

NORWEGIAN FILMS



Film Collection 2025–2026 User Guide

Content

| | |
|---|----|
| Introduction | 3 |
| Guidelines for the use of the Film Collection | 4 |
| User manual | |
| Part 1 General suggestions for use | 6 |
| Part 2 Film information | 7 |
| Feature films for adults and older teenagers | |
| <i>A Happy Day</i> | 9 |
| <i>Everybody Hates Johan</i> | 10 |
| <i>Let the River Flow</i> | 11 |
| <i>Munch</i> | 12 |
| <i>Ninjababy</i> | 13 |
| <i>Norwegian Dream</i> | 14 |
| Feature films for young audiences and children | |
| <i>Sisters: The Summer We Found our Superpowers</i> | 16 |
| <i>Titina</i> | 17 |
| Documentaries | |
| <i>A New Kind of Wilderness</i> | 19 |
| <i>The Painter and the Thief</i> | 20 |
| <i>Songs of Earth</i> | 21 |
| <i>Woolly</i> | 22 |
| Short films | |
| <i>African Family Dinner</i> | 24 |
| <i>Complications</i> | 25 |
| <i>Dead Weight</i> | 26 |
| <i>The Green Country</i> | 27 |
| <i>Maybe Elephants</i> | 28 |
| <i>Night Ride</i> | 29 |
| <i>The Terrorist</i> | 30 |
| <i>Tits</i> | 31 |
| <i>View</i> | 32 |
| <i>What Is a Woman?</i> | 33 |
| Short films for children and youth | |
| <i>Home Office</i> | 35 |
| <i>Iris</i> | 36 |
| <i>Maybe Just for You</i> | 37 |
| <i>Mother Didn't Know</i> | 38 |
| <i>Pearl Diver</i> | 39 |
| <i>Ursa – The Song of the Northern Lights</i> | 40 |
| <i>Warrior Heart</i> | 41 |
| Film list | 42 |
| Contact | 43 |

Introduction

The Norwegian Film Collection 2025–2026 is a collection of Blu-rays with 29 recently released Norwegian feature films, documentaries and short films for Norwegian missions/embassies/consulates/representatives to lend out to EU film festivals and other local, non-commercial film events. The films in the collection are subtitled in eleven languages and are suited for public film screenings.

The Norwegian Film Collection 2025–2026 is a follow-up edition of the earlier editions 2021–2022, 2019–2020, 2017–2018, 2015–2016 and 2012–2013. The Film Collection is an important tool in the effort to build international recognition for Norwegian films and will, in the long run, lead to greater demand and enhanced opportunities for sales and international distribution.

Use of the collection

The Film Collection is produced by the NFI, supported by the Ministry of Foreign Affairs and should be handled locally by Norwegian missions. The missions' task is to evaluate and disseminate films in suitable viewing arenas, particularly in areas with no major international film festivals. This can be done within the framework of a cultural film event or as individual screenings. See Guidelines below for further outlines of use.

11 languages

The collection consists of newer Norwegian feature films, documentaries and short films, all subtitled in eleven languages: Arabic, Chinese, English, French, German, Italian, Norwegian (bokmål), Portuguese (Brazil), Russian, Spanish (Latin American Spanish) and Turkish. The Norwegian Film Institute (NFI) provides English subtitle files in .srt format to enable local translations to further languages. These files can be downloaded among the promotional material for each film.

Promotional material

This user guide contains links to download promotional material for each film. This includes stills, poster, press kit and trailer, depending on availability. The missions are required to use the provided and approved material only, for all promotion and press. Password for the download links is included with the physical collection. Please note that descriptions of sensitive content in the user guide are for internal embassy use only and should not be published or used in any promotion.

Screening version

The main screening version for the Norwegian Film Collection is Blu-ray, which has high resolution and great picture and sound quality. Exceptionally, films can be made available as files. Use of a high resolution H264 file must be agreed upon separately for each title. This service is provided by a commercial third party through NFI, and the costs for this service will have to be covered by the missions.

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Guidelines for the use of the Film Collection

The Film Collection contains Norwegian feature films, documentaries and two collections of shorts, one of which is aimed at children.

1. The Film Collection will be sent from Norway, free of charge for the receiver. The missions are responsible for administrating and securing the use of the films according to the guidelines and will instruct local users in the conditions for the use of the films.
2. Local transportation of the collections must be covered by the local organizer and the missions according to their agreement. The missions must ensure that the films are returned to them after use.
3. The main screening format for the Film Collection is Blu-ray. H264 files can be provided upon request through NFI. Payment for file transfer (NOK 1000) must take place before transfer. The digital files will be sent directly to the organizer of the event and not the missions.
4. All films in the collection must be shown in their full screening length and not be edited in any way.
5. The films included in the collection have been cleared for use only in non-commercial local cultural and/or film events (film weeks, cultural manifestations, or similar), and for educational or research purposes.
6. The films may not be featured in screenings for a paying audience but may be screened as part of a program for which a festival fee ("omnibus card") or similar is charged. In cases of doubt, please contact the Norwegian Film Institute for advice.
7. The films may not be screened at major international film festivals. In cases of doubt, please contact the Norwegian Film Institute for advice.
8. Missions are required to check if the films to be publicly screened are represented by a local cinema/video distributor. If a distribution agreement exists, the local distributor must be contacted for clarification of screening rights and regarding any fees to the local distributor that might arise from the screening(s). The Norwegian Film Institute provides information about the film's international distribution by direct contact via e-mail or telephone. Missions as well as local users are required to take appropriate steps to ensure that films made available through the Film Collection are not subject to piracy.
9. Missions are required to inform local partners that press material, advertising, posters, and other publicity material clearly mentions that films made available through the Film Collection are screened in collaboration with the Norwegian Film Institute. The NFI logo may be downloaded from NFI's website.
10. An electronic evaluation form must be filled in by the missions once a year about the use of the Film Collection.

Exceptions

The films in the collection may not be screened at major international film festivals that are important for the film's commercial exploitation.

Such festivals are expected to implement quality and reliability standards that meet industry expectations. Generally, this means events fulfilling these standards:

- Good year-round organizational resources
- Genuinely international selections of films and competition juries
- Good facilities for servicing foreign press correspondents
- Evidence of support from the local film industry
- High standards for official publications and information management (catalogue, programs, flyers)

Festivals fulfilling most of these standards cannot be a venue for screening films from the Film Collection. In cases of doubt, please contact the Norwegian Film Institute for possible participation in international film festivals.

User manual

Part 1 General suggestions for use

The suggestions on the use of the films are based on experiences as reported from the missions using earlier Film Collections. The films can be screened as part of bigger cultural events in collaboration with local partners or related to a singular event organized by the mission.

Many of the films can work well as illustrations of a topic or as starting points for discussions at conferences, seminars, debates etc. Each film page in the User Guide contains suggestions for use, to spark ideas on how the missions can present the films in different contexts. We encourage missions to find relevant angles and approaches to the films, to reach new audiences through local collaborations.

Relevant collaborators can be governmental institutions, institutes like Goethe Institute, youth clubs, film clubs, local cinemas and libraries, cultural houses, other embassies, EU film festivals, Nordic days or similar.

Other Norwegian official institutions promoting Norwegian culture abroad can also be possible collaborators: Music Norway, NORLA, Performing Arts Hub Norway, Design- and Architecture Norway, Norwegian Crafts, and Office for Contemporary Art Norway.

The films can also be lent to educational institutions teaching Norwegian or Nordic languages. For this purpose, the films are subtitled in Norwegian.

The films may also be used for internal screenings for the missions' local employees and associates.

We encourage screening short films ahead of feature films. Some shorts might fit thematically to the feature films and documentaries. Other short films are short enough in duration to replace trailers and advertisements screened ahead of the main program.

Part 2

Film information

On the following pages you will find all films in the Film Collection with synopsis, credits, cast, production company, genre, runtime and year of production.

In addition, we describe suitability and themes, and mention content that might challenge a country's cultural norms. The latter is requested by missions in countries with a strict attitude to freedom of speech in the arts. However, we strongly recommend that missions and organizers watch the films before any screenings are arranged, to make sure the films suit their local audience. Please note that descriptions of sensitive content in the user guide are for internal embassy use only and should not be published or used in any promotion.

Themes and categories

- Art
- Coming-of-age and family
- Conflicts
- Cultural meetings
- Equality and gender
- History and biography
- Human rights
- LGBTQIA+
- Sustainability and nature

Challenging content

Content/scenes which might challenge certain countries' cultural norms and traditions:

- Nudity and sex
- Violence and gore
- Profanity
- Alcohol, drugs and smoking
- Frightening scenes

Ratings

The age ratings for feature films are provided by Norwegian distributors and may not be in line with international or local ratings. Short films are not officially rated but come with a recommended rating from the film producers. Please consider all age ratings as a guidance only.

NORWEGIAN FILMS



**Feature films for adults
and older teenagers**



A Happy Day

Photos: Snowfall Cinema AS

Three teenage friends stuck in a refugee camp in the frozen north of Norway come up with a plan to escape over the mountain to a world where their dreams can be fulfilled. But when one of them falls in love, their plan begins to unravel.

MAIN THEMES Human rights, Cultural meetings, Coming-of-age and family

TOPICS Refugee stories, friendships, migration, mental health, youth

DIRECTOR Hisham Zaman **GENRE** Drama **CAST** Salah Qadi, Ravand Ali Taha, Mohamed Salah, Sarah Aman Mentzoni, Hilde Skovdahl, Aryan Pezeshki, Thea Sofie Loch Næss, Stig Frode Henriksen, Anja Saiva B. Bjørnstad

PRODUCTION COMPANY Snowfall Cinema AS **RUNTIME** 113 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 9 ADVICE The film contains some dramatic scenes and covers topics which can be unsettling for children. **SUITABLE FOR** Youth and adults.

CONTENT THAT CAN BE CHALLENGING The film is set in a refugee camp for minors, and the mood of the film is mostly light and humorous, but tackles intense emotions such as grief, isolation and desperation. **VIOLENCE** One scene depicting playful physical violence. References to gender-based violence and suicide bombing. **SEX AND NUDITY** Some scenes describe romantic feelings. Short instance of partial nudity in a non-sexual context.

ALCOHOL, DRUGS AND SMOKING Scenes depicting waterpipe smoking. References to alcohol. **FRIGHTENING AND INTENSE SCENES** Some elements of magical realism which can be eerie. One scene shows a deceased person. References to death. **PROFANITY** Some cursing.

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Everybody Hates Johan

Alle hater Johan

Photos: Nordisk Film Production AS

Everybody Hates Johan is an explosive comedy about the life of Johan, a small town loner with a flair for dynamite who finds himself in constant conflict with the rural community. Orphaned at a young age, Johan is brought up by his aunt and uncle and throughout his life, he struggles to find his place in society and cope with his lifelong, unrequited love for the girl next door, whom he nearly blew to pieces during his younger days.

MAIN THEMES Coming-of-age and family, Conflicts

TOPICS Rural life. Screenplay by author Erlend Loe.

DIRECTOR Hallvar Witzø **GENRE** Comedy, Drama **CAST** Pål Sverre Hagen, Ingrid Bolsø Berdal, Hermann Sabado, Jon Brungot
PRODUCTION COMPANY Nordisk Film Production AS **RUNTIME** 100 min **YEAR OF PRODUCTION** 2022

CONTENT RATING

RATING 12 ADVICE This black comedy contains some violence and explosion incidents and is recommended for audiences over 12 years of age.

SUITABLE FOR Older youth and adults. **CONTENT THAT CAN BE CHALLENGING** A black comedy with several instances of violence, explosions and blast accidents. With little gore shown on-screen, the film is focused more on the human drama than the action elements. Parts of the film describe resistance activities during World War II in Norway. The film deals with harassment, conflict and exclusion. A culturally sensitive topic may be the arrival and sudden departure of a Vietnamese woman the main character meets via an agency for international matchmaking. **VIOLENCE** Many explosion scenes, a few depicting serious and deadly blast accidents. Scenes where children play with dynamite. One scene shows a shotgun being fired at the main character. Several fistfights and conversations about violent acts. **SEX AND NUDITY** One scene showing kissing between teenage girl and boy. Some talk about sexual acts. One shot is showing topless woman in a non-sexualized context. **ALCOHOL, DRUGS AND SMOKING** Some cigarette smoking. **FRIGHTENING AND INTENSE SCENES** A few intense scenes showing explosions and fistfights. **PROFANITY** Mild cursing.

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Let the River Flow

Ellos eatnu – La elva leve

Photos: Mer Film AS

Ester moves to Alta in Northern Norway in the fall of 1979 and starts her first job as a substitute teacher. To fit in with her colleagues, she keeps her Sámi background hidden. Ester's cousin is a Sámi activist and participates in the demonstrations against the planned hydroelectric power plant in the Alta River. When Ester joins him at the protest camp, her awakening begins. She throws herself into a conflict-filled fight for the preservation of the river and for the right to be herself. *Let the River Flow* is a drama with deep conflicts, about a young person's courage in the fight for Sámi rights in one of the most important events in Sámi and Norwegian history.

MAIN THEMES Human rights, Sustainability and nature, History

TOPICS Indigenous rights, nature, climate protest, identity, courage, civil disobedience.

Ella Marie Hætta Isaksen is an acclaimed musician/actor/activist.

DIRECTOR Ole Giæver **GENRE** Drama **CAST** Ella Marie Hætta Isaksen, Gard Emil, Sofia Jannok, Beaska Niillas, Marie Kvernmo **PRODUCTION COMPANY** Mer Film AS **RUNTIME** 124 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 12 ADVICE The film contains a brief scene showing a death by suicide. **SUITABLE FOR** Youth and adults. **CONTENT THAT CAN BE CHALLENGING** The film deals with forceful assimilation policies and discrimination of indigenous Sámi people, showing various effects of this mistreatment, such as mental health issues and alcoholism. Civil disobedience and hunger strike are part of the protest tactics used by the activists in the film. **VIOLENCE** Some fistfights, use of force by police towards protesters, and verbal descriptions of violence in the educational system. **ALCOHOL, DRUGS AND SMOKING** Cigarette smoking, alcohol drinking and references to alcoholism. **FRIGHTENING AND INTENSE SCENES** One short, dramatic scene showing a dead body hung by suicide. **PROFANITY** Frequent discriminatory language and verbal harassment of Sámi characters.

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Munch

Photos: The Film Company AS

Munch is an epic depiction of one of the world's greatest artists of all time. Four defining periods in Edvard Munch's life paint a nuanced picture of a completely distinctive person: What drove him, what inspired him, and what kept his inner flame alive.

MAIN THEMES History and biography, Art

TOPICS Edvard Munch, art, history, biography

DIRECTOR Henrik Martin Dahlsbakken **GENRE** Drama **CAST** Anne Krigsvoll, Ola G. Furuseth, Mattis Hermann Nyquist, Alfred Ekker Strande, Anders Baasmo Christiansen, Lisa Carlehed, Jesper Christensen

PRODUCTION COMPANY The Film Company AS **RUNTIME** 104 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 12 ADVICE This film deals with suicide and mental illness. However, there are no close depictions of violence. Parts with a dark atmosphere and strong emotional outbursts. The film is therefore recommended to audiences over 12 years of age. **SUITABLE FOR** Youth and adults.

VIOLENCE One fistfight. **SEX AND NUDITY** Some partial nudity. A few scenes showing kissing between man and woman. One very short sex-scene between man and woman, but not explicit. **ALCOHOL, DRUGS AND SMOKING** Alcohol drinking and depictions of alcoholism. Smoking. Some drug use.

FRIGHTENING AND INTENSE SCENES Some dark scenes depicting mental illness and a nervous breakdown.

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Ninjababy

Photos: Motlys AS

Ninjababy is about 23-year-old Rakel, who discovers her pregnancy six months in after a not-so-romantic one-night stand. Rakel has never wanted to be a mother, and reacts with denial, anger and frustration. She feels that the child in her womb has deceived her: – It's a sneaky ninja baby! *Ninjababy* is a touching and funny film about becoming an adult, and the paradox of how unprepared one can be to experience something as natural as getting pregnant in the middle of one's most fertile age.

MAIN THEMES Equality and gender, Coming-of-age and family

TOPICS Reproductive rights, identity, relationships.

Based on graphic novel *Fallteknikk* by Inga H. Sætre.

DIRECTOR Yngvild Sve Flikke **GENRE** Comedy, Drama **CAST** Kristine Kujath Thorp, Nader Khademi, Arthur Berning, Tora Dietrichson, Silya Nymoen, Herman Tømmeraas **PRODUCTION COMPANY** Motlys AS

RUNTIME 104 min **YEAR OF PRODUCTION** 2021

CONTENT RATING

RATING 12 ADVICE This film contains scenes with sexualized language and some sexual depictions. It is therefore rated 12+.

SUITABLE FOR Older youth and adults. **CONTENT THAT CAN BE CHALLENGING** The film is about a young woman experiencing an unwanted pregnancy, and contains references to abortion, sexually transmitted diseases, contraception, stillbirths as well a depictions of gynecological exams. The tone is mostly light and humorous, but the film also depicts mental health struggles such as depression. There are references to controversies around transnational adoption. **SEX AND NUDITY** Two sex scenes. No full nudity, one shot of a female breast. Lots of descriptions and discussions of sex. **ALCOHOL, DRUGS AND SMOKING** Depictions of alcohol, smoking and drugs. **PROFANITY** Some cursing and coarse language.

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Norwegian Dream

Photos: Spætt Film AS

Robert (19), a Polish immigrant working at a fish factory in Norway, has come to earn money to pay off his mother's debts. Robert realizes he has feelings for his colleague Ivar (19). For fear of losing his position within a group of Poles at the factory, he hides his feelings, especially when it turns out that Ivar is doing vogue and is an aspiring drag queen.

MAIN THEMES Cultural meetings, LGBTQIA+

TOPICS LGBTQIA+, gender expression, identity, romance, migrant workers, workers' right, culture clashes, intersectionality

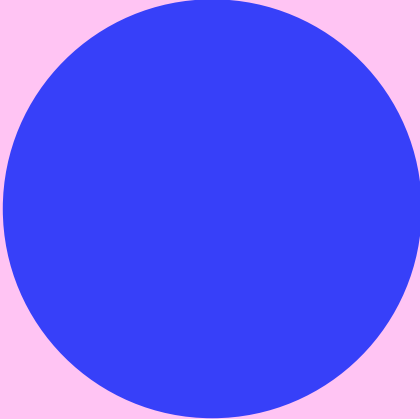
DIRECTOR Leiv Igor Devold **GENRE** Drama **CAST** Hubert Milkowski, Karl Bekele Steinland, Edyta Torhan, Øyvind Brandtzæg
PRODUCTION COMPANY Spætt Film AS **RUNTIME** 97 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 9 ADVICE This film contains mild violence and some dramatic scenes with emotional outbursts that may be disturbing to younger children. It is therefore recommended for audiences over 9 years old. **SUITABLE FOR** Youth and adults. **CONTENT THAT CAN BE CHALLENGING** The film tells the love story between two men, and tackles topics such as drag performance, coming out, and dealing with homophobic violence and discrimination. Social dumping and dire work conditions is a topic in the film, as well as stereotypes, racism and prejudice against migration workers from Poland and elsewhere. Taking place in a fish processing facility, many scenes depict the gutting of fish. **VIOLENCE** One short scene depicting and describing violence. Short scene depicting an injured hand after workplace accident. **SEX AND NUDITY** The film contains a few scenes showing sex between men, as well as scenes showing kissing between men and women. The images include nudity from behind, as well as topless men. No full-frontal nudity or explicit depictions of sexual acts or sex organs. **ALCOHOL, DRUGS AND SMOKING** Many scenes showing use of alcohol and smoking. **PROFANITY** Moderate use of strong language and cursing. One instance of a racial slur.

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NORWEGIAN FILMS



Feature films for young audiences and children



Sisters: The Summer We Found Our Superpowers

Tottori! Sommeren vi var alene

Photos: Chezville AS

Calm Vega (9), her wild sister Billie (5) and their outdoorsy dad go for an overnight hike in the wilderness. The trip is all fun and games until Daddy falls into a mountain crack and hurts himself badly. Unable to move, he tells the girls to go and find help. Together Vega and Billie set off on a mission across the wild Norwegian nature, and must brave animals, exposure, each other and their own fear. They meet a number of grown-ups, but none of them are able to help.

MAIN THEMES Coming-of-age and family

TOPICS Childhood, family/sibling relations, nature, problem solving

DIRECTORS Silje Salomonsen and Arild Østin Ommundsen **GENRE** Family **CAST** Billie Østin, Vega Østin, Oddgeir Thune, Nina Ellen Ødegård **PRODUCTION COMPANY** Chezville AS **RUNTIME** 78 min **YEAR OF PRODUCTION** 2020

CONTENT RATING

RATING 6 ADVICE The film contains some slightly dramatic scenes. **SUITABLE FOR** Children over the age of 6. **FRIGHTENING AND INTENSE SCENES** Some scenes which can be frightening, such as an accident where the adult protagonist falls into a hole, the children hearing scary animal sounds at night and one dramatic climbing scene. These scenes are short, and the general tone of the film is light and humorous, as problems are solved along the way.

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Titina

Photos: Mikrofilm AS

Italian airship engineer Umberto Nobile enjoys a quiet life with his beloved dog Titina, who charmed him into rescuing her from the streets of Rome. One day, Norwegian explorer superstar Roald Amundsen contacts him and orders an airship to conquer the North Pole. Nobile seizes the opportunity to go down in history. He brings Titina along, and the unlikely trio sets out on an expedition to the last undiscovered place on Earth. Their quest is successful but, in the aftermath, the two men start to quarrel over the glory... Through the eyes of the four-legged celebrity Titina, (re)discover a true story of triumph and defeat.

MAIN THEMES History and biography, Cultural meetings, Sustainability and nature

TOPICS Roald Amundsen, Norwegian history, polar expedition, Arctic

DIRECTORS Kajsa Næss **GENRE** Family, Animation **CAST** Jan Gunnar Røise, Kåre Conradi, Anne Marit Jacobsen

PRODUCTION COMPANY Mikrofilm AS **RUNTIME** 90 min **YEAR OF PRODUCTION** 2022

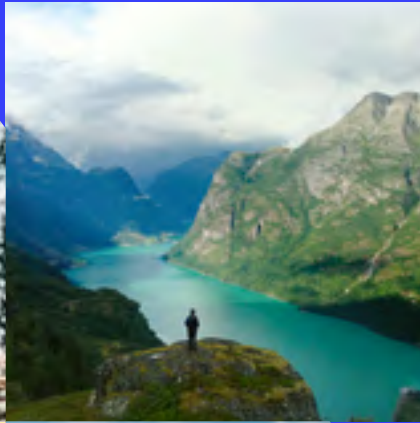
CONTENT RATING

RATING 6 ADVICE A somewhat dark and dramatic scene means this film is recommended to audiences over 6 years of age.

SUITABLE FOR Children, youth and adults. **CONTENT THAT CAN BE CHALLENGING** The film is suitable for the whole family, recommended for children over the age of 6 due to some short, dramatic scenes. Referencing to eating dogs. **ALCOHOL, DRUGS AND SMOKING** Some pipe-smoking and alcohol. **FRIGHTENING AND INTENSE SCENES** A few short, dramatic scenes showing accidents and crashes.

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NORWEGIAN FILMS



Documentaries



A New Kind of Wilderness

Ukjent landskap

Photos: Maria Gros Vatne

On a small farm in the Norwegian forest, the Payne family seeks a wild and free existence. They practice home-schooling and strive for a closely-knit family dynamic in harmony with nature. However, when tragedy unexpectedly strikes the family, it upends their idyllic world and forces them to forge a new path into modern society.

MAIN THEMES Sustainability and nature, Coming-of-age and family

TOPICS Sustainability, ways of life, childhood, family, grief

DIRECTOR Silje Evensmo Jacobsen **GENRE** Documentary

PRODUCTION COMPANY A5 Film AS **RUNTIME** 84 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING All audiences. **ADVICE** The documentary deals with grieving a loved one who died of cancer.

SUITABLE FOR All audiences. **CONTENT THAT CAN BE CHALLENGING** One scene showing a bull being butchered.

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The Painter and the Thief

Kunstneren og tyven

Photos: Medieoperatørene AS

Some stories are so incredible that a documentary is required to do them full justice. One such story is the one about the painter and the thief. When two of artist Barbora Kysilkova's most valuable paintings are stolen from a gallery at Frogner in Oslo, the police are able to find the thief after a few days, but the paintings are nowhere to be found. Barbora goes to the trial in hopes of finding clues, but instead she ends up asking the thief if she can paint a portrait of him. This will be the start of a very unusual friendship. Over three years, the cinematic documentary follows the incredible story of the artist looking for her stolen paintings, while at the same time turning the thief into art.

MAIN THEMES Art

TOPICS Art, friendships, mental health, addiction, dignity, crime and rehabilitation

DIRECTOR Benjamin Ree **GENRE** Documentary

PRODUCTION COMPANY Medieoperatørene AS **RUNTIME** 102 min **YEAR OF PRODUCTION** 2020

CONTENT RATING

RATING 12 ADVICE Parts with a dark and disturbing atmosphere, and descriptions of dramatic events. Not recommended for children under 12 years of age.

SUITABLE FOR Youth and adults. **CONTENT THAT CAN BE CHALLENGING** The documentary deals with mental health issues, addiction and rehabilitation, crime and incarceration, childhood trauma and painful hospitalization after a serious car accident. **VIOLENCE** No depictions of violence. References to violence against women, suicide and overdose. **ALCOHOL, DRUGS AND SMOKING** Smoking, alcohol drinking. References to and scenes of purchasing illegal drugs.

PROFANITY Moderate cursing.

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Songs of Earth

Fedrelandet

Photos: Dag Asle Mykløen

Songs of Earth is a majestic symphony for the big screen. With director Margreth Olin's 85-year-old father as a guide, we experience Norway's most scenic valley, Oldedalen in Nordfjord. This is where he grew up and where generations before him lived in balance with nature. Majestic images of wild mountains, calving glaciers, and bustling wildlife go side by side with the parents' stories about the generations who trod the trails, the relationship we have with nature, and what is valuable in life. The music is composed of unique sound recordings – nature's own melodies, translated and performed by the London Contemporary Orchestra.

MAIN THEMES Sustainability and nature

TOPICS Nature, climate change, family relations.

Norwegian entry for Best International Feature Film at the 96th Academy Awards.

DIRECTOR Margreth Olin **GENRE** Documentary

PRODUCTION COMPANY Speranza Film AS **RUNTIME** 90 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING All **SUITABLE FOR** All audiences.

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Woolly

Sau

Photos: f(x) produksjoner AS

Woolly follows life on a small farm in northern Norway as it is passed on to the next generation, from father Terje to daughter Rakel and her wife Ida. The film is about making major life choices, about finding your own path in someone else's footsteps, and about the high stakes of small-scale farms. And it is about sheep.

MAIN THEMES Sustainability and nature

TOPICS Farming, sustainability, animal rights, family traditions

DIRECTOR Rebekka Nystabakk **GENRE** Documentary

PRODUCTION COMPANY f(x) produksjoner AS **RUNTIME** 83 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 9 ADVICE Depictions of the killing and slaughtering of sheep are the main reason why the film has been given an age limit of 9.

It is therefore not recommended for use in primary schools. **SUITABLE FOR** Youth and adults. **CONTENT THAT CAN BE CHALLENGING** The documentary depicts all aspects of farming and animal care, including sheep birth, slaughtering and butchering, as well as stillborn lambs and the remains of a sheep killed by wild predators. Some of these scenes could be distressing for younger audiences.

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NORWEGIAN FILMS



Short films



African Family Dinner

Photos: Ileana Alvarez Reyes

Mona, a Norwegian blonde, meets her Ghanaian boyfriend's family for the first time. What starts as a simple dinner with both sides eager to impress each other, quickly escalates into the most awkward dinner in history!

MAIN THEMES Cultural meetings, Coming-of-age and family

TOPICS Prejudice and stereotypes, relationships, family dynamics

DIRECTOR Ibrahim Mursal **GENRE** Comedy, Drama **CAST** Mathilde Storm, Tani Dibasey, Kouame Sereba, Kim Fairchild, Bridget Dery, Taume Dery, Amalie Sasha Schanke **PRODUCTION COMPANY** Skagerak film AS **RUNTIME** 13 min
YEAR OF PRODUCTION 2024

CONTENT RATING

RATING 12 ADVICE African Family Dinner is a humorous satire about prejudices and good intentions, depicting stereotypes about West-African culture. The film is not unsuitable for children, but they will have limited understanding of it. **SUITABLE FOR** Youth and adults. **SEX AND NUDITY** Man and woman kissing. Dancing scene shows shirtless man and a woman in a cropped top. **ALCOHOL, DRUGS AND SMOKING** Alcohol is shown on a dinner table.

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Complications

Komplikasjoner

Photos: Kim-André Aspen

A cam session turns into a suspenseful life-and-death situation for Lotte – a webcam dominatrix.

MAIN THEMES Equality and gender

TOPICS Relationships, digital age, sex work

DIRECTOR Ivar Aase **GENRE** Drama, Comedy **CAST** Anna Ladegaard, Sven Henriksen

PRODUCTION COMPANY Aase and Wiig AS **RUNTIME** 14 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 12 ADVICE The film depicts sex work, specifically a cam session between a woman and her paying male customer and is not suitable for younger audiences. **SUITABLE FOR** Adults **SEX AND NUDITY** Shirtless man is masturbating off-screen, the scene showing him from the waist up. References to BDSM sexual practices. **FRIGHTENING AND INTENSE SCENES** A character suffers a heart attack and is treated by medics. **PROFANITY** Mild cursing.

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Dead Weight

Dødvekt

Photos: Råsalt studio AS

Three men, on their way in a descending balloon over an icy sea, need to get rid of some weight. After a vote, the two men throw the third man out of the basket to reduce weight, intent on saving their lives. The victim, initially strongly opposed to the solution, clings to a long line below the balloon. He refuses to let go.

MAIN THEMES Conflicts

TOPICS Conflict solving

DIRECTOR Øyvind Tangseth **GENRE** Drama **CAST** Bjarte Hjelmeland, Morten Svartveit, Bjarte Tjøstheim
PRODUCTION COMPANY Råsalt studio AS **RUNTIME** 8 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 12 ADVICE Dead Weight is an animated drama about handling a life-and-death situation, deciding who will survive and who won't, and is therefore not suitable for children. **SUITABLE FOR** Youth and adults. **VIOLENCE** Moderate violence, with a scene depicting a handgun and a fistfight, but the film does not come across as very violent due to the animation style. **PROFANITY** Moderate cursing.

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The Green Country

Trekkfugler

Photos: Runar Sørheim

Two friends spend the weekend in a luxurious cabin in the woods discussing life choices and concerns regarding the consequences of climate change. Many contradictions arise from their actions, lifestyle and attitude. Their awkward attempts to connect with nature are constantly interrupted by technology and challenged by the sinister presence of a flock of starlings. A sudden change of perspective in the form of a mystical experience leads one of them to a new state of awareness. Are those birds trying to tell them something?

MAIN THEMES Sustainability and nature

TOPICS Climate change, lifestyle choices, digital age, nature, friendship

DIRECTOR Silvia Rossi **GENRE** Comedy **CAST** Gunnar Eiriksson, Eirik Hallert

PRODUCTION COMPANY Peggy Høy AS **RUNTIME** 19 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 14 ADVICE The film shows conversations about the climate crisis and contains some slightly unsettling scenes with birds behaving strangely.

SUITABLE FOR Youth and adults. **CONTENT THAT CAN BE CHALLENGING** Mild strobe effect/flickering in one scene. **PROFANITY** Mild cursing.

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Maybe Elephants

Kanskje det var elefanter

Photos: Mikrofilm AS

In the '70s, three rebellious teenage daughters, a restless mother, a father struggling with potatoes, and maybe some elephants, find themselves in bustling Nairobi. The family will never be the same.

MAIN THEMES Cultural meetings, Coming-of-age and family

TOPICS Travelling, childhood, family, coming-of-age, mental health, cultural meetings

DIRECTOR Torill Kove **GENRE** Animation, Drama **CAST** Torill Kove, Andrea Bræin Hovig, Pål Sverre Hagen, Ella Øverbye, Vivild Falk Berg, Kåre Conradi, Jane Nyoike, David Wang'ang'a Njuguna, Nicholas Kilingi, Victoria Mesopir-Iossel

PRODUCTION COMPANY Mikrofilm AS, National Film Board of Canada **RUNTIME** 17 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 12 ADVISE A film about upbringing, family dynamics and cultural meetings. Mental health struggles of a caretaker are a topic, but the tone of the film is light and nostalgic. **SUITABLE FOR** Youth and adults. **SEX AND NUDDITY** One kiss between woman and man. **ALCOHOL, DRUGS AND SMOKING** Depictions of smoking. Mention of alcohol and drugs.

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Night Ride

Nattrikken

Photos: Cylinder Production AS

It is a cold night in December. Ebba waits for the tram to go home, but the ride takes an unexpected turn.

MAIN THEMES Conflicts, LGBTQIA+

TOPICS LGBTQIA+, courage.

Nominated for the 95th Academy Awards, Best Live-Action Short Film.

DIRECTOR Eirik Tveiten **GENRE** Drama **CAST** Sigrid Husjord, Ola Hoemsnes Sandum, Axel Barø Aasen, Jon Vegard Hovdal, Øyvind Uhlving **PRODUCTION COMPANY** Cylinder Production AS **RUNTIME** 16 min **YEAR OF PRODUCTION** 2020

CONTENT RATING

RATING 12 ADVICE The film tells the story of a woman accidentally hijacking and driving a tram in the middle of the night, where she witnesses a trans woman being harassed on board. As the other passengers are idle bystanders, the protagonist finds courage to speak up and defuse the situation.

The two male harassers use discriminatory slurs towards both the short statured woman and the trans woman. **SUITABLE FOR** Youth and adults.

VIOLENCE Depictions of verbal and physical harassment. **PROFANITY** Moderate cursing and discriminatory language/slurs.

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The Terrorist

Terroristen

Photos: Vi Duc Truong

When three roommates welcome a new housemate into their apartment, tensions rise as suspicions about his true nature grow. Through humour and satire, the story toys with stereotypes, unravels preconceived notions and explores the absurdity of fear and prejudice in unexpected ways.

MAIN THEMES Cultural meetings, Conflicts

TOPICS Stereotypes, prejudice, society

DIRECTOR Meena Rathor **GENRE** Comedy **CAST** Arman Surizehi, Gaute Adela Cudjoe, Khalid Mahamoud, Sigurd Lakseide **PRODUCTION COMPANY** Nordisk Film AS **RUNTIME** 11 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 12 ADVICE A humorous film about prejudice, playing with stereotypes and expectations. Despite references to terrorism, the tone is light and playful, but the topic is not suitable for children. **SUITABLE FOR** Youth and adults. **CONTENT THAT CAN BE CHALLENGING** The Islamic oath Shahada is misquoted in the opening scene; this is done on purpose with intent to emphasize a lack of knowledge by the people behind the script the main character is auditioning for in the film. No disrespect is intended. **VIOLENCE** No violence, but references to suicide bombing, a hand grenade is shown, and a shooter video game is played. **PROFANITY** Mild cursing.

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Tits

Photos: Andreas Bjørseth

Following an unpleasant run-in at the beach, teenagers Oscar and Iben are left behind by their friends. When one of them makes a friendly gesture, they experience what might be the beginning of an unexpected relationship.

MAIN THEMES Coming-of-age and family, Equality and gender

TOPICS Body image, friendship, bullying

DIRECTOR Eivind Landsvik **GENRE** Drama **CAST** Marie Bya, Snorre Kind Monsson

PRODUCTION COMPANY Einar Film Drama AS **RUNTIME** 12 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 12 ADVICE A coming-of-age story about body image issues, friendship, romance and first sexual experiences. *Tits* is suitable for audiences from teenage age and above. **SUITABLE FOR** Older children, youth and adults. **SEX AND NUDITY** Kissing scene between girl and boy. Some talk about sexual acts. Topless boys and partial nudity, but no full-frontal nudity or explicit scenes. **ALCOHOL, DRUGS AND SMOKING** Alcohol. **PROFANITY** Mild cursing.

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View

Photos: Nils Petter Devold Midtun

Some are looking for a beautiful view. Some lose their view.
A huge cruise ship is approaching a small town.

MAIN THEMES Sustainability and nature

TOPICS Mass tourism, sustainability

DIRECTOR Odveig Klyve **GENRE** Drama **PRODUCTION COMPANY** GOfilm AS

RUNTIME 5 min **YEAR OF PRODUCTION** 2021

CONTENT RATING

RATING All ages. **ADVICE** Suitable for all audiences.

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What Is a Woman?

Hva er en kvinne?

Photos: Tora Johanne Turøy

A discussion occurs in a women's locker room when someone asks a transgender woman to leave. One in the locker room means that woman is something that you are born as and not something you can become. The discussion escalates continuously as more people interfere. Everyone with different thoughts about what a woman is.

MAIN THEMES Equality and gender, LGBTQIA+

TOPICS LGBTQIA+, gender identity and expression, conflicts

DIRECTOR Marin Håskjold **GENRE** Drama **CAST** Mina Alette Høvik, Rebecca Jynge, Louise Löwenberg, Mariken Halle, Eva Johansson **PRODUCTION COMPANY** Alternativet Produksjon AS **RUNTIME** 14 min **YEAR OF PRODUCTION** 2020

CONTENT RATING

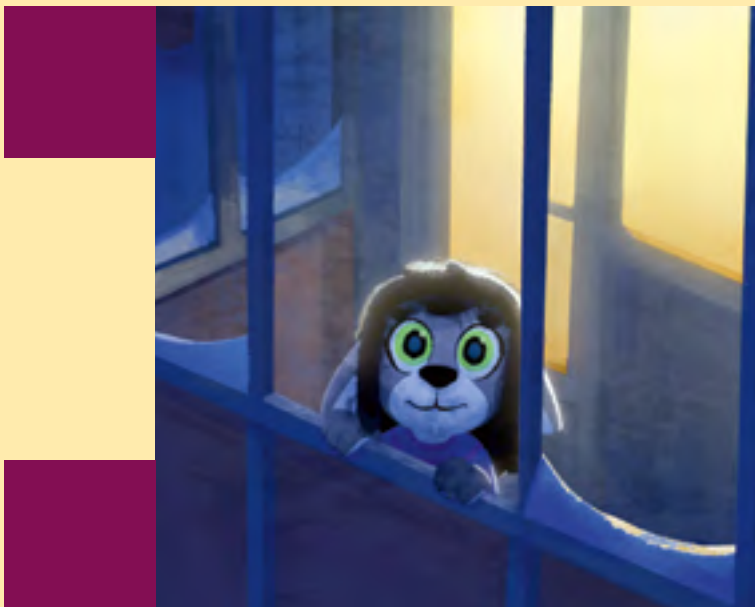
RATING 12 ADVICE The film depicts a heated discussion about gender expressions and trans rights. The film is not suitable for children due to nudity and some coarse language. **SUITABLE FOR** Older youth and adults. **SEX AND NUDITY** Taking place in a locker room, there are images depicting full nudity in a non-sexual context. **PROFANITY** Some coarse language used.

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NORWEGIAN FILMS



**Short films for
children and youth**



Home Office

Hjemmekontor

Photos: Fabelfjord AS

The schools are in lockdown due to the Covid-19 pandemic, and Lilly (10) must stay at home and take care of her drunk mother. When the bad girl from class sees what's going on at her house, Lilly thinks her secret is in danger. But sometimes help can come from where you least expect it.

MAIN THEMES Coming-of-age and family

TOPICS Friendship, bullying, family dynamics

DIRECTOR Endre Lund Eriksen and Daniel Damm **GENRE** Animation, Children **CAST** Milla Fischer Yndestad, Trude Øines, Dagny Hansine Strøm **PRODUCTION COMPANY** Fabelfjord AS **RUNTIME** 9 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 6 ADVICE The film gives an insight into a child's experience growing up with a caretaker struggling with alcoholism, showing how frightening it can be to deal with an intoxicated mother. Set during the covid-lockdown, the protagonist is home-schooled and experiencing isolation. Still, the story is told with compassion and shows tender and loving moments between mother and child. **SUITABLE FOR** Older children.

SEX AND NUDITY A kids' drawing of a penis is shown. **ALCOHOL, DRUGS AND SMOKING** Alcohol and smoking. **FRIGHTENING AND INTENSE**

SCENES Depictions of a caregiver struggling with alcoholism could be frightening for younger audiences.

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Iris

Photos: Karl Erik Brøndbo

Iris, a mischievous and imaginative young girl, encounters a toddler who has ventured away from his parents, setting off a road movie filled with pills, cash, and a unicorn.

MAIN THEMES Coming-of-age and family

TOPICS Childhood, upbringing

DIRECTOR Jon Vatne **GENRE** Children **CAST** Iris Haraldsen Buhagen, Teo Cabrer Vatne, Marina Popović
PRODUCTION COMPANY Syden Pictures AS **RUNTIME** 14 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 6 ADVICE The film is told from a children's perspective and deals with the subject of lying. For older children, questions may arise about the police chasing a criminal and the contents of a purse filled with pills and money. **SUITABLE FOR** Children from the age of 6.

ALCOHOL, DRUGS AND SMOKING Images depicting pills, but no direct references to these being drugs. **FRIGHTENING AND INTENSE**

SCENES One short dramatic scene showing a car chase, as well as a scene showing a toddler crying as he is left alone for a while.

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Maybe Just for You

Kanskje, for deg

Photos: Haakon Laastad

Ruben (11), Mia (6) and their mother live in a suburb outside Bergen, Norway. In the midst of hopelessness and everyday poverty, the desire for normalcy leads to a fateful shopping trip and a surprising theft.

MAIN THEMES Coming-of-age and family

TOPICS Sibling relationships, mental health, social inequality

DIRECTOR Alexander Ophaug **GENRE** Children **CAST** Mirabelle Pinker-Spilde, Rami Al-Khafaji

PRODUCTION COMPANY Pandora Film AS **RUNTIME** 12 min **YEAR OF PRODUCTION** 2023

CONTENT RATING

RATING 6 ADVICE The film is about children experiencing poverty and depicts a shoplifting scene. An older, white character delivers a racist comment to the child protagonists. **SUITABLE FOR** Children, youth and adults.

FRIGHTENING AND INTENSE SCENES The moment when the protagonist is accused of shoplifting is suspenseful.

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Mother Didn't Know

Mor visste ingenting

Photos: Trollfilm

The animated short film *Mother Didn't Know* is a poetic fable about a depressed girl. Someone who wants to stay invisible, cares about her and tries to help by sacrificing a part of himself.

MAIN THEMES Coming-of-age and family

TOPICS Childhood, resilience, problem solving, loneliness

DIRECTOR Anita Killi **GENRE** Animation, Children **CAST** Jens Jonathan Gulliksen, Anita Killi

PRODUCTION COMPANY Trollfilm AS **RUNTIME** 12 min **YEAR OF PRODUCTION** 2020

CONTENT RATING

RATING 6 ADVICE The film broaches the issue of child depression and is meant for children and adults alike. The tone of the film is quite dark but is meant as a poetic conversation starter for children and adults to talk about difficulties in life and how to get along when everything looks impossible. **SUITABLE FOR** Children above the age of 6, youth and adults. **FRIGHTENING AND INTENSE SCENES** The setting and topics of the film could be frightening for younger audiences.

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Pearl Diver

Photos: Margrethe Danielsen

Three couples are drifting apart. A hedgehog falls in love with a balloon, but struggles to keep up his grooming routine. The ice breaks between a polar couple, and two naïve oysters are longing to meet.

MAIN THEMES Sustainability and nature

TOPICS Animals, relationships, nature

DIRECTOR Margrethe Danielsen **GENRE** Animation, Children

PRODUCTION COMPANY Høgskolen i Volda **RUNTIME** 9 min **YEAR OF PRODUCTION** 2020

CONTENT RATING

RATING All audiences.

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Ursa – The Song of the Northern Lights

Ursa – Nordlysets sang

Photos: Natalia Malykhina Bratli

In a remote corner of the North Pole, a small polar bear is searching for his mother. Guided by a magical melody, he embarks on an adventure alone: he overcomes sharp ice hills, braves snowstorms as he explores a world of friendship but also hostility. When he reaches the end of the earth, facing the majestic sea and the northern lights, he finally finds his mother.

MAIN THEMES Sustainability and nature

TOPICS Nature, animals, family, global warming, Arctic

DIRECTOR Natalia Malykhina Bratli **GENRE** Animation, Children

PRODUCTION COMPANY Ulvenfilm AS **RUNTIME** 10 min **YEAR OF PRODUCTION** 2021

CONTENT RATING

RATING 3 ADVICE A small polar bear looks for its mother, and meets some challenges along the way. No frightening scenes. **SUITABLE FOR** Small children.

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Warrior Heart

Smerteterskel

Photos: Marianne Bakke

Vilja loves wrestling even though she's terrified of pain and loses every match. When her new stepsister, Thea, turns out to be the star of the wrestling club, Vilja must overcome her fear of physical as well as emotional pain.

MAIN THEMES Coming-of-age and family

TOPICS Family relations, childhood, friendships, bullying, identity

DIRECTOR Marianne Ulrichsen **GENRE** Drama **CAST** Eveline Gullbrandsen Leland, Hedda Andreassen, Morten Skartveit, Helga Guren, Kim Sørensen **PRODUCTION COMPANY** Freedom From Fear AS

RUNTIME 17 min **YEAR OF PRODUCTION** 2024

CONTENT RATING

RATING 12 ADVICE The film depicts wrestling practice and is therefore not suitable for very young children. Divorce and dealing with parents who fight is a topic of the film. **SUITABLE FOR** Children over the age of 12, youth and adults. **VIOLENCE** No violence, but some wrestling scenes where characters feel and discuss pain. **SEX AND NUDITY** A kiss is shared between man and woman. **PROFANITY** One instance of cursing.

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Film list

| | |
|---|----|
| <i>A Happy Day</i> | 9 |
| <i>A New Kind of Wilderness</i> | 19 |
| <i>African Family Dinner</i> | 24 |
| <i>Complications</i> | 25 |
| <i>Dead Weight</i> | 26 |
| <i>Everybody Hates Johan</i> | 10 |
| <i>The Green Country</i> | 27 |
| <i>Home Office</i> | 35 |
| <i>Iris</i> | 36 |
| <i>Let the River Flow</i> | 11 |
| <i>Maybe Elephants</i> | 27 |
| <i>Maybe Just for You</i> | 37 |
| <i>Mother Didn't Know</i> | 38 |
| <i>Munch</i> | 12 |
| <i>Night Ride</i> | 29 |
| <i>Ninjababy</i> | 13 |
| <i>Norwegian Dream</i> | 14 |
| <i>The Painter and the Thief</i> | 20 |
| <i>Pearl Diver</i> | 39 |
| <i>Sisters: The Summer We Found Our Superpowers</i> | 16 |
| <i>Songs of Earth</i> | 21 |
| <i>The Terrorist</i> | 30 |
| <i>Titina</i> | 17 |
| <i>Tits</i> | 31 |
| <i>Ursa – The Song of the Northern Lights</i> | 40 |
| <i>View</i> | 32 |
| <i>Warrior Heart</i> | 41 |
| <i>What Is a Woman?</i> | 33 |
| <i>Woolly</i> | 22 |

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