

# EMPOWER

Building Resilience to Address Domestic Violence

Instructions how to  
make audio book



Co-funded by the  
Erasmus+ Programme  
of the European Union



# INSTRUCTIONS

## Step 1

You need to choose an app where you will start creating your audio books. It can be any program like:

Powerpoint



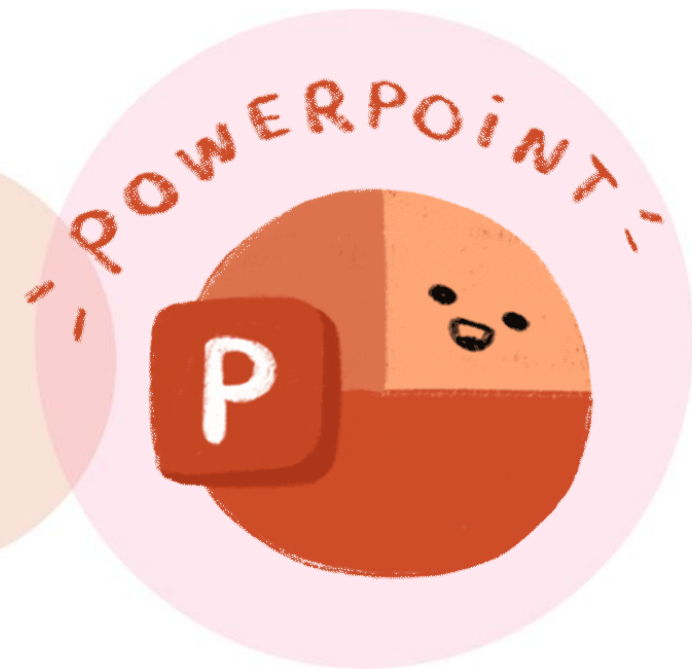
Moviemaker



Audiobookmaker.com, etc.



As an example, we will show you how to create an audio book using a



# Step 2

You have to select one of the topics listed below:

- What is domestic violence?
- Why do victims sometimes return to or stay with abusers?
- Are men victims of domestic violence?
- The consequences of domestic violence.
- Domestic Violence against Women.
- Domestic Violence against children.

topic



# Step 3

You have to write on chosen topic and present it in the presentation as shown in the example:



## **Healthy Relationships.**

Healthy relationships share certain characteristics that people should be taught to expect. They include:  
Mutual respect. Respect means that each person values who the other is and understands the other person's boundaries.  
Trust. Family should place trust in each other and give each other the benefit of the doubt.



In this audio book you will find out more about differences between healthy and unhealthy relationships in family.

If you want, you can use a variety of images, as shown in the example.

# Step 4

Now you need to record to audio, which you can do with your phone's „Audio

recorder" feature



You can record using the following applications:

- Text To Speech
- NaturalReader
- Free TTS
- Text-To-Speech Tool
- TTS Reader and etc.



**Audio book has to last 1 – 2 minutes**

Or you can use  
PowerPoint feature  
“Record audio...”



# Step 5

The final step. You have to upload you audio to you presentation:

How to do this? Follow instructions!



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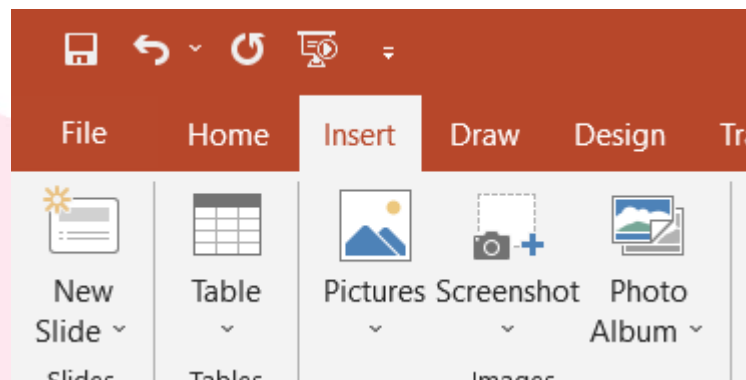
In this audio book you will find out more about differences between healthy and unhealthy relationships in family.



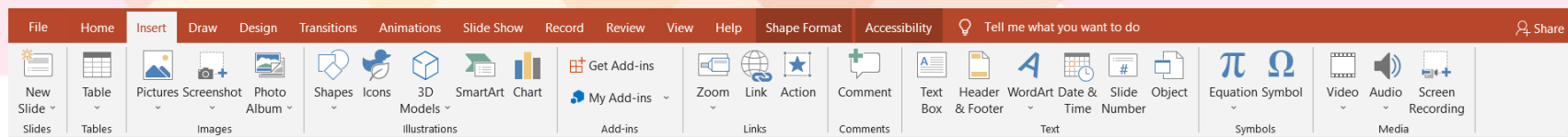
# How to upload audio into presentation?

Follow instructions below:

1. Click insert:

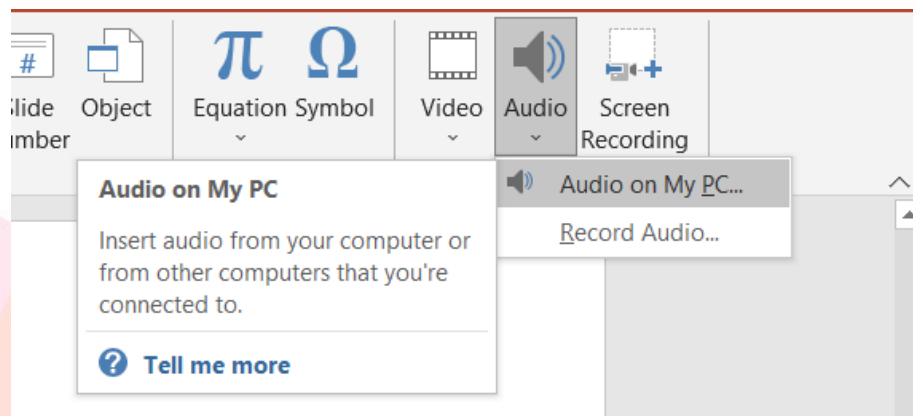


2. Click audio:

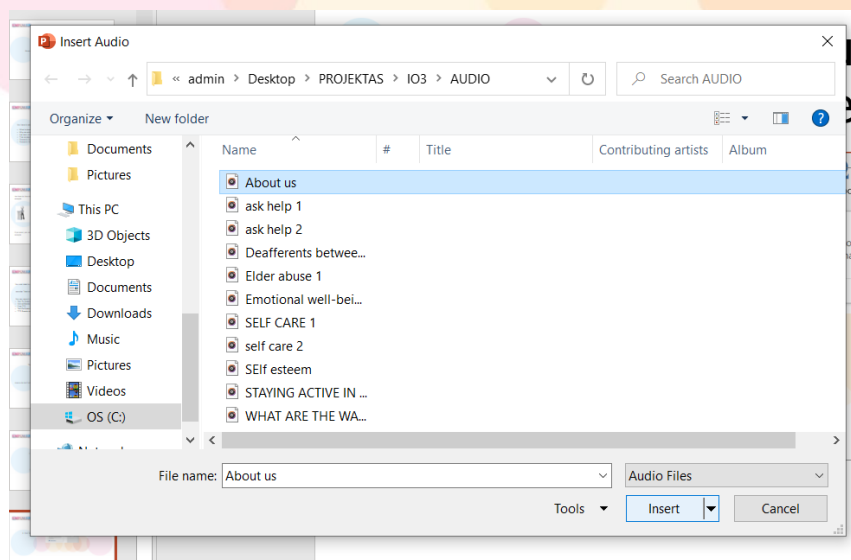


# How to upload audio into presentation?

3. Click “Audio on my PC”:



4. Choose right one audio and click “insert”:



## 5. Your audio book is done!



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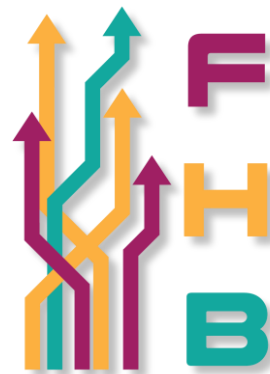
An example of one page of audio book using PowerPoint presentation.



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