

Oral History

Oral history is the recording of people's memories, experiences and opinions. It is:

- A living history of everyone's unique life experiences
- An opportunity for those people who have been 'hidden from history' to have their voice heard
- A chance to talk about and record history face-to-face
- A source of new insights and perspectives that may challenge our view of the past.

Why might we record oral histories?

- It gives an insight into a period in someone's life
- It can be played back to the person to encourage further discussion
- Later it can provide prompts for failing memory
- The recording can be played to this generation, the next and so on

It will remind you that you are talking to someone who has lived a life, full of experiences and insights. An individual, a person, someone worth cherishing.

It's simple, you need:

- An interviewer, and interviewee, a recorder (like a smart phone or iPad)
- A starting point for discussion: whenever they are happiest to discuss - childhood/holidays/work etc (I have a handout!)
- The ability to listen - give the interviewee time to think
- The sense to avoid difficult subjects

Recording can be edited (if you want) for:

- long pauses
- repetition
- additional information