



# Not invisible.

 Autism  
Europe



video



audio



photo



written



drawn

## Call for STORIES

### **AE is looking for stories from the autism community for the Not invisible campaign**

‘Not invisible’ is a multi-annual campaign that seeks to draw attention to the fact that autistic people’s needs are often made invisible. Autism-Europe and its members want to raise awareness of the barriers and discrimination autistic people face, and how to overcome them.

We advocate for the realisation of our human rights in all areas of life, in line with the UN CRPD. We call for a society where autistic people are fully recognised and get the understanding, acceptance, and full enjoyment of their rights they deserve.

Nothing about autistic people should be done without autistic people, which is why we want to share your lived experiences, concerns and expectations on our website.

Please note that our website is built around video content, but, of course, all sorts of storytelling (including images, text, audio, or any combination thereof) are welcome.

➔ [Read the call in EASY TO READ here](#)

**IMPORTANT:** We are happy to record the story for you (for example, in a video chat with you), or to assist you in any way in getting your story heard. Just contact us at the email address below.

Ideas or inspiration:

- You are welcome to record a short video (see the next page for some recording tips, including questions to answer).
- You may send us one or multiple photographs, including photographs of artwork you created; they can be a
- You record a vocal message, telling your story. Please find the questions for inspiration on the following pages.
- You write a blog/text, based on the same questions as mentioned above.

Please include a portrait-style photo of yourself with any story submission.

Please send your material to [communication@autismeurope.org](mailto:communication@autismeurope.org)

Please fill out and sign [this consent form](#)

Please clearly state your name with your contribution (the same name you entered in the consent form).

**Please note that, in order to protect minors' privacy, we will blur the faces of all children under 18 in any pictures or videos submitted.**

Thank you so much, we look forward to hearing from you!

### **Examples of questions you might address in your story**

(These are just suggestions; you can talk about anything that is important to you as a member of the autism community)

- Explain your connection to autism
- How has disinformation affected you and/or other autistic people you know?
- What kind of services are missing for the autistic community in your country/region/city?
- Experiences with not having your disability recognized (for example, in another country)?
- Any successes or challenges with education and employment?
- What does it mean when places or services are not accessible?
- What does “Not invisible” mean to you in relation to autism?

# VIDEO/AUDIO RECORDING INSTRUCTIONS

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## 1. Preparation

### A. Choose a setting you feel comfortable in

- Quiet location: Pick a space where you won't be interrupted or distracted. A quiet room will help ensure your voice comes through clearly.
- Natural light: Position yourself near a window or soft light source. Avoid harsh lighting, which can create shadows. If you do own a ring light or lighting equipment – perfect!
- Tidy background: Choose a simple, clutter-free background so the focus stays on you. You don't need a fancy setup, just a calm space.

### B. Prepare your story

- Consider your story in advance or keep some notes. Don't read from a script, but it helps to have a basic outline in mind. Consider using the questions provided above.
- Keep it simple: Focus on one aspect of your story at a time. You can always record additional videos later if you want to share more and send us a pack.
- Ideally each individual story should be kept brief (up to 3 minutes), but it can be more.

### C. Practice before recording

- Do a practice run: Try speaking about your story out loud before you start recording. It will help you get comfortable and find your rhythm.
- Rehearse key details: You don't need to memorize everything but rehearse important details to help you feel more confident while recording.

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## 2. Setting up the camera

### A. Use what you have

- Smartphone or camera: You can use your phone, tablet, or any camera you have. Most smartphones today have excellent video quality.
- No need for equipment: If you have a tripod or other tools, great but feel free to just use what you have at home, like a stack of books or a shelf to prop your phone up at eye level. Some kind of stabilizer is essential for good quality.

### B. Position the camera

- Eye level: Position the camera so it's at your eye level. This makes the video feel more natural and engaging.
  - Record in landscape (horizontal). **IMPORTANT:** leave a lot of space around you in the frame, so that we have room to edit. This means backing away from the camera until your face fills only about one-third of the width of the screen.
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## 3. Lighting and Sound

### A. Lighting tips

- Face the light: Position yourself facing a light source (e.g., a window or lamp) to ensure your face is well lit. **DO NOT** sit with your back to bright lights or windows.
- Natural light works best: If possible, use natural daylight for a softer look. Set up near a window if possible. (Ideally, such that your camera is between you and the window, so that you are looking at the light from the window while filming).

### B. Sound considerations

- You can speak at your own volume and pace. If possible, use an external microphone
  - Limit background noise: Try to avoid areas with too much background noise, like loud appliances or traffic. If you can, close windows or doors to reduce sound interference.
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## 4. Recording your story

### A. No need for an introduction

- Just go right into your story

### B. Sharing your story

- Speak from the heart: Don't worry about being perfect. The most important thing is sharing your truth.
- Keep it simple: You don't have to overthink it. If you make a mistake, just keep going. The story is meaningful.
- Take breaks if needed: If you need a moment to gather your thoughts or calm your nerves, pause, take a deep breath, and then continue.
- Embrace what you feel: Feel free to express how you feel, whether that's happiness, sadness, or anything in between.

## 5. Finishing Up

### A. Do not produce a polished video

- Even if you have the know-how and the tools, please let us create the final edit. Do not add sound effects, music, or video transitions. Just send us the footage of you talking directly into the camera. We'll do the rest 😊

### B. Review the video

- Rewatch: If you feel comfortable, you can watch the video afterward just to check the quality of the lighting and sound. If you're happy with it, you're done!
  - Don't overthink it: If you don't like how something looks or sounds, remember that your story is what matters most.
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## 6. Tips for feeling comfortable

### A. Take it easy

- It's *your* story: There's no right or wrong way to tell your story. Speak naturally, and don't worry about how you look or sound. What matters is your personal experience.
- Don't stress over perfection

### B. Take your time

- Relax and breathe: If you're nervous, take a few deep breaths before starting. It's okay to take your time.
- Take breaks: If you need to pause during your recording, that's perfectly fine. You're in control, and it's important to feel comfortable.