

First Days Project Information Form and Checklist

Please make sure to gather the following information from your participant:

- First Name *(required)*
- Last Name *(required)*
- Email Address *(required)*
- City and Country of Departure *(required)*
- City and State of Arrival *(required)*
- Arrival Year *(required)*
- Age at Time of Arrival *(optional)*

Please make sure to gather the following items from your participant:

- Audio Recording File or Text Response *(required)*
- Participant Release Form *(required)*
- Photograph of Them from Their First Days *(preferred, but not required)*

Enter and upload the above information and items to the First Days Project website [story submission form](#).

