

## Methods to Record your Stories

We would encourage you to use this opportunity to record your stories. In doing so, you will gradually create a record of your life stories that you can enjoy in the future.

If you want to record your stories, here are a few ways you can do it:

1. Write it down! The simplest method is to just write your answers to the topics on paper or in a document on your computer. We recommend that you keep your stories to a single side of A4 at this stage. We are not expecting you to write your biography, you can do that another time! A side of A4 for each question is all it takes!
2. Purchase a voice recording device.

Writing your life stories is a positive step, but recording your voice is an added element that you will enjoy and be grateful for in the future. There are many devices available that you can use to record ranging upwards from about £50. Modern devices like Tascam recorders are very high quality, but take a bit of getting used to and are expensive (approx. £120 for a high quality device). Contact us if you want help so we can suggest a device that matches your technical skills.

3. Use your smartphone or tablet to record your script.

Most phones have good microphones and a voice recorder app installed by default. Once you have recorded your story, you can upload or share as appropriate. On Apple iOS devices, look for "Voice Memos" and on Android devices look for "Voice Recorder".



4. Use your laptop to record directly

If you use a reasonably modern laptop, chances are it will have a microphone and you can use that to record your story. If you are using windows you can use a simple app like "Voice Recorder" or more complex apps like "Audacity" (both free). You can also record directly through your browser though this might be tricky depending on which browser you use. On a Mac, you can use Quicktime to record. Laptop mics are not as good as smartphones, so you can improve the quality drastically by plugging in an external USB or jack mic (typical cost £20).

5. Record the interview

Recording phone calls is more complex, but you can use apps that record the audio 'at each end' with the interviewer and interviewee.. Journalists use tools like Zencast or Cast. There is also Anchor.

We would suggest you try out your preferred choice in advance and find something that works for you. We would be glad to help get you going so for detailed instructions related to your specific needs, please contact us directly.

**Need more help? Drop me an email [john@chroniclestories.co.uk](mailto:john@chroniclestories.co.uk)**