

# D.I.Y CARDBOARD



# WHISTLE-HEAD MANUAL

Dear Reader,

Thank you for downloading the D.I.Y Cardboard Whistle-Head Manual, we hope you have fun with it.  
But the Whistle-Head is more than just a fun thing to make or wear, above all it is a symbol of solidarity.

Solidarity with all journalists, publishers and whistle-blowers who are being harassed, persecuted, jailed and even killed.  
Who, as we speak are punished, not for committing crimes but for revealing them. In other words : **Exposing certain crimes has become a far bigger offense than committing them !** This includes war-crimes endorsed by our governments and paid for by us all.

Here is just one example :

<https://youtu.be/5rXPrfnU3G0>



If we allow journalists, publishers and whistle-blowers to be persecuted for doing- what is in essence an important public service- while the real perpetrators walk free and continue to lie, plunder and murder, we all lose.

In short, the Whistle-Head is more than just a piece of cardboard. It is a warning sign to everyone, and a token of gratitude towards those who continue to risk their lives in order to defend our most basic human rights : our right to free speech and our right to information.

Unless you believe that censorship, unregulated mass surveillance, rampant corruption, endless war-profiteering and state sponsored killings belong in a healthy democracy, we hope you too will have the courage to stand up for what is just.  
So join us, make a whistle and wear it with pride.

Thank you.



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# Tools

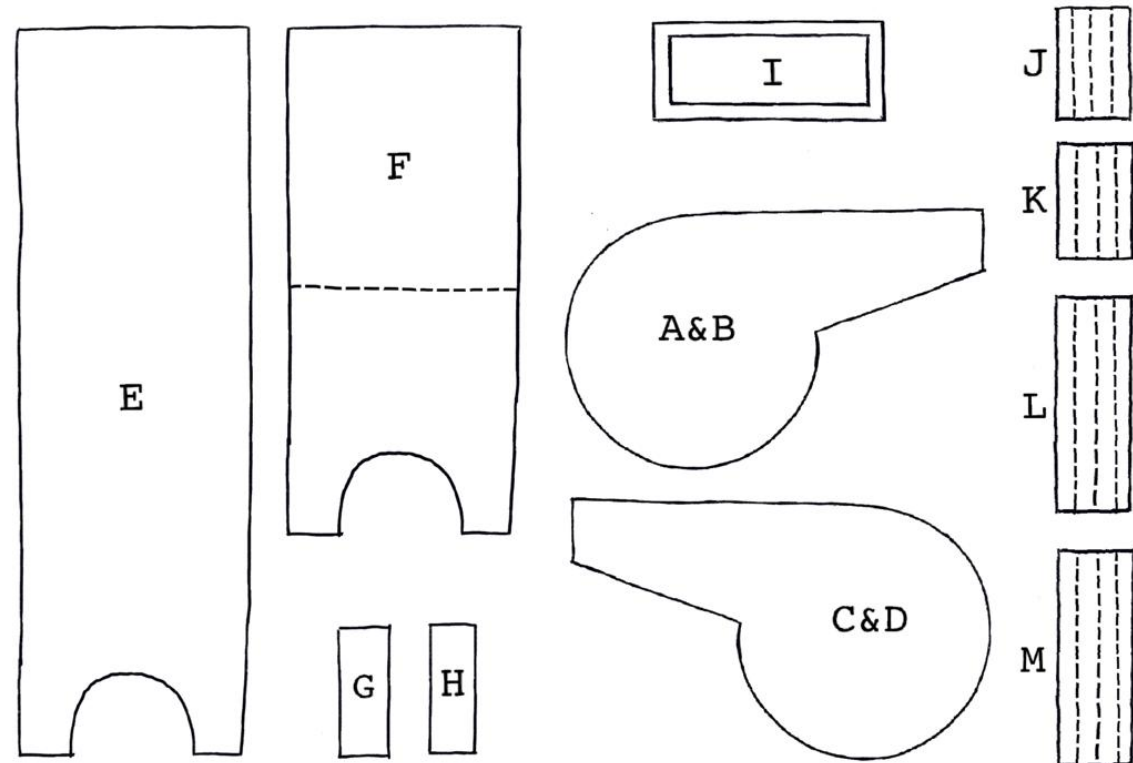
- Pencil or marker
- Steel ruler
- Compass or cardboard circle maker
- A cutter knife (with snap-off blades)
- Flat cutting surface
- Hot glue gun + glue sticks
- Thumbtack
- Thin protection gloves
- Paint Brush
- Plastic cups
- Mixing sticks
- Rag
- Sandpaper (grit size 60 - 80)
- Electricity



# Materials

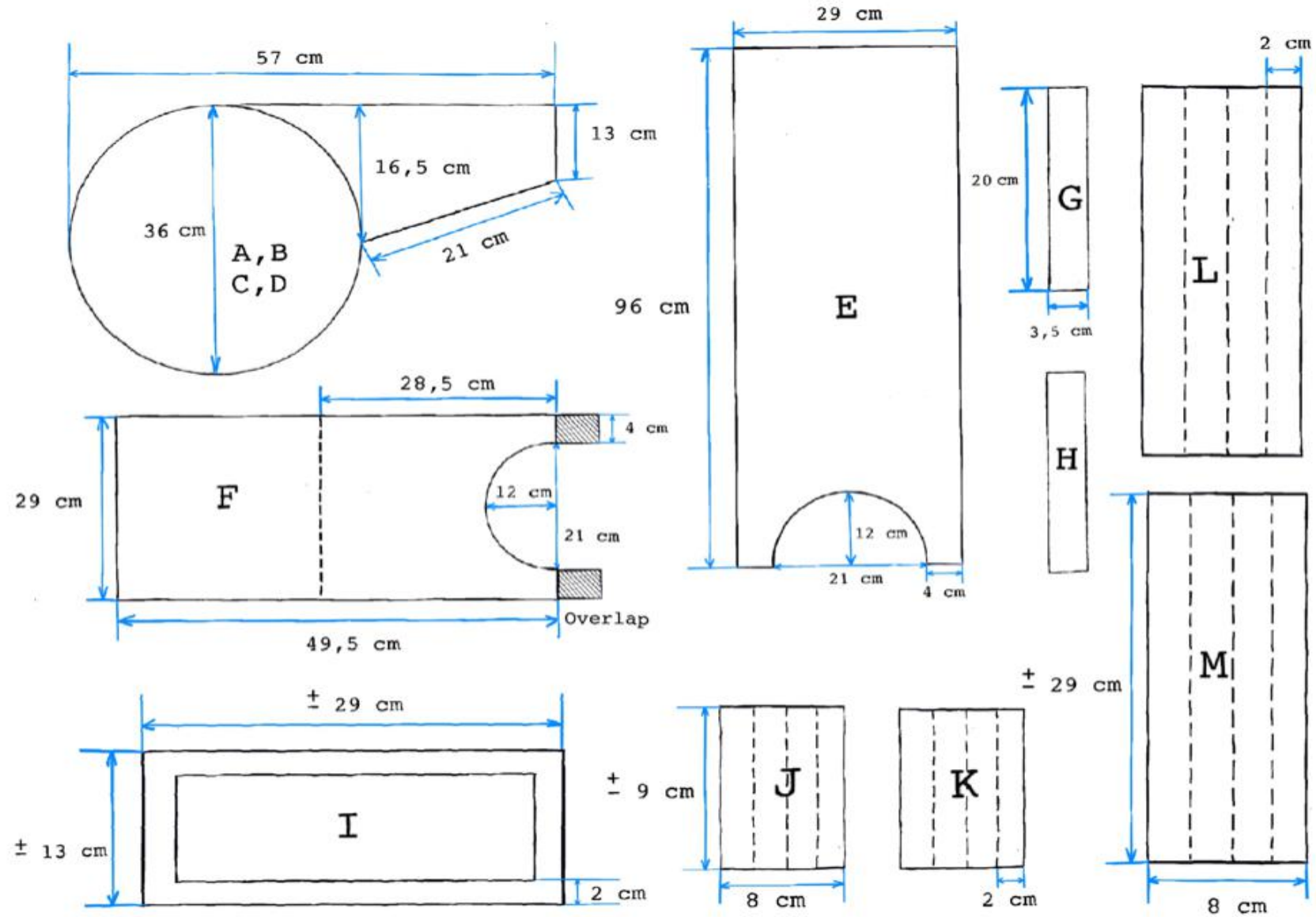
- Two sheets of gray framing cardboard, 70 cm x 100 cm, 2 mm thick
- Two sheets of corrugated cardboard, 65 cm x 40 cm, 4 to 10 mm thick\*
- Piece of foam (i.e. from mattress) 50 cm x 20 cm, 7 cm thick
- 8 sticks of glue for glue-gun (12 cm each)
- White glue
- Paper tape
- Base paint
- Silver spray paint
- Varnish (Water based)
- Water

Cardboard Whistle-Head Parts



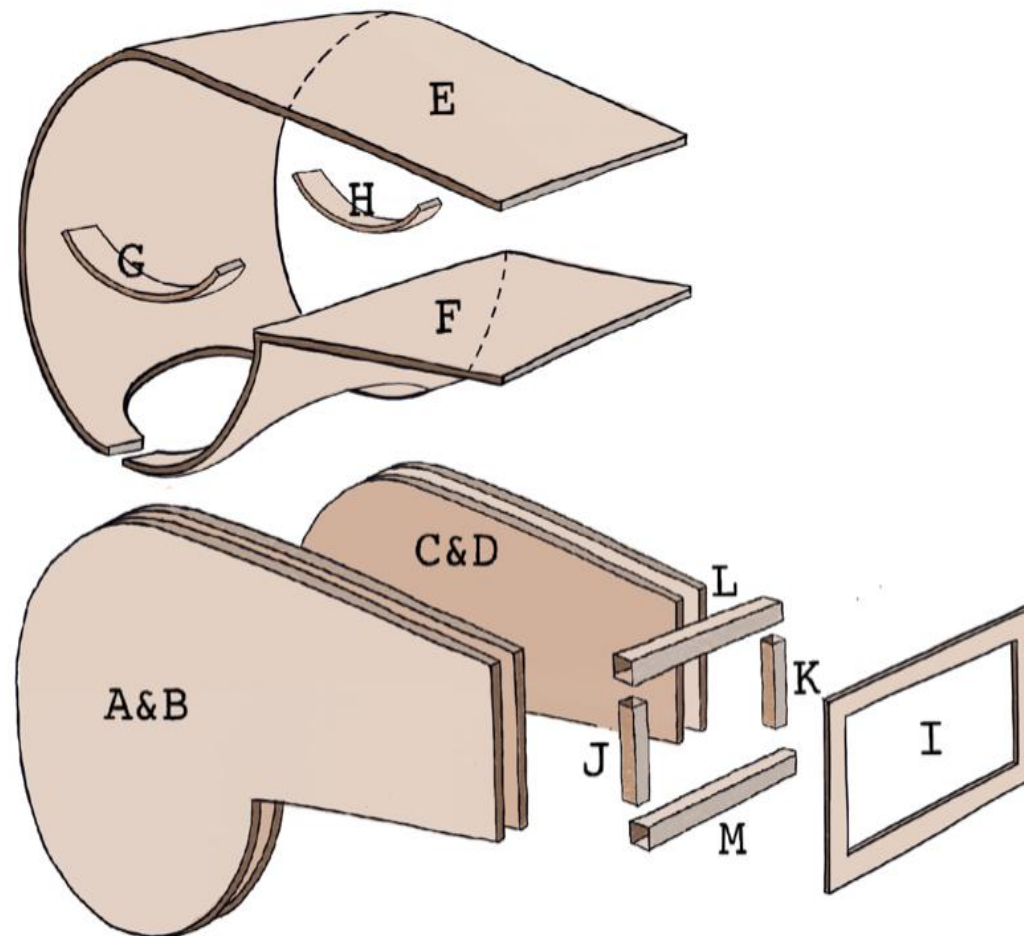
\* Use recycled material wherever possible. i.e. corrugated cardboard from an old bicycle or flatscreen TV box works well.

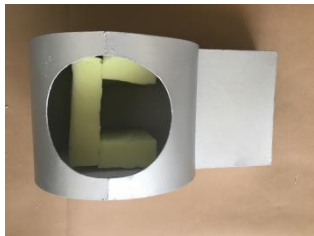
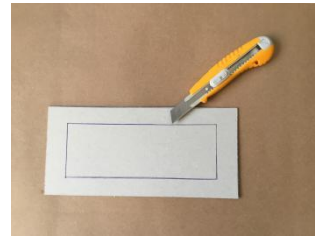
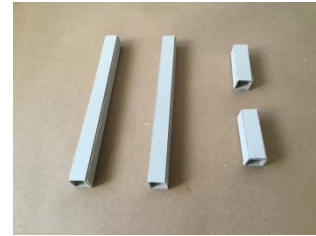
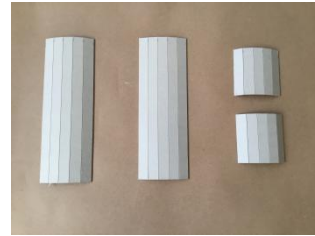
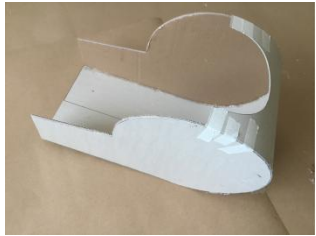
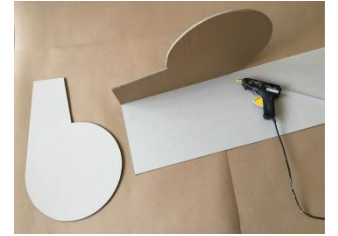
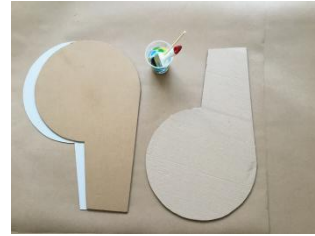
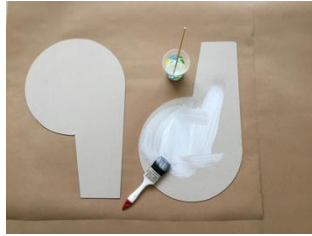
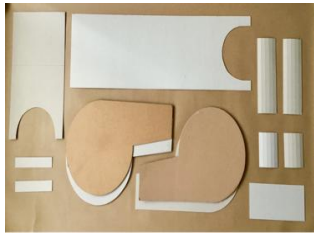
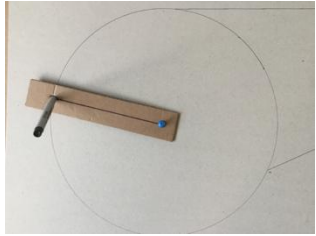
# WH Templates & Measurements (not to scale)





## WH Assembly Diagram





## Part 1 : Transferring and cutting the shapes

1) Transfer the shapes onto the cardboard. Draw the circle using a compass or a cardboard circle-maker.

There are 13 pieces in total but only 7 different shapes. A, B, C, D are the same shape. G & H are the same shape. J & K are the same shape. L & M are the same shape.

Easiest is to cut out one shape and use it as a template to trace a second, third, etc. Include the dotted lines in the transfer. The dotted lines indicate where the cardboard will be folded.

2) Cut out the shapes. Be aware the dotted lines will be cut only **halfway through** !

**Tip** : Make sure your knife is sharp to avoid tearing the cardboard.

## Part 2 : Assembling the Whistle-Head

### **Gluing the Sides (A to B, C to D)**

The Whistle-Head has a right and a left side. This is important when gluing the framing board to the corrugated board. (A to B and C to D). The corrugated board always goes on the **inside** of the flute.

3) Glue A to B and C to D with white glue mixed with a little water. Press the pieces firmly together.



### Adding the top (E)

- 4) Place E down, with the outside facing the ground. Make sure the edges of AB & CD line up with the edge of E. Apply hot glue on edges of E wide enough to attach the sides AB & CD.

Start at the front, and slowly work your way towards the head-hole. Alternate between both sides making sure the glued segment is firmly attached before moving onto the next.

**Tip :** To help hold the cardboard in place put paper tape over the edges. To add strength to the bond apply an extra layer of hot glue to the seams on the inside.

### Adding the bottom (F)

- 5) Cut halfway through the dotted line on F, fold to an angle of approx. 90 degrees. Repeat the same gluing process as with E. Start at the front, and slowly work your way towards the head-hole. Keep in mind the cut on the dotted line should be on the **inside** of the whistle.

As you reach the end of F you will find it slightly overlaps E.

- 6) Mark and cut the excess of F so there is no gap where E and F meet. Glue tight.
- 7) Connect E to F with connection strips G & H on the **inside** of the whistle with glue.

### Adding the front (I)

The front consists of 5 parts. 4 folded beams and 1 rectangular front plate.

- 8) Cut halfway through the dotted lines of L, M, J, K and fold into temporary beams. Before gluing L & M into place make sure they fit snugly inside the flute mouth. The length of L & M will depend on the width of the sides AB & CD.

If necessary trim L & M and glue tight. Make sure the beams are flush with the edge of the flute mouth.

- 9) Repeat the same process with J & K, again first measuring the distance between L & M. Trim if necessary before gluing J & K into place.
- 10) When the beams are in, place the flute-head face down on a piece of grey framing cardboard and trace the outside of the flute mouth. Cut out the rectangle and secure it with paper tape across the flute opening. Trace the inside of the opening of the flute mouth onto the same piece of cardboard. Remove the tape and cut out the smaller rectangle.
- 11) Glue the rectangular cardboard frame to the front of the flute mouth.

### **Part 3 : Paint & Finish**

- 12) Carefully cut away the excess glue with a sharp knife. Add glue in places where needed and repeat process.
- 13) Sandpaper the edges.
- 14) Paint the outside of the whistle with a couple of layers of white base paint. Sand down lightly.
- 15) Paint the outside with several layers of silver spray paint.
- 16) Paint two to three layers of varnish to protect against scratches and rain.
- 17) Cut 3 pieces of foam, stick them together with hot glue. Add more pieces according to your head size.
- 18) Put on your whistle, go walk around the city, stand on a corner with a sign asking to protect whistle-blowers, journalists and publishers. You are now one of us, a whistle-head who is not afraid to stand up against injustice.

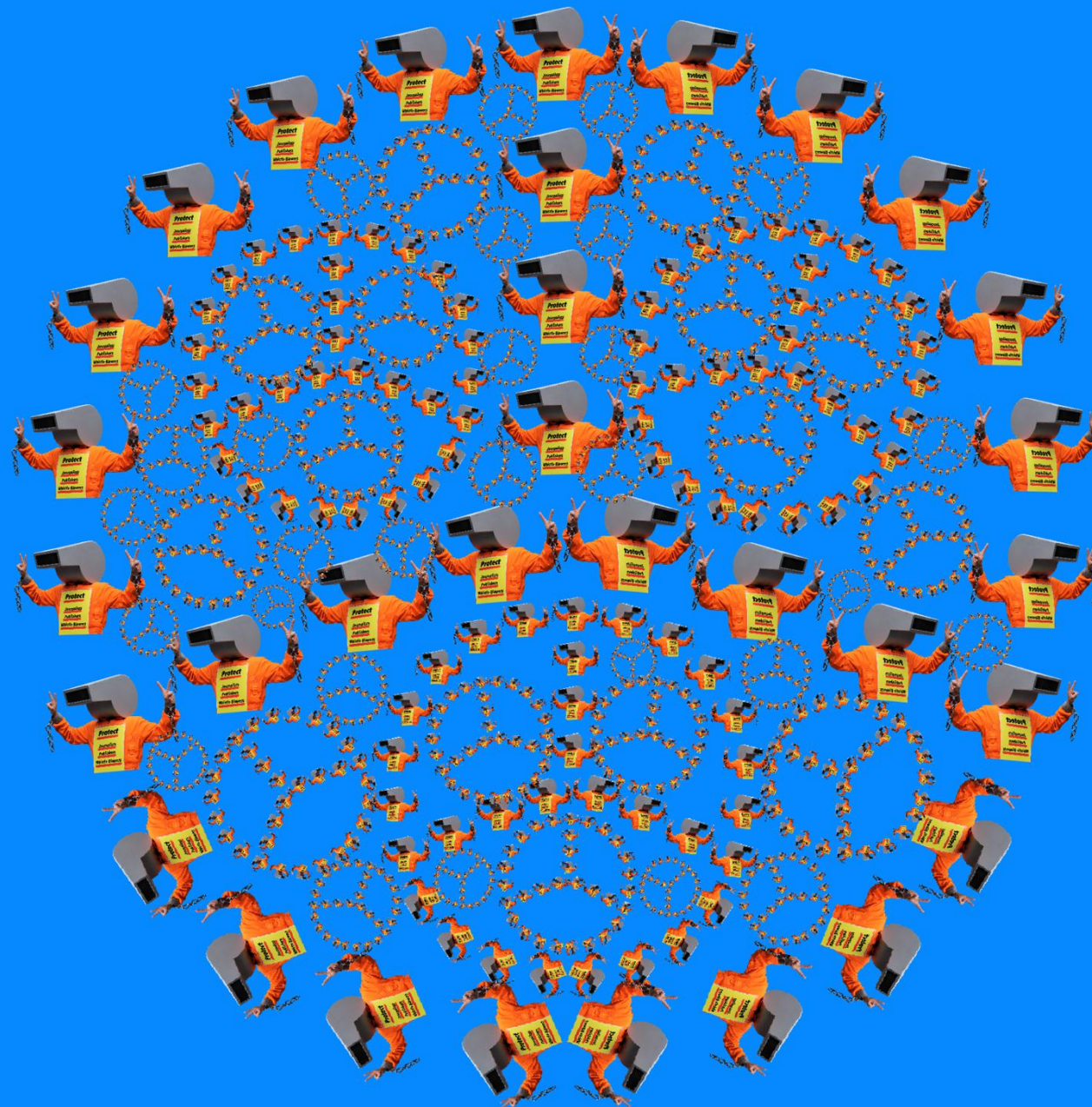


**Important :** Due to the narrow scope of vision from inside the Whistle-Head only use the head in situations where you can wear it without endangering your own or someone else's safety. Enjoy !



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**Who Will You  
Protect ?**

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