

100% ENGLISH HIGH SCHOOL PROGRAM

Study Guide #REGARD29



regard
SCOLAIRE

This guide is designed to prepare students for their cultural field trip and to facilitate class discussion afterwards.

The guide contains information on all the short films:

- Basic information including the film's title, country of origin, duration year, type and the name(s) of the filmmaker(s);
- The film's synopsis and main themes;
- A simple question that can guide students in their viewing;
- A space for students to rate the film on a five-star scale;
- Ideas to help prepare and develop the students' contextual or cinematographic knowledge of the film.

At the end of the guide there are **complementary activities** to be done after watching the films.

Finally, the last part contains **answers to the questions** posed in the booklet, and maybe in the activities or discussions. Easy to spot, they're there to help, so no cheating!



If you would like to see the films again in class, they will be available online **from March 24 until the end of the school year**. Teachers, watch your inbox for access info!

It's ideal for:

- Allowing students who were absent to see the films;
- Including one or more films in the evaluation of a skill;
- Rewatching the class's favourite films;
- And more!



Audience votes

This year, each vote counts!

Everyone in the class is invited to vote for their favourite film in the program by scanning this QR code or by **clicking this link**.

The film with the most votes will be crowned **Young audience's favorite - Teens.**

May the best film win!



bitly



Preparing for a trip to REGARD



During the school trip, don't forget to...

- Greet the members of the REGARD team, including volunteers, when you meet them;
- Stay seated throughout the screening;
- Turn off your phone;
- Keep an open mind;
- Save your comments and reactions for the credits.

It is normal to feel all kinds of emotions during the screening, because cinema is art! Some films will make you feel a stronger response than others. You might even want to share your reaction with your friends sitting nearby. However, since the films are very short, please stay silent except during the credits so as not to disturb others.

At the REGARD Festival, values of equity, inclusion and diversity are very important. Please show respect and openness to the many different points of view depicted in the films. There will be no tolerance for hateful behaviour or statements before, during or after the films.

The art of reading subtitles

As you know, this program is 100% in English. To help you understand everything, we've arranged for English subtitles to be included. It isn't always easy to absorb all the visual information on-screen when you're reading the dialogue. Here are some tips for making the most of the screening:

- As in any somewhat stressful situation, it's best to breathe through your nose. It isn't a big deal if you don't understand every word.
- The subtitles are there to help with comprehension. Let the images and characters' body language guide you. If needed, you can choose to scan only a few key words from the subtitles.
- A film is a work of art, which means you aren't required to understand precisely what the filmmaker is trying to say. You're completely free to appreciate the film in your own way.

Maybe Elephants

**Réalisation**

Torill Kove

Provenance

Quebec, Norway

Année

2024

Genre

Animation

Durée

16 m 43 s

Thèmes

Family, Memories, Routine, Being an expatriate, Cultural Exchange

Synopsis

Three rebellious teenage daughters, a restless mother, a father struggling with potatoes, and maybe some elephants, find themselves in Nairobi. What could possibly go wrong?

Question

At first, which language is spoken by the people who come to help the family in the savannah?



APPRÉCIATION



Preparation

This movie is about one of the director's favourite childhood memories. What's your favourite childhood memory?

We're used to thinking about visual memories, but have you noticed that you also have memories related to the other senses? Take a moment to think about a favourite memory linked to each of your senses.



Post-viewing

Some people, like the father, find it reassuring to have a routine, while others, like the mother, might find it stifling. What do you think about routine? What do you find reassuring or stifling about your own routine? Would you like to make any changes to it? What would you change?

A Body Called Life



Réalisation

Spencer MacDonald

Provenance

United States, Switzerland,
Poland

Année

2024

Genre

Documentary

Durée

14 m 51 s

Thèmes

Mental health, Science,
Family, Social media

Synopsis

A self-isolated young human known as James delves into the hidden world of microscopic organisms, forging a tender connection with these nearly invisible creatures. He also develops a massive online following, as he seeks to understand his own place in the cosmos and accept the scars of his past.

Question

What caused James’s isolation?

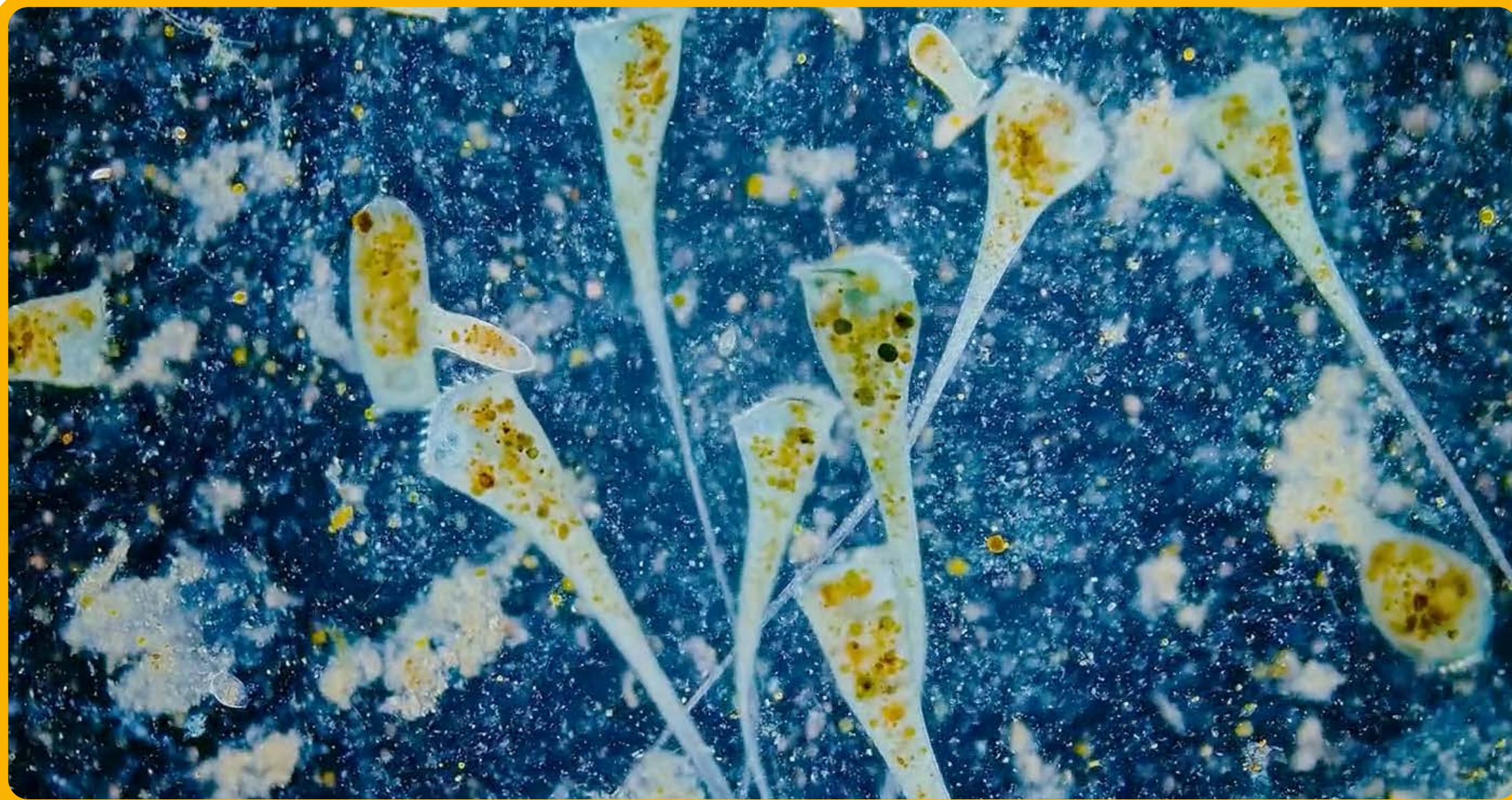


APPRÉCIATION



Preparation

This film is inspired by the Instagram account of James Weiss (@jam_and_germs). The script (yes, documentaries also have scripts!) is based directly on the words in his posts, and all of the microscope footage comes from James himself. Before watching the film, explore his Instagram profile to learn more about him.



Post-viewing

The film starts with a quote from a character in the Adventure Time comic:

“Everything small is just a smaller version of something big.”
– Finn the Human

In your opinion, why did the director decide to start the film this way? After seeing the film, how do you interpret that line?

Tea



Réalisation

Blake Rice

Provenance

United States

Année

2024

Genre

Fiction

Durée

12 m 37 s

Thèmes

Angst, Loneliness, Awkwardness, Romantic relationships

Synopsis

While rehearsing asking out the girl of his dreams, a lonely and highly allergic Circuit-Shack employee gets stung in the throat by a hornet.

Question

Why is the film called Tea?



APPRÉCIATION



Preparation

Cinematography is a major part of filmmaking. It influences the way viewers understand the film through the choice and composition of the images. In this film, the camera guides us through the characters' emotions by using a variety of composition choices.

For example, closeups bring us closer to characters and give us access to their emotions; establishing shots situate the film in a place; detail shots focus our attention on an important item, etc. While you watch this film, pay close attention to these visual choices and try to understand how they influence your understanding of the film.

Establishing shot



Detail shot



Closeup



Detail shot / Extreme closeup



Post-viewing

You've probably seen plenty of movie trailers that made you excited to go see a movie in the theatre. Why? Was it because it made you laugh? Did it scare you? Did you feel like you needed to know what happens next? What if we thought about this the other way around?

Now that you've seen Tea, watch **the trailer** and analyse the way it's edited by answering some questions.

In your opinion:

- Does the trailer fully bring us inside the world of the film?
- Does it give enough information about what to expect?
- Does it make you want to see the film?
- Does it give too much information about what happens?
- Does it introduce all of the important characters?

How did you find the trailer overall? Would you have made it differently? Why?

Quota



Réalisation

Job, Joris & Marieke

Provenance

Netherlands

Année

2024

Genre

Animation

Durée

2 m 35 s

Thèmes

Climate footprint,
Overconsumption, Social media

Synopsis

When every global citizen is required to have their CO2 emissions tracked, it makes little impact...that is, until they discover the consequences of reaching their designated QUOTA.

Question

How did the last person we see in the film exceed their quota?



APPRÉCIATION

Preparation

Job, Joris and Marieke are three friends who studied product design in the Netherlands. During their studies, they discovered a shared passion for storytelling. They decided to take up animation, which they see as the ideal medium for combining storytelling and design.

Watch **this video** to get to know the filmmakers and their particular sense of humour and creative approach.



Post-viewing

Visit the **Facebook** page of the directors of Quota:

In the film, as in their video, Job, Joris & Marieke use satire to talk about a serious topic.

- Do you believe this approach helped you become more aware of the situation?
- Did you find the humour too light, considering the seriousness of the topic?
- Do you feel responsible for the future of the planet, or is it something you see as being beyond your control?

Lethal Ethel



Réalisation

Elayna Einish

Provenance

Kawawachikamach

Année

2024

Genre

Mockumentary

Durée

8 m 51 s

Thèmes

Environment, Land protection, Vampirism

Synopsis

Blending horror and humour, *Lethal Ethel* is a unique mockumentary that follows the story of a Naskapi vampire who goes to murderous lengths to protect her land and her culture.

Question

Why does Lethal Ethel only eat iron miners?



APPRÉCIATION



Preparation

Have you heard of Wapikoni Mobile? It's a mobile film studio that travels to Indigenous communities across Canada to create films and music videos. For four weeks at a time, young people are given access to professional equipment and training and encouraged to create a personal project on a subject of their choice. At the end of the four-week period, the whole community takes part in a public screening of their work. It's a wonderful moment of sharing, pride and intergenerational bonding.

This film was made during the Wapikoni Mobile's visit to Kawawachikamach, a Naskapi First Nation located in the Côte-Nord region of Quebec.



Post-viewing

The film you just saw is a relatively rare genre: mockumentary. This kind of film uses documentary forms like interviews and editing that alternates between action sequences and testimonials – but it's a work of fiction (there's a vampire, duh!). Mockumentaries are often a form of social critique, and that's exactly what Elayna Einish (the director, who also plays Ethel) has made. She took her opportunity to make a film, combined her passions for horror and protecting her people's land, and stirred in a big dose of her wonderfully twisted sense of humour.

Acrobats



Réalisation

Eloïse Alluyn, Hugo Danet,
Anna Despinoy, Antonin Guerçi,
Alexandre Marzin & Shali Reddy

Provenance

France

Année

2024

Genre

Animation

Durée

7 m 35 s

Thèmes

Self-assertion, Family,
Gender and Sexual diversity

Synopsis

A girl comes back home to an oppressive living room and throws
up acrobats in front of her family.

Question

What do the acrobats represent?



APPRÉCIATION

Preparation

The team of directors behind this film are members of the graduating class of one of the world's top animation schools: **GOBELINS Paris**. They trained for two years to design and direct animated films, and have gone on to work for major studios like Disney, Pixar or DreamWorks. The most important personal qualities the program requires: an open mind and a passion for teamwork!

By clicking **this link**, you can learn all about their creative process.



Post-viewing

Did you notice that the image format changes between **a)** the first scene, **b)** the scenes in the house and **c)** the scenes in the acrobats' world? In your opinion, why did the filmmaking team make that choice? What do you think it means?

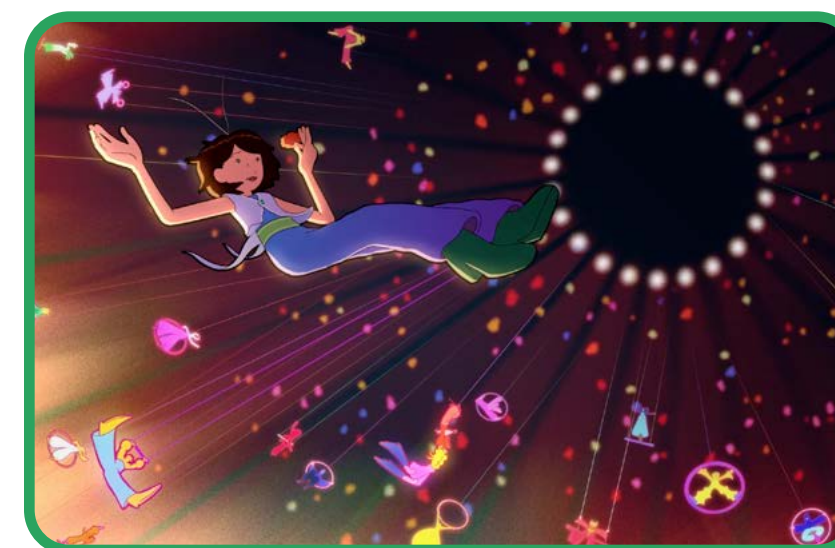
a)



b)



c)



Then Comes The Body

**Réalisation**

Jacob Krupnick

Provenance

United States, Nigeria

Année

2023

Genre

Documentary

Durée

14 m 44 s

Thèmes

Community, Dance,
Self-instruction

Synopsis

When a video of kids dancing in the rain goes viral, it brings global attention to an unlikely ballet school outside Lagos, Nigeria. Now, Daniel Ajala - who learned ballet through YouTube - is training students to perform on the world stage.

Question

The film's title references Daniel's motto, which he shares with his students: "First (...) Then comes the body." What's the first part, and what does the motto as a whole mean?



APPRÉCIATION

Preparation

Did you know that ballet originated in Italy? That's where this style of dance emerged before being adopted by the French and evolving into the classical ballet that we know today.

Classical ballet is a very complex and technically difficult discipline. Years of practice are needed to master the art, and to become a professional dancer it is necessary to get into a prominent ballet school.

In this film, you will see how ballet can be done in a completely different setting. It shows that when you have a passion and dreams, anything becomes possible. Even outside the usual setting, things can be done not just well but maybe even better!



Post-viewing

This documentary is very thought-provoking, forcing us to examine the many privileges of living where we do. If we take the example of dance, we have plenty of air conditioned studios where we can dance without fear of injury.

The jury

At the REGARD Festival, the award for **Best Youth Film** is presented by a jury of film professionals or other media for young audiences. For the 29th edition, the jury comprises animation filmmaker and illustrator Janice Nadeau; the director of the Évreux international educational film festival, Christian Gautellier; and famous drag artist Barbada, acclaimed for her storytelling and children's show, played by music teacher Sébastien Potvin.

The award will be presented on Sunday, March 23, alongside the rest of the festival's awards.

(The winning film will be announced on [our website](#) and social media.)

The honour of **Young audience's favorite - Teens** is awarded after all the students participating in the school segment have seen the films – that is, after April 17. The film with the most votes will take the prize: it's a popular vote process. Be sure to vote for your favourite film by scanning the QR code or clicking this link.

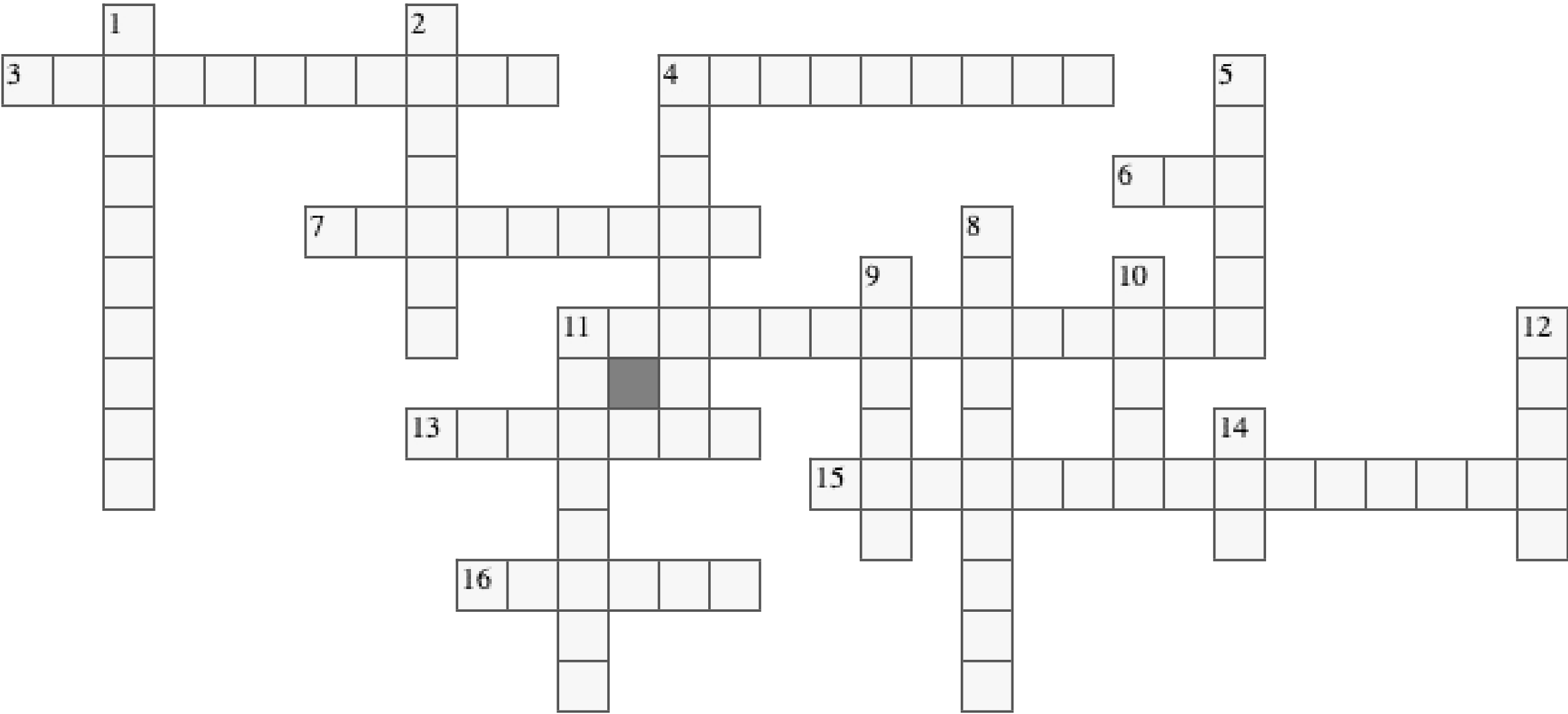


Imagine, for a moment, that the festival decided to do things differently this year and asked you to be part of a jury of young people around your age who will choose the winner of the **Young audience's favorite - Teens**. To prepare yourself, write a short critical essay on your favourite film from the program. Don't forget to include both an informative part AND your impressions!



Crossword

Cinema



Across

- 3. Non-fiction film telling a true story about real people, places or events
- 4. Written text at the bottom of the screen
- 6. Cinema is known to be the seventh
- 7. Film genre in which the creation of characters and entire worlds is made with drawings, computers or even objects
- 11. Stage at which editing and special effects are carried out
- 13. She plays a character and brings a script to life with her voice and actions
- 15. He creates and chooses the clothes worn by actors in movies (2 words, no spaces)
- 16. Type of movie that makes people laugh

Down

- 1. Scene by scene, it describes all the action, dialogue and settings
- 2. Process of choosing actors to portray characters in a movie
- 4. Summary of a movie
- 5. Order said by the director, to start the scene
- 8. Music and sound effects that accompany the images on screen
- 9. Film that provokes fear
- 10. Name of a movie
- 11. The person who holds the microphone to capture sound on a movie set
- 12. Actor appearing in the background, generally silent
- 14. Place where the scenery is located and used to film a scene

Context

Torill Kove, the director of *Maybe Elephants*, is originally from **Norway** and has lived in **Montreal** since the 1980s. She works for the National Film Board of Canada and has won several international awards, including an Oscar in 2007.

James Weiss, the subject of the documentary *A Body Called Life*, lives in Warsaw, **Poland**. The film’s director, Spencer MacDonald, is an American who lives in Berlin, **Germany**.

The director of *Tea*, Blake Rice, is a native of **New Jersey**, in the **United States**. Tea is his most successful film to date, including a prestigious selection for the official competition at the Cannes Festival.

Job, Joris & Marieke, the creators of *Quota*, are a trio of animators living in the **Netherlands**. Since 2010 they’ve collaborated on short films, music videos and children’s books.

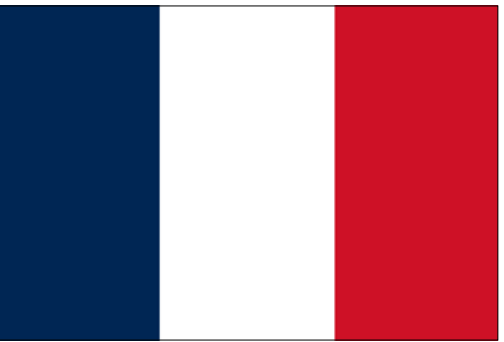
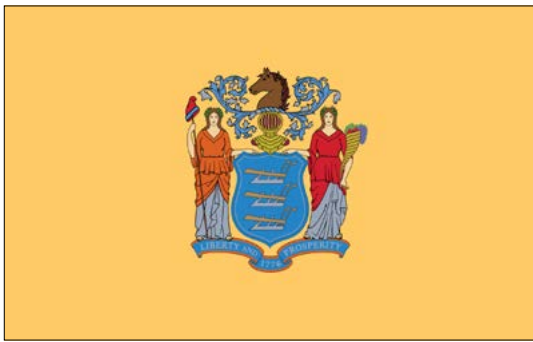
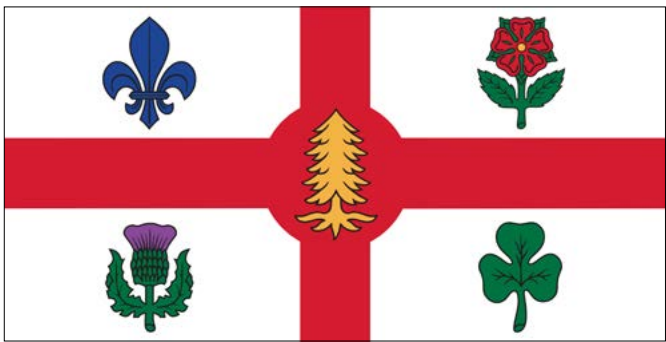
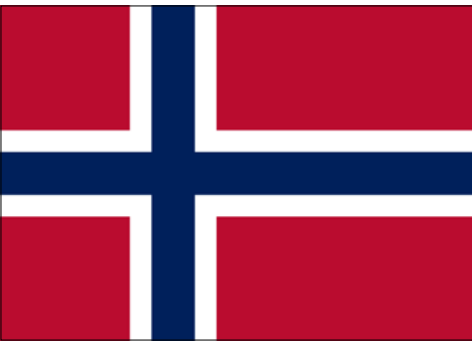
As mentioned above, *Lethal Ethel* was filmed in **Kawawachikamach**, a Naskapi village located in Quebec’s Côte-Nord region.

Acrobats was made in Paris, **France**.

The documentary *Then Comes The Body* was filmed in Lagos, the biggest city in **Nigeria**, a country in West Africa. The director, Jacob Krupnick, is an American specializing in films about dance.

With your class, match the flags to these places.
Then, locate them on a world map.

France, Germany, Kawawachikamach, Montreal, Netherlands,
New Jersey, Nigeria, Norway, Poland, United States.



Maybe Elephants

At first, which language is spoken by the people who come to help the family in the savannah?
They speak Swahili, one of the official languages of Kenya and Tanzania.

A Body Called Life

What caused James’s isolation?
The traumatic first 16 years of his life.

Tea

Why is the film called Tea?
At the very beginning, the young man, speaking to the camera, says he’d like to have some tea with the girl he likes, because he loves tea. He drinks it when he’s anxious, and even when it’s hot outside.

In the end, the interaction between the two is far more memorable than going to have tea!

Quota

How did the last person seen in the film exceed their quota?
By trampling the sprout that came out of the ground after she planted a seed.

Lethal Ethel

Why does Lethal Ethel only eat iron miners?
Since they marinate in minerals, they’re finger-licking good! (Oh, and to protect the land.)

Acrobats

What do the acrobats represent?
Several interpretations are possible, but generally speaking they symbolize everything at the margins of social norms.

Then Comes The Body

The film’s title references Daniel’s motto, which he shares with his students: “First (...) Then comes the body.” What is the first part, and what does the whole motto mean?
“First comes the heart.” It means that the most important thing for a dancer is the heart and passion that they put into their dance. Physical ability is also important, but still secondary.

Crossword - Cinema

- Across**
- 3. Documentary
 - 4. Subtitles
 - 6. Art
 - 7. Animation
 - 11. Postproduction
 - 13. Actress
 - 15. Costume Designer
 - 16. Comedy

- Down**
- 1. Screenplay
 - 2. Casting
 - 4. Synopsis
 - 5. Action
 - 8. Soundtrack
 - 9. Horror
 - 10. Title
 - 11. Perchman
 - 12. Extra
 - 14. Set