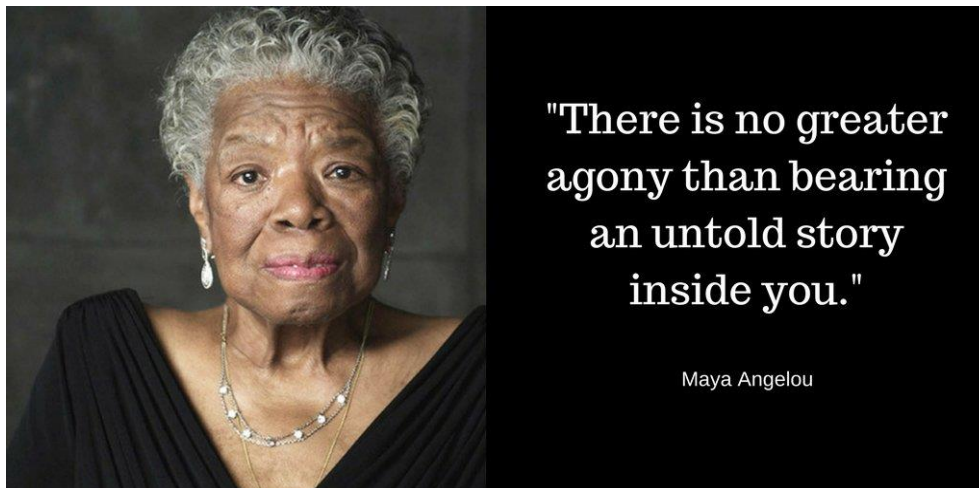


TOP TIP 1: THE POWER OF STORIES

There is a reason oral history is so compelling – and it is really simple. We are all hard wired to our share stories.

Since the advent of time, stories have been the constant medium through which people collaborated, problem solved and protected each other from harm.



"Everyone's story matters. Oral history gives a voice to people whose accounts of the past have been marginalised or ignored entirely from history."

Neurons that fire together, wire together.' When we hear a good story, whether factually based or otherwise, our brains actually light up causing the neurons to fuse together. This process is known as 'neuron coupling.'

Stories matter because our brains crave a sense of order and the ability to assign meaning to past events. Sharing stories means sharing our insights helping to keep us on an even keel. Oral history allows us to document these stories for future.

Sharing our stories help us make sense of a complex & volatile world.

Without the ability to connect, we lose the ability to understand other.

Stories help us to feel our unique perspective valued & respected.

The first written story dates back to c2000 BC chronicles the rise and fall of The Epic of Gilgamesh, ruler of Sumerian Uruk (modern day Iraq) and is written in Sumerian cuneiform.

