

Director's Note — *Inner Harbour*

Inner Harbour is a poetic meditation on the passage from unrest to calm. In under three minutes, through a solitary voice-over and a sequence of visual fragments, the film reflects on solitude, resilience, and the search for grounding. The harbour, at first sought in the world, gradually emerges as an inner state of presence and acceptance.

The constraint of the minimal budget and means became a creative force, distilling the work into its essential gestures of silence, light, and voice, with a commitment to precision in image, sound, and performance.

The film embraces an experimental form: it unfolds less as a conventional narrative and more as a visual monologue. Through silence, gesture, fragmented imagery, and a sparse voice-over, *Inner Harbour* blurs the line between cinema and visual art, inviting viewers not to follow a story but to inhabit a state of presence.

As my directorial debut, the film is deeply personal yet universal, with the hope to empower women and young people seeking their own way in life. Drawing on existential psychology and mindfulness-based approaches, and informed by resilience theory, *Inner Harbour* presents inner strength not as an abstract concept but as lived presence, as the discovery of an inner anchoring where strength and calm can coexist.

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