

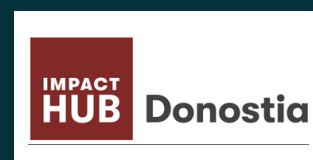


**COTAF**  
CONNECTED TOWNS  
FOR A SHARED FUTURE

**Project: 101249763 – COTAF – Connected Towns for a Shared  
Future Programme: CERV-2025-CITIZENS-TOWN-NT**

# **TRAIN THE TRAINERS - SESSION 1 - INSIGHTS**

**WP2  
LEADING PARTNER:  
IMPACT HUB ISTRIA**



**Co-funded by  
the European Union**

## TRAINING: HUMAN LIBRARY

5. 2. 2026; 3h; online, cca 100pax

Time	Activity	Materials
15'	<p><b>Intro to the training:</b></p> <p>Why are we meeting – purpose and goals</p> <ul style="list-style-type: none"> <li>- More on the context and less on storytelling (rather dialogue)</li> </ul> <p>About the trainer and her experience in the method of HL</p> <p>Programme of the training</p> <p>Invitations:</p> <ul style="list-style-type: none"> <li>- Camera on, muted</li> <li>- Be open minded</li> <li>- There will be time for Q&amp;A – write your questions for you and when you'll be asked for everyone to see</li> <li>- We are many – take responsibility for your presence</li> </ul>	PPT
30'	<p><b>About Human library:</b></p> <ul style="list-style-type: none"> <li>- Menti: first association on Human library</li> <li>- Let's watch together – add subtitles: <a href="https://www.youtube.com/watch?v=1ioz1XDDMCE">https://www.youtube.com/watch?v=1ioz1XDDMCE</a></li> <li>- Origin of the method</li> <li>- Human library vs. Living library (put QR code for both)</li> <li>- Purpose of the method and main concepts if follows: inclusion, overcoming stigma, challenging the stereotypes and prejudices, “come and unjudge someone”)</li> <li>- Main roles: book, reader, librarian, promotor, staff, well-being person</li> <li>- Flow and different types of the event (1:1, in groups, schools, thematic events, what is HL and what is not etc.)</li> </ul>	<p>Menti: wordcloud</p> <p>PPT + photos</p>
20'	<p><b>How to present the event and the books:</b></p> <ul style="list-style-type: none"> <li>- book descriptions and catalogue (presenting different examples)</li> <li>- other materials to have at the event (book library card, instructions ...)</li> </ul>	PPT + examples of catalogue
20'	<p><b>Trainings - what to include, how to prepare them and be mindful about:</b></p> <ul style="list-style-type: none"> <li>- books (event info, their role, setting boundaries, how to start and finish a conversation, when/how to ask for help, guidelines for books)</li> <li>- librarian (having a broader overview on the availability of the books, knowing the method/event well)</li> <li>- promotors (skills for inviting and knowing the method/event well)</li> <li>- well-being person (doing check-ins, being present and available)</li> <li>- other staff (knowing when and what happens and what is their role around logistics)</li> </ul> <p>*learning goals if the setting is non-formal education or youth work</p>	PPT + examples of trainings
20'	<p><b>Organisation – main tasks:</b></p> <ul style="list-style-type: none"> <li>- main coordination and overview of the tasks</li> <li>- recruiting the books</li> <li>- training for books</li> <li>- recruiting and training other staff (special care if volunteers)</li> <li>- preparing the book catalogue and other content materials</li> <li>- logistics (food, venue, documentation ...)</li> <li>- finances (donations if needed)</li> </ul>	PPT

	- promotion	
15'	<b>Individual work – questions:</b> <ul style="list-style-type: none"> <li>- Who is your team?</li> <li>- What is the event outcome/goal you want to achieve?</li> <li>- Will there be a specific topic for your HL event?</li> <li>- Where will you find the books?</li> <li>- How many books do you need for the event “to work”?</li> <li>- How will you make sure you take well care of the books and other staff if they’re volunteers (travel &amp; food reimbursement, gifts, mentoring)?</li> <li>- Who and how will make sure the books are well trained, prepared and empowered to take on this role?</li> <li>- How will you make sure readers (visitors) show up and you have a good visibility of the project?</li> <li>- How will you take care of wellbeing and safety for everyone involved, especially people from marginalised groups (and/or young people)?</li> <li>- What are some potential challenges/issues you can already see?</li> <li>- What are you looking forward to?</li> </ul>	PPT prompt for questions
15'	<b>Time for questions – ask or write them in the chat:</b> <ul style="list-style-type: none"> <li>- Is anything still unclear for you?</li> <li>- Which information are you still missing if you were to organise it in next 2 months?</li> </ul>	
10'	<b>Closing:</b> Menti: <ul style="list-style-type: none"> <li>- What are you taking with you from this meeting?</li> </ul> <b>Further exploration:</b> <ul style="list-style-type: none"> <li>- Human library webpage: <a href="https://humanlibrary.org/">https://humanlibrary.org/</a></li> <li>- Human library Facebook: <a href="https://www.facebook.com/humanlibraryorg">https://www.facebook.com/humanlibraryorg</a></li> <li>- Living library (Council of Europe): <a href="https://www.coe.int/en/web/youth/living-library">https://www.coe.int/en/web/youth/living-library</a></li> <li>- "Unjudge Someone" - A short film about the Human Library Organization: <a href="https://www.youtube.com/watch?v=1ioz1XDDMCE">https://www.youtube.com/watch?v=1ioz1XDDMCE</a></li> <li>- The danger of a single story - Chimamanda Ngozi Adichie: The danger of a single story (Ted talk): <a href="https://www.youtube.com/watch?v=D9lhs241zeg">https://www.youtube.com/watch?v=D9lhs241zeg</a></li> <li>- The danger of a single story - Chimamanda Ngozi Adichie: The danger of a single story (doodle version): <a href="https://www.youtube.com/watch?v=HpdC-gl0oig">https://www.youtube.com/watch?v=HpdC-gl0oig</a></li> </ul>	Menti: open question



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# COTAF

“Connected Towns for a Shared Future”



*TRAINING  
FOR FUTURE  
HUMAN LIBRARY  
ORGANISERS*

*5. 2. 2026*





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# PROGRAMME

1. Origin and main purpose of the method
2. Main roles in the human library
3. How to present the event
4. Training for books and other staff members
5. Main organisational tasks
6. *Individual reflection*
7. Time for questions and closing



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# **GOALS**

- 1. Basic understanding of methodology**
- 2. Sharing inspirations and experiences**
- 3. Personal and organisational reflection**
- 4. Taking time for your questions**
- 5. Equip you with further resources**



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# **INVITATIONS**

**Cameras ON & Mics OFF**

**Be curious and open minded**

**Take responsibility for your learning**

**Take what is meaningful for you**

**Write down your questions about content for you**

**Un-mute and ask if too fast or unclear**



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# *"Unjudge Someone"*

## A short film about the Human Library Organization

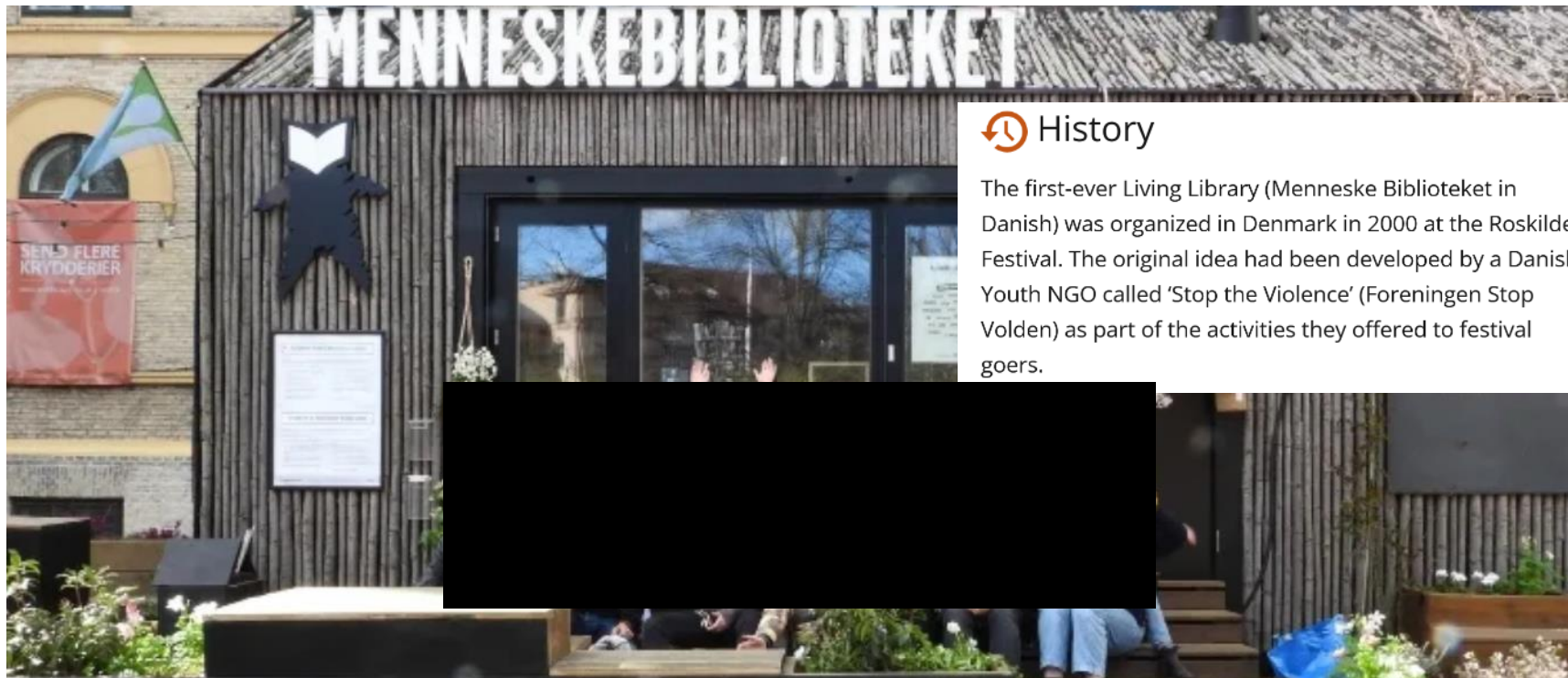




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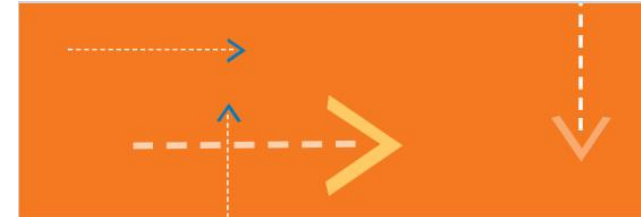
# HUMAN LIBRARY vs. LIVING LIBRARY



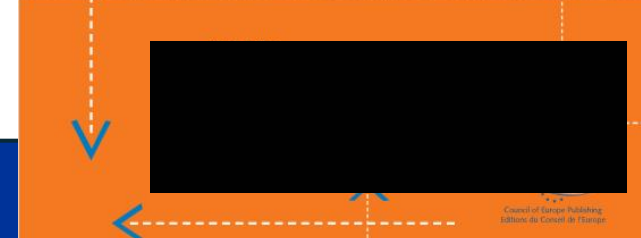
## History

The first-ever Living Library (Menneske Biblioteket in Danish) was organized in Denmark in 2000 at the Roskilde Festival. The original idea had been developed by a Danish Youth NGO called 'Stop the Violence' (Foreningen Stop Volden) as part of the activities they offered to festival goers.

Human Library Reading Garden



**Don't judge a book by its cover!**  
The Living Library Organiser's Guide 2011





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# THE CONCEPT

*“The Human Library® is, in the true sense of the word, a library of people. Readers can borrow human beings serving as open books and have conversations they would not normally have access to.*”

*Every human book from the bookshelf, represent a group in our society that is often subjected to prejudice, stigmatization or discrimination because of their lifestyle, diagnosis, belief, disability, social status, ethnic origin etc.”*

*„A place where people who would otherwise never talk find room for conversation ... a place where difficult questions are expected, appreciated and answered.“*



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# VALUES AND GOALS

*„Diversity, Equity and Inclusion“*

*„Safe Framework“*

*„Dialogue“*

Source: <https://humanlibrary.org/>

*\*Living library: Human rights*



PROMOTORS

LIBRARY STAND

READING AREA

READER

PROMOTORS

BOOK

BOOK CATALOGUE

LIBRERIAN

HANGING OUT AREA

WELL-BEING PERSON

COORDINATOR

BOOKS & STAFF



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# TYPE OF EVENTS

**Reading:** 1:1 or in smaller groups

**Setting:** independent event, part of a larger event, guest/host event

**Location:** outdoors, festivals, libraries, schools, community centres ...

**Theme:** general or thematic events:

Gender Equality / European Values and active citizenship / Migrants

# Inside setting

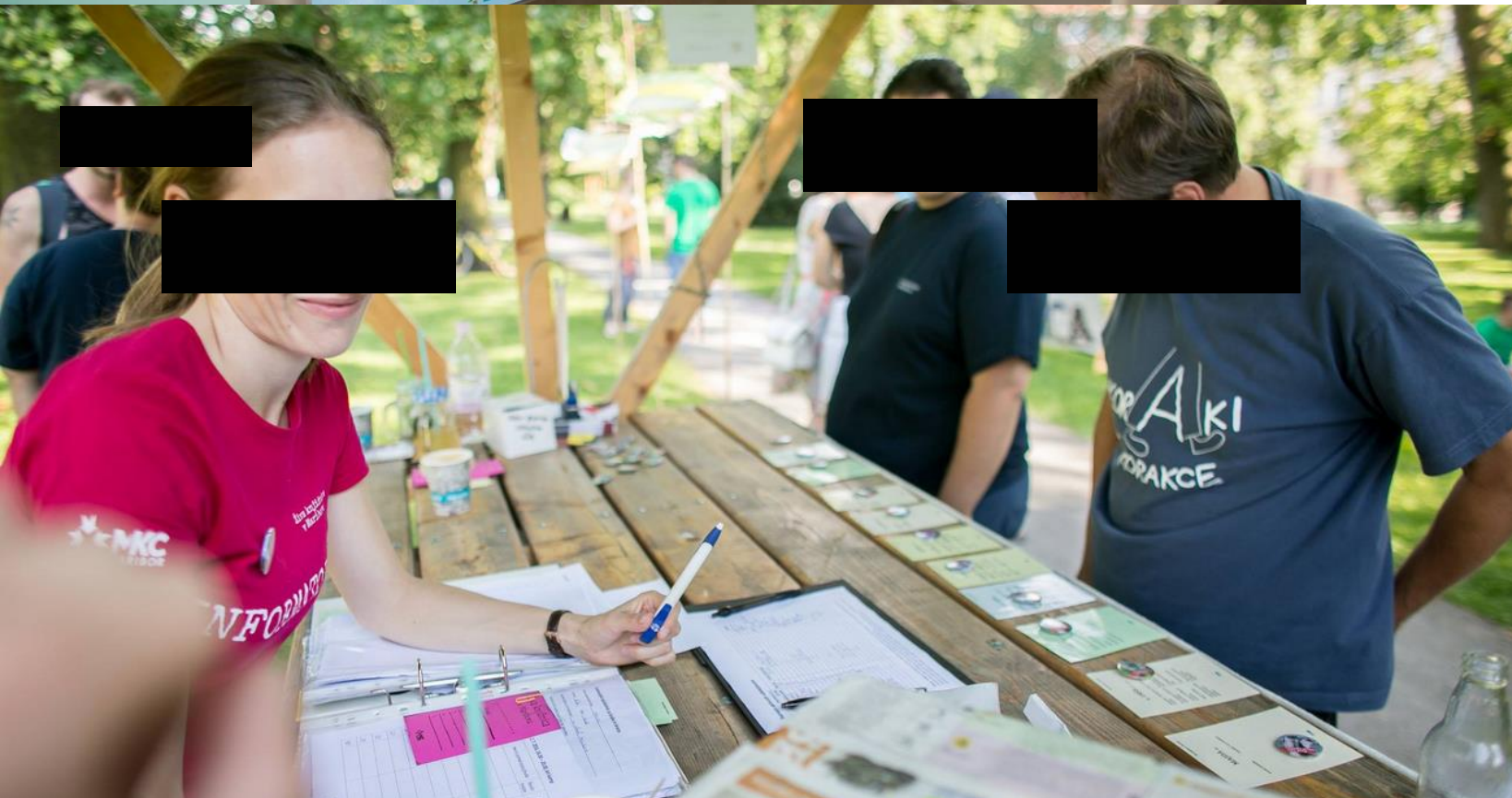


# Courtyard setting



**\*Source of all photos: Youth cultural centre Maribor; used with permission.**

# Book catalogue



## LIBRARY EVIDENCE

Nr.	Book	Start time	End time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

## KATALOG

1. Babica deklice z dvema očetoma
2. Mama osmih otrok
3. Oseba z izkušnjo motnje hranjenja (anoreksija)
4. Makedonka v Sloveniji
5. Lezbijka
6. Oseba s prekomerno telesno težo
7. Gej
8. Čefurka
9. Nekdanji zasvojenec
10. Pokrita muslimanka

## CATALOGUE

1. A grandmother of a girl with two fathers
2. A mother of eight children
3. A person who experienced eating disorder (anorexia)
4. A Macedonian woman in Slovenia
5. Lesbian
6. An overweight person
7. Gay
8. "Čefurka"
9. A former addict
10. A Muslim woman (covered)

## GEJ

Je poženščen?

Ni sposoben vzgajati otroka?

Ima smisel za lepoto in umetnost?

Homoseksualnost je usmerjena samo v spolnost?

Javno flirta in otipava heteroseksualne moške?

## GAY

Is feminine?

Is not capable of raising a child?

Has a sense for beauty and art?

Homosexuality is directed only towards sex?

Flirts with heterosexual men and touches them in public?

# Examples of book presentations



**Book Title:** Pensioner

**Author:** [Redacted]

**Friday:** 17 [Redacted]

## They say that...

As an old person young people may think that we have passed our sell by date, that the brain's gone and we know nothing.

## About our book:

Old people, however, have a wealth of expertise, knowledge and ability, - not that the younger generation often want to know about it, and the old need to remember that advice should only be offered to the young if they ask for it because learning by ones own experience seems to be an important thing. With retirement often comes time. Time to help others and time to listen to them. Time also to take on new interests and to become a learner in different fields. So the old become like the young and are finding their way in new things. So instead of being written off and waiting to die in reality we are "Not Dead Yet!".

**Author:** [Redacted]

**Book Title -** Muslim Women

**About Muslims:** All Muslim women are covered with clothes and don't have the power to change things, they don't study enough and only cook, and take care of family. Muslim men don't respect women and they only want to cheat people. They also like negotiating. The Turkish culture is a culture of kitsch. Muslims are terrorists.

**About our book:** I am from Turkey. I was [Redacted] and I study in Istanbul. I am [Redacted] helping different objects from [Redacted] born as a Muslim. I know the rules of Coran although I do not follow all of them ad literam. I want to change the stereotypes about the Muslims which are considered to be terrorist, Fanatics. I want to show that Muslim women can be modern women that study and are independent.

The Living Library



## OSEBA, KI JE OKREVALA OD MOTENJ HRANJENJA

Moje imeno [redacted] imam izkušnjo motenj hranjenja. Začelo se je pri 11 letih, znaki pa so se kopičili že od prej. Moje okrevanje se je zaključilo pri 24 letih, torej po 7 letih intenzivnega dela na sebi v različnih skupinah in delu s psihologinjo. V tem času je zelo malo ljudi vedelo ali me razumelo, ker so v meni vsi videli nasmejjano, lušno, pametno, sposobno dekle z povsem normalno postavbo. Na zunanost je že res bilo tako, navznoter sem se jaz počutila povsem drugače. Vseeno vsem danes povem, da je bila izkušnja dobra in mi je pomagala razumeti, čutiti, doživljati in razmišljati drugače kot bi sicer. Vse izkušnje, znanje in strast danes uporabljam pri svojem delu s puncami, ki razvijajo motnjo hranjenja.

### Stereotipi.

Osebe z MH stradajo, bruhanje, preveč jedo, nenormalno veliko telovadijo in posvečajo pozornost ekološki hrani, delajo zanalašč?

Oseba lahko umre zaradi MH?

Oseba z MH svoje početje skriva oziroma zanika?

MH so bolezen, odvisnost, duševna motnja?

MH so ozdravljive?

## I HAVE RECOVERED FROM EATING DISORDER

My name [redacted] have an experien[redacted] disorder. It all started when I was 11 years old, but first symptoms gathered even before. My recovery finished when I was 24, after 7 years of intensive therapy in different support groups and with my psychotherapist. In that time only few people knew about my troubles, they didn't understand, because from the outside I was a pretty, clever, intelligent girl with a slim figure. From the outside it really looked like that, but from the inside I felt completely different. Today I can tell you, the experience was good and helped me to understand, feel, experience and think on a different way as I would without. Now days I use all my experience, knowledge and passion when I work with girls, who have eating disorders.

### Stereotypes:

Persons with eating disorders starve, vomit, eat too much, take sport too much, take care only about ecological food - and they do all that on purpose?

You can die because of eating disorders?

A person usually hides or denies the disorder?

Eating disorder is a disease, addiction, or mental disorder?

You can recover from eating disorders?

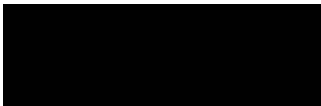
# LIVING LIBRARY DŽIVĀ BIBLIOTĒKA

[redacted], 22

GREECE

ASK HIM ABOUT:

- GREEK POLITICS
- EUROPEAN HISTORY
- TRIPS TO EUROPE

 they/them; en)

trans non-binary person

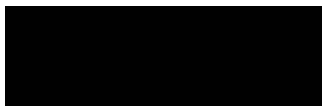
moved away from Ireland at 19 (Germany,  
Sweden, Slovenia)

got an ADHD diagnosis as an adult - process and  
medication

has experiences with therapy and medication for  
anxiety and depression

passionate about community spaces, 'third  
spaces'

was involved in the abortion rights movement /  
referendum in Ireland

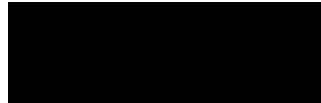
 she/her; en, ar)

passionate about art and design

is queer

likes to travel

lived in different cultures (Iraq, Sudan, Ireland)

 e/him; en, ar, sl)

has been kidnapped in Syria by ISIS

has been close to death many times

has decided to come and stay in Slovenia

is a hairdresser

Slovenia is like a paradise to him

# TRAINING FOR BOOKS

1. Getting to know the team
2. About the method of Human library:
  - flow of the event
  - their role
  - rights of the books, wellbeing and safety
  - tips for conversation start, end
  - how to set the boundaries
3. Characteristics of a good book
4. Creating book description
5. Trial reading and reflection
6. Technical details
7. Questions and closure



# Handout for books

## Characteristics of a good book?

- |                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• does not give advices</li><li>• sticks to their topics</li><li>• is relaxed</li><li>• is not too uncomfortable to talk about the topics she presents</li><li>• does not recruit</li><li>• knows how to set limits</li><li>• speaks in everyday language, at the level of the reader</li><li>• regularly checks the reader's understanding and interest</li></ul> | <ul style="list-style-type: none"><li>• is emotionally mature, genuine, honest and talks based on personal experience</li><li>• knows themselves and their limits</li><li>• does not react aggressively</li><li>• is able to listen to the reader</li><li>• polite and respectful</li><li>• respects the reader's privacy</li><li>• is prepared to repeat the same things several times</li><li>• does not moralise</li><li>• respects its readers</li><li>• knows how to take care of themselves</li></ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# TRAINING FOR LIBRERIANS, PROMOTORS, WELL-BEING PERSON

1. Getting to know the team
2. About the method od Human library:
  - rules in the library
  - flow of the event
  - rights of the books, wellbeing and safety
3. Their role and responsibilities
4. „Papers“
5. How to present the method and invite people
6. How to support books
6. Technical details

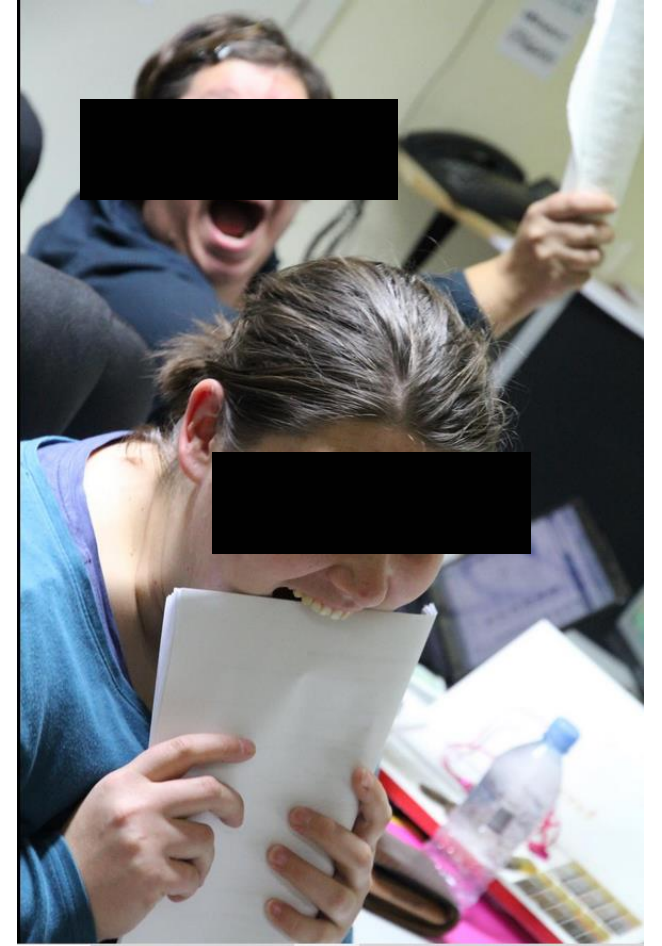
\*learning goals if youth/NGO setting



# MAIN ORGANISATIONAL TASKS

- main coordination and overview of the tasks
- recruiting the books
- training for books
- recruiting and training other staff (special care if volunteers)
- preparing the book catalogue and other content materials
- logistics (food, venue, documentation ...)
- documentation (volunteers' agreements ...)
- finances (donations if needed)
- promotion

\*learning goals and mentoring if youth/NGO setting





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# RESOURCES

Human library webpage: <https://humanlibrary.org/>

Human library Facebook: <https://www.facebook.com/humanlibraryorg>

Living library (Council of Europe): <https://www.coe.int/en/web/youth/living-library>

"Unjudge Someone" - A short film about the Human Library Organization:  
<https://www.youtube.com/watch?v=1ioz1XDDMCE>

The danger of a single story - Chimamanda Ngozi Adichie (Ted talk):  
<https://www.youtube.com/watch?v=D9lhs241zeg>

The danger of a single story - Chimamanda Ngozi Adichie (doodle version):  
<https://www.youtube.com/watch?v=HpdC-gl0oig>

# INDIVIDUAL REFLECTION

Who is your team?

What is the event outcome/goal you want to achieve?

Will there be a specific topic for your event and where will it happen?

Where will you find the books; do you have any partners in organisation?

How many books do you need for the event “to work”?

How will you make sure you take well care of the books and other staff if they're volunteers (travel & food reimbursement, gifts, mentoring)?

Who and how will you make sure the books are well trained, prepared and empowered to take on this role?

How will you make sure readers (visitors) show up and you have a good visibility of the project?

How will you take care of wellbeing and safety for everyone involved, especially people from marginalised groups (and/or young people)?

What are some potential challenges/issues you can already see?

What are you looking forward to?



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# TIME FOR YOUR QUESTIONS

Which crucial information are you still missing if you were  
to organise it in the next 2 months?

Is there still anything unclear for you?

*Type them in the chat or unmute and ask away! :)*



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*Thank you for your time & wishing you all the best with your Human library events!*

