

An aerial photograph of a winding dirt road in a savanna landscape during sunset. The road leads from the bottom center towards the horizon. A small, light-colored vehicle is visible on the road in the lower third of the frame. The sky is a warm, hazy orange, and the vegetation consists of low-lying shrubs and trees. The title 'GUTS' is overlaid in large white letters, with a horizontal line underneath it.

GUTS

a female expedition through Africa

an independent film

supported by



additional support by



VANMADE®



NIXON



hyoh



a female expedition through Africa

SYNOPSIS

THE FILM

FILM CHARACTERS

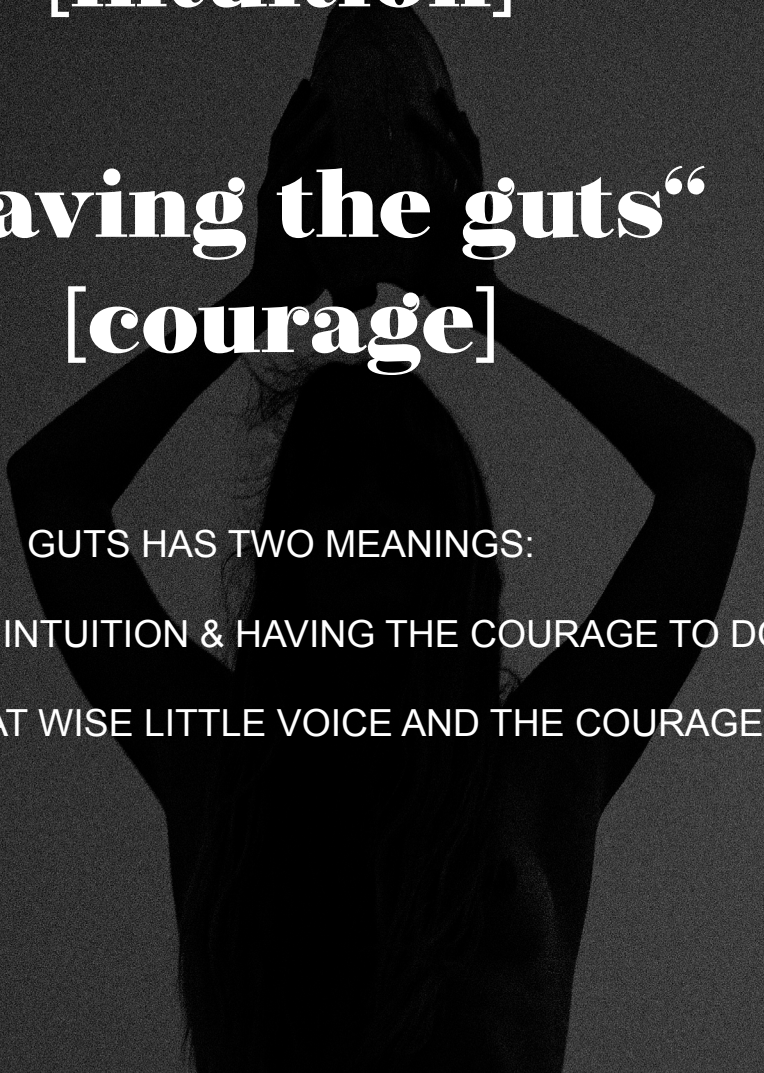
IMPACT

PUBLICATIONS & EVENTS

INITIATIVES & ACTIVATIONS

TEAM

CONTACT

A dark silhouette of a person's head and shoulders, with their hands clasped behind their head, set against a dark, textured background.

**“Listening to your guts”
[intuition]**

**“Having the guts”
[courage]**

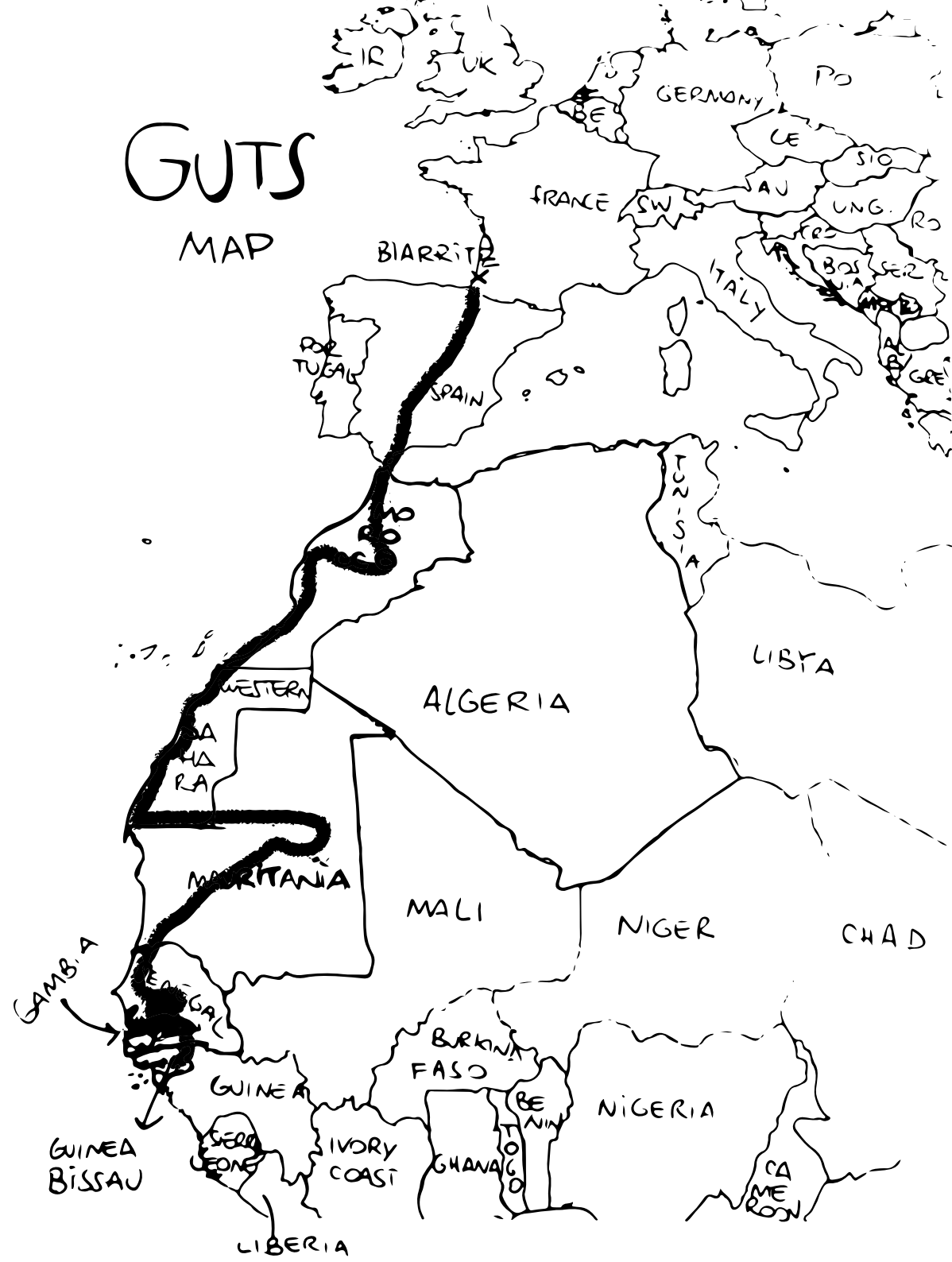
GUTS HAS TWO MEANINGS:

LISTENING TO OUR OWN INTUITION & HAVING THE COURAGE TO DO SOMETHING

THIS FILM IS AN ODE TO THAT WISE LITTLE VOICE AND THE COURAGE TO LISTEN TO IT.

SYNOPSIS

What happens when women abandon rules, roles, and logic to follow their GUTS until the end of the road? Patrizia and Marie left everything behind and embarked on a five-month, 20,000 km off-road journey from France to Guinea-Bissau - with nothing but an old car, four surfboards, and a mission: to capture the stories of inspiring women redefining their place in society across Northwest Africa. What happened on that long and dusty road was pure magic. From the first female mountain guide of Morocco to the women's rights activist in Nouakchott, or the young surf collective in Dakar, they all showed that when women dare to break free from conventions and listen to their own voice, a revolution begins - not just for them, but for their communities, their countries, and the world. GUTS is a raw, empowering adventure by women for women. It's an ode to freedom. It's a hymn to that soft yet strong synergy that is created when women unite. It's a call to embrace fears and dare to listen to your GUTS until the very end of the road.







THE FILM

It all started with a game: What would you do if you weren't afraid? If you dared to listen to your GUTS?

There was this dream we both had - to cross Africa in a four-wheel drive, to go off the beaten path and see those places through the eyes of other women like us. Alone, it always felt too big - but when you meet another woman with the same crazy dream, you can't say no. It's a sign from the universe - you have to jump in that car and do it.

So that's how it started. No plans, no itinerary, just the two of us and our old off-road car, our dear Petra, ready to see where this synergy would lead us. As women, we knew we could connect on a deeper level with other women and tell the story from a perspective that is often neglected. What followed was pure magic - one woman leading us to another,

forming an intricate domino chain that began with the first female mountain guide in the Moroccan Atlas, to a Mauritanian peace activist in Nouakchott, and finally to the surfer girls' community in Dakar.

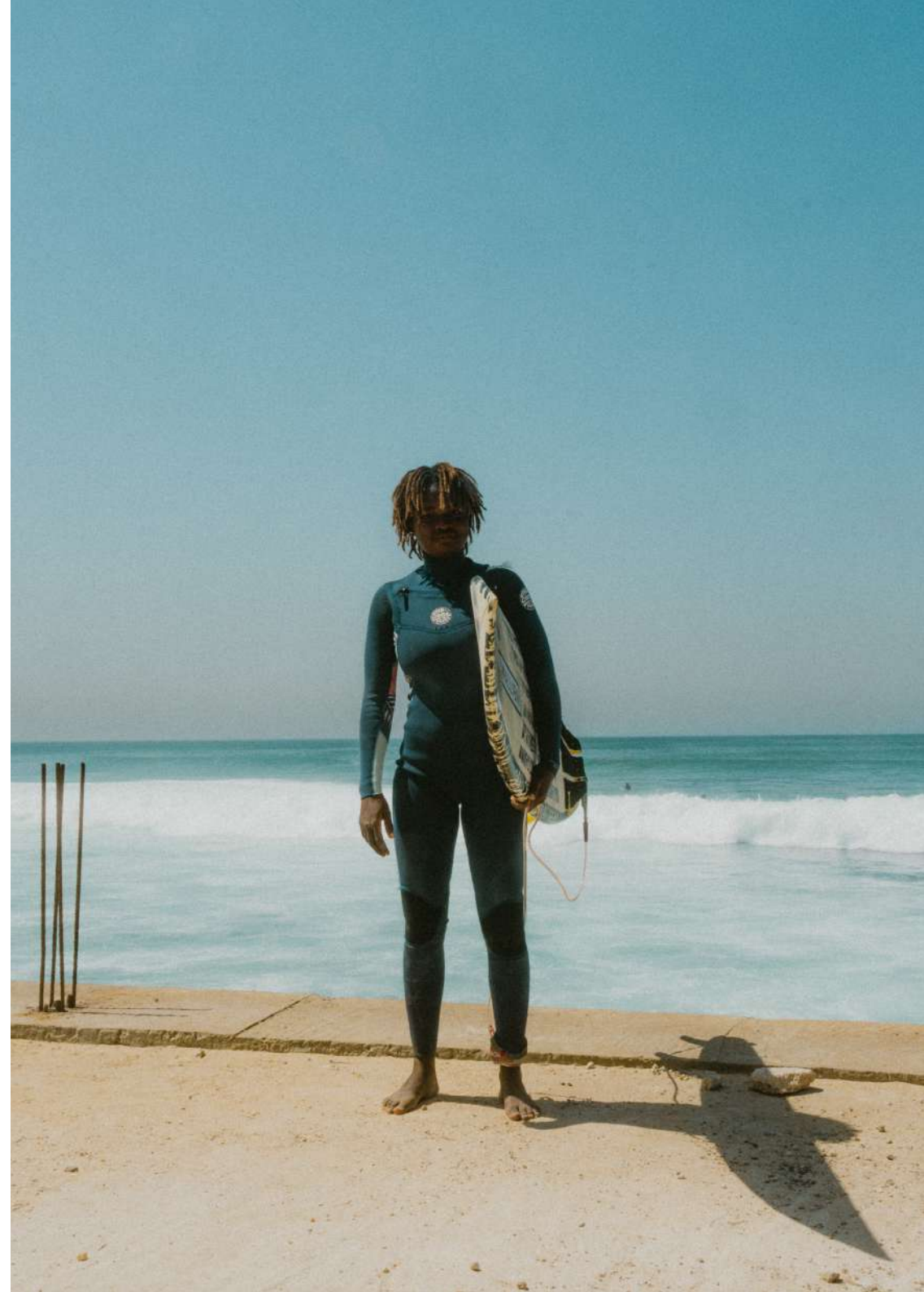
For five and a half months and over 20,000 km, we shared the road with more than 20 inspiring women across Morocco, Mauritania, Senegal, Gambia, and Guinea-Bissau. The result of this journey is a 64-minute documentary - a raw and intimate adventure that sees our personal story unfold alongside the empowering stories of the African women who gradually cross our path. Little by little, through endless car problems, breathtaking landscapes, rolling waves, and emotional crises, guided by the example of the incredible women we met, we reached our own truth and answered the burning question we asked at the beginning of the movie: What happens when

THE FILM

you follow your GUTS until the end of the road?

GUTS features women from various social backgrounds and origins, united by a common trait: the courage to trust their GUTS, break free from the stereotypes society shaped for them, and forge their own path.

This is the message we want to leave to all the little girls and women out there: It doesn't matter where you come from - if you truly believe in it, if you put all your heart and energy into it, it's going to happen. It's going to happen right there in front of you, and it's going to surprise you with miracles you never imagined.





FILM CHARACTERS



ZINEB DATCHARRY

First female mountain guide of Morocco &
Women rights activists

Almost 40 years ago, Zineb became Morocco's first female mountain guide at a time when women were seen only as housekeepers or nurses. Her fight for women's education in the Atlas Mountains earned her recognition from King Mohammed VI, making her a modern-day Robin Hood of the mountains



Wafa HEBOUL

Skater and Founder of
Wheels & Fins, Morocco

Wafa is a groundbreaking skateboarder from Morocco, starting her journey when there were no women on boards at all. Now, she's on a mission to inspire and empower Moroccan women to break barriers and take the lead, both on and off the board.



AIDA LOFTY

Surfer, Morocco

Surfer, Morocco Aida was raised in a household where her mother reigned as a strong figure and she learnt: girls have the right to pursue their dreams. Uncommon among Moroccan girls, she grew up with a surfboard as her constant companion. Aida is now running a surf stay in Sidi Kouki and searching for waves in her free time.

FILM CHARACTERS



ZAIDA BILAL

Entrepreneur, Mauritania

Raised in a nomadic family in the remote Mauritanian Sahara, Zaida faced a challenging divorce that left her bankrupt. Rejecting the idea that marriage was the solution, she learned French, opened Mauritania's most successful guest house, acquired off-road driving skills, and partnered with the UN to create female led businesses, empowering women to achieve financial independence.



AMY SOW

Artist, Mauritania

Amy Sow is a self-taught artist who defied the odds in Mauritania's art scene, becoming the only Mauritanian to exhibit internationally. Through her work, she sheds light on women's struggles, tackling issues like domestic violence and giving a voice to the unheard.



**AMINETOU MINT
EL-MOCTAR**

Female Activist, Mauritania

Aminetou is a Mauritanian human rights activist, fights against forced child marriages, slavery, and for women's rights. As president of AFCF, she has supported thousands of women and survivors, earning a Nobel Peace Prize nomination for her dedication to justice.

FILM CHARACTERS



AITA DIOP

Surfer, Senegal

Aita comes from a modest family in Dakar's banlieue. Surfing gave her the possibility to receive an education and to finally fulfil her biggest dream, being part of the African Surfing Team!

She is an incredible example of resilience and determination for the new generations!



FEMALE SURF GENERATION

Surfkids Shredding, Senegal

In Senegal, a significant transformation is taking place within the young female surf generation. The predominantly Muslim state takes a culturally conservative view on the role of women, with most expected to focus on domestic duties around the home. Young female surfers are trying to smash this traditional image and bring change to the whole generation.



COMBE SECK

Kayak & Canoe, Senegal

Combe Seck, a dominant force in canoe-kayak racing, is a 7-time Senegal champion and 2013 African slalom gold medalist. Her dedication and pursuit of excellence make her a true inspiration in the sport.



DIRECTOR'S STATEMENT

When I first dreamt of GUTS, I was a little girl imagining a great adventure - crossing Africa on the road. Back then, I saw no limits because I hadn't yet confronted societal injustices. As I grew up, I began to face rules and norms, and this African adventure evolved into something bigger: a search for a young woman's place in society.

I was lucky enough to grow up surrounded by strong and inspiring women and to learn the magic of sisterhood, that invisible power that can build villages and move mountains. I wanted to see what happens when women are brought together on such an adventure, to hear a fresh story told by those who are usually silent.

This journey turned out to be the hardest and most beau-

tiful I've ever experienced, and the synergy with other women once again proved to be the strongest way to overcome the isolation and pressure to fit in that we feel in today's world.

I hope this film inspires women and anyone who needs it to trust their inner voice, step forward, and claim their space. I want little girls, like I once was, to feel less alone and less out of place. I want them to embrace who they are and know that if I can do it, if a divorced woman in the Sahara Desert can do it, if an 8-year-old girl in Senegal can do it - then they can too. We all can.

Patrizia Bruno





IMPACT

With the documentary GUTS, we aim to create a powerful impact that resonates far beyond the screen. In a time where people are more and more disconnected from nature and each other, where women are struggling to find their place in a patriarchal society, we believe in the power of adventure as an immersive experience that inspires the audience into self-reflection and action. Our aim is to use the film as catalyst for the new generation to listen to their inner voices, no matter where they come from, and to encourage them to take action.

Our mission with GUTS is to inspire people to trust their intuition and take steps to create change. We want to encourage others to realize that their stories can influence and transform lives.

VISION

We want this movie to be a fire starter. We want all the girls and women in Africa, Europe, and the US to watch it and feel, „If they made it, we can all make it.“ This is not only our adventure; it is everyone’s journey. It aims to inspire freedom, a sense of community, synergy, and sisterhood. It’s about reconnecting with our inner intuition and following our own path.



GUTS TOUR

GUTS on Ground Tour

We want to take the message of GUTS directly to communities, combining grassroots screenings with workshops and make a difference where it matters. In collaboration with local organisations and community spaces, we want to show the film to small and big audiences around the globe and hosting workshops about topics such as: trusting your intuition, overcoming fear, finding courage to act.



TEASER PUBLICATIONS & EVENTS

1

BNN

(print & [online](#))

Surfer from Karlsruhe films documentary about women in Africa



2

SURF SESSION

([online](#))

GUTS: une expédition surf en 4x4 à travers l'Afrique



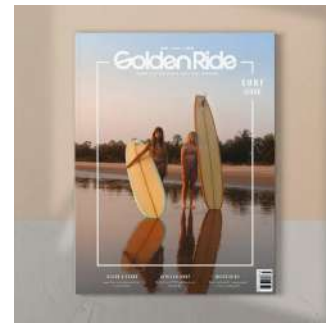
GUTS : une expédition surf en 4x4 à travers l'Afrique

3

GOLDEN RIDE

(print)

Cover & Article
Courage & Freedom



4

**BILLABONG
COMMUNITY EVENT**

(live)

Speech about intuition & courage
at Billabong Hossegor, France



TEASER PUBLICATIONS & EVENTS

5

WASATCHI MOUNTAIN FILM FESTIVAL

Photo exhibition at Wasatchi
Mountain Film Festival in Salt
Lake City UTAH



6

DAYBREAK

(print)



7

WAVES & WOODS

(print)



8

AMERICAN INSIGHT / SPEAK EZ

[\(online\)](#)



TEASER PUBLICATIONS & EVENTS

9

SURF TALK PODCAST

[\(online\)](#)



10

TIME TO MOVE PODCAST

[\(online\)](#)



11

OSER L'AVENTURE D'ÊTRE SOI
PODCAST

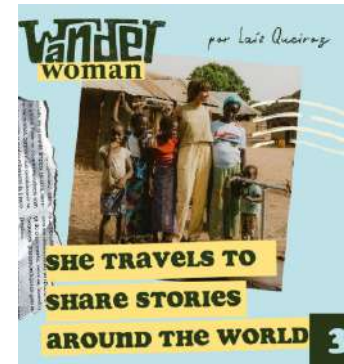
[\(online\)](#)



12

WANDERWOMAN PODCAST

[\(online\)](#)





INITIATIVES & ACTIVATIONS



POETRY & PHOTO BOOK

Next to the film there will be a photo and poetry book, capturing the thoughts and writings of Patrizia and the visual universe of Marie throughout their African journey.



GUTS TALKS

GUTS talks to inspire our community to follow their intuition and dream big by listening to their inner voices. Throughout Europe and Africa.



GUTS EXPEDITION

GUTS trips will allow our community to learn the adventure essentials. From community building to listening to their intuition, the experience will provide memories and life lessons that will last a lifetime.



CORE TEAM



PATRIZIA BRUNO

Director, Author & Producer

<https://patriziabruno.com>



MARIE PFISTERER

Director of Photography &
Co-Producer

<https://mariepfisterer.com>



HUNTER HULETT

Editor

<https://www.hunterhulett.com/>



**JEAN CHARLES
COUTY**

Editor & Colourist

<https://www.jeancharlescouty.com/>



REMY DUPRAT

Global Sound Mixing &
Original Score

<https://www.stoneislandsrecords.com/>



JO SAVAGE

Photographer

<https://josavagephoto.com/>



VERO STEIGNER

Graphic Designer



LISA CAMBOURS

Assistant Editor

<https://www.lisacambours.com/>

A person's hands are visible, holding a large, light-colored, curved object that resembles a piece of wood or a large shell. The object has a smooth, slightly textured surface with some darker, possibly carved or natural, patterns. The background is dark and out of focus.

[Download the press kit](#)

CREDITS

A FILM BY

A film by Patrizia Bruno

WRITTEN AND DIRECTED BY

Patrizia Bruno

PRODUCED BY

Patrizia Bruno

CO-PRODUCED BY

Marie-Therese Pfisterer

CINEMATOGRAPHY

Marie-Therese Pfisterer

SECOND CAMERA

Jo Savage

HEAD EDITOR

Hunter Hulett

CREATIVE EDITOR

Jean Charles Couty

COLOR GRADING & ANIMATION

Jean Charles Couty

GRAPHICS & ANIMATION

Veronica Steigner

SOUND POST PRODUCTION

Stone Islands Records
Boardriders 162

MIX & SOUND DESIGN

Remy Akaora Duprat

SOUND DESIGN ASSISTANT

Rodrigue Parisot

ORIGINAL SOUNDTRACK

Rémy Akaroa Duprat
Tyke James
Senny Camara
Nasser Elmoussaoui & Aziz Er
Léon Bonnaire.
Antoine Colombin.
Nicolas Goulon.
Fred Faure

NARRATION & VOICEOVER

Patrizia Bruno

STILL PHOTOGRAPHY BY

Marie-Therese Pfisterer & Jo Savage

ADDITIONAL FOOTAGE

Patrizia Bruno
Erwann Brahimi
Philippe Dallemagne
Alexis Rossi
Felix Misslin
Rémy Dugoua
Raffaello Derrico
Samy Lensu

SUPPORTED BY

Billabong

SPECIAL THANKS TO

Bibam Bar
Vanmade
HYOH

FEATURING

Viviane Bampoky
Zaida Bilal
Patrizia Bruno
Zineb Datcharry

Aita Diop
Nadia Elasri
Malika Essaidi
Wafa Heboul
Amy Ines Kane
Aida Lofty
Aminetou Mint El-Moctar
Adjji Ndiaye
Marie-Therese Pfisterer
Jo Savage
Combe Seck
Amy Sow

HEARTFELT THANKS TO

Paul Duvignau
Philippe Dallemagne
Veronica Steigner
Simon Charlesworth
Valentin Bourgeon
Christelle Kipping
Adele Lhostis
Victoria Gouebault
Maria Kolliker
Fabrizio Bruno
Taha Touijri & his incredible family
Victor Arnoux & his incredible family
Laurent Meillan & Sachiko Nishioka
Aida Lofty & Nico Duphil
Mellow Beachhouse
Momo Bikhlikhalen
Tyke James
Rachael Ada Bischoff
Mackenzie Pierna
Erwann Brahimi & Tiphaine Gualda
Alexis Rossi
Marta Imarisio & Aziz Kane
Malika Surfcamp
Senegal Surf Kids Shredding
Launa Winship

Kamal Abad
Papis Diarra
Moritz Richy
Hamza Kharti
Matthieu Maugret
Lars Jacobsen
Tommy Moore
Anita Fuchs

THANKS TO OUR FAMILIES FOR FULLY SUPPORTING OUR JOUR- NEY

Philippe Dallemagne
Fabrizio Bruno
Silvana Ghigo
Fulvia Bruno
Aaron Pfisterer
Benedikt Pfisterer
Stephan Pfisterer
Elisabeth Pfisterer

IN HELP OF

Frontrunner
GoPro
Nixon
Vallon Sunglasses
Paul Duvignau Surfboards
Polyola
Milo Hats
Marina
Dmos
Lomography
EQ





a female expedition through Africa



CONTACT

[@gutsthefilm](https://www.instagram.com/gutsthefilm)

www.gutsvoyage.com

Patrizia Bruno

patrizia@avventurasport.com

[@patrizia_waz](https://www.instagram.com/patrizia_waz)

Marie-Therese Pfisterer

mariepfisterer@gmail.com

[@mariepfisterer](https://www.instagram.com/mariepfisterer)