The Sounds of TORN

Soundscape produced by Hayley Youell and Andy Seward, made from field recordings and interviews over ten years by Lee Karen Stow. Special thanks to Lansana Mansaray of Freetown, Sierra Leone for the song 'I Can Be What I Want to Be'.

- 1. Hiroshima, Japan, bells mark the 70th Anniversary of world's first nuclear bombing 1945
- 2. Arafa (translated by daughter Eithar), fled Darfur, Western Sudan
- 3. Eman, remembers her life in Iraq
- 4. Alicia, sole survivor of her family, The Holocaust, WWII
- 5. Shuke, fled Ethiopia
- 6. Huda, from Aleppo, Syria
- 7. Birdsong and distant prayer, Choeung Ek, the 'Killing Fields', Cambodia
- 8. Sao Lan, survivor of genocide by Khmer Rouge, Cambodia
- 9. Ha Thi Mac, veteran soldier, The People's Army of Vietnam
- 10. Safio, fled Somalia, sings 'Somali Udiida Ceb
- 11. Anon, 'Love Can't Conquer War', poem
- 12. Jan, widow of a soldier of the first Gulf War
- 13. Iris, remembers the Hull Blitz WWII
- 14. Barbara, remembers the Hull Blitz WWII
- 15. Maureen, remembers the Hull Blitz WWII
- 16. Chiamaka, schoolgirl, reads her poem "War and Peace"
- 17. Francess from Sierra Leone, reads her poem 'I Am War!'
- 18. Hiroshima, Japan, cicadas during two minutes silence, 70th Anniversary
- 19. Nagasaki, Japan, two minutes' silence at 70th Anniversary
- 20. Ayak, fled South Sudan to the US
- 21. Bereaved Palestinian and Israeli women bang protest signs at the separation wall, West Bank
- 22. Hazar, fled Syria with her daughter across the Mediterranean Sea by boat to Greece
- 23. Rainstorm in Ho Chi Minh city, formerly Saigon, Vietnam
- 24. Ilhan Omar, fled Somalia in 2016 first Somali-American Muslim legislator elected to office in US
- 25. Women of Freetown, Sierra Leone, sing 'I Can Be What I Want to Be
- 26. Voices of the Hull Women's Refugee Group
- 27. Sadia, 'The Word Free'