

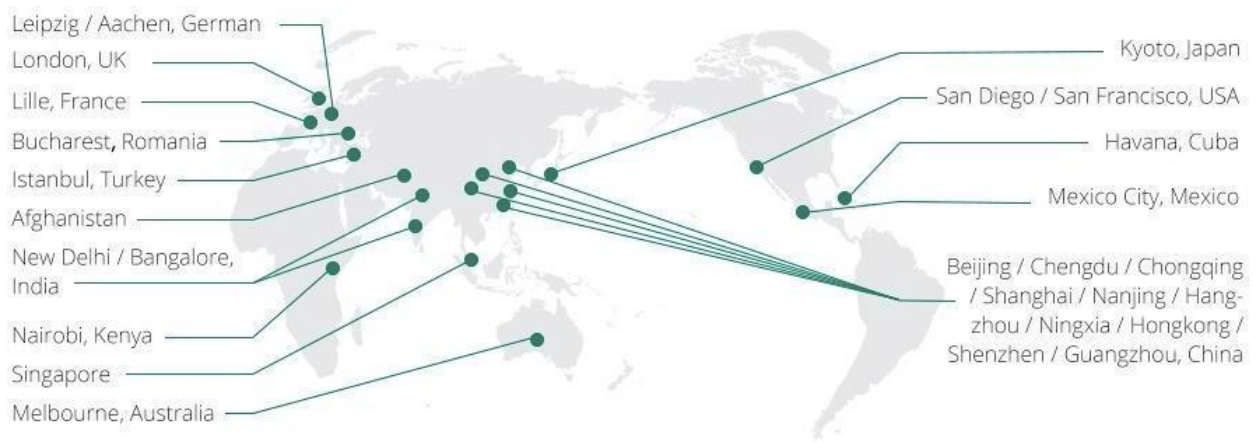
VIVA 1V1



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:

How to be a VIVA volunteer?

Factors of a successful event

How to successfully hold a Workshop?

You will get:

Activity process suggestions

Activity recommendations

experience as an interviewer

Chance to make new friends

About VIVA and its Volunteers

part 1



The painting, Viva la Vida, was created eight days before the death of the artist, Frida. The painting is clearly just a few simple pieces of watermelon, but the delicate brush strokes and bright colors make people feel the surge of vitality in an instant.



Viva started with founder Xiaoning's attempt to explore the meaning of life on the streets of Mexico in January 2018.

About VIVA and its Volunteers

part 1

VIVA volunteers are a group of people with different backgrounds and skills from all over the world. They are full of ardor and curiosity about life. They hope to enter, explore and record every mundane but great life, create a truly valuable connection between people.



You can throw the question of “What is your life” to people with different cultural backgrounds, occupations, and ages from all over the world. The volunteers can invite their friends or interested people to their favorite location, encourage them to draw their own life portraits on a piece of paper, and share the life stories behind them.

We share a common vision.

In the turbulent wave of this vast world, the one who can finally heal humans is still human.

Public Welfare

NGOs that pay close attention to children with cancer in Romania, Slums in Kenya, in front of the national cemetery in Argentina, and the autistic children's treatment center in Beijing ...

People dropped down the paintbrush, outlined the splendor, and fragility of life.

These life-related creations were taken to all over the world, and were seen, understood, and felt by more people.



“其实最让我感动的是女孩子会把画像里的自己画成长发飘飘的样子，因为她们化疗会掉很多头发，她们在内心还是很期盼着自己也能有一头长发。”



Life Portrait Decomposition

part 2

Doodle Style

Element:
Ring Structure



Color:
Colorful

Meaning Interpretation:
The essence of life is the circle of reincarnation.
There are colorful and unlimited possibilities in reincarnation.

生命从一个圆开始，经历一个轮回结束，但中间的过程
是多彩的，是彩色的，是无限的，有无限的可能。

女 | 11岁 | 学生 | 中国



Refinement Style

Element:
Two
overlapping
humans' faces



Color:
Red, Black, White

Meaning Interpretation:
For the thoughts about duality,
pains and fears occupy the
spiritual space and express the
feeling of confusion and anxiety.

二元性成为相互关系。痛苦+恐惧是精神的混乱。当你左
右转头时，不知道该去哪里

学生 | 阿富汗喀布尔



Life Portrait Decomposition

part 2

Shenzhen, Guangdong | Girl | 35 | Dormitory Staff

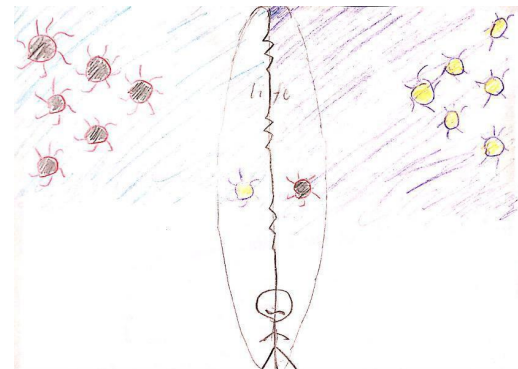
My youngest daughter was diagnosed with hearing impairment. After the surgery, she has to always wear a hearing aid. My greatest wish now is that my family can have a house that belongs to us, and can live healthily. Her home is my life.



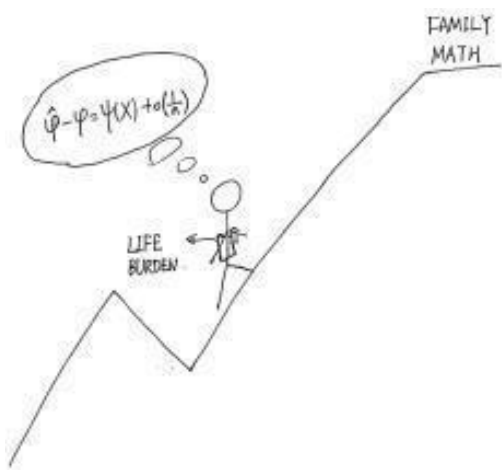
“This was the life portrait of my school dormitory staff. This event gave me an opportunity to get in touch with the people on my side and understood their stories. It has cultivated my caring for the side and also inspired my enthusiasm for life.”

Guangzhou Guangdong | Girl | Student

There are two sides to my world. There is always a dark side but there is still a happy side too. It is bumpy along the road. The future man will not know he will turn in which tortuous road and fall into a certain world.



“The interviewee was my classmate. He is currently suffering from bipolar disorder, but he still lives actively... I hope that he will get better in the future. I also learned more about bipolar disorder through the conversation with him. Mental Health is really important.”



Beijing | Boy | 23 | Master

My life can be described as a process of hiking. In my seek, the mountain top is the two most important things: a well-being family and my favorite research direction. They are always my motivation to move forward.

“This event let us to look back and examine the process of our own life, and to think clearly what is the real matter in our life, in order to continue our life better.

Voluntary Event Preparation

part 3

- **Clarify the experiment theme**
 - What's the objective of your experiment?
 - Which target groups do you want to interview?
 - What do you want to explore about the target group?
- **Identify the interviewee**
- **Classification of the interviewee**
- **Determine the location and time**
 - Comfortable and relaxing environment: Locations that can be chosen:
In-home, cafe, restaurant, classroom, park
 - Relatively sufficient time (20mins – 1hr)
- **Material Preparation (Check List)**
 - Introduction about VIVA
 - Life portrait of the volunteer themselves
 - Auxiliary manual (Question Cards)
- **Start portrait interview**
- **Record the interview information**
- **Collect portraits**
- **Collect the authorization information**
- **Submit the portraits materials and text materials**

Precautions:

- **Respect the interviewee**
 - Volunteers should explain the reason of choosing the group and their personal understanding, etc. to the interviewee
- **Always observe the emotional of the interviewee all the times**
 - Whether the conversation can be carried on smoothly, whether the interviewee feels resisted, etc.
- **The scheduled time should be relatively punctual**
- **Always contact VIVA buddies who you docking with if there is any problem.**

Voluntary Event Preparation

part 3

Early-stage Preparation – Complete Own Life Portrait

Before carry on the voluntary work, as a volunteer, it is necessary to complete a personal life portrait in advance, experience the delicate flow of the life meaning, feel the beauty of life with the pen tip, and finally, summarize the path of self creation.



From the perspective of **drawing skills** and **thoughts about life**, volunteers can understand the difficulties that the participants may encounter in their process of completing the portrait. (Don't know how to draw, don't know how to abstract the meaning of life, Perfectionism) There will be a targeted guide for the participants.

Selection of the Interviewee



- **How to select an interviewee:**

- ✓ Choose relatives or friends, listen to the stories of your side, build up a deeper connection
- ✓ Choose to invite a famous person or leader to see what they have about the understanding and perceptions of life
- ✓ Choose to approach some disadvantaged groups such as depressed patients, autistic children, left-behind children, LGBTQ+ groups, etc., build up a connection with them and create empathy

Choose the location and time



Urban

Location:

choose an atmosphere where people can easier express themselves emotionally, feel safe, and relax

Relatives and friends:

Café and tea room, restaurant, home living room, etc.

Famous people:

Conduct interview in an undisturbed environment, add illustration session during the interview

Public welfare group:

Conduct the exclusive interview at a specific place

Off-line strangers:

Street (for instance, in a lively night markets, street stalls, park, etc.), during a trip, Youth Hostels, reading clubs, etc.

On-line strangers:

Can create a group first, then have a voice call or video call to have a deeper communication and conversation.



During the trip



Tea Room



Living Room



Street

Time:

The time for in-depth conservation is flexible, and the time can be coordinated according to the time of yours and your interviewee. The time usually varies from 20mins – 1hr. It is recommended to inform the interviewee of the estimated duration in advance.

Material Preparation

- ☐ VIVA drawing paper (or a pad that can be used for drawing)
- ☐ Color pen, black pen, or 2B pencil
- ☐ VIVA Question Cards
- ☐ Activity Log

Mental Preparation

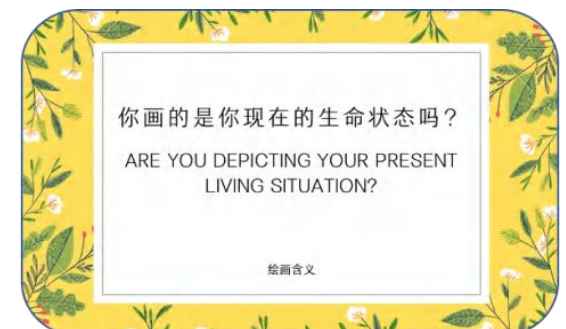
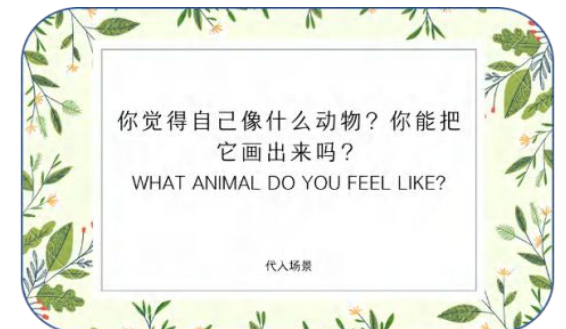
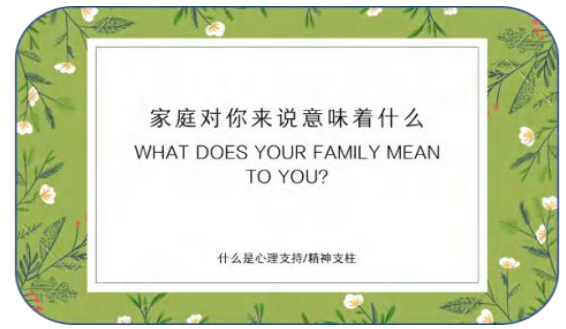
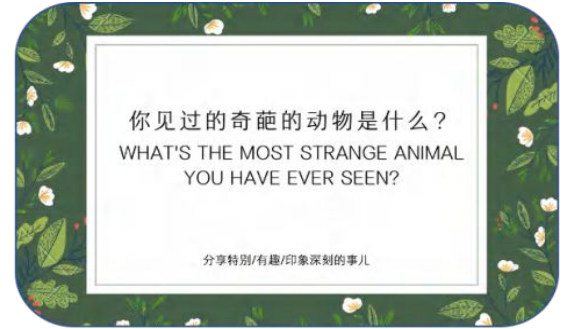
- ☐ Complete your own life portrait
- ☐ Inform the interviewee about the time and location
- ☐ Be prepared to open up the interviewees' heart and get inside of them
- ☐ Be familiar with the activity process

Voluntary Event Preparation

part 4

Questions Tips

You may ask the issues of the same type but multi-angles, such as [Do you currently feel unhappy about some things?]



Self introduction

近一个月以来，你闲暇时间大部分花在什么地方上？

HOW DO YOU SPEND YOUR TIME IN RECENT MONTH?

生活重心/个人习惯观察

你会用什么颜色来描述你最近这一周的感受？为什么？

HOW WOULD YOU DESCRIBE YOUR RECENT FEELING BY COLOR? WHY?

绘画引导

今年/去年你经历了什么重大的变化吗？

HAVE YOU EXPERIENCED ANY MAJOR CHANGES THIS YEAR/LAST YEAR?

你觉得自己像什么动物？你能把它画出来吗？

WHAT ANIMAL DO YOU FEEL LIKE?

代入场景

- **Before creation:**
 - Use some ice-breaking questions to open the topics and start the conversation
 - Resonate by finding common interests or similar experiences
 - Gradually lead the topic to the life meaning and the painting creation
 - Conduct in-depth communication through some value-based questions
 - Facilitate the interviewee to find the direction of creation
 - Guide the interviewee to express his/her current life and thoughts
 - Traceback the interviewee's memories, and understand his/her trajectory
 - Listen to the interviewee's future prospects
- **During Creation:**
 - Assist the interviewee with some questions about painting during the creation
- **After Creation:**
 - Record the interviewee's life story and activity's experience through questions about summarize
- **Tips:**
 - Pay attention to the tone of asking questions according to the interviewee
 - Adjust the questions asked according to the progress the conversation
 - Please respect your interviewee and have a polite communication
- Use question cards to understand the interviewee and open the topics
- Carry out 16 personalities test <https://www.16personalities.com/ch>
- Inspire the inspiration of creation: a game of 1000 goats
Volunteers can give the interviewee some pictures with various types of goats, invite them to try to copy or draw their own samples. Then, guide the interviewee to pick up the paintbrush slowly and start the creation.

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).

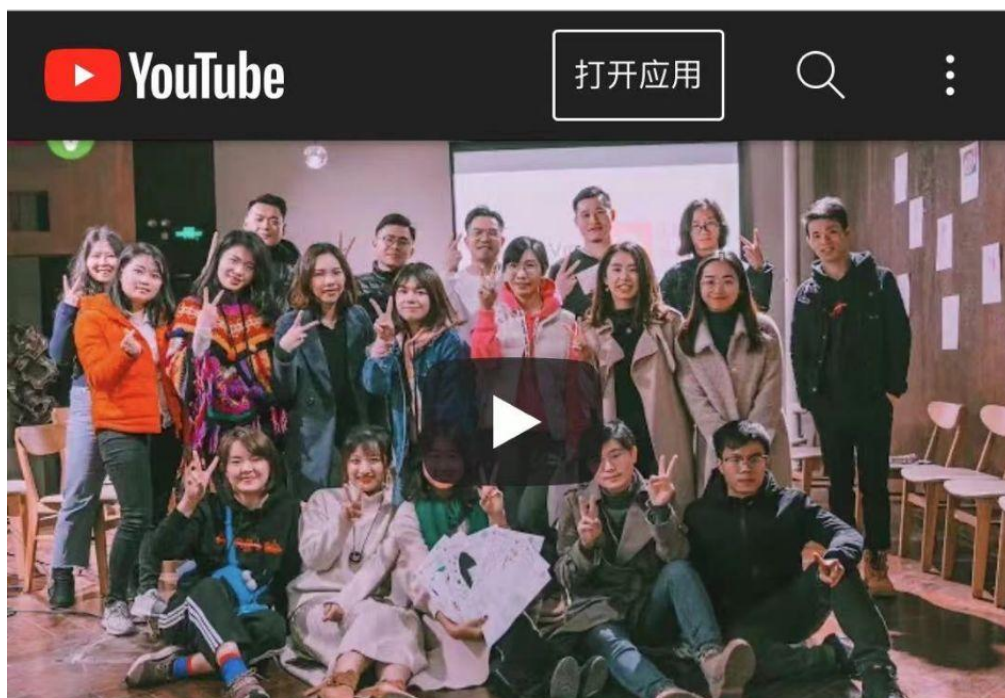
Organizing photos and videos: Take photos or videos of recording significance on site. They can be pictures of guests giving speeches, or the round of discussion or sharing, leaving the highlight moments of the activity.

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!



WeChat
Official
Account



Official
Website

Instagram:
vivalavidahuman

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Viva La Vida