

If you are a U.S. military veteran, ask a loved one or volunteer age 15 or older to interview you about your experiences (combat service is not required). Researchers and future generations will be able to hear directly from you, and better understand what you did, saw and felt while in uniform. You may also start a VHP collection by contributing your own original items.



- Read and sign the *Veteran's Release Form*.
Complete the *Biographical Data Form*.
Complete the *Additional Service History Form* (if applicable).
Your interviewer will complete all other required forms:
 - [View and/or print all forms on the "VHP Field Kit" webpage](#)
- Look for photographs and documents that may help spark memories.
- Consider donating original photographs or letters, and submit a *Photograph Log* or *Manuscript Data Sheet* if applicable.
- Provide your interviewer with a link to the Veterans History Project website (loc.gov/vets), and ask them to follow the steps listed in the "**How to Participate**" section.
- Talk to your interviewer in advance, and share any topics you want them to include or avoid.

Congress created the Veterans History Project (VHP) in 2000 to collect, preserve and make accessible the firsthand remembrances of United States veterans from World War I through the more recent conflicts in Iraq and Afghanistan, so that future generations may hear directly from veterans and better understand the realities of war.

View our [Frequently Asked Questions](#) for answers to the most common questions about the Veterans History Project.

For more information visit loc.gov/vets, call (202) 707-4916 or email vohp@loc.gov

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