

Feature film

# SCANDINAVIAN SILENCE

By Martti Helde



Produced by Three Brothers, ARP Selection and Media International  
with the support from the Estonian Film Institute, Estonian Cultural Endowment  
and Eurimages.

# Technical Elements



Original title	Skandinaavia vaikus
Country of production	Estonia / France / Belgium
Year of production	2019
Length	75 min
Shooting format	2k
Screening format	DCP / 1:2.35 / Cinemascope / Dolby 5.1 / 25fp
Language	Estonian
Subtitles	English / Russian
Colour or BW	BW & Colour
Premiere	22nd Shanghai IFF / Asian premiere 54th Karlovy Vary IFF / European premiere
Production	Three Brothers in co-production with ARP Selection & Media International
Contact	Elina Litvinova / Producer +372 5691 3377 elina@helde.ee



# Story



## Logline

Film in three parts, two characters and one obsession: to prevent the past from taking over...

## Synopsis

A psychological drama with thriller elements is about the reunion of two characters. Their journey through winter landscape forces them to discover the background of a violent act having taken place years ago. Their unsolved past leads the characters to make a choice that will define the future for both of them.

## Trailer

<https://vimeo.com/314322683>

## Soundtrack by Mick Pedaja

<https://open.spotify.com/album/3v7Fd3V5nBoGhtT2HyVZSz>

# Cast & Crew

Girl	Rea Lest November / Tribeca FF, EFP Shooting Star selection 2018
Boy	Reimo Sagor Take It or Leave It / Warsaw FF and Best Actor at Cottbus 2017
Writer / Director	Martti Helde
Co-Writer	Nathaniel Price Commissioned for Channel 4, Kindle Entertainment / Signed by Rochelle & Stevens
DoP	Erik Põllumaa E.S.C In the Crosswind / PÖFF Best Cinematography Award 2014  Sten-Johan Lill E.S.C Days that Confused / Karlovy Vary Special Jury Prize 2016



Editor	Jaak Ollino Jr.
Sound designer	Matis Rei
Composer	Mick Pedaja
Production designer	Anneli Arusaar
Costume designer	Anna-Liisa Liiver
Make-up artist	Liisi Roht
Producer	Elina Litvinova / Three Brothers / Estonia
Co-Producer	Michele Halberstadt, Laurent Petin, Eric Vicente / ARP / France Frederic de Goldschmidt / Media International / Belgium



“We all have an inner voice that’s guiding us wherever we go and gives us directions. Often or almost never we have the chance to hear and experience somebody else’s voice. It also takes away the opportunity to deeply understand other people as well as their motives. My wish with Scandinavian Silence was to offer this opportunity to the viewer -

give an opportunity to empathically view one story from three different perspectives.”

# Director's Comment

## Form of Scandinavian Silence

"Scandinavian Silence tells a contemporary story through three perspectives reaching a long-awaited resolution for both of the characters. The film's graphic black and white cinematography and elegant composer's Mick Pedaja music guides us towards the truth with every detail."

"When making the film I was guided by the silence and alahoidlikus that's very common for Nordic people. It's a story that helps us understand why it's so difficult for us to be open to each other. And what happens with us in situations when keeping silence is no longer possible. The film is built up according to exactly this moment – moment when the silence brakes. Scandinavian Silence is human and compassionate story filled with anger and love."

## Silence in Scandinavian Silence

"Life is full of different kind of silences. Silence can be filled with countless variations and feelings. It can be full of hope, full of sadness, full of mourning, full of anxiety, full of awkwardness. It is not an easy task to (re)tell the silence, to visualize it. Silence that is filled and full of meaning is really important to me. It is the place between two words. And its color depends on everything before that."

"So together with the sound designer and composer we tried to compose the silence in its different dimensions, and kept on searching for the silence that could speak of guilt. And forgiveness."

## Title of Scandinavian Silence

"Scandinavia guides the viewer towards a feeling and metaphore that no other wording like European Silence or Estonian Silence would do. With Scandinavian silence I refer to individuals living in the Nordic area. Who are we here? And why are we the way we are?"

"My wish with both of my films has been to touch people and take them on an inner journey in a very personal space. Scandinavian Silence is a step towards a deeper inner understanding. I feel that in the space we live in today noise and anxiety is leading our lives in almost every point of contact with the environment. With Scandinavian Silence I've tried to offer the viewer an escape from this noise via black and white photography and minimalistic storytelling."



## Martti Helde

Writer-director

Martti Helde was born in Estonia on August 23, 1987 in Rootsi village. When in secondary school, Martti studied painting and composition at the local art school and was actively involved with school theatre. After graduating the high school with the Award of Merit in 2006 Martti immediately started his Bachelor degree studies in film directing at the Tallinn University Baltic Film and Media School. After the film school Martti turned his interest towards Estonian Academy of Music and Theatre(Higher Drama School) to acquire a Master degree in stage directing. Additional to the university studies Helde has also refined himself in screenwriting, dramaturgy and directing actors via completing various workshops in Berlin, Ankara, Los Angeles and London.

Under Martti's direction several short films and commercial campaigns have been made. His first feature length period drama "In the Crosswind" completed in 2014 received a wide resonance in international media and was awarded the Best Film by the Estonian Film Journalist Union (member of FIPRESCI). That same year in September the film was selected for the international Toronto Film Festival, making "In the Crosswind" the first Estonian film included in the festival's main program. To this day Martti Helde's "In the Crosswind" has been screened in film festivals across the globe and won numerous awards.

Martti Helde is a highly valued young author for his daring ideas and innovative approach to the form and film language. His creative handwriting is characterised by tying together complex and diverse mediums; as well as Helde's passion to play with the dramaturgy and form. Martti Helde's professional devotion carries through both film and theatre, making his creations bold and remarkable.

## Recognitions and Awards

- 2015 Beijing International Film Festival Best Director award for "In the Crosswind"
- 2015 Annual Cultural Achievement Award of the Republic of Estonia
- 2015 Cultural Endowment Audiovisual Foundation Annual Award for "In the Crosswind"
- 2015 Göteborg International Film Festival Best feature film Audience Choice award for "In the Crosswind"
- 2015 JCI Estonia Rapla county award "Remarkable Young Estonian" 2014
- 2015 Estonian Film Journalist Union Award "Neitsi Maali" Best Estonian Film 2014
- 2014 Angers International Film Festival Jury Special Mention for "In the Crosswind"
- 2014 Tallinn Black Nights Film Festival Best Estonian Film, Best Cinematography in the International programme and Don Quijote Award for "In the Crosswind"
- 2014 Mannheim-Heidelberg International Film Festival Special Mention by the Jury of Cinema Owners for "In the Crosswind"
- 2014 Thessaloniki International Film Festival Artistic Achievement Award for "In the Crosswind"
- 2014 Warsaw International Film festival Ecumenical Jury Award for "In the Crosswind"
- 2012 Kaljo Kiisa Young Filmmaker's Award
- 2010 NH PIX Sessions (Denmark) - 25 young outstanding directors selected across the globe
- 2006 Merit Award - outstanding activity in Kohila, Rapla county



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