

Digital Storytelling Workshop

Sept. 17-19, 2013 • 8:30AM to 4:30PM

**Marriott Residence Inn
Portland Downtown/RiverPlace
2115 SW River Parkway, Portland, OR 97201**

Workshop FREE and travel expenses will be fully reimbursed for public health professionals from our 43 member tribes.

Share your public health and quality improvement stories. Make a Public Service Announcement (PSA).

This workshop will guide you through a process combining storytelling with technology and digital media. Digital storytelling is a low-cost, powerful and compelling way to promote social change and action by sharing first-person narratives combined with digital media. You only need to have basic PC knowledge. We have trained facilitators who will assist you in the process of putting the pieces of your story together.

Contact Rachel Ford at rford@npaih.org
or 503-416-3282 for registration information



Sponsored by:
Northwest Portland Area Indian Health Board
& Portland Area Indian Health Service

Digital Storytelling Workshop

Registration Form

Date: September 17-19, 2013

Time: 8:30AM-4:30PM

Place: Residence Inn Marriott, Portland, OR, Reservation Link: [Book your group rate: Digital Storytelling >>](#)
or Call 503-552-9500 and ask for "NPAIHB Digital Storytelling."

What: Northwest Portland Area Indian Health Board and Indian Health Service are providing Joe Law and fellow trainers to present this 3-day Digital Storytelling Workshop. This workshop will guide you through a process combining storytelling with technology and digital media. Digital storytelling is a low-cost, powerful and compelling way to promote social change and action by sharing first-person narratives combined with digital media. You only need to have basic PC knowledge.

Why: Our member Tribes have made several requests for a Digital Storytelling Workshop. It will give attendees an opportunity to share their public health and quality improvement stories, or make a Public Service Announcement (PSA).

Who: Representatives from your Tribal Health Department are encouraged to attend; including individuals with strong knowledge of the department and the public health programs and services, as well as persons involved in public health leadership and delivery.

Cost: FREE! Travel reimbursement is available for **ALL** tribal participants from our 43 member tribes with a completed Travel Report Form and receipts. *Participants responsible for making their own travel reservations.*

Rooms must be booked for the group rate by August 23, 2013.

Travel Reimbursement:

- Hotel: Max 4 nights @ \$113 + tax
- Per Diem: Max 4.5 days @ \$66/day, (less furnished meals)
- Car Rental: Economy or Compact only
- Plane or Train: Coach class only
- Mileage: \$0.565/mile

Name:

Organization & Occupation/Title:

Tribal or Band Enrollment/Affiliation:

Mailing Address:

City/State/Zip:

Phone:

Fax:

Email:

Mode of travel (planes, trains and/or automobiles):

Expected date/time of arrival:

Bringing own laptop (Y or N)? _____ **Bringing own headphones/earbuds (Y or N)?** _____

Need Assistance? Questions? Contact Rachel Ford at 503-416-3282 or rford@npaihb.org

WHAT DO I NEED TO BRING?

1. YOUR DRAFT STORY

In order to get the most out of the workshop, it is best to have a draft or outline of your story. As each person is learning the process of creating a digital story we found that it is most helpful to begin with a real first person story – something from your own experience and your own life. The final digital story will be approximately **1 to 3 minutes** and should be no longer than **300 words**. We will be assisting you and reworking your story throughout the process the first morning. This is your chance to choose a story that's important to you, something that is uniquely yours.

This is not a power point presentation, formal speech or an essay. Write a story that will sound natural when you read it. You may want to imagine that you are talking with a friend, or that you are writing a poem or a letter to someone that you care about. Be honest and creative, and most of all, be you. As you start to get your own story together for the upcoming Digital Storytelling workshop, remember that you will learn the best when you start with real stories from your own life.

As you are writing, consider the following:

- Why is this story important to me? Why is it important to tell it now?
- Who is the audience for this story?
- What message do I want to convey?
- How can I include my native language, culture, and tradition in my story?
- What story is most important for you to share with others who may have similar health issues you've experienced?
- What story are you carrying for your family?
- How is your work connected with Native people and wellness? Why do you do that work?
- Think about the work you do in your community; what are you most proud of?
- What is important to you about the work you do?
- What question, if answered could make the most difference to you or your community's future?
- What was a moment when your life was touched by a community health issue? How has your life changed as a result?

2. Headphones/Earbuds

During the workshop you will be listening to your narration while you create your digital story in Microsoft Movie Maker. The headphones are to help you hear your narration and match your slides to your voice without disturbing others. **Please indicate on the Registration form if you will be bringing your own headphones/earbuds.**

3. Photographs, Drawings, Letters, or other Artifacts

You can bring any photographs, drawings, letters, or other artifacts to add to your digital story in any of the following formats:

- DIGITAL: Save your images as JPEG files onto a CD or USB thumb drive.

4. USB THUMB DRIVE

The USB thumb drive will be used to store your images and provide back-up for your digital storytelling project.

5. LAPTOP COMPUTER

If possible, please bring a laptop computer. If you do not have a laptop computer, we will have a limited number available for use at the workshop. **Please indicate on the registration form if you will bring your laptop.**

LOAD SOFTWARE:

- PC Users - do you have Microsoft Movie Maker installed? If not, please download the free program:
<http://windows.microsoft.com/en-US/windows/get-movie-maker-download>.
- Mac Users - Do you have iMovie installed?
- All participants - Please download AUDACITY, it's a free voice recording/editing program:
<http://audacity.sourceforge.net/>

GOAL, OTHER THINGS TO CONSIDER and OUR STORIES

GOAL

To allow you to...

- Create your own 1 to 3 minute digital story told in the first person.
- Learn the basics of script development, digital imagery and video editing.
- Record and integrate your voice with your photographs, drawings, letters, or other artifacts.

OTHER THINGS TO CONSIDER

MUSIC - Use music that complements your story. We recommend you use music without lyrics so your narration won't be competing with the music. Please make sure you have permission to use all music and that it is an MP3 file. Royalty free music is available at www.freeplaymusic.com. If you would like to sing your own song, we can record you.

IMAGES - If you plan on using other images that are not your own, please make sure you have permission to use them.

