

NO LIMIAR
DO PENSAMENTO

A SON LIKE OTHERS

PAULA LOBO ANTUNES

no papel de

MADALENA

UM FILME DE
ANTÓNIO SEQUEIRA

EM PARCERIA COM
IN PARTNERSHIP WITH





NO LIMIAR DO PENSAMENTO

"A SON LIKE OTHERS"

Narrative Fiction Short Film

Running Time: 19 minutes
Genre: Family Drama
Year: 2019
Language: Portuguese
Country of Origin: Portugal
Format: 2K 16:9 HD 24fps
Sound: Stereo & 5.1

Directed By: Antonio Sequeira
Written By: Antonio Sequeira
Rodrigo Prista Garcia
Produced By: Carlos Sequeira
Albina Ferreira
Antonio Sequeira

Cinematographer: Anastasiia Vorotniuk
Production Designer: Inês Lebreaud
Composer: Peter Hawkey
Distribution: Antonio Sequeira (+44) 7502414788

nolimiardopensamento@gmail.com

Links:

[Official Site](#)

[Official Facebook](#)

[Official IMDB](#)

[Official Trailer](#)

LOGLINE

Dinis is a teenager and like others wants to go to university. But he has recently been diagnosed with schizophrenia. His mum wants him to have a normal life but she also needs to protect him. Can she do both?

SYNOPSIS

Dinis wishes to be independent and go to university. But he has recently been diagnosed with schizophrenia after a psychotic outbreak at school. Madalena suffers a lot from seeing her son being victim of prejudice from friends and even family. She is a nurse, however helping others is a task much easier than helping her son. She wants Dinis to have a normal and healthy life, but by realizing the persistent stigma in society and her own impotence against mental illness, she falls in a spiral of depression, from which she can only set herself free when she will understand that to be able to take care of her son, first she has to take care of herself and that to let him have a normal life means she has to let him go to the university. But can a person have a normal life with schizophrenia?

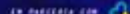
PAULA LOBO ANTUNES

AFONSO LOPES

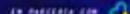


UM FILMO DE
ANTONIO SEQUEIRA

EM PARCERIA COM



ANTESTREJA
PATROCINADA POR



NO LIMIAR
DO PENSAMENTO

ANTESTREJA

DOMINGO, 24 de FEVEREIRO - 15.30

CASA DAS ARTES

Rua Kuban A, 210
4150-638 Porto

ENTRADA APENAS POR CONVITE

UMA NOVA EXPERIÊNCIA CINEMÁTICA DIGITAL



What's the goal?

Inspired by the true stories of the difficulties not only suffered by the people with mental illness, but also by their respective caregivers, this film has the goal to raise **awareness** about mental illness, avoiding stigma and prejudice. We still live in a society where when someone does something different, they are called "crazy". We need to change this type of thought!

In this project, we wanted to show a family with a person with mental illness and analyse the **difficulties of the caregivers**, the problem of **stigma**, and still try to emphasize the contribution of the person with mental illness in living **positively integrated** as part of a family.

Therefore, this story is told by the point-of-view of the mum, a nurse used to taking care of other people, but who struggles to take care of her own son, thus exploring this vulnerable side of the caregiver, rarely portrayed in cinema.

CAST

Paula Lobo Antunes as *Madalena*



Fun Fact: For the café scene, we got extras from the senior university. They were big fans of the actress, and so it was quite hard keeping them from trying to take pictures with her, in between takes.

Paula Lobo Antunes is a Portuguese actress. She lived in New York until she was 5. Later, Paula went to Edinburgh, where she graduated with Distinction in Bio Medicine and decided to follow her true passion, acting. She went to study Theatre in London, for 4 years. In 2005, she was offered the lead role in the Brazilian TV series “Escrava Isaura”, and her career blew up. She has played challenging roles in international films like “Equador”, “Corrupção” and “Teia de Gelo” but her main focus is currently in TV, where she stood out in “Flor do Mar”, by playing the unforgettable villain Salomé. She is considered by many one of the best Portuguese actresses working today, having won the national award for Best Supporting Actress with “Santa Barbara” and “Jacinta” and Best Leading Actress with “Mar de Paixão” among others.

IMDB: www.imdb.com/name/nm1863606/

Afonso Lopes as *Dinis*



Fun Fact: In the scene between daughter and mother, she was actually supposed to say the word "psychopath". However, during the audition, Maria, mistakenly said "pyscopath". It felt so natural for the character that when she got the role, the mistake was incorporated into the script.

Fun Fact: We managed to get Afonso to meet and talk with a real person who suffered from schizophrenia and lived a normal life, to give him an insight into what it really is like.

Afonso was born in 1995 and in 2001 he started acting on TV with the series "Ganância". After many roles in TV shows like "O Prédio do Vasco", "Floribella", "Malucos do Riso", "Morangos com Açúcar", "Mar Salgado", among others, Afonso decided to go to London to graduate in Acting for Cinema at the Met Film School, after having already graduated in Acting for Theatre in Lisbon. He is very passionate and is constantly trying to challenge himself and grow as an actor.

IMDB: www.imdb.com/name/nm2112534/

Maria Eduarda Laranjeira as *Leonor*

Maria was born in 2009 and in 2015, only 6 years old, started getting experience as an actress in commercials, photoshoots and music videos. One year later, she started doing voice work on radio, TV and cinema, being then chosen for the role of Teresinha in the TV show "Massa Fresca", thus starting her career as a young actress. She has been part of the TV series "Ministério do Tempo", and of the films "Soldado Milhões" and "Solteira e Boa Rapariga", among many other short films.

IMDB: www.imdb.com/name/nm3690497/



Director's Statement

Generally, mental illness is portrayed in films in a very negative way. Because one of the most important things in cinema is drama, they use the most dramatic cases, and so this leads to taking advantage of the Mental Illness, by choosing the people who usually would be in a mental hospital. This doesn't show the reality as it is, but instead as a stereotype, which only allows for more stigma and discrimination of the people with mental problems.

This always bothered me, as I believed films should not contribute to this. So, it was of great importance to me to show a mentally ill person that was able to have a normal life, like countless are. Many are our friends, co-workers, family, etc. and they should be represented properly.

This of course, proved to be very challenging, as I had to find the drama in the real, more tangible family elements of the story. It also couldn't just be another "raising awareness" piece. It had to be subtle and the message had to be intertwined in the story, which had to be engaging and entertaining, otherwise it would lose the audience members it was made for. It was crucial for me to allow the viewers to interpret and find the conclusions by themselves.

So, in a way what I modestly hope to achieve is to challenge the audiences own prejudices and assumptions of a person with mental problems, by simply presenting them the difficulties of a "normal" teen wanting to go to university, not judging him for his illness. And that's why the focus of the film is not so much on the illness but on the relationship between mother and son and how that illness affects it.

A big influence on this dynamic was "Mommy" (Xavier Dolan, 2014), which explores the difficulties of the mother trying to have her own life, but at the same time having to take care of her special needs son.



DIRECTOR, Antonio Sequeira

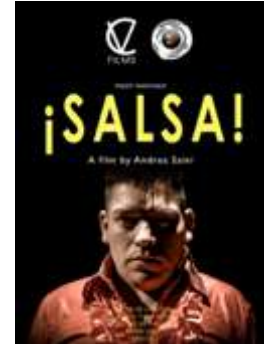
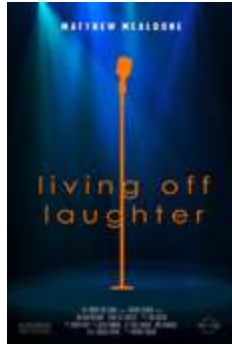
Born in 1995, Azores, Portugal, Antonio has been directing short films since he was 8 years old. In 2012, he attended a 3-week summer workshop in Los Angeles at the New York Film Academy and in 2013 he wrote and directed his first feature film, super low-budget, but which was screened to a sold out premiere crowd, and distributed to a National TV Channel. Feeling like the cinema industry in Portugal was very different from the films he wanted to make, Antonio went to London to study the craft of filmmaking. With the newfound skills and sensitivities he developed on his BA, he managed to produce and direct multiple projects that were selected to a few film festivals, including BFI Future Film Festival which allowed him to receive a scholarship from Creative Skillset to study an MA in the prestigious London Film School, where he has continued to develop his skills and grow even more as a director. Directing short films like “My Clown” and “Danke” in 16mm film stock, allowed him to focus on the precision of visual storytelling and character building. His latest “Danke” has been nominated for many awards, including among others, Best Student Film and Best Cinematography at “UK Offline Film Fest”, Best Director at “Cin'Euphoria National Awards” and Best Student Short Film at “Caminhos Film Festival”.



Fun Fact: When shooting the night scene in the car, where the younger sister helps calm down her brother, the way Maria beautifully acted on the first take, emotionally touched Antonio, as he started silently crying during the take.

FILMOGRAPHY

Previous projects include amongst others:



Future projects include:



Short Film - Production predicted for June/July



Feature Film - Production predicted for Summer 2020

Producer, CARLOS SEQUEIRA

Carlos Sequeira teaches at the School of Nursing of Porto. Post-Doctorate in Positive Mental Health and a PhD in Sciences of Nursing, he has done more than 60 scientific articles published in scientific magazines with an impact about this and other topics and he has summarized much of his knowledge in the 16 books he has already published. Another area of investigation of his is Mental Health in youngsters, being developing a program of positive mental health to this group of the population, hence why he was interested in producing this short film.

Producer, ALBINA FERREIRA

Albina Ferreira is a nurse at "Hospital S. João" in Porto, who is very interested in writing, acting and producing. She has done some small stuff previously, but what surpassed immensely the lack of experience was her passion, determination and relentless attitude, that is best exemplified in her Fun Fact. She was also crucial in getting the partnerships that made this film possible with such small budget.

Fun Fact: Carlos had to cut off a lot of places for shooting the scenes safely, including a university, a hospital, a highway, a crossroads in the centre of a city, etc. This then usually caused huge crowds to accumulate close by, all trying to be involved with the set. Our main actress had just played a huge role as a despicable villain in a TV series in Portugal. Sometimes, when some of the elder crowd saw her, they got very upset and kept calling her "names", mistaking the actress for the character. Carlos together with the police had to usually intervene with the angry elders.



Fun Fact: In the scene where the mother smokes at night, there was a huge festivity with music and fireworks far away in the background that not only ruined the sound of the scene but also the atmosphere. As we were trying to figure out the compromises, Albina drove her car and somehow managed to track down the festivity, by following the sound and asking people in the streets. There, she found the person in charge and asked them to turn the music down and stop the fireworks. We still don't know how she did it, but the people actually did comply. And we managed to get our shots.

Associate Producer, SABINA JUNCU

Sabina Juncu is an enthusiastic Entrepreneur since 2016, with advertising background. Former Account Director with industry experience in managing digital creative projects. After several years in the industry, she decided to start her own creative consultancy boutique. As brand consultant, her clients' profiles are very diverse: from enthusiastic start-ups, to big agencies, to strong brands, experimenting different markets like London, Bucharest, Rome. Used to working with brands like Pelicam International Film Festival, Telekom, Greevillage Resort, Beck's, Staropramen, Corona, Napolact, Spellground Festival, Ad Garage and some more.



Director of Photography, ANASTASIIA VOROTNIUK

Anastasiia has studied and practiced a wide variety of subjects ranging from Acting, to Philosophy, to Photography, to Dancing and Directing, making her a very volatile Cinematographer, with an artistic vision that is very unique and peculiar. One of her projects, “Me, my germs and James” is a Semi-Finalist in ScreenCraft Film Fund. She has also directed “Five Minutes”, “Baggage”, “Hot Milk” and “Gymnastics, with Love”. She has lent her unique cinematographic style to short films like “Sacrifice”, “Good fellas” and “Have a nice day!”, being recently awarded for her work on sci-fi short film “Artificial Bid”.

Co-Writer, RODRIGO PRISTA GARCIA

Rodrigo won a contest of Creative Writing in High School and since then he has focused his life and career in writing Scripts. He was part of the World Academy in Screenwriting for Cinema and Television and he has recently graduated from London Film School with a Masters with Merit in Screenwriting. His main focus is in writing feature film scripts, but he occasionally enjoys writing shorts, as he believes it to be a bigger challenge in terms of story structure.



Composer, PETER HAWKEY

Peter Hawkey is a musician and composer who studied at Oxford Brookes University. He has taught classical, electric and bass guitar in Earley Music Centre. He enjoys writing in many styles, and taking on the challenges of composing in unfamiliar styles or starting with unusual materials. But he strives when using the Spanish guitar, bringing so much personality and uniqueness to it, thus turning what could have been a normal score into something unforgettable.



FEEDBACK (from Private Screening)

"The main characters are constantly forced to make choices where there is no right answer, leaving it up to the audience to make a judgement on their morality. Clever filmmaking with a very powerful theme!"

Brian Dunnigan, Screenwriter

"Although it is a long piece, it puts us in the shoes of the characters, forcing us to stay with them until we understand what is the real problem they're facing. This observational look into their lives only enhances the experience"

Peter Hollywood, Editor



"It is very tricky to portray a mental illness in cinema. It can easily become a stereotype, but the acting in this film is quite subtle, hitting the right notes most of the times making it an extremely powerful piece of filmmaking "

Rafael Kapelinski, Director

"With its visually inspiring pictures, the film uses naturalism as a stylist way to make a point. The juxtaposition of the pictures with the breath-taking score almost tells the story in itself"

Timo Heinanem, DoP

Awards: None yet as the film will have its World Premiere at the Short Shorts Film Festival & Asia 2019

ARTICLES

Here are some of the articles made about the film, but they are mostly in Portuguese.

Article in “CINTESIS”: <http://cintesis.eu/en/what-if-your-child-had-schizophrenia/>

Interview in “Daily News Portugal”: <https://www.dn.pt/lusa/interior/curta-metragem-sobre-deficiencia-mental-apoiada-por-municipios-do-vale-do-sousa--10477818.html>

Report in TV Channel “S+”: <https://www.saudemais.tv/video/1733-saude-em-dia-t01-e080-02>

Article about shoot in “Order of Nurses”: <https://www.ordem.enfermeiros.pt/norte/noticias/conteudos/no-limiar-do-pensamento-em-fase-final-de-produ%C3%A7%C3%A3o/>

Interview in “OJOGO” Newspaper: <https://www.dn.pt/lusa/interior/curta-metragem-sobre-deficiencia-mental-apoiada-por-municipios-do-vale-do-sousa--10477818.html>

The film has also been reported on TV Channels “SIC”, “RTP” and “Porto Canal” and newspapers “Jornal de Noticias”, “Imediato”, “Yes Lousada”, “Tâmega Sousa”, “Cultura Norte”, among others.



BEHIND THE SCENES

Find more BTS pictures here:

<https://www.behance.net/gallery/72599093/Short-Film-Making-Of-Photos>





CREDITS

Director

Screenwriters

Producers

Associate Producer

Director of Photography

Production Designer

Editor

Hair & Make-up Artist

Composer

Additional Music

Sound Design & Mixing by

Colourist

1st Assistant Director

2nd Assistant Director

Camera Operator

1st Assistant Camera

Gaffer

CASTING Director

Antonio Sequeira

Antonio Sequeira

Rodrigo Prista Garcia

Carlos Sequeira

Albina Ferreira

Antonio Sequeira

Sabina Juncu

Anastasiia Vorotniuk

Inês Lebreaud

Antonio Sequeira

Ana Maria Simões

Peter Hawkey

GNR

Carolina Deslandes

Tiago Cardoso

Dinis Henriques

Alex Grigoras

Gonçalo Ribeiro

Patrícia Tavares

Xenia Guenther

Fyras Slaiman

Nuno Martini

Iacopo Calabrese

Carolina Sequeira

Line Producer

Production Managers

Production Assistants

Production Sound Recordists

Best Boy

Spark

Script Supervisor

Art Assistants

Stills Photographer

CAST

Madalena

Dinis

Leonor

Rosa

Waiter

Celinha

Gonçalo Ribeiro

Albina Ferreira

Patrícia Tavares

Maria dos Anjos Ferreira

Otilia Santos

Isabel Santos

Dinis Henriques

Tiago Cardoso

Juri Ferri

Luís Miguel Cruz

Rodrigo Prista Garcia

Joana Freire

Carolina Sequeira

Gonçalo Diogo

Paula Lobo Antunes

Afonso Lopes

Maria Eduarda Laranjeira

Sofia Príncipe

Alberto Alves

Ana Rosa Silva

NO LIMIAR
DO PENSAMENTO

A SON LIKE OTHERS

UM FILME DE
ANTÓNIO SEQUEIRA

EM PARCERIA COM
IN PARTNERSHIP WITH

