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Every Story(Teller) Matters- Human Libraries and Mutual Recognition

Human Books developed for face-to-face and online human library events

No.	Book Titles & Synopsis
1	<p>Making my dreams true</p> <p>I am a speaker, UN award-winning filmmaker, founder, and director of Joinda Production, a video production entity focused on questions of social justice. I grew up in Kabul, Afghanistan, and was forced to flee in 2016 due to my previous media work. My story begins in Moria camp – leading me to become a human rights advocate. Through my films and speeches, I aim to inspire integration, challenge negative perceptions of refugees, promote refugee rights, and influence citizens and EU policy-makers.</p>
2	<p>From Camp to Campus</p> <p>With nothing but a boat and the hope for a better life, I left Africa about two years ago. My journey led me to the migrant camps, where I lived for a while. Determined to change my circumstances, I decided to pursue an education. Through perseverance and hard work, I succeeded in earning a scholarship, opening doors to a brighter future and a chance to build a new life.</p>
3	<p>In Any Place</p> <p>For those born in border regions, life always happens in two places. This book, which is a back and forth between new texts and clippings from older ones, explores the duality of those who have learned to live between different lands and spaces. Between the cities of São Paulo and São Caetano, between the states of São Paulo and Paraíba, and between Brazil and Portugal, the broad and general context of immigration dresses the body and story of a person who is from there and has come here.</p>
4	<p>Tuna with pesto</p> <p>Tuna with pesto because it reflects the duality of my personal journey. Tuna represents survival and improvisation, typical of the life of a university student. Pesto, on the other hand, symbolizes the desire for something more sophisticated, more elaborate, bringing flavour and a hint of pleasure to simplicity.</p>
5	<p>The unexpected</p> <p>A seemingly ordinary village girl embarks on a journey to a remote, culturally distinct village, expecting little more than a simple getaway. However, as she immerses herself in the rhythms of this unique community, she uncovers the beauty in life's small pleasures. The experience of sharing time and stories with people from diverse backgrounds broadens her perspective, transforming her view of the world and her place within it.</p>

6	<p>Breaking the bubble</p> <p>In an increasingly fast-paced and connected world, an introverted young man feels that he does not fit in today's society. Overwhelmed by social expectations and constant pressures, he decides to retreat into his inner world of books, films and video games. This escape allows him to evade the human interactions that generate anxiety and make him feel invisible.</p>
7	<p>The devil knows more for an old man than for a devil</p> <p>In a small town, a girl fights against her own inner demons, marked by a past of traumas and disappointments. Despite his charisma and his ability to connect with others, his life is plagued by insecurities and fears that little by little begin to be a lesson in self-improvement.</p>
8	<p>Anabell, Andes and Atlantic</p> <p>How do you decide where to emigrate to? What determines that? The Andes and the Atlantic are two of the places I've traveled to in order to settle in new cities, which I would end up calling "home", but there is certainly something else.</p>
9	<p>East to West</p> <p>Moving to a new country is an adventure—but it's not always easy. From culture shock to everyday challenges, stepping out of your comfort zone can feel overwhelming. This book dives into what it's really like to adapt to a different culture, how to break out of your familiar bubble, and ways to embrace a new way of life while staying true to yourself. Packed with real stories, practical tips, and insights, it's the perfect guide for anyone trying to navigate the ups and downs of living in a new country. Whether you're starting fresh or just looking to understand cultural differences better, this book will make the journey a little easier—and a lot more exciting!</p>
10	<p>Sarcasm is my shield</p> <p>A life surrounded by lovable people, fields and cows, two bridges – and what was supposed to be the start of a newborn black-haired little girl's life, born on 06.11.2001, at 00.28, turned into a life struggle for recognition with sarcasm as a shield.</p>
11	<p>My Story, my voice</p> <p>I arrived in Denmark right on my 16th birthday at the beginning of Advent. It was cold and the weather was grey. I knew nothing about Denmark except Nyhavn's colourful terraced houses and The Little Mermaid, which was the first thing that popped up on Google Images. From Kastrup Airport I was driven with my family to Valby. Unfortunately, my shock at the bad weather was only the beginning of the many hard experiences that awaited me in this beautiful country. Here I grew up from an insecure girl to an independent adult woman.</p>



12 From the mountains to the sea

When I first set foot in Greece, I was still a kid, quiet, unsure, carrying more questions than answers. The journey that brought me here wasn't simple, and what followed was even more unexpected.

I had to learn how to stand on my own, in a place where everything felt unfamiliar. But along the way, I found people who helped me see what was possible.

Now, a few years later, I'm walking a very different path.

There's a story behind that journey, and I'd like to share it with you.

13 The shore I didn't expect

The night I crossed the sea, I didn't know where I would end up, I only knew I couldn't go back. The boat was small, but the sea was not. When we finally reached the island, everything was different: the sounds, the language, even the sky felt unfamiliar.

That was my first day in Greece. Since then, the days have brought many new chapters, some of them hard, and some hopeful.

It's been a journey shaped by choices, chances, and the people I met along the way.

14 Not all moves are measured in kilometers

I didn't come from far away, not in terms of distance, at least. But moving here wasn't as simple as packing a suitcase and booking a flight. New culture, new habits, a language that felt like music I couldn't yet understand. I came for a better future, but the path turned out to be more complicated than I imagined. People often think migration only looks one way. I'm here to show you another version.

15 Ocean Within Me: Sailing the world to rediscover yourself

From a childhood marked by tragedy and resilience to discovering his true calling in foreign lands, Francisco Andrade embarks on a journey of reinvention across the seas. Exploring passions that led him from geology to theatre, music to therapeutic practices, and even to the joys of fatherhood, he navigates challenges as an immigrant, a father, and a dreamer in uncertain times.

A story of resilience, adaptability, and the transformative journey of self-discovery through life's ever changing currents.

16 Flui, Yaku, Flui

1 – Flow, Yaku, Flow tells a story of water as a guide and companion in a journey of transformation and purpose.

2 – From the arid deserts of Peru to vibrant Lisbon, water, called in quechua language as yaku, flows through every decision, challenge, and discovery, marking the path of a life dedicated to sustainability.

3 – This is an ode to water as a source of life, dreams, and resilience, teaching us to adapt and keep flowing, even in the most difficult moments.

4 – It is water who inspires the creation of growing systems that reconnect people with nature, showing its silent strength and power to nurture life in every corner.

17	<p>The Return to the Unexpected</p> <p>A story of transformation that begins in São Tomé and Príncipe and develops in Portugal, where the protagonist faced challenges as a single mother and, over time, got married and started a new family. In search of better opportunities, she found strength in her roots and faith to start again, showing that the unexpected can be the path to fulfillment.</p>
18	<p>Healing As I Create And Creating As I Heal</p> <p>This book tells how healing and creating are interconnected processes, not just in entrepreneurship, but in the daily construction of our lives. The author shares her journey towards authenticity, where every challenge is an opportunity to grow and create a more genuine life.</p> <p>Through her personal story, she invites us to discover the inner light as the basis for healing and living authentically. Healing and creating are two intertwined paths that allow us to build a full and meaningful life.</p>
19	<p>Musical Longing – Let the music lift you!</p> <p>Travel with me through sound.</p>
20	<p>On the many homes we carry – exploring themes of identity, belonging and displacement</p> <p>On the many homes we carry explores the experiences of children born in the diaspora to immigrant parents, navigating the questions of identity, belonging, and displacement. This collection of stories offers a reflection on what it means to create a home when your identity spans across borders and generations.</p>
21	<p>Where is home?</p> <p>“Danemarkiya!” My father exclaimed when I told him about my dream. A dream where I was dreaming in Arabic as opposed to my usual Danish. I was touched and felt the joy warming my heart – my own father says I am Danish.</p> <p>This is a story about a 21-year-old young woman and her journey to be seen and recognized in the country she was born in. As a Dane.</p> <p>The story shows a strong woman struggling with the system to gain Danish citizenship while at the same time trying to find inner peace in a world with great uncertainty for her future.</p> <p>“Where is home?” is written for the average citizen who wants a better understanding of what it means to live with a temporary residence permit. In addition, the book is also relevant for politicians and others who deal with immigration and integration law and who, through this story, gain insight into how the Immigration Act unfolds in practice.</p>
22	<p>My Story, my voice</p> <p>I arrived in Denmark right on my 16th birthday at the beginning of Advent. It was cold and the weather was grey. I knew nothing about Denmark except Nyhavn’s colourful terraced houses and The Little Mermaid, which was the first thing that popped up on Google Images. From Kastrup Airport I was driven with my family to Valby. Unfortunately, my shock at the bad weather was only the beginning of the many hard experiences that awaited me in this beautiful country. Here I grew up from an insecure girl to an independent adult woman.</p>



23 Between Two Worlds: From Eastern Roots to Western Winds

Bakri grows up in Raqqa, where his Kurdish heritage is a hidden part of his everyday life in an Arab society. With the destruction of war, his family is forced to flee the ruins of Syria to Kobane and on to Turkey. In a world filled with conflict and fear, Bakri finds a new beginning in Denmark. Here he confronts a culture that stands in stark contrast to his own and begins to navigate an everyday life where social norms, values and traditions are markedly different.

Through this journey, Bakri challenges his own perceptions and finds his way in a foreign culture while struggling with the longing for his past.

“Between Two Worlds: From Eastern Roots to Western Winds” is a story of transformation, adaptation and the personal quest to find oneself in a new world.

24 In Any Place

For those born in border regions, life always happens in two places. This book, which is a back and forth between new texts and clippings from older ones, explores the duality of those who have learned to live between different lands and spaces. Between the cities of São Paulo and São Caetano, between the states of São Paulo and Paraíba, and between Brazil and Portugal, the broad and general context of immigration dresses the body and story of a person who is from there and has come here.

25 The Magic of the Unlikely

Sometimes the best things happen when we venture into the unknown, challenge our fears and embrace the unexpected...
In this story, the magic of the unlikely turns challenges into unforgettable memories.

26 My Life

The story of my life and how the paths I took brought me from Afghanistan to Portugal.

27 Your hope is the last thing to die... Don't kill it

I am originally from Cameroon and at the moment I am studying in a Greek school while at the same time, I am involved in athletics, with the potential to participate in the next Olympic Games. If you are wondering how I got here and how I discovered my passion for sports, it is definitely worth listening to my story. My story is probably different from similar ones you have heard so far, because it is based to a large extent on my personal choices, such as choosing to travel alone and on the good intentions of people I met in Greece. I will tell you a story that will make you believe again in the goodness around you and certainly in the value of finding your passion and working hard to achieve your goal.

28 In search for good life

I am a young man from Afghanistan and i am currently living in Portugal. Since I was a child, in my country there was war and fight. I could not go to school so I decided to leave this country by foot. I am going to Iran and notice that there are also a lot of problems, no food, no water. Then i went to Turkey but too many people died at the border. Then I went to Greece, then to Macedonia, continued to Serbia , after that Bosnia followed by Croatia and then Slovenia. I did not stop here so i continued to Italy, France, Spain and i stopped in Portugal. I am happy here. I play football. I had the chance to speak with the President about my story and my life. Portugal helped me a lot so for this, i am never going to give up on helping people through my story.

29	<p>So far, so close. A migrant's tale</p> <p>Lots of stories make this one.....</p> <p>From the vibrant streets of Portugal to unexpected adventures, these tales capture the beauty of discovering the good in the unfamiliar. Each chapter is a reminder that sometimes, the best things happen when you step into the unknown.</p>
30	<p>Not just an animal, but my life guide</p> <p>How a foreigner dog helped a migrant to overcome her fear of going outside.</p> <p>Manyoma was his name and he had European documents. While someone called me “sin papeles” (non papers). He came from Melilla and I came from Bolivia. We didn't understand this new city with so many rules, but we loved to go outside. I was afraid of the streets because I was shy and he was brave. He had the courage but I had the voice. Because of him, I had to develop many skills.</p> <p>Come in and discover how a “small” dog influenced in three aspects of my migratory journey: self-esteem, adaptation and even work. Because when you feel alone, dog company must be welcome.</p>
31	<p>My Journey Between Two Cultures</p> <p>This book portrays a young immigrant's journey of discovery and personal transformation. A profound reflection on identity, loneliness and coming of age, based on her move from Angola to Portugal.</p> <p>We invite you to embark on this journey of knowledge. Maybe it will resonate with you in some way.</p>
32	<p>Hurricane of Happiness</p> <p>A story born out of a very troubled process of building the self.</p> <p>Mental health, interculturality and, above all, social heterogeneity have resulted in a very plural, diverse, more organized structure of thought, but always very confused, like a hurricane.</p>
33	<p>Miracles in life – yes they do happen</p> <p>The autobiography follows the journey of a young Ethiopian girl from a life in a small village in Ethiopia to a new life in Denmark. It is a story about leaving home to find a new home in a new country. The story beautifully highlights the hardships of life but maintains a belief in miracles.</p>
34	<p>The day that everything changed</p> <p>A mother of two girls went to a family gathering event one day, leaving her older daughter home alone without guessing that her life would completely change that day. She would find out that her daughter has a psychiatric problem.</p>



35 A story of a Turkish Delight

Okay, this book is not about the real Turkish delight, it is a metaphor guys but it is so similar to it. Do you know the process for a Turkish Delight? Let me explain it to you shortly : A Turkish Delight has to be produced with a lot of flavours such as spicy ones, delicious ones and even with the disgusting ones. Sometimes like life itself.

This is the story of a Turkish girl who lived a life with pain, sadness and also a lot of sweet, caring, loving and funny moments, like a Turkish Delight.

Be ready to have an adventure time of different flavours.

36 Can be you?

A young man that came out of the protection system. I decided to give back the in the universe, inclusive communities. I've helped by preventing violence in many families and communities. I dedicated myself extensively to creating communities and developing programs for youth.

37 NOT GIVING UP

The book shares his life story of overcoming adversity, including social exclusion, bullying, and familial conflicts due to his refusal to conform to societal expectations of masculinity. Born in Germany and moving to Turkey at six, he faced challenges with language and fitting in, leading to isolation and rebellion. Despite these obstacles, he pursued a career in psychological counseling to heal himself and help others with similar traumas. He emphasizes the importance of not giving up by having strong reasons to persevere, living authentically according to one's nature, pacing oneself, learning from resilient figures, and resuming efforts after setbacks. His message underscores that striving to live authentically and persistently is the best approach to life's challenges.

38 LIVING IN TWO REALITIES

This is the story of a striking contrast between two identities, symbolizing the balance of strength and vulnerability within an individual navigating dual realities. One side represents societal expectations of strength and composure, while the other side shows emotional depth and individuality. The story underscores the theme of defying stereotypes and redefining strength, promoting authenticity in a world often confined by labels.

39 Hating yourself for 13 years

After 13 years of hating himself, this guy started to suffer of mental health issues with major depression and anxiety. After 4 years of Psychological studies, he understood his past, present and future.

He came to a point where he understood his childhood, who he was and why he grew up think that everybody hated him.

After 13 years of hating himself, he was courageous enough to come out and build the life he wanted to live.

40	<p>Reborn</p> <p>This book is about the life path of a quiet and withdrawn highschool girl who was not accepted by her peers and struggled a lot. Until one day, when she decided to show her teeth to the rest of the world and be the two things she always wanted to be: brave and herself.</p>
41	<p>Dessert Treasure</p> <p>The story of a man, born and raised in the dessert. For his entire existance, tried to make it out of there, out of his country. The odds seem to have other plans for him, but he just knows one single thing: Fight for your dreams!</p>
42	<p>The magic World of Sara</p> <p>The story of a girl, with the perfect life, the perfect environment,the perfect family but even so, she was never able to find her place in her magic world. You know what they say? Sometimes it is too good to be true...</p>
43	<p>Afghanistan in Ericeira</p> <p>How do Afghanistan and Ericeira come together?</p> <p>And after the reception center? How do you integrate someone?</p> <p>For one, a pause.</p> <p>For another, a catalyst for life.</p> <p>Perceptions.</p>
44	<p>3 Steps to Hope</p> <p>A Syrian mother relocated with her family to Turkey due to the war, where she faced initial challenges such as language barriers and cultural adaptation. Through perseverance, she learned Turkish, integrated into Turkish society, and supported her children in overcoming similar obstacles. Her story highlights the importance of integration, community support, and embracing new experiences positively.</p>
45	<p>Pen and Faith</p> <p>She is a Syrian English teacher who moved to Turkey in 2013 without knowing a single word of Turkish; together with her mother and sister she attended many language courses at the Public Education Center to build a new life in a new language. She first worked as an English teacher in Temporary Education Centers for Syrian students, and when these schools were closed by the authorities, she continued as an interpreter and counsellor in a local education directorate, gaining three years of valuable experience. Meanwhile, she worked hard to adapt her English teaching diploma to the Turkish education system, taking several exams and, in 2019, receiving official recognition from the Council of Higher Education in Ankara. Later, as a Turkish citizen, she completed a one-year pedagogical formation program at a university in Mersin in 2021, successfully passing all exams to become a legally recognized teacher in Turkey. In 2024, she sat the national public exam for teachers; although she did not pass, she gained important experience and a clearer understanding of the system and its expectations. This is the story of a woman who keeps building her future step by step.</p>
46	FINDING A BETTER LIFE



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	This story is about a family that leaves their country to find a better life. After a while, this family is raised by only the mother and the father is absent for a long time. The mother raises her three children alone. This story seems to me to be a great example of the fact that there are very hard-working people like my mother who give everything for their children.
47	<p>Between two worlds</p> <p>I'm Mayte, and today I can proudly say that I am a Bolivian living in Spain. But it wasn't always like this. I came to Spain when I was very young, and I had to face expectations that weren't my own. I felt like I had to present myself one way to some people, and a completely different way to others. During my childhood, I didn't know what to say about myself, because I didn't really know who I was. For a long time, I thought I had to separate my two worlds and adapt to each one. But over time, I realized something important: I don't have to choose between them.</p> <p>Today, I'm here to tell you how the world I thought was stable and balanced fell apart, only to make way for a new one. A peaceful world where I no longer have to live up to others' expectations. I finally listened to myself, and that's when I discovered something that might seem predetermined for many, but wasn't for me: my identity</p>
48	<p>Chalk and Shadows</p> <p>"Chalk and Shadows" follows a gifted but withdrawn Turkish mathematics teacher who has migrated to Germany and now works at a prestigious academy in the shadow of the national parliament. Determined to reach the school's most overlooked students, he uses unorthodox lessons that mix hard logic with quiet empathy, slowly becoming a lifeline for young people no one else truly sees. When a tragedy in his classroom and a political scandal collide, the media and authorities recast him as a dangerous radical, turning his blackboard into evidence and his compassion into suspicion. Forced to confront long-buried memories of discrimination and displacement, he must decide whether to retreat into silence or publicly challenge the narratives that distort his life's work. Based on a true story, the film traces one migrant teacher's battle to protect his students, his integrity and his sanity in a world more comfortable with shadows than with the uncomfortable truths written in chalk.</p>

