



Karlovy Vary
International Film Festival

MEDIA KIT

MY LIFE WITHOUT AIR

A DOCUMENTARY FEATURE BY
BOJANA BURNAĆ

WWW.MYLIFEWITHOUTAIR.COM

How much can you fit between two breaths? *My Life without Air* is a thrilling view of the wondrous world of a man whose most important moments in life take place underwater during one highly controlled breath. Unrelentingly shifting the boundaries of physicality, he persists beyond the possible, believing that upon return to the surface he will once again be the best.

Goran is the world champion in free diving – a man whose life takes place underwater and whose willpower goes beyond his humanity, in order to seemingly find a place for himself in eternity. His journey is paved with silence and concentration

required by daily encounters with transience. To remain the best in what he does, every day he challenges his boundaries, risking to cross them and be irreversibly punished. *My Life without Air* conveys the feeling we have when we take a dive into the blue – the complex mixture of excitement, fear, uncertainty and power accompanied by the buzzing silence.

Breathing is something none of us can escape, breath is what measures our beginning and our end. And it is by controlling something as human as breath that Goran Čolak gained immortality, becoming the world free diving champion. In practice this means that every day he

is facing the limits of his physicality trying to move them at least a bit and that way surpass all those who strive for the same. The film paints a wondrous picture of a world where finality is indeed present, not only in Goran's everyday battles with his own limits, but also in his dreams, where he walks the fine line between life and death.

The film's title refers to the condition he suffers from, as well, the result of his profession – in his sleep he often unconsciously loses his breath and risks his life. However, nothing can prevent Goran from becoming the best in the world. In a series of long observational shots, the film draws

us in the meditative atmosphere provided by the protagonist's utmost dedication to his goal. He can achieve it only if he dives in and once again proves to himself and the world that he is ready to take it one step further. A curious atmosphere of the decisive dive wraps the entire film into a subdued buzz of silence and an eerie uncertainty of returning to the surface.



Breathing is the greatest physiological and psychological need, stronger than anything else.

I hold my breath. I sink deeper and deeper into relaxation of body and mind, as though I don't have them, until the first diaphragm contraction reminds me that my body wants to breathe. Every new contraction gets more painful and it is growing harder to stay relaxed. My body would like to cramp in pain, but I don't allow it. The oxygen level in my body is dropping. First all the muscles lose oxygen and start to hurt. They are followed by internal organs. Blood circulation centralises and transports oxygen only to the heart and the brain, the

only organs keeping me alive. Relaxation is surrendering – I let myself go to my body and its responses. The pain is gone, I no longer feel a need to breathe. This state of body and mind is dangerous, it can lead to a loss of consciousness, but nevertheless it brings to mind a new existence which challenges the boundaries of living and flowing in time.

All I have learned about life lies in the heart of what I do. It is the paradox of beauty, passion, pleasure and relaxation we all strive for. The maximum of deliberate breath-holding is death.

Making the film *My Life without Air* is my

journey to grasp the motives behind deliberate maximum breath-holding, to the level of almost losing consciousness and voluntarily surrendering to this loss. *My Life without Air* is the world breath hold champion Goran Colak's journey to life gains.

Apnea is a term for non-breathing, but it is also a sport discipline. When they think about absence of breathing, lot of people feel panic and fear. Paradoxically, the first rule of apnea is: the more relaxed you are, the longer you will hold the breath. Maximal performance of breath-holding leads to losing the consciousness, which can lead to death. However, the top sportspeople who practice apnea will say that

apnea is not a dangerous sport at all – if you know your body. Namely, the most successful free divers are closest to losing the consciousness, due to their capability of long breath-holding. During conquests of new underwater spaces in the state of apnea, the level of oxygen in the body is rapidly falling during the last moments of the dive, which can cause the sudden loss of consciousness. That signifies that the brain is stopping to function. Two-three minutes after the brain stopped functioning, the heart stops too. During pregnancy this problem is double.

I've been training apnea for five years. When I started to train, I began to learn

DIRECTOR'S MOTIVATION

about all specificities of body in apnea. After first impressions, my love for this sport and people who practice it began to grow rapidly. I was captivated by the unique experience of breath-holding. By studying the medical theory of processes inside body during hypoxia and observing the work of the trainer of Croatian apnea representation Ivan Drviš and other divers, I realized that medicine is lagging way behind with its theories about human body. I saw how fascinated people are by the freedivers, and how this is unnecessarily mystified. Many people are still distrustful toward those who practice apnea, even though they assert themselves with results.

For entire five years I've been participating in the new medical research about brain in apnea, led by Ivan Drviš with divers and world's best doctors of medicine in this field. It's very simple: every human possesses the diving reflex, but one should liberate it. This film speaks about this liberation. Although apnea may seem like a gambling game between life and death, the awareness of one's own psycho-physical condition offers security which enables one to enjoy in breath-holding. The diving reflex opens the door to the world in which we cross the limits of the known.





Freediving chose me.

Goran is a multiple world champion and world record holder in free diving. He likes to achieve his goal and realise in a single breath that he has beaten the entire world. He likes to win. This feeling of happiness and immense pleasure, lasting only ten seconds, is so intense that he is addicted to it. He dreams of competition, dreams of winning and then it irritates him, because he feels he needs to repeat his feeling again and again.

Goran was 12 when he saw “The Big Blue”. This cult movie inspired him to challenge himself, gain courage and lose

sight of the shore and the surface. In the meantime he became the most decorated freediver of all times, holder of the highest awards, biggest accomplishments and unbelievable achievements. Apart from freediving, Goran spends his free time discovering far destinations, by the chess board and in stargazing. In just four years he made the journey from amateur to world champion, and in 2013 he achieved something no athlete before him succeeded in doing: at the AIDA World Championship in Belgrade he won all 3 gold medals and set one world record. Still nobody succeeded in doing this after him.

From 2007 till today he broke the world record for 10 times in all of pool disciplines as well as in depths. For Guinness Book of Records he stopped breathing for amazing 23:01 minutes. He holds national records in all disciplines – in pool as well as in depths. In 2015, after having won all available pool championships, Goran made the transition from pool to depth disciplines. At his first great competition, the 2015 AIDA Depth World Championship in Cyprus, he was declared overall winner of the Championship. Goran simply knows no limits.



**BOJANA BURNAĆ**

director

Bojana is an underwater cinematographer. Free-diver. Advanced scuba rescue diver, ice diver, cave diver. Speleologist. Solo mountaineer. This film is her debut. Bojana Burnac was born in 1981 in Sisak and is living in Zagreb, Croatia at the moment. She holds an MA as a cinematographer from the Academy of Dramatic Art at the University of Zagreb. She was a DOP on many fiction, documentary and experimental films, feature-length and short alike. She's the first female DOP in the history of Croatian cinematography who shot a feature-length narrative film.

OLIVER SERTIĆ

producer

Oliver is a producer from Zagreb. He has published and edited for the press, web, radio and TV. In 2007 he founded RESTART where he works as a programming editor of Dokukino and distribution department and one of tutors at School of documentary film. Since 2003 he's been organizing and tutoring different video and documentary workshops in the region. He has produced around 30 documentary films (both shorts and features) which have been screened at more than 200 festivals worldwide and awarded more than 60 times. Oliver has cooperated and continues to cooperate with numerous film festivals as a PR, programmer, producer and advisor. He is the di-

rector and selector of Liburnia Film Festival, also, the associate programmer of the Human Rights Film Festival. He is the co-founder of the Amateur Film Review – RAF and the Autonomous cultural centre – Attack!



JELENA MAKSIMOVIĆ
editor



Jelena was born in 1984 in Belgrade, Serbia. Films she edited premiered and got awards at some of the most prestigious film festivals such as Festival de Cannes, Venice Film Festival – La Biennale di Venezia, Berlinale, Festival del film Locarno, International Film Festival Rotterdam, FID Marseille, Sarajevo Film Festival, Hot Docs Toronto and many more. After studying archaeology, Jelena graduated at the Faculty of Dramatic Arts, Belgrade as an editor. She is the recipient of several film editing awards. She directed two short documentaries, short experimental film and several music videos. She is the author of two A/B installations. Recently she began working as a lecturer at film

workshops in the region and is a TA at the Faculty of media and communications in Belgrade. Lives and works in Belgrade and in the region.

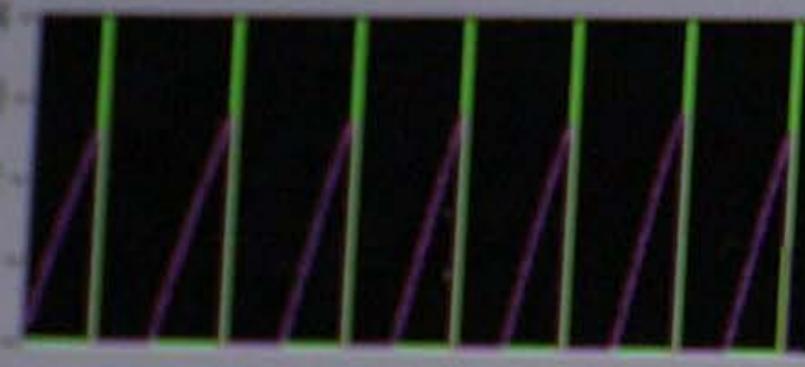
Selected filmography:

Depth Two (2016), Wall of Death and All That (2016), Backyards (2015), Abdul and Hamza (2015), Shelters (2014), Bridges of Sarajevo (2014), 1973 (2014), Moonless Summer (2014), When I was a boy, I was a girl (2013), Intro (2013), Springtime Suns (2013)

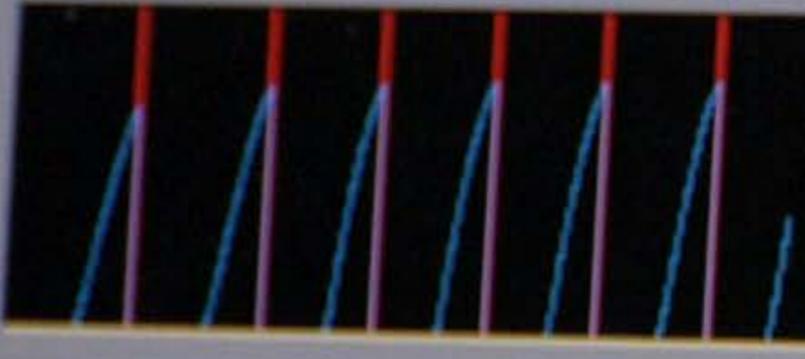
Flow (L/min)



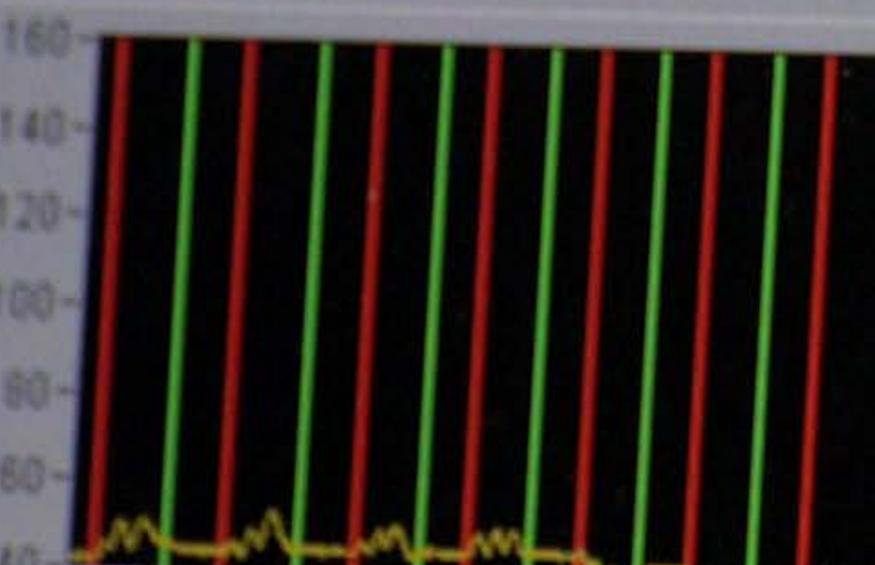
Inspired Vol (L)



Expired Vol (L)



PO2 (mmHg)



MY LIFE WITHOUT AIR

4.5
2.0
0.0



100
80
60
40
20
0

N2 (%)



%O2 4.91

50
40
30
20

O2 (%)



RESTART

Prilaz Gjure Dezelica 74,
10000 Zagreb, Croatia
e-mail: oliver(at)restarted.hr
tel: +385 1 557 38 60
tel: +385 91 531 52 05

RESTART is an organisation focused on production, education, distribution, exhibition and promotion, mainly for creative documentary films. Restart was founded in 2007 as an educational incubator and production company. In 2009, we started Restart Label, a distribution department for feature documentaries on the territory of former Yugoslavia, and Dokukino, the only cinema in this region specializing in documentaries. Since 2011, we have been organizing a semestral School of documentary film. Since 2012, we have also been co-organizing the Liburnia Film Festival, festival of Croatian documentaries.

The major programs of the Restart are:

1. Production (professional documentary, experimental and feature film production and Restart Laboratory – incubator for young authors)
2. Education (School of Documentary Film and other various educational programs)
3. Restart Label (distribution of creative documentaries on the territory of ex-Yu countries)

4. Dokukino
– unique documentary cinema
5. Liburnia Film Festival
– festival of Croatian documentaries
6. Promotion (South East European Documentaries – SEED program of promotion films from the SEE region on the festivals)

www.restarted.hr
www.restartlabel.net
www.dokukino.net
www.liburniafilmfestival.com

FULL CAST AND CREW

with	GORAN ČOLAK IVAN DRVIŠ	associate producer	VANJA JAMBROVIĆ
director and cinematographer	BOJANA BURNAĆ	production assistant development	MAJA ČULJAK
producer	OLIVER SERTIĆ	additional camera	DAMIAN NENADIĆ
editor	JELENA MAKSIMOVIĆ		SRĐAN KOVAČEVIĆ
executive producers	TIBOR KESER	VFX	DAVID LUŠIČIĆ
	IVA TKALEC		FEĐA HADŽIĆ
sound designer	JAKOV MUNIŽABA	technical coordinators	NEMANJA ALEKSIĆ
sound editors	DORA FILIPOVIĆ		IVAN GRANIĆ
	KOČA KAŠTAVARAC	technical support	BLAŽ HABUŠ
re-recording mixer	JULIJ ZORNIK		VEDRAN SENJANOVIĆ
sound recordists	SRĐAN MILOVANOVIĆ	postproduction coordinators	INES LAMBERT
	MARKO GRGIĆ		PETRA SELIŠKAR
	HRVOJE RADNIĆ	translations and subtitling	JELENA MAKSIMOVIĆ
	BOJANA BURNAĆ	backoffice manager	MARKO GODEČ (MINISTRY OF SUBTITLES)
colorists	NIKOLA MRDALJ	accounting	MARKO PEJIĆ
	JOVAN GRČIĆ		ANITA MATIĆ
underwater photography	BOJANA BURNAĆ	special thanks	MARTINA DIVJAK
graphics	TATJANA STRINAVIĆ		KARLA FABRIO ČUBRIĆ
	LENA TELENTA		MLADEN KOVAČEVIĆ
			JELENA NOVAKOVIĆ

THE MAKING OF THE FILM MY LIFE
WITHOUT AIR WAS SUPPORTED BY

Croatian Audiovisual Center
City of Zagreb

Original title:	Moj život bez zraka
English title:	My life without air
Genre:	documentary, drama
Running time:	~75 min
Production year:	2017 (April)
Country of production:	Croatia
Shooting format:	DSLR
Screening formats:	DCP SMPTE 25/24FPS 5.1 digital (H265/H264/PRORES) with 5.1 or STEREO
Ratio:	16:9
Spoken languages:	Croatian, English
Subtitles:	English



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