

the *f* word:

stories of forgiveness

Touring exhibition information

Background information

In a world where retaliation and revenge grab all the headlines, *The F Word* exhibition aims to start a different conversation by sharing the stories of people whose lives have been shattered by violence, tragedy and injustice but who have chosen to explore forgiveness and reconciliation.

The F Word is the brainchild of British journalist Marina Cantacuzino and photographer Brian Moody. They collected stories from across the globe and the original exhibition was launched to wide acclaim at the Oxo Tower Gallery, London in January 2004. During the two week exhibition period it was visited by around 6000 people and since then the exhibition has been seen in more than 550 venues, across 14 countries, to an audience of over 70,000 people.

The intense interest in the exhibition led to the creation of The Forgiveness Project. The Forgiveness Project is a UK based charity which works with people who have experienced hurt and trauma to understand how we can heal, restore and rehumanise.

The Forgiveness Project is about enquiry and exploration. We do not promote forgiveness as the only way to heal past wounds, but rather explore its limits and possibilities through individual personal experience. Forgiveness is not held up as a magic bullet or a panacea for all ills. Rather the stories reveal the journey to be tough but compelling, often painful and costly but also potentially transformative. We do not claim to have all the answers, but rather invite people to consider some extreme examples of hurt and trauma as a means of examining unresolved issues in their own lives.

Contact details

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 twitter.com/ForgivenessProj

 [youtube.com/@ForgivenessVideo](https://www.youtube.com/@ForgivenessVideo)

Hiring the exhibition in the UK

There are three editions of the exhibition for hire in the UK, each in a different format. All formats are charged at a weekly rate of £400.

1. Stand exhibition:



A free-standing exhibition (including 12 metal stands).
Includes 23 stories and 2 introduction panels = 48 panels in total.

The stand exhibition is substantial and heavy.
It requires a small van and a minimum of two strong people to transport and assemble.

Dimensions when packaged:

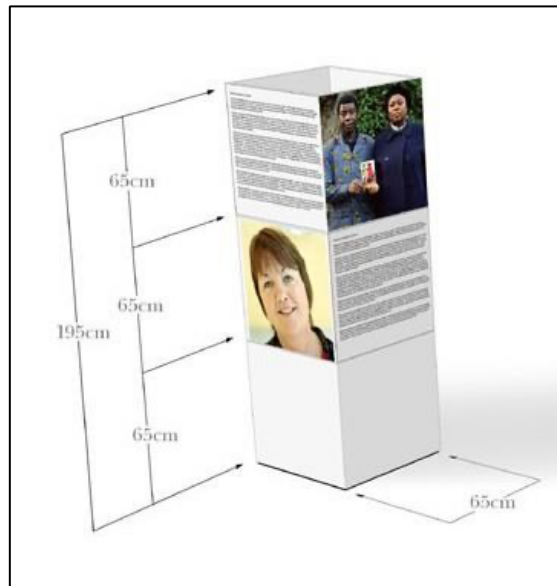
6 x boxes	80 cm x 70 cm x 15 cm (approx. weight 30 kg each)
4 x bags	approx. 2 m x 0.5 m (approx. weight 10 kg each)

Dimensions when assembled: 12 x stands 2 m wide x 0.5 m deep

Stories included (see stories page on website for details):

- | | |
|----------------------------------|---------------------------------|
| 1. Eva Kor | 12. Robi Damelin |
| 2. Bud Welch | 13. Assaad Emile Chaftari |
| 3. John Carter | 14. Linda Biehl/Easy Nofemela |
| 4. Ginn Fourie/Letlapa Mphahlele | 15. Arno Michaelis |
| 5. Sammy Rangel | 16. Marian Partington |
| 6. Camilla Carr/Jon James | 17. Mary Johnson/ Oshea Israel |
| 7. Jo Berry/Pat Magee | 18. Shad Ali |
| 8. Samantha Lawler | 19. Ghazi Briegeth/Rami Elhanan |
| 9. Katy Hutchison/Ryan Aldridge | 20. Mary Kayitesi Blewitt |
| 10. Gill Hicks | 21. Jean Paul Samputu |
| 11. Wilma Derksen | 22. Ray Minniecon |
| | 23. Hanneke Coates |

2. Tower exhibition:



6 free standing panelled square towers.
Includes 22 stories and 1 introduction panel.

The tower exhibition is packaged in 8 reasonable heavy boxes and ideally requires two people to carry, especially if up and down stairs. The boxes will fit in most estate cars or in a small van.

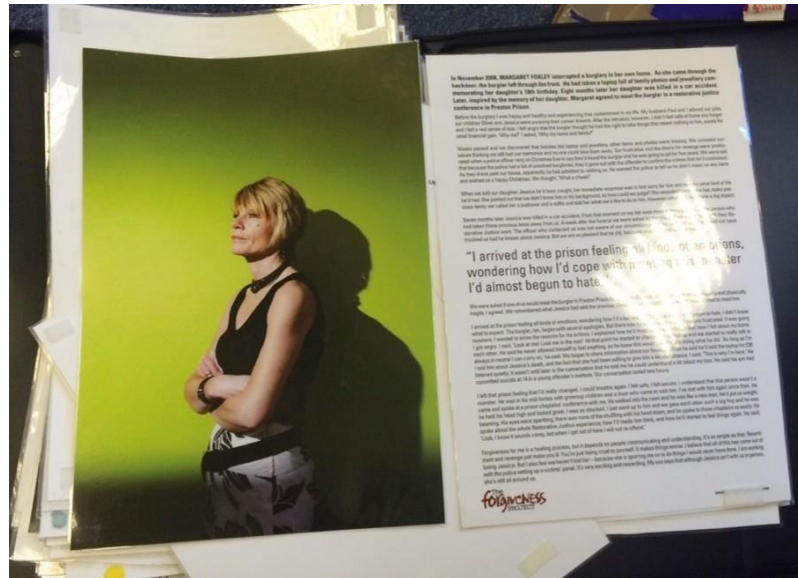
Dimensions when packaged: 8 x boxes 79 cm x 78 cm x 14.5 cm

Dimensions when assembled: 6 x towers 195 cm high x 65 cm x 65 cm

Stories included (see stories page on website for details):

- | | |
|-------------------------------------|---------------------------------------|
| 1. Intro panel | 13. Jo Berry/Pat Magee |
| 2. Alistair Little | 14. John Carter |
| 3. Andrew Rice | 15. Katy Hutchison & Ryan Aldridge |
| 4. Azim Khamisa & Ples Felix | 16. Khaled al---Berry |
| 5. Bassam Aramin | 17. Linda Biehl & Easy Nofemela |
| 6. Bud Welch | 18. Marie Fatayi---Williams |
| 7. Camilla Carr & Jon James | 19. Mary Blewitt |
| 8. Celia McWee | 20. Phyllis Rodriguez & Aicha el-Wafi |
| 9. Eva Kor | 21. Richard McCann |
| 10. Ghazi Briegeth & Rami Elhanan | 22. Simon Wilson |
| 11. Gill Hicks | 23. Sue Hanisch |
| 12. Ginn Fourie & Letlapa Mphahlele | |

3. Laminated exhibition:



A lightweight version of the exhibition comprising of 23 stories and 1 introduction panel on laminated sheets of card (47 panels altogether).

Panels are A2 in size (42 x 59.4 cm), and come in a portfolio folder.

The panels need to be attached to walls/exhibition stands (not supplied) with adhesive velcro (not supplied but easily obtainable from DIY stores).

Stories included (see stories page on website for details):

- | | |
|------------------------------------|--------------------------------|
| 1. Intro panel | 13. Linda Biehl /Easy Nofemela |
| 2. Andrew Rice | 14. Magdeline Makola |
| 3. Azim Khamisa/ Ples Felix | 15. Margaret Foxley |
| 4. David Rogers | 16. Marian Partington |
| 5. Debbie McLeland | 17. Mary Blewitt |
| 6. Eric Lomax | 18. Mary Foley |
| 7. Ghazi Briegeith /Rami Elhanan | 19. Michael Lapsley |
| 8. Jo Berry/Pat Magee | 20. Peter Woolf/Will Riley |
| 9. John Carter | 21. Rebecca DeMauro |
| 10. Katy Hutchison & Ryan Aldridge | 22. Tim and Grace Idowu |
| 11. Kemal Pervanic | 23. Yulie Cohen |
| 12. Leatitia van Loggerenberg | |

Transport

The hire fee excludes transportation. It is the responsibility of the hirer to collect and return the exhibition to London. For an additional cost, The Forgiveness Project may be able to arrange transportation.

Insurance

The Forgiveness Project provides insurance for the *whole* exhibition for loss and damage only. Any loss or damage to any of the *individual* boards or panels is the responsibility of the hirer (please see contract).

N.B. - The Forgiveness Project does *not* provide for public liability insurance while the exhibition is in use. *Public Liability insurance is a requirement and the responsibility of the hirer.*

Assembly of exhibition

Assembly guidelines are provided with the exhibition - we ask that hirers please follow these guidelines to ensure personal safety and to keep the exhibition in good condition.

Support materials

A press release and digital logos are available on request for publicity purposes. In the UK, catalogues and heart badges are available on a sale and return basis; leaflets are free of charge.