

Life Portrait Online Workshop



Welcome to be a VIVA experimenter!

Viva la Vida is a cross-cultural IP with global influence. Our purpose is to inspire people to explore issues related to the philosophy of life in a humanistic and artistic way. So far, VIVA has covered more than 60 countries and regions around the world, collected tens of thousands of life portraits, and held more than 200 events by VIVA experimenters from all over the world.

As long as you are willing to understand and appreciate the possibilities of different lives, we invite you to hold a life art experiment. To become a VIVA experimenter, you will be an "observer", "recorder" and "collector", using the most direct and sincere way to record all kinds of life stories.



In this guide...

You will know:

What is the life portrait online Workshop?

Factors of a successful event

How to draw a life portrait of your own?

You will get:

Activity process suggestions

Activity recommendations

Chance to show your life portrait

Enjoy others' life portrait

Part I

Brief Introduction



Activity time: xxx (year) xxx (month) xxx (day)
(The time length is about one and a half hours)

Activity form: Zoom

Objectives:

Through listening to the stories of volunteers' life portraits and exchanging views on life issues, we can draw better life portraits and have a deeper understanding of VIVA.

Number of participants:

Estimated according to actual situation

Part II

Early Stage Of Activity



Preparation

Electronic promotional poster, PPT required for the activity, activity publicity copy and notice copy in the volunteer group, self-portrait and short description, Tencent meeting set up in advance, 2-3 questions regarding life and death, speech preparation for each part of the activity, preparation of the feedback form

Activity Timeline

9 day before the event:

Completes the Following Steps:

- (1) host words and small questions on life and death
- (2) introductions of VIVA, life portrait, 1V1 training process
- (3) a self-portrait with a short description, verbal trick for the self-portrait matching game
- (4) Search for life portraits related to the subject and prepare the introduction

8 days before the event:

Edit the activity publicity copy and notification copy in the volunteer group, prepare the activity feedback form, and collect volunteers' free time.

6 days before the event: Finalize the poster

5 days before the event:

Publicize the activity in the WeChat volunteer group, register the participant volunteers' list

4 days before the event:

Inform participants to submit their self-portraits before **xxx (time)**
on xxx (date,day)

2 days before the event:

Make the feedback form, establish the Tencent conference room,
review and confirm the overall preparation

1 day before the event:

Collect volunteers' self-portraits and make self-portrait PPT before
12:00 noon, and rehearse the activity in the evening

On the day of the event:

Remind the volunteers again in the group and send the invitation
letter privately

Small Questions of Life and Death (For Reference Only)

(1) If you only have several days left before death, what would you
do? (Ask participants to write down their numbers of left days)

(2) In what forms do you wish to die? And in what forms do you least
want to die?

(3) What is the most precious thing in your life?

(4) Have you ever had a brush with death?

(5) Have you ever seen the moment of the beginning of life? How did
you feel?

(6) What is the best and the most painful thing in your life?

Self-portrait Matching Game Implementation Method:

After the promotion of the activity, release the copy in the volunteer group to collect volunteers' self-portraits with simple descriptions. During the activity, invite volunteers to match a self-portrait with a description based on guesses.

Volunteer Regulations: Obey Our Requirements

- (1) The registered volunteers must participate in the online activity on time. If they cannot participate, please inform the contact person 6 hours before the start of the activity
- (2) Please find a quiet place where you can talk, write and draw. Microphones and cameras must be turned on during the activity
- (3) During the sharing session, each volunteer actively think and participate in the discussion
- (4) Volunteers must submit their life portraits on time, fill in the feedback form and complete the assigned small tasks

Part IV

Attachment



Feedback Form

We are very happy that everyone actively participated in this sharing meeting about “Life and Death”. In order to launch more interesting and high-quality online activities in the future, we need your suggestions and feedback to help VIVA do better together!

Online Activity Feedback:

a. Name

b. Gender

- Male
- Female

c. Occupation

d. Your Wechat?

e. How do you rate tonight's activity overall? (1-10)

f. What was your favorite part of tonight's activity?

- Opening
- “Hi VIVA” Session
- “Life and Death Interrogate” Session
- Interspersed Words
- Story Sharing Session
- “My Life Portrait” Session

g. Are you interested in the next online activity?

- Yes
- No

h. What do you think can be improved in this activity?

I. Can you complete the tasks assigned after the activity?

- Yes.
- No.
- I can complete part of them

J. Do you have any questions you would like to discuss in future online activities?

Feedback Questions about This Volunteer Activity:

- a. Have you understood the entire process of this activity?
 - Yes
 - No
 - Part of understanding
- b. Do you have any questions about the preparation before this activity?
 - Nothing
 - Identified theme
 - Identified groups of respondents
 - Time and place determined
- c. Do you have any questions about the process in this activity?
 - Ice-breaking activities
 - Communicating with interviewees
 - Recording activity information
- d. Do you have any questions about feedback collection after the event?
 - Collecting portraits of interviewees
 - Handing in portrait, text / audio-visual materials
 - Filling in the feedback questionnaire
 - Basically no questions
- e. Can you start your own volunteer activities?
 - Yes
 - No
- f. What aspect else do you need help/support with?
- g. Do you have any suggestions for the process of the activity?

Poster Copywriting

Life Portrait Online Activity

Your story is our theme.

We seem that never discuss life seriously with others.

What makes people live? Where is the meaning of life?

This weekend, VIVA invites you to discuss Life and Death together.

Activity Session:

Hi VIVA – Arrest Warrant – Life and Death Interrogate – Stories Sharing

Activity Form: Online – VooV Meeting

Activity Time: 23 Jan, 20:00-21:30

Number of Participants: 12

Losing Date for Entries: 20 Jan

Group Notice Copywriting

(1) Good afternoon guys! Welcome to join the online activity this Saturday. We still have few more buddies who haven't join the group but it's ok, we will not wait for them first~Please edit your group alias yay!

We will have a game during the activity, so we need everyone to prepare it in advance ~ Please draw a self-portrait with a sentence of description **before xxx (time) on xxx (date)** and send it to **xxx (person in charge)** in this group. The self-portrait doesn't restrict any form, it can be an animal, plant, or even food as long as it can show out your characteristic. Just draw whatever U want!

Looking forward to meeting everyone this Saturday!

(2) Hello guys! Welcome to join the Life Portrait Online Activity this Saturday. (I am going to be nagging again~ Everyone in the group is reminded to edit your group alias yay! It is convenient for us to register later!)

Before the activity, we need everyone to make the following preparations:

- 1) Join with a relaxed and joyful mood, stay away from work and study temporary
- 2) Find a place that is quiet, convenient for communication, and allow you to write and draw
- 3) Prepare at least 2 sheets of paper and a pen
- 4) Debugging your equipment in advance, you will have to turn on your microphone and camera during the activity

Requirements to be followed during the activity:

- 1) Turn on your microphone and camera
- 2) Be sure to communicate with everyone

Before the activity begins, please feel free to tell us in the group which part of the activity are you interested in.

Looking forward to meeting you all at that time~

(3) Well, thank you so much for joining this online activity. This should be the last time to tag everyone. Btw, all the books and movies you guys shared in this group after the activity ended, it was amazing! Tonight, a group of strangers from every corner of the whole country gathered and discussed the topic of life, and also heard many stories from everyone, but how come “Life” will be finished discuss in just one and a half hours? If you hope to hear more topics about life, you are encouraged to find strangers, relatives, and friends in private. Listen to others’ life stories during the process of drawing a life portrait, we believe that you will get lots of gains. Last but not least, remember to draw your life portrait and fill up the feedback questionnaire!

Script

Opening:

Welcome everyone to the Life Portrait Online Activity held by VIVA, and thanks to everyone for taking your time to join this activity. In this activity, we will guide everyone to draw their own life portrait through the following sessions: Arrest Warrant, Life and Death Interrogate, and Stories Sharing.

“Hi VIVA” Session:

I believe that everyone who joins VIVA as a volunteer should have some preliminary cognition about VIVA. Now, let us see the growth of VIVA in the past three years through a video, it will also allow you to deepen your understanding of VIVA.

Now, everyone please pay attention, we are going to start!

(Describe self-portrait by category)

Well, all of our self-portraits are finished display. Now, in the left portion of the PPT are all the descriptions of the self-portraits while the self-portraits we have displayed are in the right portion. Each PPT will be given 1 minute to match the label of the self-portrait with the letter of the descriptions. Anyone who has answers can share your answer with everyone by dropping it in the chat box.

(Check the chat box in time and have some interaction)

(Reveal the answer, invite the author to have a sharing)

“Life and Death Interrogate” Session:

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In the previous session, everyone has drawn their self-portraits. We VIVA hope that everyone can have a conception about their own life through this form. We can see that some buddies’ self-portraits are so great, and they have their own different understanding of their life. In this session, we are going to discuss few topics about life, we hope to hear different life stories and experiences from you guys! What is life? And What is Death either? In this session, we will talk shallowly about these two topics. Regarding death, in our perception from childhood, it is a taboo topic. We can’t say that it is fear or escape, anyway in front of everyone, we try not to talk about death if it is possible. Maybe we will say one or more phrases related to the word “death” every single day, such as **exhausted, busy, uncomfortable...** but it is just a simple grumble, we will not really care about that word “death”.

Maybe only those who are on the verge of death or those people around them who die suddenly will only think about death and face it. Death is a topic that we have not yet face now but everyone will have to face it in the future. Instead of tabooing it, avoiding and doesn't want to strike the topic of death, it is better to face and understand it. It is better for us to live and love our life. Hence, in this session, everyone doesn't have to shy away from death, turn on your mic, and discuss it with every buddy with a relaxed and joyful mood. Now everyone please think of a number. This number can be only a digit or two digits. What is the first number that your brain pop-out? Please drop it on the chat box.(Read out the numbers in the chat box, and point out the most special number, such as the largest or the smallest number or even zero)
Has everyone finished typing?

Story Sharing Session:

Through the communication in the previous session, I believe that everyone should have a certain understanding of VIVA.Let me share with you the life portraits and the story behind them.Life portrait express life in pen tip by drawing, and explore the meaning of life during the process of drawing.

In all the life portraits that we collected, some people described their life as xxx, while some people described their life as xxx. Life portrait can also be the most unforgettable thing of yours, it can be xxx (things).

Just like this picture (example)

Every person who is in a different phase in their life will have a different point of view on life. The understanding of the life of those who live in different environments is also different.

(Example of life portrait that drawn by the people who are from a different country and different living environment.)

These are the expressions of ours to life through drawing. We can also understand the life stories of others by their portraits, build up an in-depth communication between humans. At the same time, VIVA life portraits hope everyone can pick up the paintbrush, and begin an in-depth exploration of your own life.

So, what would you paint your life as?

“My Life Portrait” Session:

After previous sessions, everyone should have a deeper understanding of their life. Every person’s life is unique. Now, everyone can think about what is your life like, and how will you going to draw your unique portrait of life? Is there anyone would like to share with us? Now, everyone can take out the papers and pen that you prepared in advance, and draw your unique life portrait. Due to the limited time of our activity, so you can make a conception first, make a preliminary draft, and then just draw it completely after our activity.

1. Activity recording

Recording of the dialogue contents: You can firstly record the whole activity with *a recording pen*, and you can also make limited records of important contents during the activity. After the activity, refine and sort out the dialogue views through the recording (this step can be handed to VIVA partners).

Organizing photos and videos: Take photos or videos of recording significance on site. They can be pictures of guests giving speeches, or the round of discussion or sharing, leaving the highlight moments of the activity.

Topic dialogues: Conduct special dialogues after receiving the consent of the guests, which can be audio or video recording, to give a more comprehensive and complete presentation of their personal ideas.

2. Activity feedback

1. Send the recorded and sorted words, recordings, videos, and photos to VIVA staff.
2. Summarize the work, make an overall evaluation of the activity, share the feelings and gains of the interview, as well as the inadequacy of the activity, and finally complete the feedback with VIVA staff through online meetings.
3. Check out the tweets of activity record on VIVA official account.





Youtube Link:

<https://www.youtube.com/watch?v=Zzmmh6zGjew>

Scan the QR code below to enjoy more VIVA paintings and get VIVA information!



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