

Stories That Inspire

Stories have the power to inspire, connect, and change how people see the world. We experienced this through our project “Historias que Inspiran” (“Stories That Inspire”). As members of NEHS at PrepaTec León, we realized that older adults are often overlooked and not listened to enough, despite their valuable life experiences. Because of this, we decided to create a book with the stories of eight participants and organize a ceremony at our school to celebrate them.

Our objective was to listen to older adults, share their stories, and create connections between generations. On January 20th, we contacted an education center called “Forever Learning” to ask if we could interview them and turn their stories into a book. They loved the idea. The NEHS members involved were Brenda Ramírez, Bruno Stephano, Catherine Zaldívar, Natalia Rosales, Victoria Alvarado, Fernanda Zúñiga, Luna Kuri, Jessica Rodríguez, Diego Escudero, Diego Gómez, and Andrea Murillo.

On October 1st, 2025, at 5:00 p.m., we visited their center. After introducing ourselves, we started with an icebreaker where everyone had an animal on a slip of paper and had to make its sound to find their partner. Each group included one or two students and one adult. The conversations lasted about an hour and became meaningful and sometimes emotional as participants shared their life stories.

On February 5th at 4:00 p.m., the participants came to our high school for the ceremony to receive the book. They brought family and friends, making the event even more special. During the ceremony, we gave a welcome message, shared a reflection, took pictures with our school mascot Teus, and gave each person a copy of the book containing all the stories.

This project changed how we connect with older adults. Many shared stories they had never told before, and some became emotional remembering important moments. For us, it was meaningful to truly listen, ask questions, and learn from their experiences. We saw their strength and grew to appreciate their stories even more.

One participant, Adolfo Abad, shared a phrase that opened his story: “A good teacher creates an excellent student, while a bad one can make someone hate school.” Another participant said, “It meant so much to see that younger generations are interested in listening to our stories.” Andrea Murillo reflected, “I learned that we should always have faith, even when life gets hard.”

This experience showed us that everyone has a story worth sharing. By listening, we learned, felt inspired, and connected with people we might not have met otherwise. In the end, we understood that stories don’t just stay in the past, they bring people closer and change how we see life.