



# Yippee

## Storytelling Modules

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# Storytelling

Storytelling is a methodology for people to create connections while sharing.

There are different activities that can be used to promote storytelling.

# Methods

## 1. STORYBOARD

Participants describe a general or particular event/time of their lives.



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# Methods

## 1. LIFE ELECTROCARDIOGRAM

Participants describe a general or particular event/time of their lives.



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## Storyboard

Storyboard is a strategy where participants are invited to describe a general or particular event/time of their lives, in different contexts. In this case, Storyboard was a method to present the migrant journey of youth participants in the workshop.

## Storyboard

Duration: 2 hours

Number of Participants: 5

Age Range: 19-30 years old

The activity is developed through a descriptive approach. Each participant has 20-30 minutes to reflect about their migrant journey and to tell a story about it.

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# STORYBOARD

## MATERIALS

Storyboard in an online format: you will need a computer with Internet connection, a Jamboard, and a Zoom/Microsoft Teams account.

Storyboard in a face-to-face format: you will need a Storyboard template (1 per participant), white sheets, and markers/pens.

## OBJECTIVES

With this workshop, our main aim is to collect stories from young people who moved to Portugal through storytelling methods – open dialogue. In this way, the workshop allowed to understand the complexity of moving from the original country to a hosting country.



## INSTRUCTIONS

Participants are invited to share their own story through a storyboard. This is an individual exercise. Each participant has 20-30 minutes to reflect about their migrant journey (past, present, future) and to tell a story about it. Participants can use words/sentences, images, music or other resources to express their story. At the end, each participant is invited to share with the whole group the story of their life and the group can reflect about points they have in common.

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## Life electrocardiogram

Life electrocardiogram is a tool to express key moments of a specific event or time of participants' life. In this case, the life electrocardiogram was complementary to the previous tool – storyboard – to make them deeper reflect about their main challenges and achievements in their integration process when arriving in Portugal from another country.



## Life Electrocardiogram

Duration: 2 hours

Number of Participants: 5

Age Range: 19-30 years old

Participants describe successful moments/achievements or challenging ones after reflecting about it for a few minutes.

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# LIFE ELECTROCARDIOGRAM

## MATERIALS

Life electrocardiogram in an online format: you will need a computer with Internet connection, a Jamboard, and a Zoom/Microsoft Teams account.

Life electrocardiogram in a face-to-face format: you will need an Electrocardiogram template (1 per participant), or you can ask participants to draw their own, white sheets, and markers/pens.

## OBJECTIVES

With this workshop, our main aim is to collect stories from young people who moved to Portugal through storytelling methods – open dialogue. In this way, the workshop allowed to understand the complexity of moving from the country of origin to a hosting country.



## INSTRUCTIONS

Participants will be invited to talk about key moments in their lives. It is expected that participants will mention successful moments/achievements but also the most challenging moments. Participants have 10 minutes to reflect and complete the life electrocardiogram. At the end, participants share their own life' electrocardiogram and the facilitator can promote a moment to make the whole group reflect and discuss similarities and differences between participants.

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# EVALUATION



It is recommended to take a moment to evaluate each event delivered. For this evaluation, it can be applied as an evaluation tool, as a survey created on Google Forms, for example, combined with a more informal evaluation.



As we are talking about an event for young people, informal evaluation can be reflected in a nice activity to close the session (e.g. the facilitator can ask participants to choose a Google picture or an emoji to represent their feelings about the session and ask them to explain what and why they choose it).

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# Testimonials

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Youth work  
Improved through  
young PeoPIE's  
storiEs

"I cannot imagine coming to another country without my parents"

Abigail from Brazil

"At the beginning, everything was new and strange"

Abigail from Brazil

"The church, the first place where I felt deeply integrated"

Ladislau from Angola

"Music is a refuge to express myself"

Yannick from Angola

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# Thank You!

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