

producers
Vera Paulmann
Sabrina Mertens

camera and lighting
Jan Fabi

editing
Marco Rottig

sound design and mix
Jonathan Rösch
Ole Ohlendorf

grading
Stefano Zordan

set design, costume,
screenplay and directed by



Sabrina Mertens

cast
mother
Freya Kreutzkam

father
Bernd Wolf

Stephanie (as a child)
Zelda Espenschied

Stephanie (as an adult)
Miriam Schiweck



Time of Moulting

Fellwechselzeit

80 minutes

episodic family drama

Filmakademie Baden-Württemberg

2020

Was born in Hamburg in 1985. Mainly works in audiovisual fields such as documentary, experimental and fictional films as well as video art. Enrolled in the study course Directing at the Filmakademie Baden-Württemberg since 2015. Lives and works in Ludwigsburg.

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The still life of a family in 57 pictures.

Germany in the 1970ies. Stephanie is an intelligent and lively child. But she leads an isolated life with her parents, marked by the symbiotic bonding with her mentally unstable mother. A mother who has never really left her own childhood behind and who lives amidst things of the past and the memories connected to them. Stephanie's relationship with her father is one of mistrust. The passing years only bring aging, but no future. Unspoken thoughts lurk underneath the surface of everyday life. So Stephanie retreats into a dark world of barbaric fantasies, that are nourished by the traces of the past and only belong to her alone. One day, however, Stephanie's secret invades the family's reality...

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Director's Statement

Atmospheres of oppression and the banality of the horrible. Diffuse feelings of how the past shapes the future, traumas that are believed to have been repressed influence the life of the next generation. The standstill lies like a leaden blanket on the soul and the human psyche takes an escape route into inner abyss. To be devoured and disappeared - who would wish that? Three people trapped together and within themselves and the question of what chance a child has, whose parents are incapable of being parents, in a society where family origin determines one's fate in life?



Filmography Sabrina Mertens (excerpt)

- 2011 HARD THINGS (short film)
- 2016 ZIPFELBACH (short film, doc)
- 2016 SINISTA SINISTA (short film, experimental)
- 2017 MONASTERY ST. CLARA - THE LAST DAYS (short film, doc)
- 2017 GENTLE MOMENTS (short film)
- 2017 CORNUCOPIA OF PASSIONS (medium length film, doc)
- 2020 TIME OF MOULTING (feature film)