

Should I prepare anything?

It's a very informal chat that is more a discussion rather than a Q&A. Feel free to ask me questions as well, bring up topics and take your time! There is nothing to prepare. The point is to have a very genuine conversation about your experience living in Community. I know the idea of being recorded can be a bit intimidating but I promise we quickly forget about the mic, just enjoy!

How long does the recording take?

The whole thing takes about 1h (setting up, saying hi and bye...) but the episode itself is usually between 30 and 50 min after editing.

Is there anything I should not talk about?

That is very much up to you. The idea is to be as authentic as possible. Let's use common sense and try to keep it clean and respectful. Anything racist, sexist, homophobic and so on will obviously not be tolerated. One important thing to keep in mind, is to respect people's privacy. Make sure to only share stories and names of people who have expressed they were ok with being mentioned by name.

How does it work logistically?

Simply fill in this little [form](#) (if you don't have a gmail address use [this one](#)) and find a time that suits you [here](#) (can't find any? Let me know). In that invite there will be a zoom link. I will record the whole conversation but will only use the audio recording. I just believe it is nice to see each other as we speak. Please make sure to have a good mic and headset and be in a quiet space, preferably a small space with a door you can close. **"Pro" tip:** your wardrobe is an awesome makeshift for a podcast studio!

What happens next?

Once we hang up I will spend some time editing our audio file. I only cut out if we have very long pauses or if we were interrupted, unless you specifically ask me to remove something.

When will it be published?

I share a new episode every second Wednesday. I sometimes have some episodes pre recorded so I will let you know exactly when your episode will be out a few days in advance. The podcast is available on Spotify, Anchor, Google podcasts and many other platforms.

Can I share it with my friends and family?

Please do! It really helps the podcast if you share it on your side! You can already follow us on Instagram [@thehumansinsidethepods](#). I will also create visuals and quotes to promote the podcast on social media. I will send them to you so you can use them for promotion on your end as well. Once your episode is out I will share on IG, as well as my personal FB and LinkedIn. In addition I send out a newsletter once a month with the recap of the last episodes. People can register for it via my website www.lifeonfifth.com

I know someone who could be a good guest!

Wonderful! I'm always on looking for new community living stories to share! Send them my way!

Anything still unclear? Questions? Feedback? Anything else?

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