

**PRESS KIT - HELGA**



**A true story.**

**Contact information:**

**Tinna Hrafnisdóttir: [tinna@internet.is](mailto:tinna@internet.is) / +354 690-0309  
FREYJA FILMWORK / [www.freyjafilmwork.com](http://www.freyjafilmwork.com)**

### **LOGLINE**

Sometimes the little things in life matter the most.

### **SYNOPSIS**

Helga, a recently divorced, single mother in her thirties, struggles to cope with everyday life. One day, when reflecting on her childhood memories, she is pushed to acknowledge herself and the things that matter the most in life.



## Directors statement

My name is Tinna and HELGA is my first short film. I´m an Icelandic director and producer both in theater and films. I´m also a two time Edda Awards nominated actress, I hold a MBA degree from Reykjavik University, run my own independent theater company, Háaloftid, and film production company, Freyja Filmwork, that focuses on producing film projects where women are in key roles.

What inspired me to tell the story of Helga is the need for reminding us of what really matters the most in life, because we all know or should know that it is love and recognition. Some days just a simple “nice to see you” can share some light to our darkest feelings, a warm smile or a hug can make everything so right some days.

And it costs nothing.

A friend of mine, a woman I know, told me once that when she was a child she got to know this old woman who was a patient at an asylum nearby her house and everyday the old woman welcomed her like she was the most wonderful person she had ever met. This made the little lost child feel accepted and important to someone, since at home she was neglected and things were difficult. “It saved my life, to have met this woman, at least it saved my confidence and made me feel that I mattered” my friend said to me and then I just knew that I had to tell the world this simple but important story of what matters the most in life.



## Curriculum Vitae - Tinna Hrafnadóttir



**Scriptwriter, director and producer**  
<https://vimeo.com/tinnahrafnas>

**Born: 25/08/1975 Iceland**

**Contact information:**

Gsm: 00-354-690-0309

e-mail: [tinna@internet.is](mailto:tinna@internet.is)

### **Education**

**2005-2007** MBA (Master in Business Administration), Reykjavik University.  
**1998-2002** BFA in acting. Iceland Academy of the Arts.  
**1996-1998** Studied International Literature at the University of Iceland for two years.  
**1991-1995** College degree from Junior College of Hamrahlid.

### **Director, producer, scriptwriter**

**2019** THAT DAY (Feature film, in development)  
**2018** GRAND MAL (Feature film, pre-production)  
**2017** MUNDA / Shortfilm (completed)  
**2016** HELGA / Shortfilm (completed)

### **Actress**

**2016** The Oath (Baltasar Kormákur)  
**2015** Documentay Now (USA)  
**2011** TRÍÓ (Channel 1)  
**2009** Ástríður (Channel 2)  
**2009** Court (Réttur, Channel 2)  
**2008** The Hammer (Hamarinn)  
**2008** Country Wedding (Sveitabréðkaup)  
**2007** Quiet Storm (Veðramót)  
..and various shortfilms

### **Theatre/Producer**

**2002 - 2016** Founder of Háaloftið, an independent theater company. I have produced, directed and acted in various projects in theaters.

### **Film/Producer**

**2010** Reykjavik International Film Festival (RiFF) - Producer  
**2015-2016** Casting director at Zik Zak (And Breathe Normally)

- 2016** Founder of Freyja Filmwork, a film production company.
- 2017** Casting director at Zik Zak (Daddie´s Weekends)

### **Prices and recognitions**

- 2016** Memeber of the Young Nordisk Producers Club in Cannes
- 2016** Winner of Shorts TV Pitch Contest in Cannes
- 2016** Thar day - Project chosen for Midpoint screenwriting workshop
- 2008** Nominated as the best actress in a supporting role at The Edda Film and TV Awards.
- 2007** Nominated as the best actress in a leading role at The Edda Film and TV Awards.



## MAIN CAST



The main actress, **Guðrún Eva Mínervudóttir**, is one of Iceland's most famous writer. Her novels have been published worldwide but her husband is a film director and she wanted to play Helga due to a great resemblance to Viðja Dís who played Helga young and also because she liked the story so much. It was a great value for me and the film to have her on board.

[https://en.wikipedia.org/wiki/Gu%C3%B0r%C3%BAn\\_Eva\\_M%C3%ADnervud%C3%B3ttir](https://en.wikipedia.org/wiki/Gu%C3%B0r%C3%BAn_Eva_M%C3%ADnervud%C3%B3ttir)



**Margrét Helga Jóhannsdóttir** is one of Iceland's most experienced actresses. She has been one of the most valued actresses in the National Theatre of Iceland for many years and also starred in various films and TV series.

<http://www.imdb.com/name/nm0433577/>

## CAST

Helga: Guðrún Eva Mínervudóttir

Helga young: Viðja Dís Ísfeld Rögnvaldsdóttir

Hlynur: Hrafn William Pitt

Woman at asylum: Margrét Helga Jóhannsdóttir

Helga's mom: Þóra Karítas

Helga's dad: Grétar Már Garðarson

Doctor: Kristinn Ingvason

People at asylum: Helga Dóra Steindórsdóttir, Jens Jensson,  
Jónas Theodor Hallgrímsson, Magnea Baldursdóttir.

Woman on street: Helga Guðbjörg Guðmundsdóttir

Young girl on street: Thea Snæfríður Kristjánsdóttir

## CREW

Producer: Tinna Hrafnisdóttir,  
Freyja Filmwork

Directed and script by: Tinna  
Hrafnisdóttir

Director of Photography:  
Ásgrímur Guðbjartsson

Editor: Stefanía Thors

Music Composer: Sveinn  
Geirsson

Sound: Óskar Björn Bjarnason

Sound Designer: Birgir  
Tryggvason

First Assistant Director: Einar  
Orri Pétursson

First Assistant Camera: Daníel  
Gylfason, Snorri Freyr  
Fairweather

Gaffer and grip: Dagur Benedikt  
Reynisson

Script Supervisor: Arnar Már  
Brynjarsson

Make-up Artist: Sara  
Friðgeirsdóttir

Props Masters: Ágústa  
Gunnarsdóttir, Sigrún Gyða  
Sveinsdóttir

Set Assistant: Þórdís  
Helgadóttir

Colorist: Heiðar Eldberg  
Eiríksson RGB, Eggert  
Baldvinsson RGB

Logo: Kristján Einvarður  
Karlsson

Photographer: Sigrún Gyða  
Sveinsdóttir

Poster design: Sól Hrafnisdótt

**Produced by**



**Because equality is quality**

Freyja Filmwork's goal is to put women in front of and behind the camera. Stories that focus on a broader representation of gender and race than we have seen so far. Freyja Filmwork defies convention in multimedia and film production by embracing women's stories.

We passionately believe that equality in films means high quality films.

Freyja Filmwork

Laugarásvegur 47

Tel: +354 5512202

104, Reykjavík

[www.freyjafilmwork.com](http://www.freyjafilmwork.com)

ICELAND

