

100% ENGLISH HIGH SCHOOL PROGRAM

Study Guide #REGARD28

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:

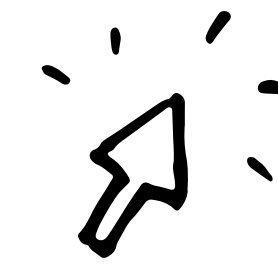
- Basic information including the film's title, country of origin, duration year, type and the name(s) of the filmmaker(s);
- The film's synopsis and main themes;
- A simple question that can guide students in their viewing;
- A space for students to rate the film on a five-star scale;
- Ideas to help prepare and develop the students' contextual or cinematographic knowledge of the film. The activities or discussions are classified by colour: **PINK** for those to do before the projection, and **GREEN** for those to do after!

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!



regard
SCOLAIRE



If you would like to see the films again in class, they will be available online from **March 25 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!

Vote as a class for the best film!

After the activity, we suggest you have a discussion in class to determine which of the short films that you saw was the best one, according to your students. Then, vote for that film by completing this **short form**. The film with the most votes will be awarded the title of Youth Audience Favorite - Secondary.

One of the voting classes will receive a great prize : a recycled-fabric multifonction bag for each student, made by the Minuit moins cinq regional cooperative. To keep the competition fair, we only accept one vote per class.



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 mobile 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.



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.

Ancestral Threads



RATING



Directing

Sean Stiller

Origin

Canada (Unceded territories)

Year

2023

Genre

Documentary

Duration

11 min 47 s

Themes

Fashion, empowerment, cultural pride, resilience

Synopsis

Follow Joleen Mitton on her mission to use fashion as medicine for Vancouver's Indigenous community. A former fashion model, Joleen is now a community leader and founder of Vancouver Indigenous Fashion Week.



At what moment did Joleen realise that she could use fashion as a force for social change?

Preparatory discussion

Joleen is an inspiration to her community, and to young people in general in the fashion industry. Do some research and find an inspirational Indigenous person to introduce to your class.

Post-viewing discussion

One of the characters in the film says something very important: "Representation matters".

What impact does **Vancouver Indigenous Fashion Week** have on the young people taking part?

In your opinion is there enough diversity in the fashion world? In film? In sport?

Do you know any celebrities who look like you and make you feel anything is possible?

If you like the music in the film, check out Snotty Nose Rez Kids, a First Nation hip hop duo from the Haisla nation by clicking here.

My name is Edgar and I have a cow



RATING



Preparatory discussion

This short film uses various classic comedic devices:

- *character comedy*: when the humour is inherent in the character himself, his tastes, his mannerisms.
- *situational comedy*: featuring unexpected encounters, misunderstandings, mishaps, etc.

While watching the film, ask yourself:

What is it about Edgar's personality that makes for character comedy?

Can you find examples of situational comedy?

Post-viewing discussion

Have you noticed that as the cow grows, the frame gets tighter. **What is the point of this?**

Directing

Filip Diviak

Origin

Czech Republic, Slovakia

Year

2023

Genre

Animation

Duration

7 m 47 s

Themes

Routines, vegetarianism, respect for animals

Synopsis

Edgar's ordinary life is disrupted by a newborn calf he sees on a tourist trip to a slaughterhouse.



What is the first thing Edgar starts questioning after his visit to the farm?

Au 8^{ème} Jour



RATING



Directing

Flavie Carin, Elise Debruyne, Théo Duhautois, Alicia Massez et Agathe Sénéchal

Origin

France

Year

2023

Genre

Animation

Duration

8 m 12 s

Themes

Humanity, the relationship between humans and nature, eco-anxiety

Synopsis

It took 7 days to create the world, it only took one to disrupt its balance.



Who is affected by grey thread first?

Preparatory discussion

To understand a film, sometimes it is good to look at its title. In this case, the title is a biblical reference. In Christian mythology, the world was created in seven days; each day, a new element is added. On the fifth day, animals are added and, on the sixth, humans are added. With that in mind, what do you expect from this film before seeing it? After the projection ask yourself if your predictions are correct.

Post-viewing discussion

Believe it or not, this is a 3D animation, although the style is that of a stop-motion animation - in which real-life objects are moved incrementally and photographed to create the illusion of movement when played back. Although lovely to look at, it is a time-consuming art, so it is becoming increasingly common to use 3D animation to imitate the aesthetic. **Can you identify the elements that make the film look like stop motion?** Do you think the effect is successful?

Barricade



Directing

Alice Johannessen

Origin

United Kingdom

Year

2023

Genre

Fiction

Duration

10 m

Themes

Female solidarity, harassment, bullying

Synopsis

After experiencing a traumatic event on her school bus, Aleena bottles up her anger until a chance connection triggers a small act of rebellion.



What gives the main character the courage to face up to her bully?

Post-viewing discussion

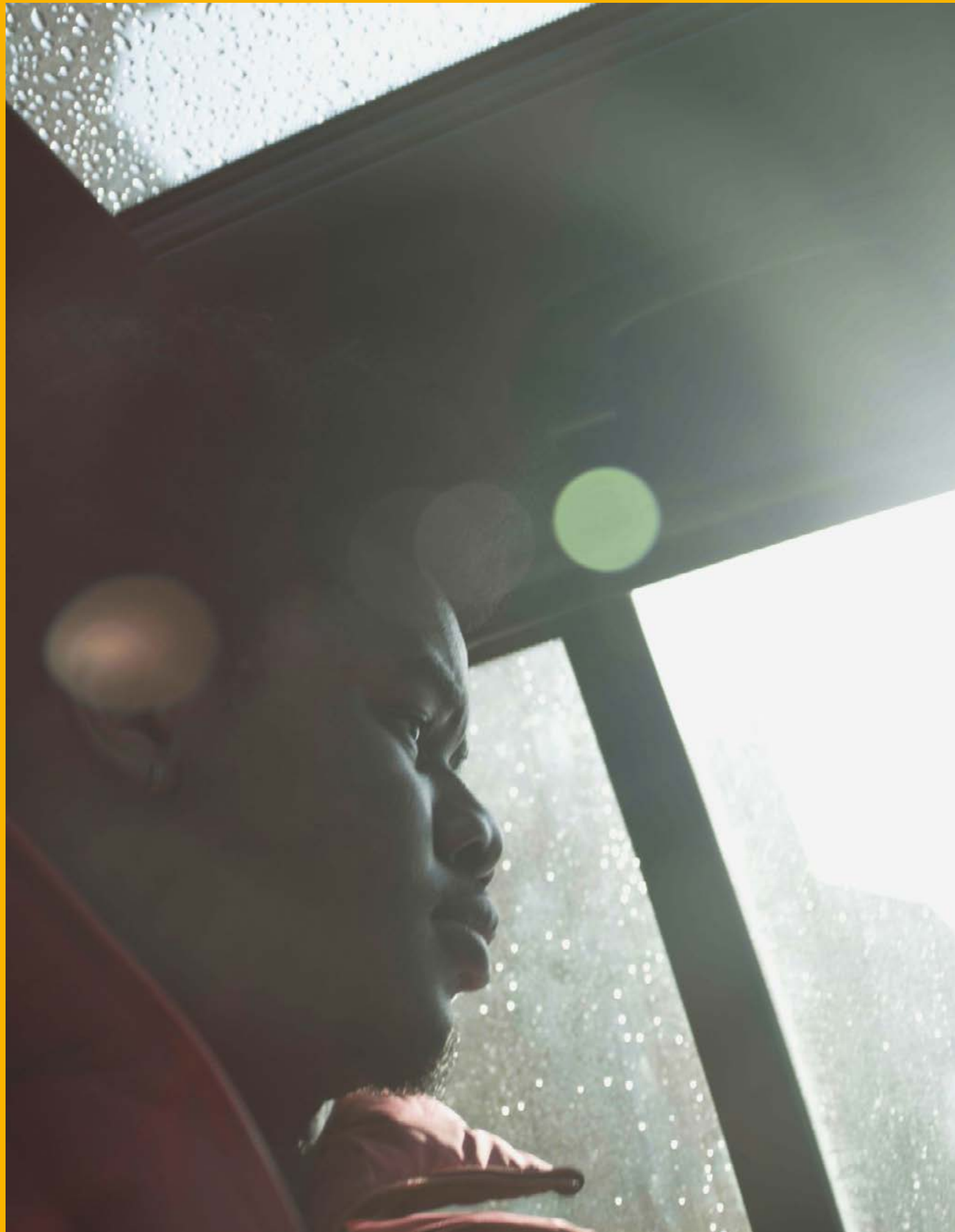
The moment in the film when the girls dance together in the gym, a safe space, is liberating. The main character is tense and anxious and for her, the dance is a break from the torments of the day. The film's director wants to give viewers a similar feeling: a moment of joy amidst the viewing of a rather tense, even nerve-wracking film.

Do you think this effect was successful?
What did you think of this scene?

Post-viewing activity

The characters wear school uniforms in the film. Is a uniform compulsory at your school? In class, organise a debate: are you for or against uniforms? As a team, come up with solid arguments and defend them in front of the class. And don't forget to come up with counter-arguments to answer your opponents!

Mind Check 1-2, 1-2



RATING

Directing

Ian Keteku

Origin

Canada

Year

2023

Genre

Documentary

Duration

9 m 43 s

Themes

Sharing, community, social networks, mental health

Synopsis

With nearly three million followers and several celebrity endorsements, rapper Akintoye is an internet sensation. Through his vulnerable art, he inspires young people to use their voices to bring awareness to mental health struggles.



According to Akintoye's father, what has been the most rewarding part of the young rapper's career?



Preparatory activity

The title of this film is a pun, or a play on the words "Mic check", which is used when testing the sound of a microphone. Find a pun in English, then write the synopsis of a film with a title containing your pun.

Post-viewing discussion

Akintoye uses social media to discuss mental health and demystify the life of someone suffering from anxiety. Do you know any other influencers who use social media to highlight a cause important to them? Do you follow people who have a positive effect on your mental health or your understanding of it? What good have social networks brought to your life?

[Discover the music of Akintoye here.](#)

Next?



RATING



Post-viewing discussion

How does the director convey the seduction between characters without using dialogue?

Post-viewing activity

Based on the dance scene between the two main characters (4:40 to 5:45), imagine the thoughts of each of them, and write them in the first-person singular.

Directing

Christel Guibert

Origin

France, Belgium

Year

2023

Genre

Animation

Duration

9 m

Themes

Communication, love, seduction

Synopsis

Half-animal, half-human creatures meet at a speed-dating dance event where they explore their differences and difficulties communicating. When a lovestruck man-cum-anteater falls for a woman-cum-shrew, he gets caught up in this courtship ballet.



How does the man-cum-anteater find this speed-dating dance?

Cut!



RATING

**Directing**

Philippe Kastner

Origin

Czech Republic

Year

2023

Genre

Animation

Duration

1 m 06 s

Themes

Problem solving, multitasking, literal and figurative meaning

Synopsis

Imagine this: you're about to cook yourself a delicious meal, when all of a sudden, a friend calls you on the phone and wants to talk to you! What do you do?

**What is the plot twist in this film?****Post-viewing discussion**

A foreshadowing technique is used in this film, a narrative device that consists of giving clues early on to future events in the story. **Here, a visual element near the beginning of the film can help us guess how it will end. Can you spot it?**

Post-viewing activity

This film plays on literal and figurative expressions. Here, the expression "I can't be everywhere at once" is used to mean that it's impossible to multiply oneself.

It's your turn: write a synopsis based on an expression of your choice. Try playing around with its literal meaning.

You can use the following expressions to help:

- Wearing your heart on your sleeve;
- Having your head in the clouds;
- Pulling wool over your eyes;
- Putting oil on the fire;
- Etc.

Hello Stranger



RATING



Directing

Amélie Hardy

Origin

Quebec

Year

2024

Genre

Documentary

Duration

16 m 37 s

Themes

Trans-identity, self-acceptance

Synopsis

Between loads of laundry at the corner laundromat, Cooper shares the story of her gender reassignment journey. Piecing together her memories, Cooper attempts to make peace with the last male imprint remaining on her body: that annoying deep voice that sticks to her skin.



When did Cooper know she was a woman?

Preparatory activity

Director Amélie Hardy specialises in documentaries that combine humanity, aestheticism and creative reality staging. In 2022, while producing the series *Chroniques de la vie ordinaire* (TV5), she met Cooper Josephine Holt. Inspired by Cooper's life story, the two women worked on the script for the docu-drama *Hello Stranger*. To see the spark that ignited the project, watch the first **4-minute episode** of the series. (In French, but it's worth it!)

Post-viewing discussion

Cooper's quest is inspiring and universal for it's not just about gender transition, it's also about self-affirmation. As a group, ask yourself these questions: what allows us to really be ourselves? What do we do on a daily basis to please others more than ourselves?

Géography

The films *Cut!* and *My name is Edgar and I Have a Cow* both are from the **Czech Republic**. Born in **Slovakia**, the director of the latter, Filip Diviak, has been working in the Czech Republic for several years.

Working between **Toronto** and **Vancouver**, the director of *Ancestral Threads*, Indigenous filmmaker Sean Stiller, is a member of the William's Lake First Nations (T'exelc).

Rapper Akintoye also lives near Toronto, in the Vaughan suburb. It is a long way from his native **Nigeria!**

Amélie Hardy and Cooper Josephine Holt met while filming a documentary series on **Montreal** neighbourhoods. To shoot *Hello Stranger*, they travelled as far as **Nova Scotia**, to the village where Cooper grew up.

The animated shorts *Next?* and *Au 8^{ème} jour* were both made in **France**. The film *Barricade* comes from the **UK**.

With your class, match the flags to these countries, provinces or cities. Then, locate those on a world map.

Czech Republic

Nigeria

Toronto

France

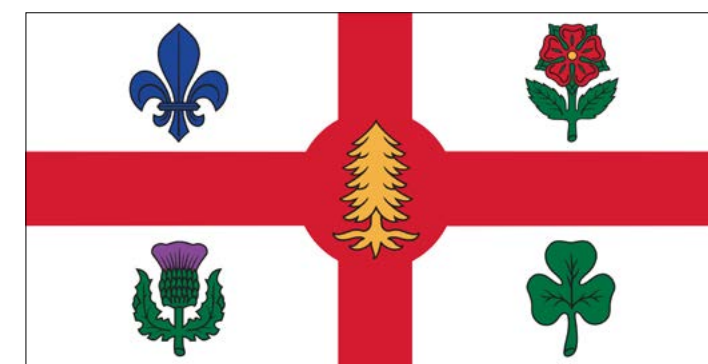
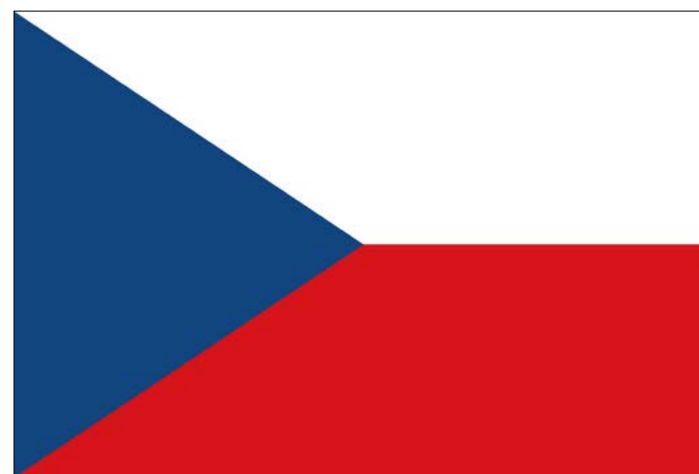
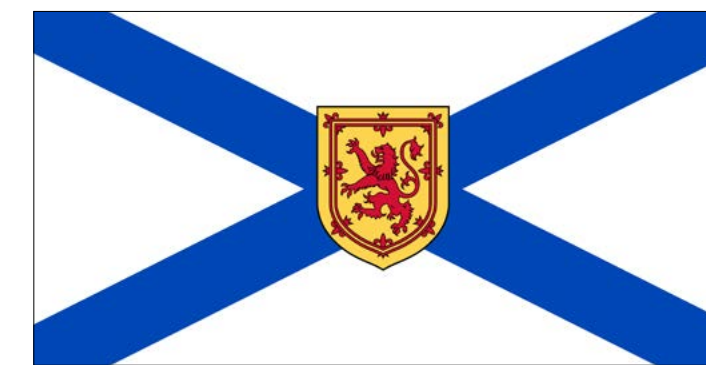
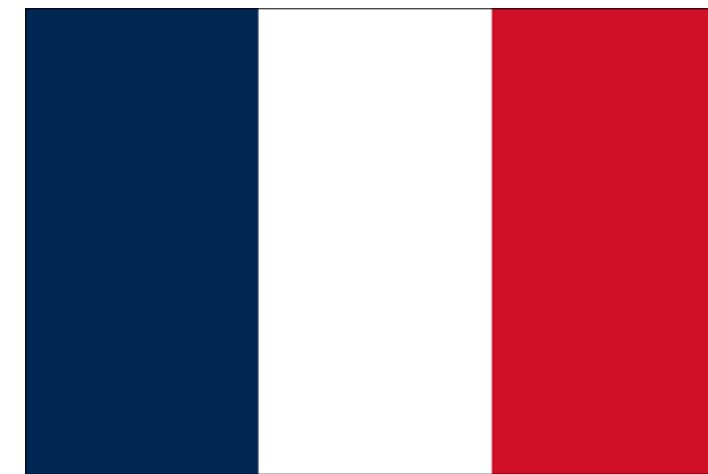
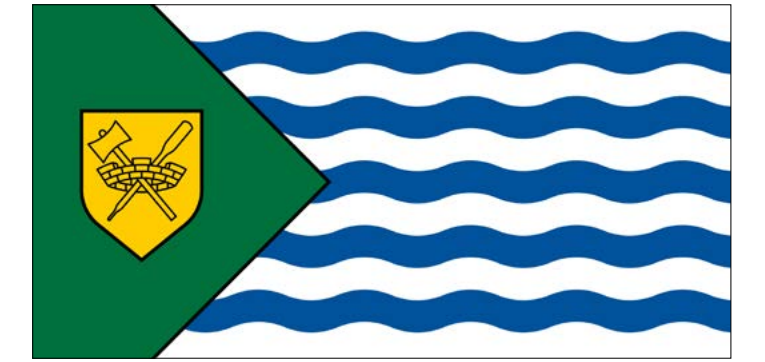
Nova Scotia

United Kingdom

Montreal

Slovakia

Vancouver



Cultural newspaper



You've been hired by a famous cultural newspaper.

There's a shortage of staff so some of the responsibilities fall on your shoulders!

Your first assignment is to cover an event at the REGARD Festival. The editor-in-chief is on holiday so it has fallen to you to change the titles of the films.

Retitle...

There are several reasons why a film might need a new title. It may be to avoid revealing important information, or to make the story easier to understand.

Compose...

Now that you've seen the films, come up with titles that you think are more appropriate than the originals. Next, you will be asked to write an article about your cultural outing. How did you find it? Did you enjoy the films? What could be improved? What were the highlights? What were people's reactions? What was your favourite moment? Would you recommend any of them?

Mixed Letters



Arrange the letters in the right order to find out the different film genres.

1- Film that makes people laugh:

c-d-e-m-o-y

2- Film that deals with a somber or serious situation:

a-a-d-m-r

3- Film that provokes fear:

h-o-o-r-r-r

4- Film that focuses on a love story:

a-c-e-m-n-o-r

5- Film in which characters live spectacular adventures, often including fights:

a-c-i-n-o-t

6- Film in which there are magical or supernatural elements:

a-a-f-n-s-t-y

7- Film that takes place in space or in the future:

c-c-c-e-e-f-i-i-n-n-o-s-t

Ancestral Threads

At what moment did Joleen realise that she could use fashion as a force for social change?

While working with foster children. Joleen noticed that they were very interested in her fashion background.

My name is Edgar and I have a cow

What is the first thing Edgar starts questioning after his visit?

His consumption of meat.

What is it about Edgar's personality that makes for character comedy?

He sounds constantly jaded even when describing his emotions.

Can you find examples of situational comedy?

- The cow in Edgar's house.
- The badly parked car
- The unexpected ending

Have you noticed that as the cow grows, the frame gets tighter. What is the point of this?

By showing the cow taking up space in Edgar's life, it gives the viewer a sense of discomfort, of embarrassment about the space the cow takes up.

Au 8^{ème} Jour

Who is affected by grey thread first?

Insects and birds are the first to be affected; elephants are the first to be buried.

Can you identify the elements that make the film appear to be in stop motion?

- The texture of the wool is realistic. It looks like the characters and sets are made of fabric. You can even see the seams.
- Movements are sometimes a little jerkier than general 3D animation.
- Etc.

Barricade

What gives the main character the courage to face up to her bully?

She felt like she could have had the support of a group. At the beginning of the film, she is often alone; at lunch she is surrounded by people she trusts.

Mind Check 1-2 1-2

According to Akintoye's father, what has been the most rewarding part of the young rapper's career?

See the reaction of the young people.

Next?

How does the man-cum-anteater find this speed-dating dance?

Following the woman-cum-shrew to give her back the apple she dropped.

How does the director manage to convey the seduction between the characters without using dialogue?

- Through the presence of the dance and the involvement of bodies; referring to the mating rituals by certain animals.
- Through the soundtrack: the music in the film is inspired by Latin dance music, often associated with passion and sensuality, where partners dance close to each other.

Cut!**What is the plot twist in this film?**

In an unexpected turn of events, the main character quite literally splits in two.

A visual element near the beginning of the film can help us guess how it will end.**Can you spot it?**

Cutting up the chicken.

Mixed Letters

- 1- Comedy
- 2- Drama
- 3- Horror
- 4- Romance
- 5- Action
- 6- Fantasy
- 7- Science fiction

Hello Stranger**When did Cooper know she was a woman?**

It was when she said these words in her head:

“I am a woman”. They seemed truer than anything she had ever said to herself before.