

HUMAN LIBRARIES



A meeting place
Living Books
For Adults



DESCRIPCIÓN

A Human Library is an interactive experience where volunteers share a story from their lives with others who wish to hear it.

The aim is to foster empathy, inclusion and curiosity about other people.

There is a preparation process for the community gathering that allows participants to delve deeper into a personal story they wish to share.

Every Human Book is a world unto itself, with its own needs and stories. In a safe, supportive environment, participants can develop their communication skills so that they can share their stories in front of a small audience.

To find out more about Human Libraries, please see the [Human Library facilitation guide](#).



OBJECTIVES

General objectives:

- To build a community and create a space for people to come together
- To celebrate everyday stories
- To promote the art of storytelling

Specific objectives for the 'human books':

- To provide a safe, supportive space
- To offer activities that stimulate positive memories
- To strengthen their innate ability to express themselves
- To stimulate their creativity

Specific objectives for the audience

- To spark curiosity and encourage active listening.
- To combat prejudice: 'Never judge a book by its cover'
- To recognise and appreciate diversity in all its richness

METHOD

Pre-event preparation sessions:

- Three or four 90-minute sessions.
- Exploration of the content.
- Oral communication resources and games.
- The structure of a story (beginning, middle and end).
- Narrative techniques for telling the story.
- Creative work: title, image for the 'human book'.

Final event: The reading

NB: It is not compulsory to take part as a 'human book'

- Arrival of the audience and collection of tickets.
- Welcome to all the 'human books' and the audience.
- Introduction of the 'human books'.
- Explanation of how the event is organised.
- Escorting the 'human books' and their specific audience to the venue where they will be telling their stories.

Final meeting with the 'human books' to evaluate the activity.

TECHNICAL INFORMATION

Requirements

Different listening spaces:

- In pairs
- In small groups
- In large groups
- Individual presentation (for the final event)

Printable visual materials. Each Human book needs:

- A title for their story
- An image for their book
- A summary for the back cover of their book.

A table at the entrance with a receptionist to give out the tickets for the Human Books.

Referencias:

- HumanLibraries.org
- The [Human Library facilitation guide](#).
- [Estrella Escriña](#) (Estrella Escriña works with Human Libraries in Spain and this method is based on her personal experience).

FACILITATOR

Jennifer Ramsay

Professional storyteller

She is a member of AEDA.

She is trained in Gestalt Art
Therapy & Psychodrama of
Fairy Tales

Contact

info@storyarte.com

+34 670 917 487

Nava, Asturias, Spain

www.storyarte.com

