

*It's the fate of some people to become heroes, with little or no doing on their part. Others have to work on it.*

### **Instructions for participants of the project.**

I want texts and recordings of people telling the story of how Mateusz has saved their life. The story should be between 3-5 minutes in length, and you can record it onto a cellphone, ipod, camera, or whatever else is at hand. If you can get a video of the person telling the story, that would be a great addition to the material, but not necessary.

This material will be edited by me and printed by a commercial tabloid printer in a small print run, numbered and signed. If it's feasible I'll include some parts printed by hand. Everyone who has helped out or participated will receive one of the numbered and signed copies.

When recording the story, take some pictures of the speaker. Don't retouch them, as I'll be adjusting contrast and sharpness before going to print. When recording the audio, you can maximize the quality of the sound by making sure to record in a quiet setting with no fans or computers running in the background. Although sound quality is secondary to the story, it makes transcribing easier, as well as possible future uses.

If the story for whatever reason is interrupted, please continue regardless — since we have a recording we can edit the story together afterward. The 3-5 minute guideline is there to make sure the stories are short and to the point, not to force people to memorize a performance.

If the story is in a language other than Swedish, English or Polish, you are very welcome to include a transcript, and if you can translate it as well that would be much appreciated. I can get someone else to translate it, but if you do it there's a better chance of getting the feeling and details correct.

In the publication, you will be listed as the interviewer, photographer, or whatever you helped out with, and the person being interviewed will be listed as well. Let me know if they absolutely don't want to be listed under their own name, although that would be preferred.

Once you're done, the easiest way of transferring the material to me is by email; Attachments smaller than 20MB can be sent directly to [mateuszsaves@monocultured.com](mailto:mateuszsaves@monocultured.com). If you have heavier files you can use a service such as [www.ge.tt](http://www.ge.tt), [www.sprend.com](http://www.sprend.com), or [www.dropbox.com](http://www.dropbox.com) to send me the files. If you want to post the stuff to me physically, get in touch at [mateusz@monocultured.com](mailto:mateusz@monocultured.com) and I'll give you my address. Please send text, photos, audio and video if you have it.

**Instruction for the story:**

The story which I'm interested in hearing is the one about how Mateusz saved your or someone else's life. It should be told in 3-5 minutes, and you can improvise fully on the subject. The story can — but doesn't have to — be structured by outlined the following:

- What happened?
- Who did something?
- Where did it happen?
- When did it happen?
- Why did it happen?

The storyteller has free reign over how to shape the event, positive or negative, recent or long past, and so on. Except for the topic, everything is totally up to the storyteller.

Although there are photos of Mateusz included in this document, their settings and surroundings are not necessary to include in the narrative – they are merely there to give an image of Mateusz.

Thanks for reading and I hope you're interested in participating!

*Kind regards*  
**Mateusz Pozar**

