

INTERGENERATIONAL

STORY

EXCHANGE

TELL YOUR STORY



NARRATIVE 4
SHARE TODAY. CHANGE TOMORROW.



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THE ONE
TRUE DEMOCRACY
WE HAVE IS STORYTELLING.
IT GOES ACROSS BORDERS,
BOUNDARIES, GENDERS,
WEALTH, RACE -

- EVERYONE
HAS A STORY
TO TELL.

Colum McCann

- NARRATIVE 4 COFOUNDER & PRESIDENT -

OUR WORK

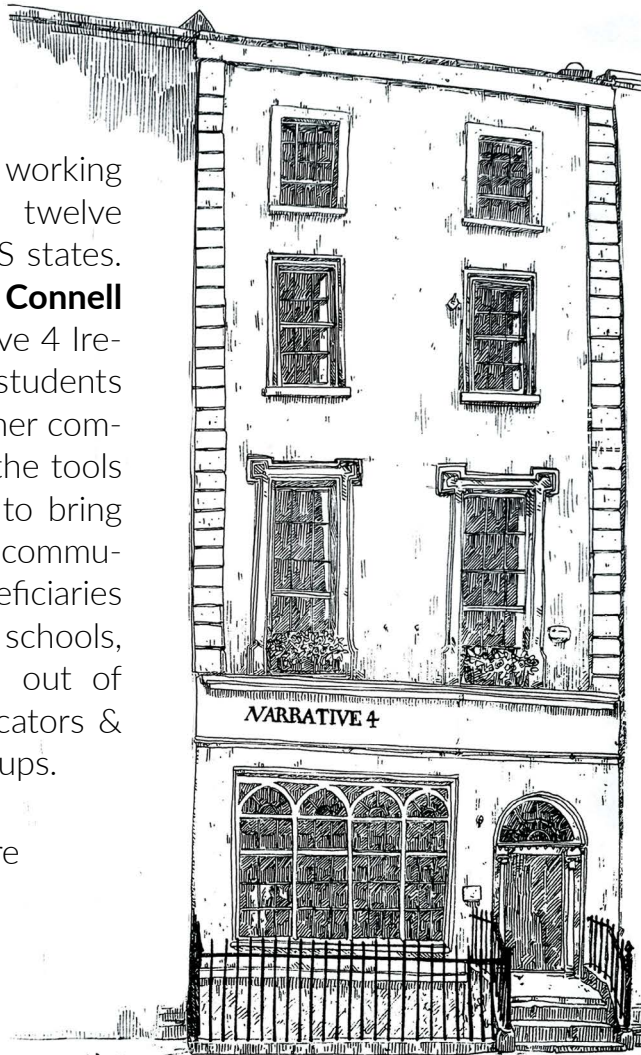
- ROOTED IN THE N4 STORY EXCHANGE -
Equips people to use their stories to build empathy, shatter stereotypes, break down barriers, and - ultimately - **make the world a better place**. If we **SHARE** today, we'll **CHANGE** tomorrow.

NARRATIVE 4
ENVISIONS A WORLD
WHERE YOUNG ADULTS
LEAD WITH EMPATHY.

Today, Narrative 4 is working in four continents, twelve countries, and 18 US states. From its centre at **58 O'Connell Street Limerick**, Narrative 4 Ireland equips educators, students in all age groups, and other community advocates with the tools and training they need to bring story exchanges to their communities. Key target beneficiaries include: schools, DEIS schools, young people (in and out of formal education), educators & adults in community groups.

Narrative 4 Staff are
based in

NEW YORK CITY
&
LIMERICK CITY.



Narrative 4's core methodology is the story exchange. Within a story exchange two people are paired together and asked to tell a story from their life that may have had a significant effect. The pair then retell their partner's story in the first person in an exercise that allows them to gain a different perspective and to have empathy for the other.

DEVELOP ACTIVE LISTENING SKILLS

ENGAGE IN PEER-TO-PEER LEARNING

IMPROVE SELF-REFLECTION AND SELF-AWARENESS

IMPROVE AWARENESS OF DIVERSITY

EXPERIENCE AN OVERALL INCREASE IN POSITIVE EMOTIONS

The story exchange process developed by Narrative 4 has been scientifically shown* not only to foster empathy between the partners but it also promotes positive emotions and a sense of well-being.

*

"Emotional Revolution: Empowering Young People to Create Schools and Communities Where Emotions Matter" - How Do US High School Students Feel at School? School Report. The Yale Centre for Emotional Intelligence. AUGUST. 2016.

THE NARRATIVE 4 ✓ STORY EXCHANGE



Narrative 4's Tell Me a Story project builds community between youth and older people in Limerick through the medium of storytelling. The project aimed to break down barriers, promote understanding, build resilience and respect between young people and older people in Limerick communities. Both groups took part in storytelling and active listening workshops before meeting and taking part in a story exchange. A 16 year old from Garryowen re-tells the story of a 80 year old from his community and vice versa. Both young and old see the world through each other's eyes. This promotes a greater understanding and respect between both groups.

Without exception the older people commented on how smart and open the students are. They were impressed by their ability to listen and tell their stories back accurately and sensitively. The image of the bored teenager became replaced by a delight in how "smart" and engaging the young people are. The young students loved talking to and being listened to by the older group. There is a democracy in storytelling and as such it is the perfect medium to share talents and experience and allows for a mutual mentoring to take place, enriching each other's lives.



We would like to thank all the schools, teachers, organisations and all the project participants who generously shared their time, stories and skills to the project. In all the project had 180 participants in 2017/ 2018. The project held workshops in Limerick City and in Newcastlewest and Kilmallock. Narrative 4 held open coffee mornings to recruit older participants and advertised in local media and also worked with established groups.

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OUR SPONSORS:



THE SCHOOLS AND GROUPS
THAT TOOK PART
IN PROJECT WERE:

GAELOCHOLÁISTE LUIMNIGH
DESMOND COLLEGE
BRUREE NS
SCOIL MHIURE AGUS ÌDE
DESMOND COMPLEX - ACTIVE AGE
FRIARS' GATE THEATRE
ACTIVE AGE GROUP



5th year student
MAKAYLA DELEE
 "It is one of the highlights of the school week to come to the workshops. I love the idea of developing empathy skills."

Older person
MARY P.
 "It was even more powerful than I expected."

Older person
TOM HANLY
 "This was my first time doing anything like this. It was lovely to get to know teenagers in my community as I would not know many young people. I feel I have made new friends"

5th year student
VICKY NASH
 "I was delighted to take part in the Intergenerational Story Exchange in Newcastle West last November/December 2017 in Desmond Complex Newcastle West. Taking part in the exchange was inspiring, challenging, emotional and so worthwhile. Being paired with a second level student, Erkina who, like me, had immigrated to Ireland was as perfect a combination as possible. Hearing and telling each other's story led to a deeper understanding and empathy for our partner's life experience. Erkina and I have remained in touch and I believe we still have much to learn from each other."

Older person
MAYLON FENLON
 "The story exchange was simple and profound."

5th year student
TOM HANLY
 "It was an adventure into another wavelength of life."

