



# EMILY, ilaw ng tahanan

*"I LIVE INSIDE A BOX, BUT ONE DAY I WILL LIVE OUTSIDE THE BOX"*

A FILM BY ANNA PROKOU

PRESS KIT

02:43:04

03:18:05

## **LOGLINE**

Most people keep their trauma locked up inside  
but for Emily, opening her "box of trauma"  
and confronting a painful past  
is the only chance to break free.

04:05:06

This film tells the story of Emily,  
a 25-year-old Filipina singer in Doha.  
Every night, Emily puts on her best face  
as she gets on stage to serenade large crowds  
with her powerful voice.

But this film is not about  
a performance.

Instead, it is a real and deeply personal story  
- a journey of discovery, identity  
and self-preservation.

## SYNOPSIS

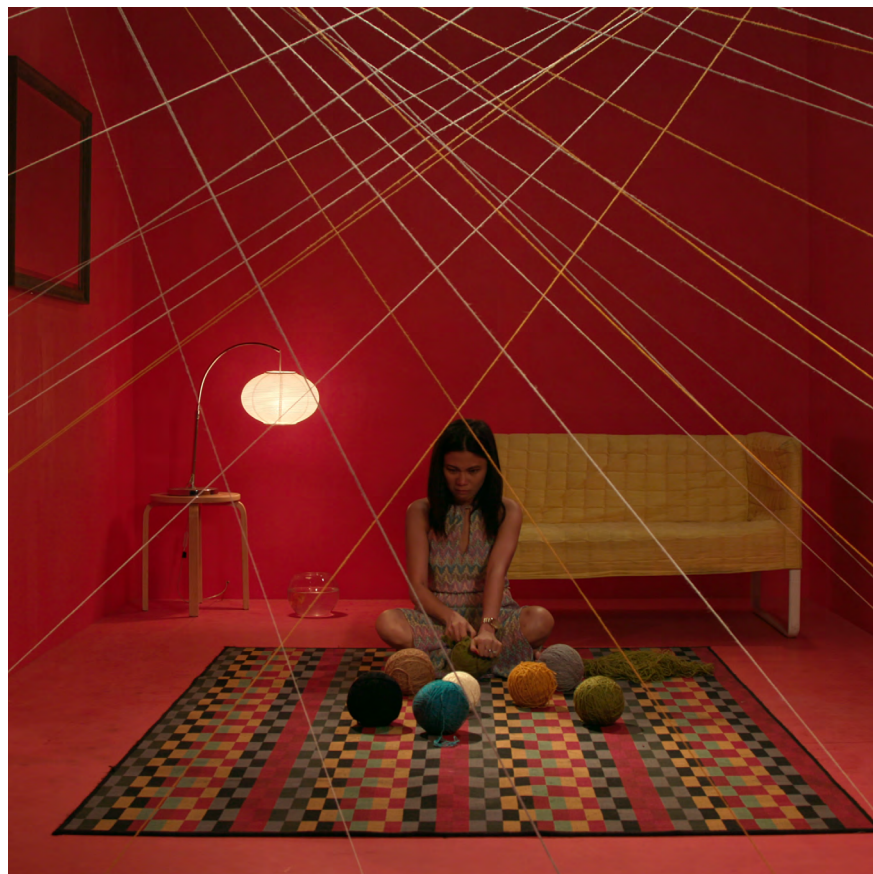
Most people keep their deepest trauma hidden  
and locked up inside a box, but for Emily,  
her "box of trauma" has grown so big  
that confronting the nightmares that haunt her  
is the only chance of escaping.

The film takes place entirely within a red box.

Consumed by fear and guilt,  
Emily seeks to find answers in her attempt  
to break free from the shackles  
of her past.

05:28:07

*"I live inside a box, but one day I will live outside the box."*



06:10:08

## DIRECTOR'S

"Emily, ilaw ng tahanan"  
is based on an interview with a Doha-based Filipina singer  
who narrates her real life story.  
The documentary was unscripted,  
allowing Emily freedom  
to express herself in her own words.

Having built a strong personal relationship with her,  
Emily was willing to open up about her personal life,  
seemingly seeking to find a way to externalize everything  
that she was keeping deep inside her –  
a kind of catharsis.

It was during one of our many conversations  
when she confided that,  
"I live inside a box, but one day  
I will live outside the box."

I instantly thought of the ancient Greek myth  
of Pandora's Box and decided to shoot a documentary  
inside a box painted red  
- to match the strength of Emily's personality -  
and filled with various props  
that would symbolize her life journey.

07:07:09

## STATEMENT

The choice of the square frame  
and the close-up of the interview mirrors  
the theme of entrapment,  
consciously reducing the space between  
Emily and the viewer  
in order to create an emotional bond  
between them.

By unrolling balls of thread  
- referencing another ancient myth, Ariadne's Thread -  
Emily tries to find the end of the string  
that would help her  
find a way out.

I made this documentary  
with the aim of understanding our inner strength;  
to discover what it means to break free  
from the shackles of the past  
and move forward by unsealing and delving deep  
into the "box" that carries everything  
we keep well-hidden within us.

08:14:10

MAIN MEMBERS BIO



08:25:11

**ANNA PROKOU**

Director—Producer

Anna Prokou is a Greek documentary filmmaker and film/video editor who is currently based in Qatar.

She studied film directing at Edinburgh's Queen Margaret University from which she earned her Bachelor's degree with distinction. Anna has also obtained diplomas in film/video editing, sound engineering and music technology in Greece.

In addition to her film experience, she has a strong background in music studies and has earned several degrees including in piano, fugue, counterpoint and harmony.

Since 2003, Anna has edited more than 65 documentaries for independent production companies and private channels, as well as the national Greek Public Television and the Al Jazeera Media Network, including many that have won multiple awards at major international film festivals.

For the past six years, she has been working as a video editor at Al Jazeera while also creating her own documentaries. Her previous documentaries are "Tasawwuf Inspiration" <sup>2015</sup> and "Dukes on the Ropes" <sup>2018</sup>.

09:20:12

09:45:13

**ANIA WÓJTOWICZ**

Producer

MAIN MEMBERS BIO

Ania Wójtowicz is a creative producer based in Qatar.

As a Polish + American who has integrated into various Latino and Middle Eastern communities by living abroad, Ania's projects emphasize cultural hybridity, blur the lines between genres, and explore the intersections of film with other creative fields such as architecture, fashion and the fine arts.

She has produced video/multimedia performance installation artwork for the British Council exhibition "The Place I Call Home" 2019, "Qatar Foundation" 2018, "Kuwait Pavilion at the Venice Biennale" 2016, and the "Oslo Architecture Triennale" 2016.

Since 2015, Ania has worked full-time with the Doha Film Institute; as part of her work she has played a key role in the production of over 35 short films and organizes the annual Qumra shorts program.



10:07:14

10:55:15

## MAIN MEMBERS BIO

### PRUM MESA

Cinematographer

Prum Mesa is a well-respected Cambodian cinematographer and a long-time collaborator of Oscar-nominated Rithy Panh, a Cambodian-French auteur and filmmaker.

He completed his filmmaking studies in both Cambodia and Vietnam in the late 1980s and went on work to with 8mm, 16mm and 35mm film, as well as digital. Throughout the 1990s, he shot more than 100 films and almost 1,000 music videos, working with a wide range of directors including the late Cambodian King Norodom Sihanouk.

Prum Mesa began collaborating with Rithy Panh in the late 1990s, in a creative journey that has taken them around the world and continues to this day.

Their recent works include "The Missing Picture" (Oscar nominated for Best Foreign Language Film 2014), "Exile" (Official Section Festival de Cannes 2016) and "Graves Without A Name" (Opening screening for Venice Day in 2018 Venice Film Festival, Official Selection Toronto International Film Festival 2018, Telluride Film Festival 2018).



11:00:16

## SÉVERIN FAVRIAU

Sound Designer

Séverin Favriau is a sound designer, sound supervisor and music composer.

He first became involved in cinema during his studies at ETPA (Audiovisual School) in Rennes between 1997 and 2000.

He went on to work as a sound recordist in various documentaries for five years, before beginning to work as a sound designer at the age of 28.

His approach to sound design has been heavily influenced by his collaboration with Amos Gitaï, Emmanuelle Bercot and Jean-Stephane Sauvaire –especially by their mastery of sound and the musicality of their films.

Both of these elements define Severin's work today.

In 2011, he was nominated for a French Cesar's (Academy awards) in the Best Sound category for Mathieu Amalric's movie "On Tour". In 2018, he was again nominated again for the same award for his work in "Raw", directed by Julia Ducournau, and for a Best Sound Design Award at BIFA for J.S. Sauvaire's "A Prayer Before Dawn". His first music score for Jeremie Guez's "A Bluebird in my Heart" was also selected at the "SXSW Austin Film Festival".

In 2019, he completed his second music score for Guez's "The Sound of Philadelphia", a US-French film starring Mathias Schoenaerts and Joel Kinnaman. In 2020, he was nominated for French Cesar's awards (Academy awards) in the Best Sound category for "La Belle Époque" directed by Nicolas Bedos.

11:05:17

## MAIN MEMBERS BIO



11:35:18

Short Documentary Lab  
with Rithy Panh



11:55:19

RITHY PANH

Lead Mentor

Rithy Panh is a Cambodian–French filmmaker, writer and producer.

Born in Cambodia, he studied filmmaking at the Institut des Hautes Études Cinématographiques in France. His work focuses primarily on the genocide committed by the Khmer Rouge regime in his homeland. Rooted in first-hand experience, Panh's works have a rare and striking authority.

He has directed numerous internationally acclaimed films, including "The Rice People", which was selected for the Official Competition of the Festival de Cannes in 1994; "The Land of Wandering Souls" <sup>2000</sup>; the influential "S21: The Khmer Rouge Death Machine" <sup>2004</sup>, which took numerous awards around the world; "Paper Cannot Wrap Embers" <sup>2007</sup>, "The Sea Wall" <sup>2008</sup> "Duch, Master of the Forges of Hell" <sup>2012</sup>, "Exile" <sup>2016</sup> and "Graves with out a Name." <sup>2018</sup>.

In 2013, Panh directed "The Missing Picture", which was nominated for the Academy Award for Best Foreign Language Film and won the Grand Prix in the Un Certain Regard section at the Festival de Cannes.

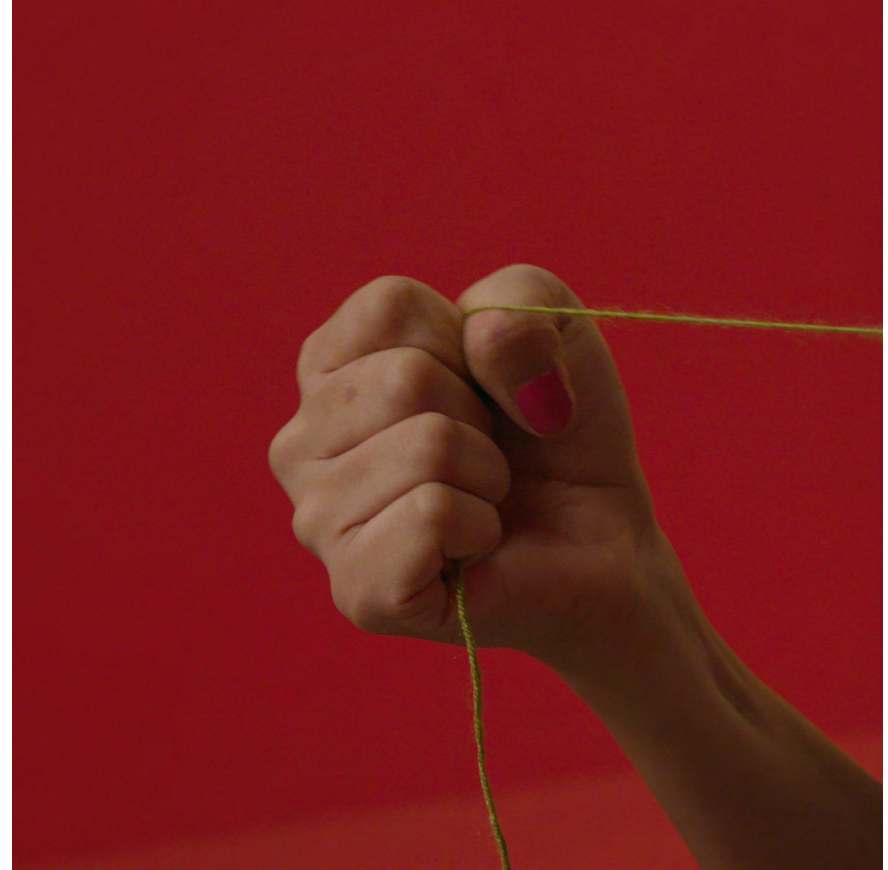
In 2020, he won the prestigious Berlinale Documentary Award for his film "Irradiated".

12:01:20

MOVIE STILLS



12:19:21



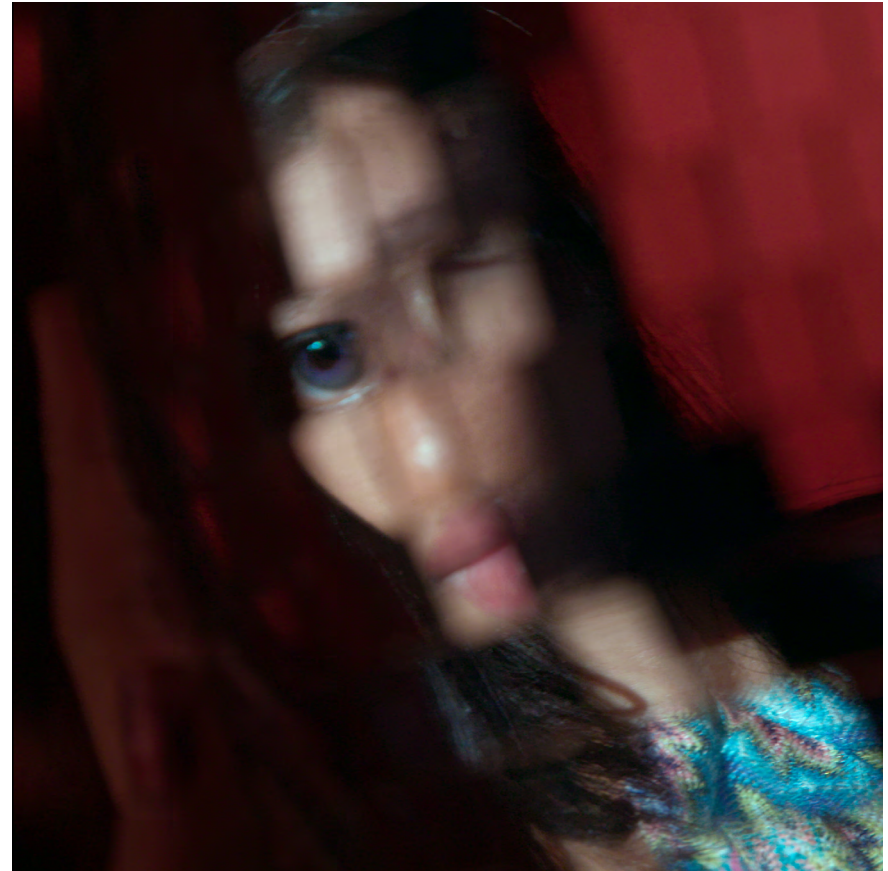
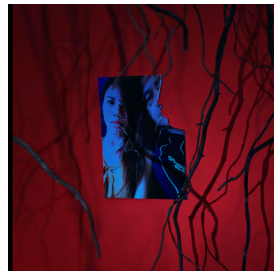
12:32:22



13:25:23



MOVIE STILLS



13:55:24

14:00:25

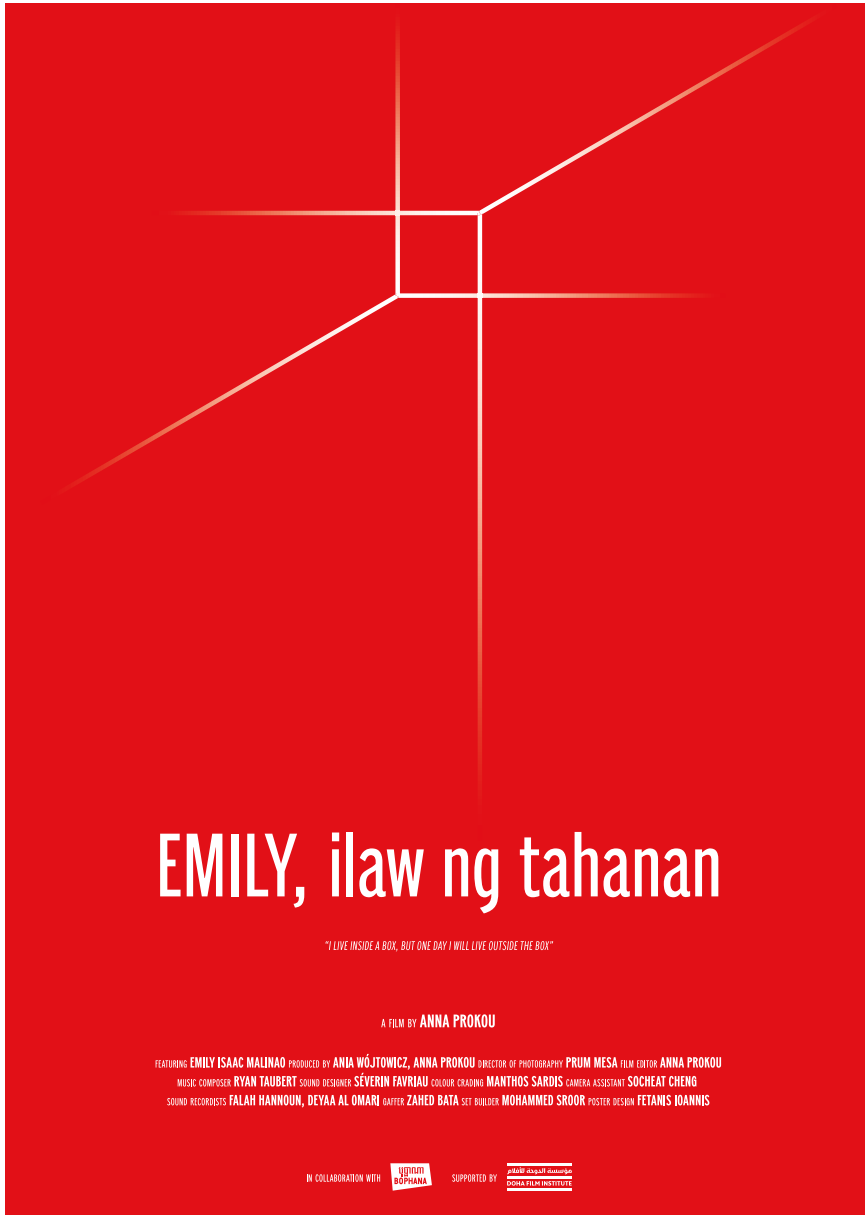
BACKSTAGE



14:10:26

15:55:27

POSTERS



16:16:28

17:04:29

**EMILY, ilaw ng tahanan**

*EMILY, Mother is the light of our home*

**FEATURING**

EMILY ISAAC MALINAO

**DIRECTOR**

ANNA PROKOU

**PRODUCERS**

ANIA WÓJTOWICZ  
ANNA PROKOU

**CINEMATOGRAPHER**

PRUM MESA

**FILM EDITOR**

ANNA PROKOU

**SOUND DESIGN  
AND MIXING**

SÉVERIN FAVRIAU

**COLOUR GRADING**

MANTHOS SARDIS

**CAMERA ASSISTANT**

SOCHEAT CHENG

**SOUND RECORDISTS**

FALAH HANNOUN  
DEYAA AL OMARI

**MUSIC**

WHITE KNIGHT BY RYAN TAUBERT  
MUSICBED: LICENSING

**GAFFER**

ZAHED BATA

**SPARK**

ALEJANDRO ARANGO

**SET BUILDER**

MOHAMMED SROOR

**TITLE DESIGNER**

VISUAL SUSPECT LTD  
HONG KONG

**POSTER**

**& EDITORIAL DESIGN**  
FETANIS IOANNIS  
DEMIURGIC WORKROOM

**COPY EDITOR**

TEO KERMELIOTIS

**SHORT DOCUMENTARY LAB**

WITH RITHY PANH  
RITHY PANH,  
LEAD MENTOR

SOCHEAT CHENG,  
SUPPORTING MENTOR

PRUM MESA,  
CINEMATOGRAPHY MENTOR

**DOHA FILM INSTITUTE  
FILM TRAINING AND DEVELOPMENT**

HANAA ISSA  
ALI KHECHEN  
ANIA WÓJTOWICZ  
YASSMINE HAMMOUDI

**DOHA FILM INSTITUTE  
PRODUCTION TEAM**

FALAH HANNOUN,  
SOUND MENTOR  
YASSER MUSTAFA,  
CINEMATOGRAPHY MENTOR  
AMIT CHOWDHURY,  
DIT AND EDITING MENTOR  
RHODA AL THANI,  
PRODUCTION ASSISTANT  
AND LAB INTERN  
MASHAEL ALMUSLEH,  
LAB INTERN

**SPECIAL THANKS**

RITHY PANH  
ALI KHECHEN  
EMILY ISAAC MALINAO  
THE SOUNDSATIONS BAND  
KROSSROADS BAR  
LOPESH DESAI  
JENNIFER MONTERO  
YIANNIS BILLIRIS  
GAUTAM SINGH  
DAVID MALONE  
MAY'S ELSHOBASY  
AMIT CHOWDHURY  
MICHAEL KLIOUMIS  
TEO KERMELIOTIS

AND MY DEAR HUSBAND  
DIMITRIS SIDERIDIS  
FOR HIS CONSTANT SUPPORT,  
MOTIVATION AND INSPIRATION

**IN COLLABORATION WITH**



**FILM TRAINING  
AND DEVELOPMENT 2020**

**مؤسسة الدوحة للأفلام  
DOHA FILM INSTITUTE**

17:55:30

18:01:31

**TECHNICAL**

**GENRE**  
SHORT DOCUMENTARY

**COMPLETION DATE**  
APRIL 2020

**DURATION**  
19 MIN

**COUNTRY**  
QATAR, GREECE

**LOCATION**  
DOHA, QATAR

**PICTURE FORMAT**  
COLOUR

**LANGUAGE**  
ENGLISH

**SCREENING FORMAT**  
DCP 2K, PRORES HQ

**SHOOTING FORMAT**  
DIGITAL 4K

**ASPECT RATIO**  
1:1

**FRAMERATE**  
25FPS

**SOUND**  
5.1 SURROUND, STEREO

**INFORMATION**

**DISTRIBUTION**

ANNA PROKOU  
+97455084804  
aprokou@gmail.com

[annaprokou.com](http://annaprokou.com)

**& PUBLICITY**

19:00:00

**THE END**