

Foxfire COVID-19 Oral History Project

How to Participate

We want to hear from you! If you live in Central/Southern Appalachia, or are from the region, consider sharing your experiences during the COVID-19 crisis through a self-recorded oral history, journal entry, or visual media. Tell us how the virus has impacted your life.

Participation is easy. Simply consider the questions included in this document and reflect on your recent experiences. If you choose to submit an oral history, record yourself (on your phone, on your computer, etc.) speaking about those experiences. Feel free to have family members or close friends join you in a conversation. (See following pages for instructions with multiple individuals). Please submit recordings up to 25 minutes long. If your oral history exceeds this time limit, please contact us for special instructions to submit your file.

For written entries, please submit as a word document, rich text file, or PDF. For multiple photographs, videos, or documents, please compress into a zipped file before sending.

How To Record A Voice Memo

Newer Androids come with a Voice Recorder app. For older phones, [download it](#) from the app store. iPhones come with a Voice Memo app. Do a practice session to see how to start, stop, and save a recording.

1. The mic is at the bottom of your phone. Hold your phone flat in front of you, with the mic facing your mouth, tilted at a slight angle for the best sound quality. When recording sounds or other people, point the bottom of the phone toward them.
2. Please make sure you're recording in a quiet place. Don't sit close to a fan or A/C. Turn off any music or news devices.

Please also share a few images of your experiences during the pandemic with your oral history. Ideally they should be horizontal and a large file size. (Ideal images are 960 pixels by 640 pixels)

Title the file with the name of whoever is submitting the materials following this format:

- COVID19 OH_LastName_FirstName

For written entries, please submit as a word document. For multiple photographs, videos, or documents, please compress into a zipped file before sending.

Please also fill out [this release form](#).

Email submissions to covidhistory@foxfire.org with subject heading "COVID-19 OH Project Submission." In your email, include the completed release form and additional information form (optional). *Release form must be completed regardless of what type of media is submitted.

Email submissions to asstcurator@foxfire.org with subject heading "COVID-19 OH Project Submission." In your email, include completed release form and additional information form (this form is optional). *Release form must be completed regardless of type of media submitted!

File Guidelines

- Audio files must not exceed 25 minutes in length
- .mp3 and .wav files preferred
- Rename file with following format: COVID19 OH_LastName_FirstName

Recording with Multiple People

- Before beginning discussion, have each individual introduce themselves. This helps us identify who is speaking when.
- While recording, be sure to not speak over one another. Allow each person time to finish their sentence before starting.
- Make sure that each person is equal distance from the recording device. Listen to audio after it's recorded. Can you hear each person clearly? If not, change your seating so you're closer together. Up to two (2) 25-minute-long audio files will be accepted for group conversations.
- Each person included in audio must fill out their own release form. Please submit these with your audio files.

Some Questions to Get You Started:

- Describe the community where you live.
- When did you first learn about the coronavirus? What were your initial reactions?
- What were the first few months like during the stay-at-home orders? How did that impact you?
- How were you affected by closures or restrictions? Did your local government implement any (business/social/educational/financial) closures or restrictions?

- How has your opinion or feelings about the virus changed since you first learned about it?
- How did your community respond to the virus? What surprised you?
- Describe any events you witnessed that capture your or your community's response to the virus. (example: a drive-thru "party," a virtual graduation, a Zoom conference)
- How are you responding to the pandemic?
- How is your response affecting time with family and loved ones?
- Do you know anyone who contracted COVID? What was it like for them?
- Did you get tested for COVID? Describe your experience.
- Did you get a vaccine? Describe your experience.
- What lasting impact did quarantine make on your lifestyle or your attitude? How has social distancing changed your life?
- How do you think the virus will impact Appalachia in the future? How has it already impacted Appalachia?
- What permanent changes do you expect to see in our society and culture?