Table 5.1: THE 5W TECHNIQUE WHAT... Keep the □ Objective of this message? message on-☐ Topic you want to communicate about? ☐ Key contents of the message? point. **WHO ...** Understand your target audiences and Target group? tailor-made the message accordingly. Supporter? WHERE... □ Location Adjust the message according to □ Resources for the specific occasion, location, information? scenario WHEN Date and tin Keep track of time length and other Time length? outside factors. **WHY** □ Scientific? Create a touching and motivated □ Personal message with a balance proportion of information and encouragement. motivation?