


Name	Speed-Dating
Brief Description	<i>It is a simple team-building exercise frequently used at an initial stage of the event. Conceived as a means for structured networking, it gives shy individuals a chance to interact –while also contributing to a light-hearted atmosphere.</i>
Methodology	<p>Speed-dating for events does not have a clear and precise methodological structure. It can encompass:</p> <ul style="list-style-type: none"> • letting participants stand up and walk around until a signal (i.e. a phone ring, a bell) determines the moment when they have to stop and interact with the closest person. • buzz groups, where people may interact with the surrounding persons, in small groups, and frequently without abandoning their seats for which they may result interesting during plenaries.
Estimated planning time needed:	0-1h
Objective	It allows individuals to learn about each other , quickly identifying interests or points in common which could potentially lead to more in-depth conversations throughout the day
Time estimated:	<10 min
Composition of audience:	All audiences suit this format
Experience level required:	Low
Number of audience:	<10
Level of complexity and possible challenges	Low - The organiser and participants should have a minimum understanding of the subject matter of the workshop
Picture	
Relevant sources	<p>NISE - Scientist Speed Dating: https://www.nisenet.org/catalog/scientist-speed-dating </p>