

- Planning capacity building on actions / pan European
- start from how it is + move to building capacity - new opportunities
  - feel encouraged to learn abt other NN context + internal realities
- Also motivated from energy of other NAs
- inspired + strength from other NAs
  - should celebrate every little step forward - moments to look back at achievements
  - inspired + humbled - fighting all forms of inequality
  - appreciative of change in the EAPN - more confidence
  - using more contacts directly + EAPN framework - all doing good things
  - capacity building facebook groups
  - there is always something that can be done
  - better perspective on home Network
  - MASS a base for str. plan + frame for learning
  - more practical things to take back in NN + with member organizations website