

A film by
ALAIN DESLONGCHAMPS

PRESS KIT



Le choix de Sofia
One Last Thing



Fiction – 2020 – 12 minutes
Canada – French / English subtitles
Color – aspect 2:1 – dcp – sound 5.1

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A close-up, profile view of a woman with blonde hair and sunglasses driving a car. She is looking out the window. The car's steering wheel and dashboard are visible in the foreground. The background is blurred, showing other vehicles and lights.

Synopsis

Sofia, a superwoman in a man's world, a marketing specialist is trapped in an episode of her stressful daily life, overlooking herself until she hits a wall. The film sets up a parallel between Sofia's life and the climate change problems, initiated through the denial of her soul for the benefit of our mass consumption society.



Cast & Crew

VÉRONIQUE GALLANT
RAY BLAZE

Sofia
Michael

Written & Directed by
Produced by

Alain Deslongchamps
Films Imagine –
Eleni Larchanidou, Waheed Naddafi
& Alain Deslongchamps

Director of Photography
Costumes
Make-up
Editing
Sound design & Mixing
Music
Color grading

David Gascon
Nadya Toto
Myriam Cyr & Anick Bonhomme
Alain Deslongchamps
Christian Rivest
David Thomas & Marvin the band
Cyril Perrot-Bottela c.s.i.



Director's note

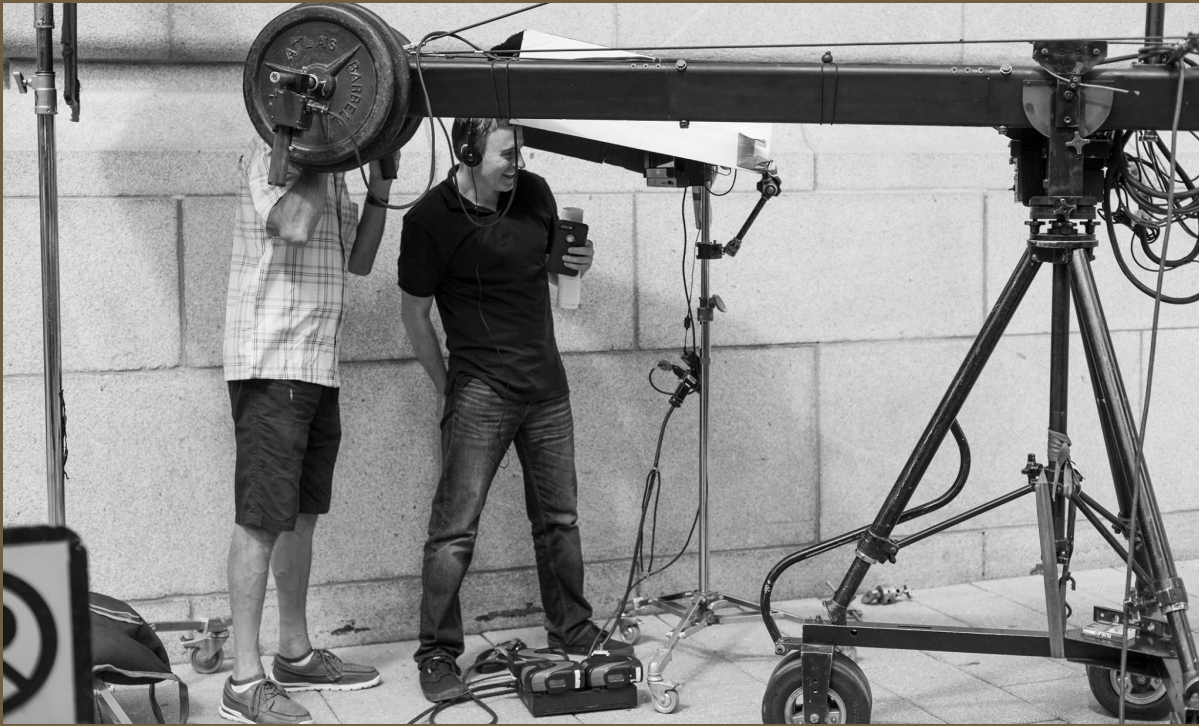
The release of *An Inconvenient Truth*, a documentary on Al Gore's campaign to educate people about global warming, brought the subject of climate change to a worldwide awareness in 2006. However, despite the gravity of the situation, few concrete actions made it possible to reach the goals set by the world climate organizations to solve the situation.

Having lived in Europe, I was surprised to witness that things didn't change much through the years when I returned home in Montreal: intense traffic, bridges blocked during peak hours, increased presence of energy-consuming vehicles, etc. More than ten years later, a majority of the population continues to live the capitalist dream as if everything will be fine; but we know it won't, do we? Why this denial? How is it possible?

These reflections initiated the birth of this project. This is the reality of Sofia's life. A young and ambitious professional who carries on her shoulders the weight of a big company she works for, who ignores her own needs and seems to have no life, nor time to take an interest in the life around her. Is this the price to pay for her success?

Le choix de Sofia is the choice Sofia makes and also a choice she cannot make. It is a look at a society that promotes the denial of being for the benefit of short-term economical values. The tone of the film is both realistic and ironical, with a touch of humor. This twelve minutes short-film aims to immerse the audience in the heart of a reality that most people don't perceive, establishing a parallel between Sofia's life and the destruction of our planet.

Beyond the main theme, I was interested in the challenge of bringing the audience to be interested in an isolated woman who holds back her emotions, until the point where her nature can't take the backseat anymore. This quest for being is that of every person who seeks for the truth in the depths of his soul.



Director's biography

Born in Montreal, Canada, Alain Deslongchamps is a graduate of the Faculty of Communication at UQAM. As a film director, Bachelor of Arts in Communication, he initially studied filmmaking and screenwriting in Montreal, before attending a filmmaking program at the New York Film Academy in 2004. He worked in Europe from 2000 to 2008 where he developed his craft working on fiction and commercial films, as well as corporate videos. His work has been showcased in various events and film Festivals throughout Canada, USA and Europe. His short fiction film titled «Good Vibes» was released by ShortsTV and programmed over a 100 times across the USA and Europe.



Director's filmography

SHORT-FILMS

2020 Le Choix de Sofia, Films Imagine, Montreal, 2020,
Fiction, RED 4K, Color, 12 min.

- * Winner Short Film Factory screenings by SHORT to the Point Intl. Film Festival, 2020
- * Official Selection Prague International Indie Film Festival, 4QTR, 2020
- * Nominee Best Drama, SHORT to the Point International Film Festival, July Awards, 2020
 - * Official Selection Lake Placid Film Festival - Your Shorts are Showing, 2020
 - * Semi-Finalist, Dumbo Film Festival - August-September, New York, 2020
- * Nominee Best Veteran's Short Film, Official Selection 15th Cyprus International Film Festival, 2020
- * Nominee Film with a Strong Message for the Climate Change, 15th Cyprus International Film Festival, 2020
- * Winner Best Short Film, Best Director & Best Actress - Discovery category, Montgomery International Film Festival, 2020
 - * Official Selection Rome Prisma Independent Film Awards, December, 2020
 - * Finalist, jellyFest Season 6, Jelly Film Festival, Los Angeles, 2021
- * Winner Best Drama and Outstanding Achievement (Short Film), Beyond the Curve International Film Festival, Paris, 2021
 - * Official Selection Lake View International Film Festival, India, 2021
 - * Semi-Finalist, Lonely Wolf: London International Film Festival, Spring, 2021
 - * Winner Best Original Idea, Reale Film Festival, May, Milano, 2021
- * Winner Best Canadian Narrative Short, Vancouver Independent Film Festival, May, 2021
- * Winner Best Actress: Véronique Gallant, Vancouver Independent Film Festival, November, 2021
 - * Official Selection Indie Shorts Mag Short Film Festival, 2021
 - * Official Selection NewFilmmakers New York, Summer Series, 2021
 - * Official Selection Bridges International Film Festival, Greece, 2021
- * Winner Best Actress: Véronique Gallant, 6th European Cinematography Awards, August, Amsterdam, 2021
 - * Official Selection 35th Edmonton International Film Festival, 2021
- * Official Selection 17th Cinema On The Bayou Film Festival, Louisiana, USA, 2022
 - * Winner Best Drama, Hollywood Just4Shorts, January, 2022
 - * Semi-Finalist, 21st Miami Short Film Festival, 2022
- * Winner Special Jury Award, Los Angeles Film Awards, July, 2022
 - * Official Selection Film Shortage, July, 2023
 - * Official Selection London Director Awards, 2024
- * Official Selection, Semi-Finalist in Best Drama, Berlin FilmHaus, June, 2024

2010 Good Vibes, Films Imagine, Montreal, 2010,
Fiction, HDCAM, Color, 6 min. 45 sec.

- * Premiere at Qui Fait Quoi Café-Bistrot, Montreal, September 2010
- * Screening before feature film *Route 132*, Objectif Cinéma, Ottawa, January 2011
 - * SharpCuts Guelph Film Festival, opening film, April 2011
 - * Cannes Short Film Corner, May 2011
- * Coup de cœur, Cannes Short Film Corner 2011, program Crazy Canucks by Danny Lennon, May 2011
- * Just For Laughs Film Festival / Festival du Film Juste Pour Rire, July 2011
- * Programming invitation by Shorts TV on territories: USA, Europe and Africa, October 2011
 - * Festival Mascara & Popcorn, Montreal, November 2011
 - * Ottawa International Film Festival, Ottawa, August 2012
- * International Competition, Charlie Chaplin Comedy Film Festival, Ireland, August 2012
- * Selection in many selective film markets including Festival de Clermont-Ferrand, 2012



Véronique Gallant as Sofia

Trained in acting at École Supérieure de Théâtre de l'UQAM, Véronique also holds a diploma in Media Art and Technology specialized in radio. She stands out in complex and demanding roles requiring work of nuances and precision, what she has brought in the play *Les grondements souterrains*, directed by Benoit Landry. She has played a lead role in a TV series titled *Unité 9*, as France, imprisoned with her baby and in cinema in «*Y'est Oû le paradis?*», by Denis Langlois. Véronique has been seen also in many commercials after she completed school in the year 2010.



Associate Producer Eleni Larchanidou

Eleni is a trilingual Producer, Executive Producer and Literary & Talent Manager, a Fully Qualified German & International Lawyer with a US Masters degree in International Law (LLM) and an International Business and Development Consultant in the Film & Entertainment Industry. She was born in Greece and is a resident of California, USA, and Thessaloniki, Greece. She holds a dual citizenship, American and Greek. Her entertainment industry activities span several Continents. Eleni first became involved in entertainment in 2004 as a business consultant for producers seeking financing for their independent feature film projects. By 2014, Eleni changed her status to talent manager of writers, directors, actors and music composers. She is also active as producer as well as executive producer on her client's film and TV projects.



Producer Waheed Naddafi

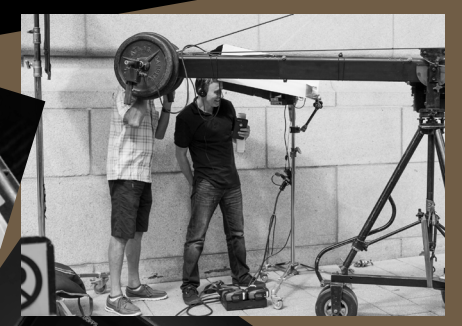
Waheed was brought up in the UAE until he was 17. After that, he migrated to Australia for his education and work. He lived in Australia for 12 years and has been working in the film making industry since he was 18 years old. While at University, he was working and studying in the film industry. Waheed's short films have been recognized and won in many different festivals around the world. His greatest highlight was when he won the audience award at the Palm Springs international and was a finalist at the Down Under Berlin Film Festival and Kinotropa Film Festival. Recently, Waheed has been working on new scripts with his editor/mentor, a seven time Emmy Nominated Screenwriter, Ron Osborn. His motto has always been to stick with your strengths, listen to those who are trying to help you with your career and always be humble.



Director of Photography

David Gascon

David Gascon is a multifaceted creator who has made his mark in a multitude of artistic mediums. After attending the prestigious Mel Hoppenheim film school in Montreal, David worked in the Film and TV industry as director of photography, producer and director. After more than a decade of film education and working on more than forty productions, he became director of the cinema program at the Trebas Institute, a renowned audiovisual school in Montreal. He directed the film program for four years, encouraging countless young talents before launching his own creative agency G for Gascon. David is still active in the Film and TV industry while he is working for the cofounded Web agency Furia Marketing.





IFC2 Distribution Cinéma

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