decisions unfolding in your scenario.</i></p>	<p><i>How do these details reflect Volkskeuken's role and potential?</i></p>

Postcard format

[illegible]

Appendix G: Workshop 1 (Scenario Building) Analysis

format of VK

A 3x3 grid of nine pink sticky notes, each with handwritten text in different colors. The text is a mix of serious, humorous, and motivational phrases.

Yes we struggle to make a difference but we have a great chance to be the first to get it done before it's too late.	It's not about how much you can do, it's about how much you care.	F. And maybe also when you eat with who you eat.
It's not about how much you can do, it's about how much you care.	It's not about how much you can do, it's about how much you care.	I really like working in Retail because I can be creative and I can help people.
A little bit of love goes a long way and a little bit of love goes a long way.	It's not about how much you can do, it's about how much you care.	It's not about how much you can do, it's about how much you care.

role in Katendrecht

what's getting in the way of the important. If you
they are going to come to the end of the line, how they
announced as a success or not of the project? I don't
I don't know more of the information you are looking for.
I don't know more of the information you are looking for.
I don't know more of the information you are looking for.

dynamic stories of
identity

[illegible]

impact of VK

[illegible]

VK messaging

1) I think it's important that we stay connected and work with each other in this era of working online and manufacturing with more technology and at much lower cost. It goes to how we think of manufacturing.

facilitating chef x
audience interaction

mindset

[illegible]

the future kitchen is
just Xxx's kitchen

[illegible]

ideally

[illegible]

So there's still a lot of work to do to even let people open their eyes and make contact with with people coming from somewhere else. O3

Appendix H: Workshop 2 (Backcasting) discussion guide

A Toast: Merging Backcasting Futuring Methods with Collective Imagination

The Toast Workshop combines storytelling and backcasting to explore future possibilities for Volkskeuken. Through building collective toasts, participants transform their present and create Volkskeuken's futures.

Participants: 4-5 people involved in the Volkskeuken (i.e., frequent guests, volunteers, chefs)

Section	Description	Duration
1. Introduction & Setting the Scene	Facilitator introduces the 2040 scenario and presents aspirational themes. Participants collectively select a theme.	10 minutes
2. Opening Toast	Facilitator gives an opening toast reflecting on the last 15 years, tying it to the selected theme.	5 minutes
3. Individual Story Creation	Each participant uses the template to create their own story of an event/ritual/milestone that contributed to 2040.	5 minutes
4. Sharing Stories	Participants share their stories one by one. Facilitator recaps each story and highlights key points.	15 minutes
5. Group Discussion	Facilitator guides a discussion to connect the stories, identify themes, and create a collective narrative.	10 minutes
6. Wrap-Up & Reflection	Facilitator summarizes the shared vision, reflects on key lessons, and discusses how this informs present-day actions.	10 minutes

1. Introduction & Setting the Scene

We're here today in the year 2040, gathering today to celebrate together. Here I have some themes of achievement that the Volkskeuken community had aspired for 15 years ago, captured in this archival record. First we will collectively select a theme that the table most resonates with.

2. Opening Toast

"Here's to the last 15 years that has led us to [selected thematic achievement]! From where we stand today in 2040, it's amazing to look back at everything we've achieved together here at the Volkskeuken; the journey we've taken, the milestones we've reached, and the community we've become...

3. Individual Story Creation

As people in the Volkskeuken community, each of you may recall a memorable story that contributes to this toast. Here is a template to write your toast. This should help you look back on the last fifteen years of the Volkskeuken (2025-2040) and “reflect” on a specific situation that nods to [selected thematic achievement].

4. Sharing Stories

Now we will go around the table each sharing a personal toast to the Volkskeuken (short remarks after each toast are welcome/2 min each)

-
-
-

Thank you for sharing! It’s amazing how [event/ritual/milestone] inspired [X] and contributed to the Volkskeuken’s journey.”

5. Group Discussion

What ideas/values/ theme here are playing a central role? Does anyone see how these events might connect or build on one another? Maybe they don’t, that is also okay. *[As participants share, note recurring themes, values, or ideas that emerge and point them out to the group. Encourage others to build on those connections]*

- “How do you think this event led to the next milestone?”
- “What values or principles stood out in the stories we’ve shared so far?”
- “Does anyone see an underlying thread that ties these moments together?”

Let’s piece this together: First, [Event A], then [Event B], and finally [Event C]. What do you think this tells us about the journey of the Volkskeuken over the last 15 years? *[Create a visual or verbal timeline(s) of the milestones shared by participants. Use a whiteboard, flipchart, or simply recap verbally to consolidate the events into a cohesive narrative.]*

6. Wrap-Up & Reflection

What does this collective narrative tell us about what the Volkskeuken stands for as a community?

[Wrap up the discussion by reflecting on the values and lessons that emerged. Consider how these lessons can inform present-day actions to align with the aspirational theme.]

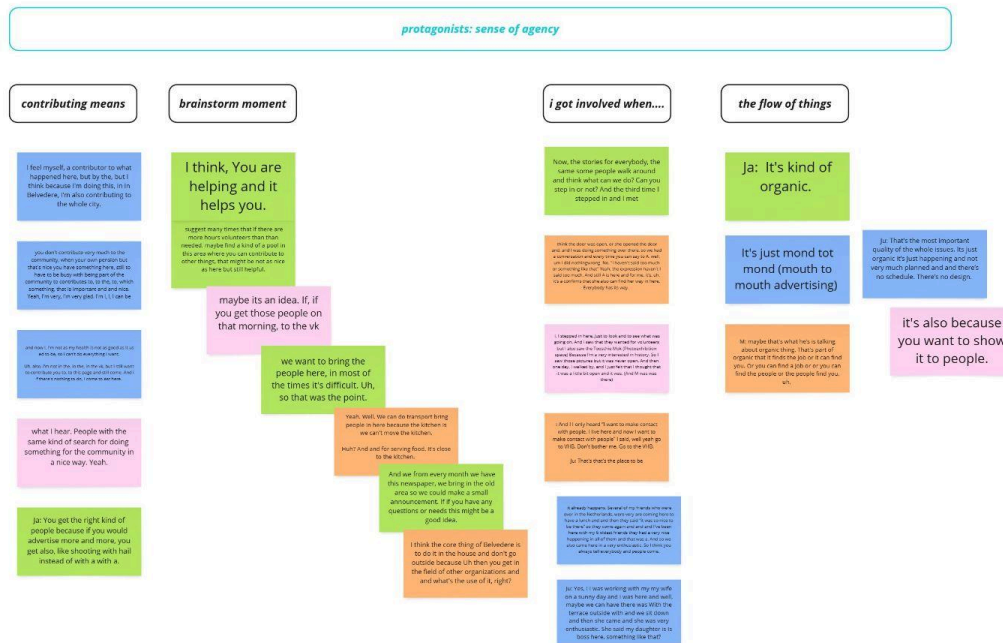
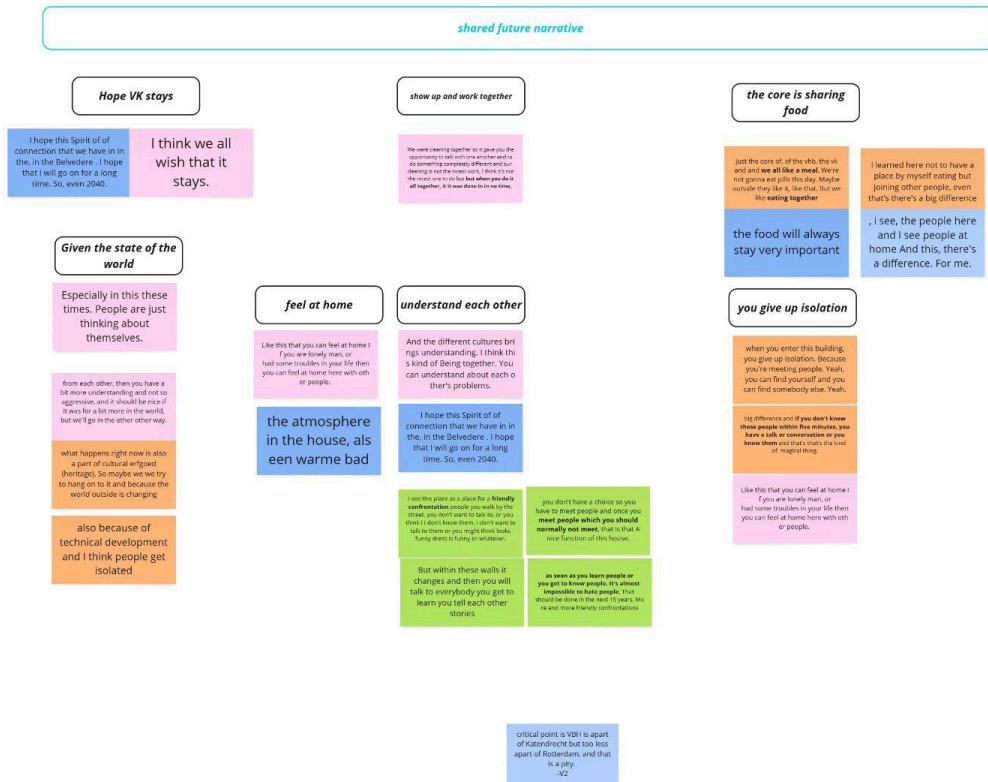
As we wrap up, I’d like to invite you to think about your role in the stories we’ve created today.

- Do you see yourself as an active participant or subject in this imagined future? How does this exercise influence how you perceive your role in shaping the Volkskeuken's journey moving forward?
- How did participating in this exercise feel for you?
- Did this process of imagining the future spark any new insights or ideas about the Volkskeuken's role in the community?
- Are there aspects of the stories we created together that resonate with your own vision for the Volkskeuken's future?
- What, if anything, from today's discussion do you see as a potential starting point for action or reflection in the present?

Appendix I: Toast template

A toast to...		
<p>1. <i>Imagine an event/ritual/milestone that occurred over the past 15 years. What marked a major turning point or milestone that had a lasting impact on the community?</i></p> <p>"I remember when we</p> <p>_____</p> <p>[Event/Ritual/Milestone]</p> <p>_____ "</p> <p>[What happened]</p>	<p>2. <i>Reflect on the action or decision that led to this moment. How did this moment or decision help bring you and the community closer to the achievement you see today?</i></p> <p>"It all started when we made the decision to</p> <p>_____ "</p> <p>[Action/Decision]</p> <p>and that's when everything began to unfold..."</p>	<p>3. <i>Recognize key actors</i> <i>Who was there and what circumstances influenced the situation? What was the cause and effect of such an experience?</i></p> <p>"All because</p> <p>_____</p> <p>[People who contributed]</p> <p>made it happen,</p> <p>_____ "</p> <p>[Effect/impact on the Volkskeuken]</p>

Appendix J: Workshop 2 (Backcasting) Analysis



future

different backgrounds

we can people can meet there each other from different parts of the world. It's different backgrounds and maybe even you know backgrounds, who are not.

you don't have a choice as you have to meet people and once you meet people which you should normally not meet, that is that. A nice function of this house.

when you enter this building, you give up isolation. Because you're meeting people. Yeah, you can find yourself and you can find somebody else. Yeah.

A lot of volunteers showed up and it was really nice to meet one another in a different setting.

MC: maybe that's what he's talking about organic thing. That's part of organic that it finds the job or it can find you. Or you can find a job or or you can find the people or the people find you. uhh.

people that you don't know. So that's also our way of showing love to people, you don't know yet and that's very scary for, uh, House Cooks. Yeah, right.

I invited old
friends and new
friends

chef - guest

It would be more quality in the future, if we hit more often in building more connection between the cook and the audience.

It's interesting as well for it is the only she was associated somewhere and she indicated that she felt Dutch for the first time. So what can the United States learn from this? For example, was the Dutch Ambassador?

related local organizations

neighborhoods and far Rosentanz, even I hope we can exchange more in the future such as plastic bags or certain services or even start food classes. -v1

even better connection with organizations such as the umbrella or other kind of business associations, and even if the work is done in a firm that I will, if their money was there, they would not dare perhaps not obligate to supervise this or organize this.

It's nice that you can go with the chef cook to the special shops and you learn about the city and you come in shops that you never been before and you learn about the traditions.

VHB-greater rotterdam

critical point is VBH is apart
of Katendrecht but too less
apart of Rotterdam, and that
is a pity. ~v2

I think when the migrant museum is going to open and we really see the function of the harbor City reservoir and then I think Katsendicht is a part of it. But also people from Dordrecht. But for sure, the building is going to stay here.

volunteers -
katendrecht

and a few young or youngish care for themselves in this area, there are people who, caring for the husband or a sick wife and they ask for three or four hours a day, or a week to get out to do shopping on their own, for example, and take care or read, or work with the person who's cared for.

more hours volunteers than than needed, maybe find a kind of a pool in his area where you can contribute to other things, that might be not as nice as here but still helpful.

Appendix K: Toasts

V2: "I started as a volunteer. When I was a widow, my doctor in law said to me, "This house, that's not for you. There's about seven years ago, six years six years ago. And so, I started here. In the kitchen. And, With other people. Um, and everything was very friendly. Nice. And I did this for the things too much to say now there's so much different things and Yeah, this is very nice, een warme bad. (dutch expression "a warm bath") I was cutting the vegetables, et cetera, etc. And now I'm a driver, I'm 82 years and I hope that I can move forward for many many years"

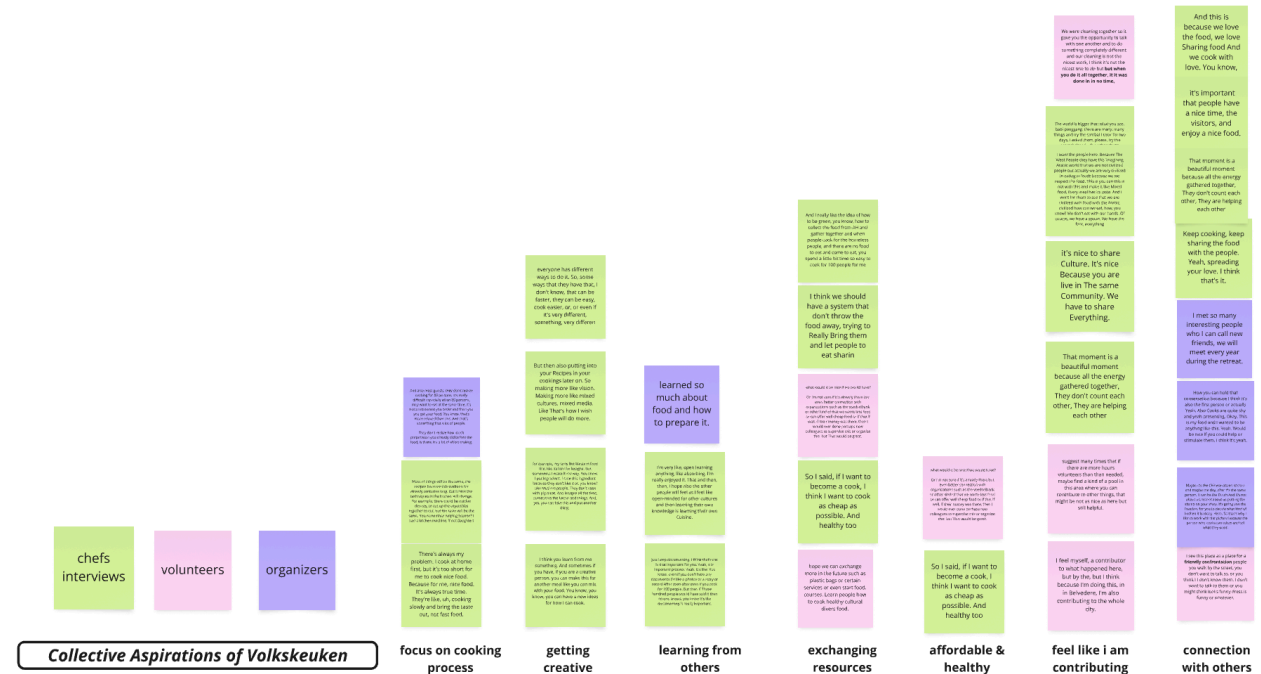
V3: "I remember when we had a meal together, open. It was the event. Was an opening for an exhibition Exposition? Yeah. Exhibition. Yeah, what happened? Everybody listened to each other? Um, it all started when we made a decision to have a positive mindset. And that's when everything began to unfold the ideas and action were shared together. The key actors. There were a few people who dared to speak up or were Pinpoint to speak up. Um, Yeah. And um, Yeah, there was a new conversation. What made it happen. A new conversation was starting up or a date for next. Uh, Gathering next Gathering. Yeah. And The effect impact on the Volkskeuken. Well, I thought it it had to do with trusting everybody's Capability. Or incapability. Yeah. So you can't do everything or you just yeah, everybody. You know. Yes especially. Yeah. Yeah. And and helping ensure and and yeah"

V4: "I want to make a toast on the day. I celebrated. My 62. 62, 62 birthday. Uh, and it all began with the fact that I'm my birthday is 22nd of July. And normally everybody is in holiday, Etc. So if I would celebrate it on the day itself, nobody would show up. So, I came to the idea since I'm also from 1962. Uh, to celebrate it on my 62 plus 62 days birthday and That was the idea where it started with. Um, Um the what the basic experience was is that it was a Korean food. And I think from the 34 people who were there, I think it was for maybe 32 people the first time ever. They ate Korean food. It was a day that also the moon Festivities were downstairs from the Asian young entrepreneurs. And, So it was very nice to mingle and to look at all Departments of the foreign. So everybody walked around and saw the expositions and mingled so it was a very good experience. And it was also the effect. Uh, offer the decision and that everybody showed up that I invited. So that was the first time in my life. Normally, at least 50 percent uh, say we can do what you're on holiday. Um, so that was the best decision to do it on that day and maybe I will do that every year but it will never be 60 to 62 62 anymore. Um, When everything became to unfold. I invited old friends and new friends, so people. Basically didn't know each other and some, I knew when I'm from high school and some of them, I knew only a couple of weeks. So that was a very nice Gathering. So the key, the key actors were my inner circle, uh, then and now And what made it happen to the Volkswagen? I think 34 happy faces with new stories and experiences. That's it. Thank you."

V5: "I'll make a toast because I remember when I'm not so long for the So, I don't have a lot of events, but I remember when we had a cleaning session with a lot of volunteers, not so long ago and it was the first time in this city, A lot of volunteers showed up and it was really nice to meet one another in a different setting. So it all started when we make the decision to set a date and ask the volunteers, And that's where everything began to unfold. All, because Leo came with the idea and we all as a group made it happen. Everything was nice and clean in only one day of hard work. So, we decided to do this on a regular basis every year. That's nice. Perfect. Nice. Thank you."

V6: "I was a cook here in the and I that afternoon, of course Uh, I made a nice Italian lasagna. And I, Assisted by a very nice. A lady from Israel. But that. The afternoon, there was a big party from the government of Pakistan. So so it was quite Yeah, special meeting with People from different cultures and maybe not so friendly into each other in the beginning. But at that, moment at that. Afternoon, everything was very nice and together. So we had a very 32 000 bill with very good meal and well. I was very busy making the same. Yeah. And end up bringing it around and talking to everybody. And I had a very long conversation with one of it and the Pakistan people about credit the cricket. That's the one of the national sports of and I that I was very young I played Cricket here most of them. So talk about Cricket and there's only other very nice conversation but it was also this this meeting between Israel lady and and this very, of course, islamic Pakistan people. And but it was it was also and Beating the where peace was most important? Uh issue in here in this house and we can people can meet them each other from different parts of the world. It's different backgrounds and maybe even you know backgrounds, who are not. You are a little bit antagonistic but hear it. You can have peace in this place so that was very Nice and pretty. And then you can talk about your favorite sports. So this Yeah, and they're very very surprised. I was talking about cricketer, I didn't know, you know that you are much better and in the Pakistan than here."

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Initial Concept: Brainstorm

Edible Landscapes & Urban Foraging Walks - Teach community how to identify and use local edible plants	Communal garden either run by Volkskeuken community or partner with a community garden in the area
Bulk Buying Volkskeuken buys something in bulk for distribution and an example meal to teach how to cook it	Bulletin Board Post requests for help and offers for support
Chopped Cooking team competition to encourage creativity and collaboration	Open pantry Distribute leftovers on a regular basis
Food Footprint Meals focused on sourcing ingredients as close to Volkskeuken as possible	Fusion Kitchen Invite community to work with chefs for intentional blends and clash of flavors in an experimental meal
Ingredient Day An experimental and educational exercise to see how each person uses the same ingredients to cook	Volkskeuken Cookbook Accumulate iconic recipes and stories that invite everyone to come try
Dumpling Potluck Made dozens of ways, topical foods show the breadth and stories behind every version	Cooking Mentorship Program Volkskeuken pairs chefs with non-chefs to learn kitchen skills



Concept Directions

- 1. World Tour of Rotterdam**
experimental workshops where the chefs share how they adapt traditional recipes to incorporate locally available ingredients and diverse dietary needs.
(e.g., vegan rendang, halal lasagna, gluten)
- 2. Open pantry**
Strengthening relationships among neighbors, volunteers, chefs, to grow and exchange surplus ingredients
(e.g., bulletin or forum for sharing ingredients, exchanging ideas for use)
- 3. Volkskeuken Recipe of the Month**
Documenting chef's experience; sharing the behind the scenes process of sourcing ingredients, cooking w/ volunteers and sharing with guests, + extra tips to recreate recipes at home.
(e.g., archived to create a cookbook)
- 4. Skillsharing Workshops**
Chefs and volunteers host workshops based on their own topics of interest
(e.g., budgeting and meal planning, foraging, seasonal eating, pickling and preservation)



4. Skillsharing Workshops

Volkskeuken community (includes chefs, volunteers, guests, organizers, everyone concerned with food) host workshops based on their own topics of interest. This format is adaptable to the needs of the community and invites anyone to share their knowledge.

Collective Aspirations of Volkskeuken

focus on cooking process	getting creative	learning from others	exchanging resources	affordable & healthy	feel like i am contributing	connection with others
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examples

budgeting and meal planning

neighborhood foraging

seasonal eating

pickling and preservation

"It had to do with trusting everybody's Capability. Or incapability... You can't do everything."

Appendix M: Final survey + responses

Final Survey



The future generation of the Volkskeuken - De toekomstige generatie van de Volkskeuken

Dear Volkskeuken community,

Over the past months, I have had the privilege of being welcomed into your community, sharing meals, stories, and creative moments together. My research explored how food and cooking contribute to identity—how they connect us to the past, shape who we are, and help us imagine the future. Through design futuring, I examined how creative food practices can strengthen communities and bring people together in meaningful ways.

As part of my research, I had the chance to read about the experiences of Volkskeuken chefs, cook alongside them, and speak with guests over lunch. I also conducted interviews with chefs and collaborated with organizers and volunteers in creative workshops to envision the collective futures of Volkskeuken. These experiences have given me deep insight into the power of food as a tool for connection and storytelling.

Now, as I complete my research, I would love to hear from you. This survey is an opportunity to reflect on my findings and see if they align with your experiences and perspectives as members of this community. Your thoughts and feedback will be invaluable in shaping the final outcomes of my work.

Thank you for your openness, generosity, and the many shared meals and conversations. I look forward to hearing your thoughts!

With gratitude,
Crystal

(Note:

If you're curious to see more specifics about my process, here's a further look into my [thesis exploration](#), "**Setting the table: Exploring futuring through collective storytelling with a community, Volkskeuken**")

Which qualities do you think relate to the Volkskeuken experience? *

(Welke kwaliteiten hebben volgens jou betrekking op de Volkskeuken-ervaring?)

- ☐ feeling welcomed (gastvrijheid gevoel)
- ☐ working together (samenwerken)
- ☐ serendipitous interactions (toevallige interacties)
- ☐ contributing to the community (bijdragen aan de gemeenschap)
- ☐ feeling cozy like home (gezellig thuisgevoel)
- ☐ learning from each other (van elkaar leren)
- ☐ understanding & connecting with different people (begrip en contact met verschillende mensen)
- ☐ discovering by word of mouth (mond-tot-mond)
- ☐ Other: _____

What kinds of benefits do you hope Volkskeuken will continue or develop for future generations? *

(Wat voor soort voordelen hoop je dat Volkskeuken zal voortzetten of ontwikkelen voor toekomstige generaties?)

- ☐ learning from others e.g. while cooking together or sharing food (leren van anderen, bijvoorbeeld door samen te koken of eten te delen)
- ☐ getting creative e.g., mixing or adapting dishes and techniques (creatief zijn, bijv. door gerechten en technieken te mixen of aan te passen)
- ☐ focus on cooking process e.g. celebrating different cooking traditions (focus op het kookproces, bijv. het vieren van verschillende kooktradities)
- ☐ affordable & healthy e.g. budget meals or locally sourced (betaalbaar en gezond, bijv. budgetmaaltijden of lokale producten)
- ☐ exchanging resources e.g. sharing ingredients or preventing food waste (middelen uitwisselen, bijv. ingrediënten delen of voedselverspilling voorkomen)
- ☐ Other: _____

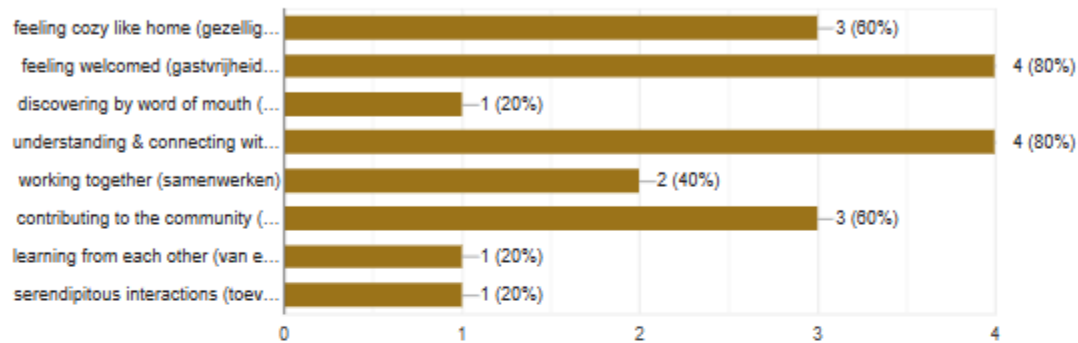
Responses

Which qualities do you think relate to the Volkskeuken experience?

 Copy chart

(Welke kwaliteiten hebben volgens jou betrekking op de Volkskeuken-ervaring?)

5 responses

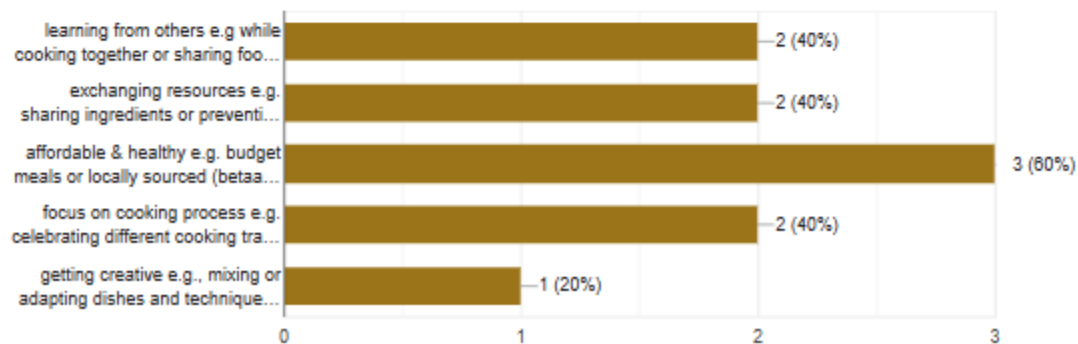


What kinds of benefits do you hope Volkskeuken will continue or develop for future generations?

 Copy chart

(Wat voor soort voordelen hoop je dat Volkskeuken zal voortzetten of ontwikkelen voor toekomstige generaties?)

5 responses



Appendix N: Project brief

PROJECT TITLE, INTRODUCTION, PROBLEM DEFINITION and ASSIGNMENT

Complete all fields, keep information clear, specific and concise

Project title Exploring futuring within a community for social justice

Please state the title of your graduation project (above). Keep the title compact and simple. Do not use abbreviations. The remainder of this document allows you to define and clarify your graduation project.

Introduction

Describe the context of your project here; What is the domain in which your project takes place? Who are the main stakeholders and what interests are at stake? Describe the opportunities (and limitations) in this domain to better serve the stakeholder interests. (max 250 words)

Domain: The project takes place in Rotterdam, a multicultural city characterized by its diversity due to historical migration and post-WWII labor demands. Despite the advantages of this cultural richness, Rotterdam faces significant challenges with racial discrimination, as highlighted by ongoing research and the city's action plan, "Samen Leven in een Stad," which aims to combat discrimination with an action plan from 2023-2026 (Inclusief010, 2022).

Context/Stakeholders: The project engages with a particular organization, Verhalenhuis Belvedere (VHB), which focuses on bridging gaps between migrant and native communities through art, culture, and storytelling. The stakeholders include VHB's members and community—including native Dutch citizens, asylum seekers, first-generation immigrants, and descendants of migrants. The initiatives created by the people in this community have rich historical grounding. Many connections among the community start with the aim to share personal stories and celebrate the cultures they come from.

Interests: As a designer engaged in the social justice space, I am interested in exploring the role of futurity within the narratives shared by the Verhalenhuis Belvedere community. Rather than assuming that long-term visions are inherently necessary, the goal is to investigate how ideas embedded in the stories the community tells are currently being used and what impact they have on the community's collective identity and aspirations. By focusing on what is and isn't working in the application of long-term visions, I want to better understand the community's perspectives on the future (Carey, 2024). This approach allows for a more nuanced engagement that respects and amplifies the voices within the community, helping to identify how their ideas and stories align with or diverge from the community's needs and desires. Through this exploration, the process of "futuring" can be refined, ensuring that it genuinely supports the community in shaping a future that reflects their values and goals.

→ space available for images / figures on next page

Personal Project Brief – IDE Master Graduation Project

Problem Definition

*What problem do you want to solve in the context described in the introduction, and within the available time frame of 100 working days? (= Master Graduation Project of 30 EC). What opportunities do you see to create added value for the described stakeholders? Substantiate your choice.
(max 200 words)*

In the context of Verhalenhuis Belvedere's (VHB) community, there is an opportunity to explore how design can support and amplify long-term visioning, particularly in the realm of social justice. VHB's environment nurtures initiatives that promote people's happiness, thus working towards a more involved city and society (Belvedere, 2012). The challenge lies in the tension between the urgency of addressing present-day injustices and the need to carve out space for dreaming about more equitable futures. This project seeks to investigate how a sense of futurity—the capacity to envision and shape future possibilities—can be integrated into the storytelling practices at VHB to create meaningful change.

The key opportunity is to experiment with design interventions that encourage radical dreaming within the community. By utilizing frameworks such as Social Design Dreaming (Carey, 2024.), the project will offer new frames for social justice, creating generative tools that support VHB's community members in envisioning and working towards their desired futures.

By fostering an environment where long-term visioning is supported, the project can contribute to a more inclusive and anti-discriminatory future for the VHB community. The ultimate goal is to explore how design can move beyond problem-solving and into practices of problem-framing, providing context and depth to the community's social challenges while collectively creating space for radical dreaming and future-oriented justice work (Blythe and Kimbell 2011).

Assignment

*This is the most important part of the project brief because it will give a clear direction of what you are heading for. Formulate an assignment to yourself regarding what you expect to deliver as result at the end of your project. (1 sentence)
As you graduate as an industrial design engineer, your assignment will start with a verb (Design/Investigate/Validate/Create), and you may use the green text format:*

Design a process to enable and support long-term visioning and radical dreaming within the Verhalenhuis Belvedere community, applying critical participatory futuring methods, in the context of combating racial discrimination.

Then explain your project approach to carrying out your graduation project and what research and design methods you plan to use to generate your design solution (max 150 words)

DECONSTRUCTION PHASE

01. Grounding - I want to seek the appropriate tools to scope/involve the people in the community.
02. Sampling stories - I want to understand whether the future plays a role in the stories people in the community share.

CREATION PHASE

01. Identify strengths - I want to understand what is and is not working in the use of futurity (how stories influence perceptions of the future state of racial discrimination)
02. Articulate opportunities - I want to understand "what are the opportunities for building on their existing practice of storytelling?"
03. Create future-oriented narratives - I want to build a framework/tool to help VHB community create and collect future-oriented stories they in a way that communicates the opportunities they desire

*see word doc for full details for each 01/02/03 step

Project planning and key moments

To make visible how you plan to spend your time, you must make a planning for the full project. You are advised to use a Gantt chart format to show the different phases of your project, deliverables you have in mind, meetings and in-between deadlines. Keep in mind that all activities should fit within the given run time of 100 working days. Your planning should include a **kick-off meeting**, **mid-term evaluation meeting**, **green light meeting** and **graduation ceremony**. Please indicate periods of part-time activities and/or periods of not spending time on your graduation project, if any (for instance because of holidays or parallel course activities).

Make sure to attach the full plan to this project brief.
The four key moment dates must be filled in below

Kick off meeting	28 Aug 2024
Mid-term evaluation	13 Nov 2024
Green light meeting	5 Feb 2025
Graduation ceremony	12 Mar 2025

In exceptional cases (part of) the Graduation Project may need to be scheduled part-time. Indicate here if such applies to your project

Part of project scheduled part-time	<input checked="" type="checkbox"/>
For how many project weeks	29
Number of project days per week	4,0

Comments:

Motivation and personal ambitions

Explain why you wish to start this project, what competencies you want to prove or develop (e.g. competencies acquired in your MSc programme, electives, extra-curricular activities or other).

Optionally, describe whether you have some personal learning ambitions which you explicitly want to address in this project, on top of the learning objectives of the Graduation Project itself. You might think of e.g. acquiring in depth knowledge on a specific subject, broadening your competencies or experimenting with a specific tool or methodology. Personal learning ambitions are limited to a maximum number of five.

(200 words max)

With commercial experience in research and design, I would like to address my biases and evaluate my approach to participatory design processes, refining my perspective as a designer advocating in social justice space. More practically, I aim to develop my skills in translating abstract concepts into specific, tangible experiences that reflect participants' desired futures. This project will help me achieve these learning objectives while contributing to meaningful, future-oriented design work.