

* HUMAN LIBRARY

EVERY STORY (TELLER) MATTERS

HUMAN LIBRARIES AND MUTUAL RECOGNITION

GUIDE *

Human Libraries, what does that mean?
What are they used for?
What does it mean to be a Book? And a Reader?



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Guia elaborado por:



Em parceria com:



HUMAN LIBRARIES

A Human Library is a method of bringing storytellers closer to their readers-listeners, with the intention of creating an interactive dialogue between them.

In Human Libraries' events, human Books tell their stories and share life experiences, enhancing respect for human rights while stimulating understanding and mutual recognition.

HUMAN LIBRARIES

*Events designed to promote
dialogue and
active listening,
reduce prejudices, foster
mutual understanding and,
ultimately, **inclusion**.*

HUMAN LIBRARIES ✶



What are “Human libraries”?



Human Libraries are an intercultural communication methodology, which allows the building of bridges between people from different backgrounds and with different ideas and world views.

In an ordinary Library, books are the main source of knowledge. In **Human Libraries events** it is **real people who become the “Books”**.

Books share their experiences, perspectives and stories with participants, who become **“Readers”**.

This allows **Readers** to engage in conversations with Books, allowing a deeper understanding of other people's experiences and challenges, **building empathy, compassion and mutual respect**.

Human Libraries are events where a space for dialogue is created between Books and Readers.

They allow for a safe space where stereotypes and prejudices are challenged.

HUMAN LIBRARIES ☀



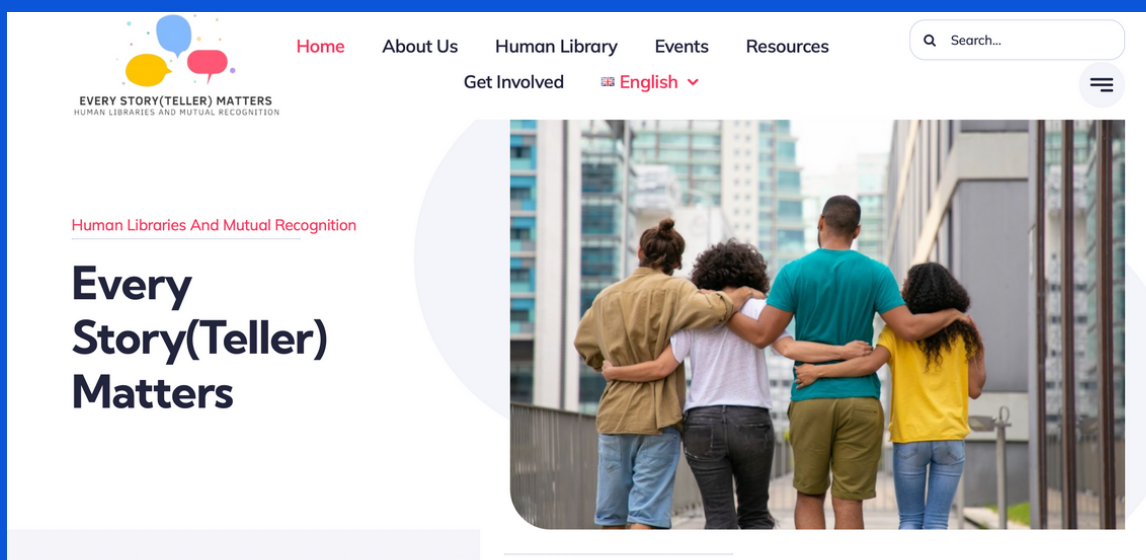
“Every Story (Teller) Matters” Project

Is a joint project of six organizations from Portugal, Denmark, Greece, Romania, Spain and Turkey, called "Every Story(Teller) Matters - Human Libraries and Mutual Recognition", supported by the EU.

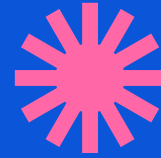
It aims to implement the Human Libraries methodology, promoting events in which it is applied and training young migrants as Books, with the purpose of fostering intercultural understanding, supporting the construction of an inclusive society, with respect and understanding towards all individuals.

You can find more about the project, mission, events and content here:

<https://everystorytellermatters.eu>



THE EVENTS



How does it work?

BOOKS

- Between 2 to 6 Books in each event*

*For Books, the Human Library creates a moment during which they can share their life story and experiences with Readers who are curious to hear them.

On a individual level, it allows for the recognition of the importance of their own story and promotes a better understanding of their personal journey.

MOMENTS

- Arrival - Storytelling - coffe break - Storytelling - Feedback
- Storytelling takes place in a space only for the Book and the Readers and to which the "Librarians" (organizers) also have access to.

*WARNINGS:

It is important that each Book tailors its story and language used to each target audience (defined for each event). Remember that what we choose to tell teenagers and adults may not be the same as what we tell children, for example;

Also note that knowing that at each event there will be a different set of Readers, it is not possible to predict how interactions between Books and Readers will unfold.



How does it work?

READERS

- Between 2-6 Readers per Book at the same time.
A bigger number is not recommended *

*In a Human Library, the role of a Reader is to respect their commitment to be present at the event and, once there, keep their attention focused, be committed to the experience and practice active listening.

During the Book's storytelling, Readers can interact with the story, asking questions or sharing something related to their own lives and experiences that they consider as relevant input, taking into account what is being shared by the Book.

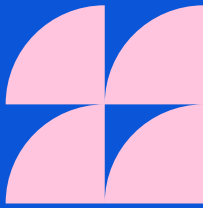
MOMENTS

- Arrival - Choice the Books you want to read -
Storytelling - coffee break - 2nd Storytelling (Book) - Feedback

*WARNINGS

It is important that Readers maintain respect and realize that, although they may interact during the storytelling, the "main character" during that moment is the Book.





FREQUENTLY ASKED QUESTIONS:

1. **What is the duration of the HB event?**
2. **What is the duration of the storytelling itself?**
3. **Will it be necessary to share the story more than once?**
4. **Who will be there?**

1. What is the duration of the HB event?

The HB tends to last between 1h30 and 2h30, approximately. It will depend on how many Books are available and the number of storytelling rounds agreed for the event. The idea is that there is time for more than one round, as well as time for breaks for Books between moments shared with Readers;

2. What is the duration of the storytelling?

Each Storytelling round can vary between 20 and 40 minutes, maximum.

More than 40 minutes becomes tiring for the Book, less than 20 minutes does not guarantee that the Book will be able to tell the complete story. At the same time, it is important to ensure that there is useful time for reflection and conversation.

3. Will it be necessary to share the story more than once?

Taking duration of the Human Library into account, time is allocated for more than one round of storytelling. The number of rounds will depend on the number of Books present and what is agreed with the organizing team (the "Librarians"), but it is not recommended for the Books to repeat their story more than twice in the same event.

4. Who will be there?

The Books only meet the Readers on the day of the event. Generally speaking, people who sign up for the events will be interested and curious to know the content of the stories presented (since the Covers and synopses of the Books are shared before the event). However, each event will have different Readers, and the composition of this group will depend on the target group, theme and location of each Human Library. These questions are always pre-established and shared with Livros in the first contacts with the organizing team.





How does it work?

SPACE CONDITIONS:

- The event will feature several rooms or a spacious common room, so that several stories can be told and talked about simultaneously;
- There will be a space dedicated exclusively to Books, so that they can have a place to rest and take breaks, in privacy;
- The materials required by the Books will be made available, e.g: table to showcase personal objects; projector; visual aids, IT support, and others - these must be previously requested by Books from the organizing team before the event;
- Measures will be taken to promote the accessibility of the event;
- Coffee break will be available for all participants;

What do I need to do?



BOOKS:



- Receive information from the organization about the structure and coordination of the event;
- Reflect on your life story;
- Develop the story you will share, with support from the organization team;
- Create a title and synopsis for your Book;
- Create or co-create a "cover" for your Book, to be shared with readers before and during the event;
- Define your needs regarding the creation of a safe space;
- Agree on the terms of your collaboration: privacy; security; support with the organization.

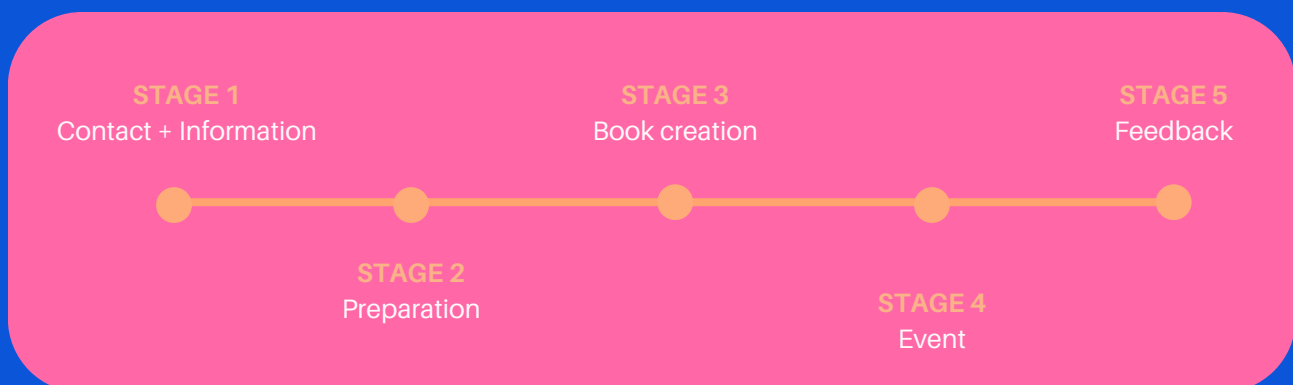
*The implementation

READERS:



- Receive information from the organization about the event - what it consists of, event details and access to the covers and synopses of the Books beforehand - this can be done through social networks, posts, stories, e-mail or newsletter, e.g;
- After the "call to action", which can be more or less aimed at a specific audience, depending on the characteristics of each Human Library, the Reader must read and agree to the Terms and Conditions present in the registration form, before registering;
- Make a commitment to participate - it is important to remember that, if you are absent, you might leave the Book with fewer to no Readers. Therefore, it is important that this commitment is assumed responsibly;
- Participate in the event, listening to the stories and asking questions whenever you feel comfortable;
- Respect Books, their history and privacy, having the creation of a safe space in mind;
- Stay until the end of the event;
- Provide post-event feedback.

Timeline:





Rules of the event



1. Mutual respect and Active Listening;
2. Respect for Books and their privacy;
3. Respect for schedules;
4. Respect for the Library's physical space and resources;
5. Respect and responsibility throughout participation.

THE STORIES ✱

HOW TO DEVELOP THE STORIES?

The organizing team will provide support for the development of each Book's story.

In order to support reflection on each person's story, the team prepared **seven questions to help the Book in this process:**

1. PERSONAL JOURNEY

- What were some key moments in your life that made you who you are today?

2. IDENTITY AND SELF-DISCOVERY

- How do you define your identity and how has it evolved over time?

3. OVERCOME ADVERSITIES

- What obstacles or difficulties did you encounter and how did you manage to overcome them?

4. EMPATHY AND UNDERSTANDING

- How have your experiences determined your view on empathy and compassion for others?

5. PURPOSE AND PERSONAL ACHIEVEMENT

- What makes you feel fulfilled on a daily basis? Do you feel you have a specific purpose? If you had to put it into words, how would you describe it? What were some key moments for its construction?

6. EMBRACE VULNERABILITY AND AUTHENTICITY

We all go through difficult moments, which may seem like “failures” due to the social constructs of today’s world, but which, deep down, are just moments of vulnerability, that make us stronger, because they offer opportunities for personal growth.

- Do you have any recollection of a situation or time in your life when you felt especially vulnerable?

Sometimes, these situations are associated with feelings of regret, pain and frustration, moments that can become milestones of our life stories.

- Do you consider any of those moments as pivotal in your personal journey?

7. IMPACT AND REFLECTION

- How do you hope your story resonates with other people and inspires them to reflect on their own lives?

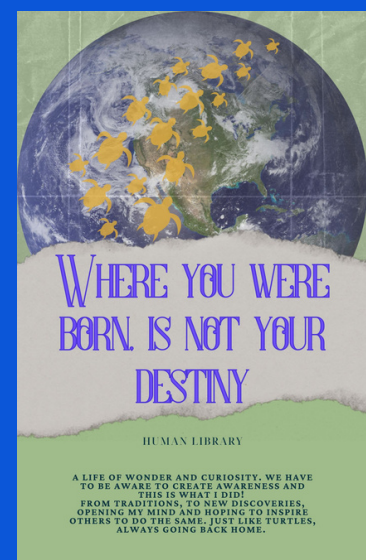
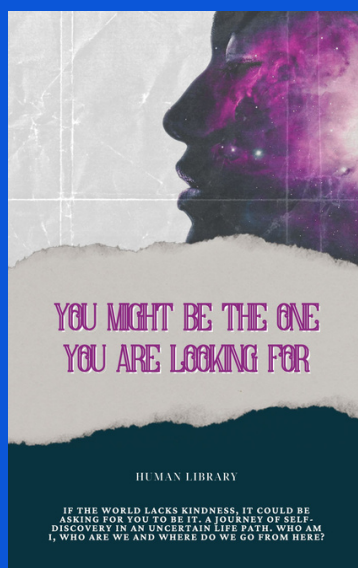
THE STORIES ✶

HOW TO CREATE THE TITLE, THE BOOK COVER AND THE SYNOPSIS?

The title of the Book must be created by the Book itself. The team may support this creation, but the final decision on Cover visuals must always be made by the Book.

Its cover and synopsis can be created independently by the Books or co-created in collaboration with the organizing team.

However, in order to safeguard the safety and privacy of Books, covers must never include a photograph of the face of the Book, nor their true name. Only the organizers and the Books themselves have access to this information.



Examples of Book Covers built in Human Libraries



Useful tips

The cover of the Book must be dynamic and appealing, it must attract the Readers' attention so that by looking at the Book cover and reading the synopsis they become curious about the content of the Book (just as happens with paper book in Libraries!);

The used image must illustrate the story or have a significant meaning to the Book. The most important thing the Book must bear in mind while creating the Book over is to free their imagination when they think about their own story and envision it.

As a creative tip, the Book must think about main elements the cover should portray (e.g. "I would like it to have butterflies because they represent x and x to me"; "Symbols and landscapes or objects that I associate with my story are x and x");

- if the Books are in agreement, the team can later harmonize the graphic language (font, etc.), in order to create a cohesive set of covers for a designated HB.

PREPARATION



FREQUENTLY ASKED QUESTIONS:



1. How much time will I need to dedicate to this project, as a Book?

2. What type of support is offered by the organizing team/Associação Par - Respostas Sociais?

3. What does each phase include? (Preparation; Storytelling; Event)

1. It is estimated that participation - from the moment you agree to participate as a Book, to the Human Library event itself - will last approximately 1 and a half months. During this period, it is estimated that 12 hours (maximum) will be used to: create the Book; have feedback and Book co-development meetings with the organizing team; and the event itself;

2. The team and Associação Par will provide support to Books in all phases of the project, from the initial contact to (and including) the event - in the development of the Book, in clarifying questions that may arise, in guaranteeing privacy and comfort of the Book during the process leading up to and during the event;

3. In the first phase, the First **Contact** is made and **Information** is shared about the project and Human Library methodology. Support is offered thorough the clarification of doubts about the methodology and details of the event (description and scope of the project and invitation; timeline and rules of the Event);

In the **Preparation** stage, the development of the event itself begins. Confirmation of availability of participation from the Books is obtained and, subsequently, the creation of the story to be shared with the Readers begins. Additionally, an agreement is designed between the organization and the Books to ensure that everyone is comfortable and feels safe;

The **Book Development** stage is supported by the organization/mediation team, through meetings and sharing of this guide document, including the sharing of the guideline questions, as well as face-to-face/ online support meetings and sharing (co-development) of the Book creation process, if thus agreed;

Finally, there is the implementation phase, which consists of the **Event** - the Human Library itself;

Afterwards, the event debriefing is carried out, which consists of the anonymous sharing of **Feedback** by Books and Readers with the organization, after the event.

PRIVACY AND SAFETY

ETHICAL AND CONTRACTUAL ISSUES:

Volunteering: the invitation to participate in the event implies that participation is voluntary and not remunerated.

However, although Books' participation is not remunerated, Associação Par will cover travel costs, always prioritizing public transport.

Image and reproduction rights: All issues related to image rights and how the Book's story will be used, as well as the Books' story reproduction rights and/or contacts (during the Preparation stage) will be agreed upon with each Book.

e.g. Can the Book cover be later poster in the website? Can we contact the Book again in the future? Can we store the Book's personal data in our database?



SUPPORT AND CONTACTS

PROJECT MANAGEMENT

Beatriz Nogueira

FACILITATION AND MEDIATION TEAM

Patrícia Lourenço

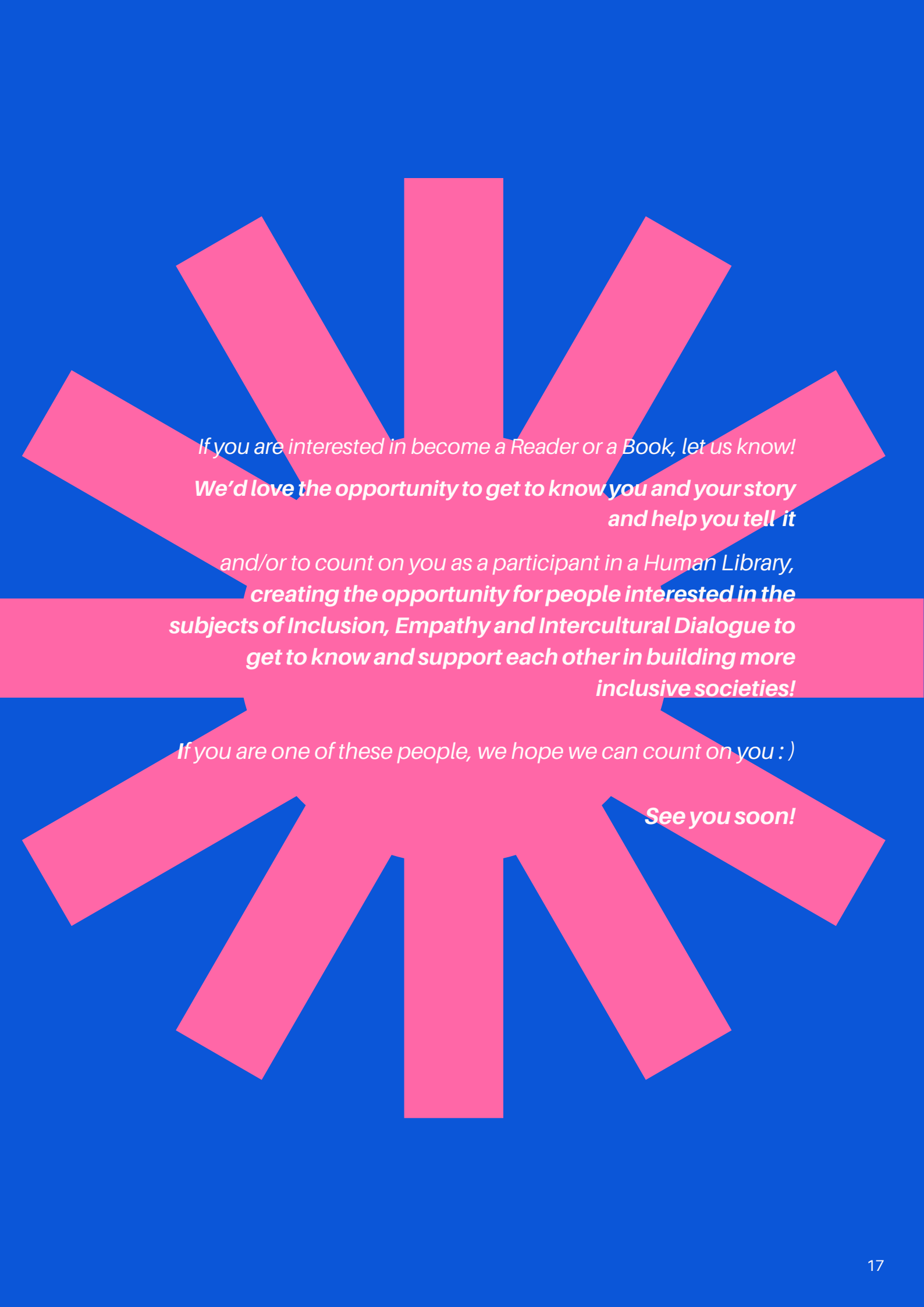
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If you are interested in become a Reader or a Book, let us know!

***We'd love the opportunity to get to know you and your story
and help you tell it***

*and/or to count on you as a participant in a Human Library,
**creating the opportunity for people interested in the
subjects of Inclusion, Empathy and Intercultural Dialogue to
get to know and support each other in building more
inclusive societies!***

If you are one of these people, we hope we can count on you :)

See you soon!

THANK YOU



● ASSOCIAÇÃO PAR - RESPOSTAS SOCIAIS

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