

Senior Citizen's Documentation Guidelines

Dear students/ Documentors,

Following is an indicator created to facilitate the documentation of the senior citizens and writing down their life's story.

- The story should include at least 5 paragraphs
- 1st paragraph is mandatory: personal and background details.
- Following is a list of ideas to the paragraphs' topics. It is not necessary to elaborate all of these – the senior citizens choose themselves what they wish to share in their story.

This paragraph is mandatory Personal details: family background	Full name, date of birth, country + city of origin, parents and their country of origin. This would be the place to elaborate on any details regarding: Holocaust, Transit camps – any special detail.
Childhood	Where did I grow up, studied, games we played, my friends in the neighborhood, in school etc.
Aliyah – transit camps (Ma'abarot)	How did we get to Israel? Where did we live in the first years before moving to a home? Was it easy to adjust to the new country?
School and studies	Experiences from the school years that have influenced us, notable teachers that had an impact on our lives.
Adulthood	Youth movement we participated in, notable experiences, hobbies from that period, songs and favorite bands we used to listen to.
Military service	What role did you serve during your time in the military? Do you remember experiences from wars in Israel?
Profession and occupation	Why did you choose this specific profession, or did it choose you? Any regrets? Hopes for another career?
Marriage and building a family	How did you meet your significant other? Describe the birth of your children and grandchildren, what special occasions does the family celebrate together?
Hobbies	If there is a special hobby, this is the place to elaborate and add a photo.
A special object or artifact	If there is a special artifact that is passed on in the family through generations, this is the place to elaborate and add a photo.
Retirement and third age	What do you do in retirement? Hobbies. Fulfilling dreams, activities with grandchildren? a
A message to future generations	What message would you like to pass on, deriving from you experience and collected wisdom?