

Appalachian Women Oral History Project

How to Participate

We want to hear from you! If you are a woman, identify as a woman, or know of a woman who lives/lived in Central/Southern Appalachia, or are from the region, consider sharing your experiences through a self-recorded oral history, journal entry, or visual media.

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 or a memory of someone you know. 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 sessions 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:

- FOXFIRE 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 foxfire@foxfire.org with subject heading “Appalachian Women Oral History Project.” In your email, please also consider including the Additional Information form.

File Guidelines

- Audio files must not exceed 25 minutes in length
- .mp3 and .wav files preferred
- Rename file with following format: FOXFIRE 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.
- Who you are, where do you live and work?
- Do you consider yourself Appalachian? What does that identity mean to you?
- Share a memorable story about your own experience or a woman you know in Appalachia.
- What was your childhood like in the mountains?
- How has the culture of Appalachia changed?
- How have women's roles changed in your lifetime?
- What do you love most about living in this region? What's one thing you would change?