

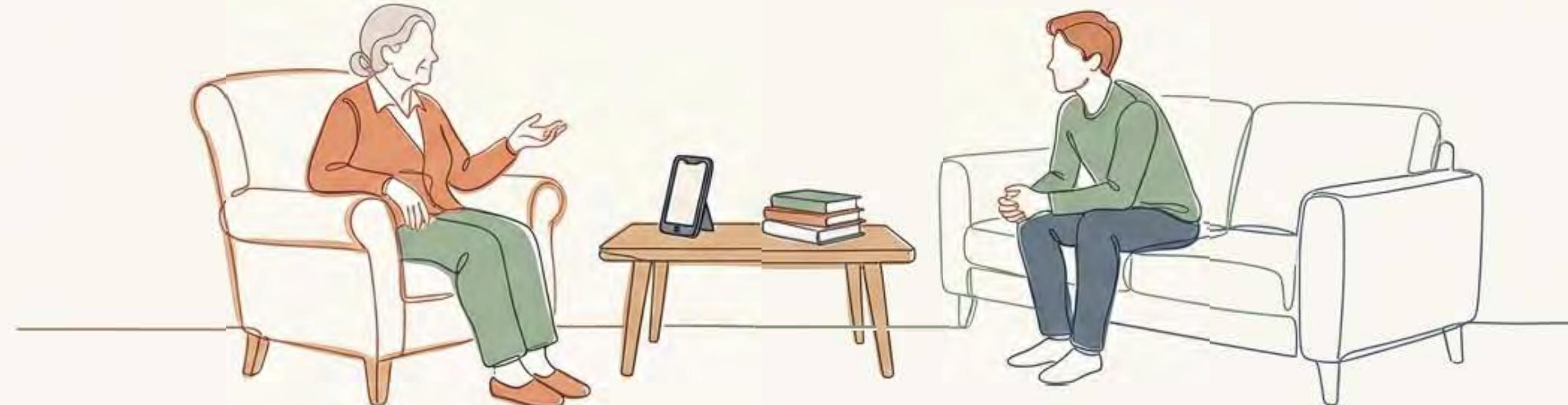
Storybridge

Your stories matter

At **Storybridge**, our mission is simple: To help families gently and joyfully capture the **stories and memories that shouldn't be lost**.

We believe everyone should be able to create their own Storybridge interview at home, with nothing more than time, care, and a phone.

This guide shows you how.



The Heart of a Good Interview

Meaningful filmed interviews come from four things:



1. **A comfortable environment:** People open up when they feel safe, seen, and relaxed.



2. **Proper preparation:** Knowing the person, the room, the memories, and the objects that unlock them.



3. **Gentle, flexible interviewing:** Asking open questions, listening fully, and guiding softly. Focus on feeling, not just thinking.



4. **Keeping the process simple:** The less technical fuss, the more human the interview becomes.

Your role isn't to perform. It's to make room for someone's story.

Before You Begin: Understand the Person



Take a moment to think about the person whose story you're capturing. *What makes them light up? What makes them feel safe?* This stage is about meeting them where they are, not forcing a performance.

What excites them?



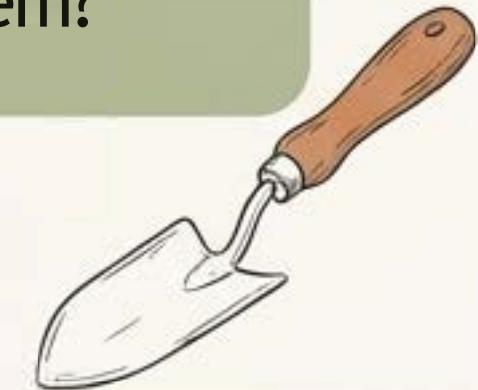
What music might take them back to a moment in time?



What objects hold meaning?
(A postcard? A scarf? An old tool?)



Which room feels most comfortable for them?



Would holding something (a pen, a book, a keepsake) help them relax?

Give the Process Time



People don't instantly open up. The first 10-15 minutes are often just warming up.

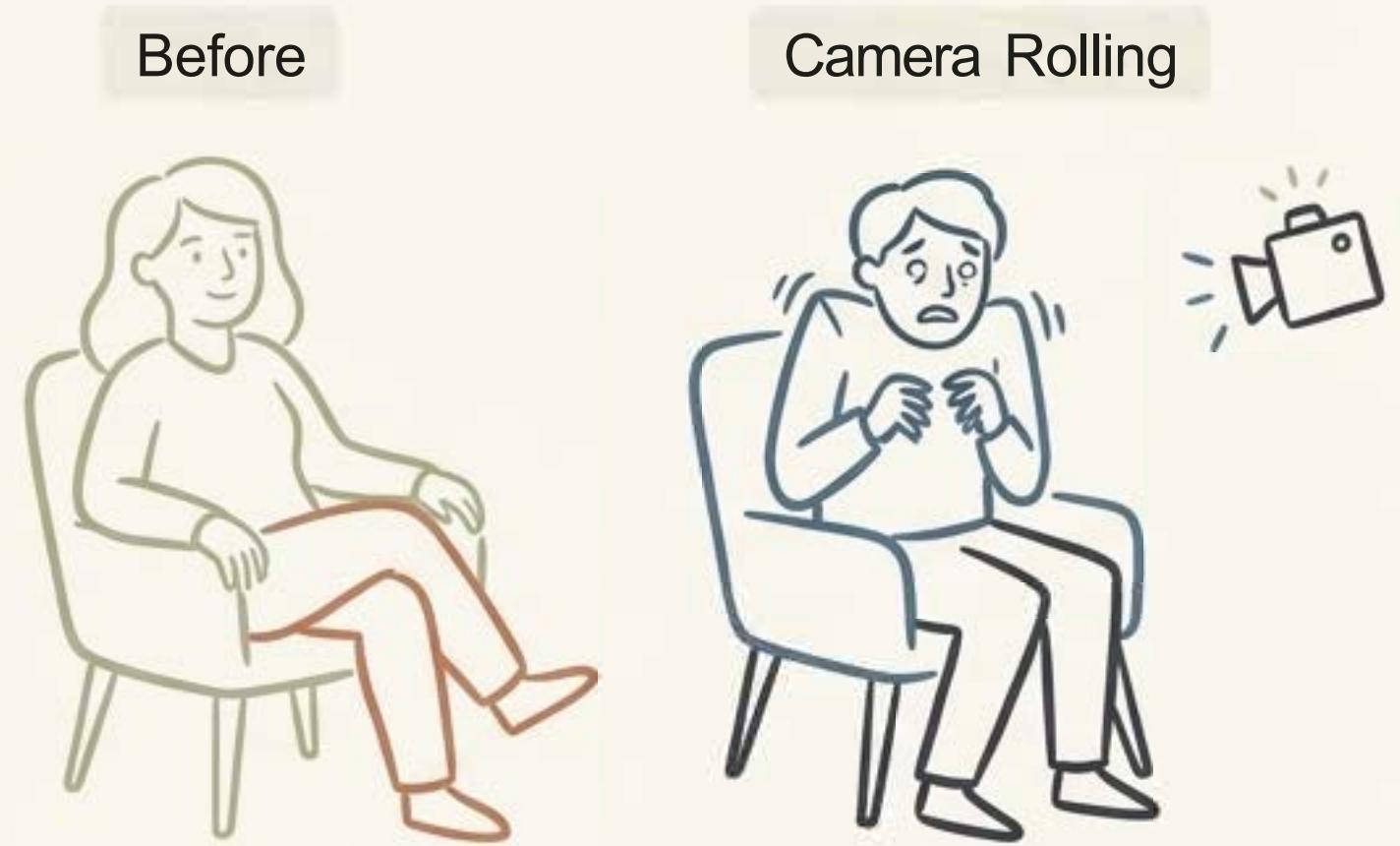
- Start simple. Ask easy, grounding questions first.
- Let the conversation find its own rhythm.
- Avoid rushing.

A relaxed pace = a better interview.

What Happens When the Camera Starts Rolling

Even confident people can suddenly feel:

- Stiff or self-conscious
- Unsure what to do with their hands
- Overwhelmed
- "Not like themselves"



This is completely normal.

Why it happens: We're aware we're being watched, we worry about sounding silly, and we feel exposed.

How to Make Someone Feel Comfortable on Camera

When someone feels at ease, they become compelling, honest, and beautifully themselves. This is the heart of the process.



Smile: It relaxes them and you.



Keep Calm: Speak slowly and don't be afraid of pauses.



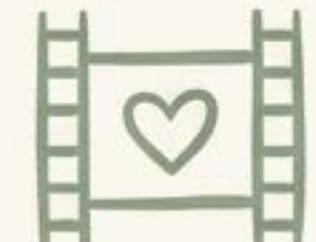
Give a Clear Eyeline: If they're looking off-camera, make sure someone is there for them to look at.



A Prop Helps: A pen, a mug, or a small, quiet object to hold can be very grounding.



Encourage Them: Gently remind them it's OK to try again.



Reassure Them: Remind them the final film will be edited. They don't have to be perfect.

A Grounding Technique That Works Every Time

If nerves are high, use this simple technique to bring them back to the present moment.



Keeping the Technical Side Simple

Storybridge films use high-end cameras, lighting, and sound equipment-but you don't need all that. Your goal is to keep it simple and human.



Camera

Use your phone.



Light

Natural light is your friend.



Sound

Good sound is paramount.

Technical Basics: Camera & Light

Camera

Use your phone.

Stabilise it. A tripod is best, but a stack of books or a coffee cup works wonders.



Light

Natural light is best. Use windows, ideally with netted curtains to diffuse the light.

Positioning is key. Place the person at an angle to the window, not directly in front of it.

Observe. Are their eyes visible? Does the light complement their features?

Avoid harsh down lights.



Technical Basics: Sound & Practical Tips

Sound

Good sound is paramount.

- Use an external mic if you can, but your phone's mic will work.
- Keep the mic close to the interviewee.
- Turn off noisy appliances: Kettles, fans, ticking clocks.

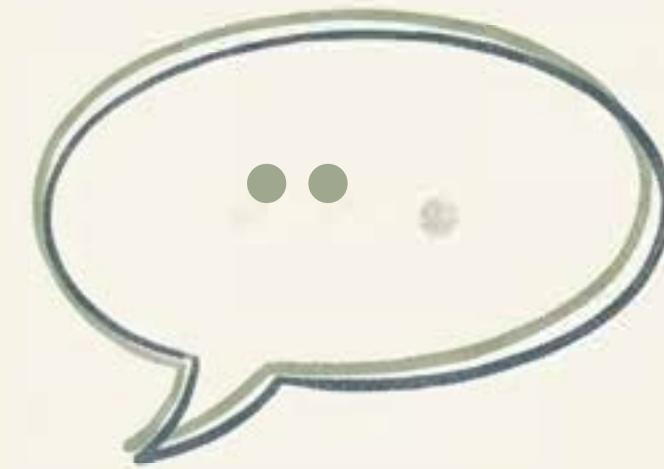


Practical Tips

- Make sure your device is fully charged.
- Clear plenty of storage space.
- Stop and start recording at natural breaks to create chapters.

Don't Stop Recording Too Soon

"Sometimes the magic comes when the interviewee feels they have finished their answer."



Let the story finish completely. Be comfortable with silence.

Questions to Start Your Conversation

Warm-up Questions

- Where did you grow up?
- Who was in your home? What was it like?
- How did you meet your partner?
- What music reminds you of that time?
- What¹ s a childhood memory you love?

Playful Ice-Breakers

*Use humor to loosen the atmosphere.
These work surprisingly well!*

- Who invented upside-down cake-and why?
- What are the three friendliest colours?
- How many croissants does it take to reach the moon?

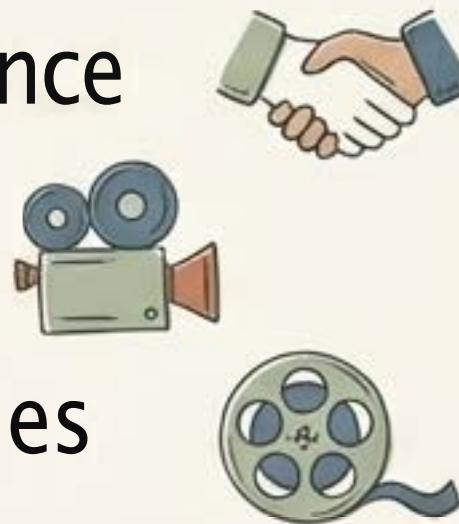


If You'd Like Some Help

Our mission is to help families preserve what matters most—whether you use this guide to film your own memories or decide you'd like some help from us.

We Offer:

- Free advice & guidance
- Filmed interviews
- Family documentaries



- Gift packages
- A 20% referral discount



Most of all, we hope this guide helps you start a conversation you've been meaning to have for years.

We'd Love to See What You Create

If you're happy to share, send us a clip or tag us online—it might inspire someone else to capture their family's story.

Storybridge

info@storybridge.uk
Instagram / Facebook
@storybridge.uk

Thank you—and keep us posted.