



MUSIC BY KLEMESAS REMEIKA

Soul, avec moi
A FILM BY
FILIPA SILVA

“So you will never be alone anymore,
you found a company within yourself.”

STARING
BEATRIZ CAMPOS

Seul, avec moi

Directed by **Filipa Silva** Email filipasilvax@outlook.com Instagram @[filipasilva_x](https://www.instagram.com/filipasilva_x)



TAGLINE

“So you will never be alone, you found a company within yourself.”

SYNOPSIS

Alone but not lonely.

Luna (Beatriz Campos), a calm twenty-one-year-old girl finding herself, lives an unintentional aesthetically pleasing life. However, her mind wanders all the time unsure of what to feel: “Why does everyone think I am lonely?”.

The purpose of this short film is to demystify the idea that you are lonely if you are alone, that being alone makes you lonely. There is a lot of pressure that society puts on us as we grow older to be involved in relationships and surrounded by friends. Luna's thoughts and emotions will be ours to interpret in a poetic journey around her mind.

Through aesthetically pleasing images and sounds, followed by a voice-over of her thoughts, *Seul, avec moi*, will generate deep thought and help us look into the story of being alone, yet not lonely.



THE DIRECTOR

Portuguese twenty-years-old, Filipa Silva, studied Multimedia and will graduate from Solent University with a BA (Hons) Media Production degree soon. She takes a lyrical approach to her work, focusing on creative direction and gig videography/ photography, as well as design and her passion for modelling.

She started making short films in 2018 and with her two short films won awards in YMOTION film festival: the Schools prize award 2018 with *A Choice of Three (2018)* and the Public prize award 2020 with her latest *Julia (2019)* a poetic short film about self-love.

ARTIST STATEMENT

Growing up is difficult, and there is no manual to teach us about emotions and how to process them, primarily because everyone deals with them uniquely. However, we all have similar sensations, go through highs and lows, and become blindsided by the overwhelming sensation of not knowing how to cope with these emotions.

One of my coping techniques is making short films. I meditate about my thoughts and feelings, and then when I find peace, find a way to deal with them, and stop overthinking, I produce a film about it. I spread the message and keep track of my accomplishments.

The narrative of how I found that being alone does not entail being lonely is told in *Seul, avec moi*. A romanticised voyage through the mind of a girl with an aesthetic vision, with the lyrical voice-over recitation driving our interpretation of the film while also allowing us to enter an introspective mode as we view these dreamlike pictures of this girl's mind and life.

CREW

Written and Directed by **Filipa Silva**

Produced by **Filipa Silva**

Editor **Filipa Silva**

1st Assistant Camera **Carlos Silva**

Composer **Klemensas Remeika**

Hair & Make up by **Bruna Cunha**

CAST

Luna **Beatriz Campos**

Boy **Emanuel Pesqueira**

Friends **Luiz Queiroz, Hannah Watson, Bruno Steven**



CASTING



LUNA Beatriz Campos

Seul, avec moi has only one main character and a few secondary characters, finding Luna was my main priority. I identified my primary character, Beatriz, after a conversation with a friend studying Acting and Performance at Solent University, in which I discussed the concept of the film and the physical qualities I desired on the actress.

Beatriz is also Portuguese, which will make communication easier and the filming days move more smoothly. It was critical to me that my primary character, Luna, comprehend the spirit and message of the short film, so when I asked her to play her, I let Beatriz read a few passages from the screenplay, and her reaction and feedback were the cherry on top of the cake, I had found Luna.



LOCATION

The short film will be filmed mainly in Southampton since it is where I am located and my crew and cast. The house scenes will be filmed in a friends apartment, as it looks more mature since it is not a student house, other scenes in Mayflower Park, common and around Southampton, traffic lights, streets, train and other locations. Bournemouth will be my second location, using the pier and the beach.

