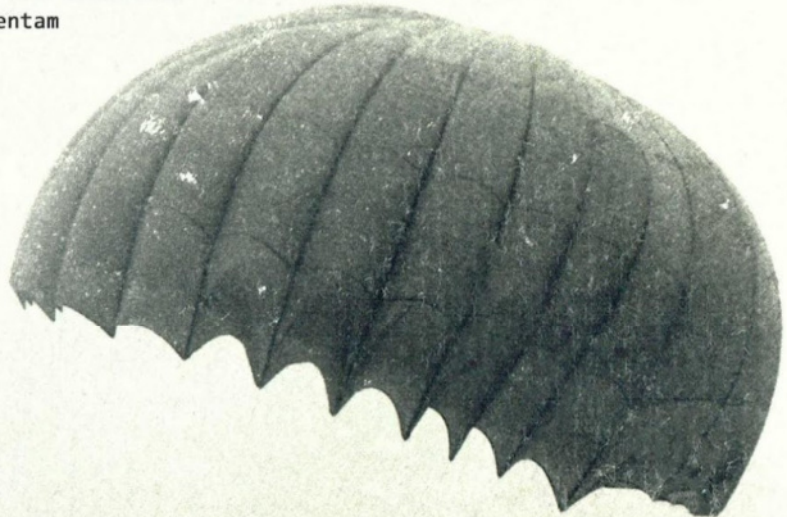


FILMÓGRAFO
CINE-CLUBE DE AVANCA
apresentam



Salto

um filme de Ana Castro

PRODUÇÃO



OBRA COM APOIO FINANCEIRO DO ICA



realização e argumento ANA CASTRO direção de fotografia ANA CASTRO
música ANA LUA CAIANO com ROSALINA CASTRO, HELENA REVÉS, MANUELA
MORGADO E MARIA DO CÉU PENHA RODRIGUES pós-produção ANDRÉ ESPINHA
edição ANA CASTRO E ANDRÉ ESPINHA sonoplastia ANDRÉ ESPINHA tradução
e legendagem ALBERTO ALMEIDA produção executiva ANA CASTRO produção
ANTÓNIO COSTA VALENTE E JÚLIA ROCHA

FROM HEIGHTS TO HORIZONS

a film by

ANA CASTRO

2025 | short film | documentary | 12'43'' | 16:9 FHD | color

short SYNOPSIS

Between the weight of history and the lightness of memory, there is a leap that never ends. In FROM HEIGHTS TO HORIZONS, the director explores the stories lived and passed down by her grandmother, Rosalina de Castro, intertwining personal and collective memory. Through personal archival footage (filmed by her grandfather), testimonies, and contemporary images, the film retraces the path of Portugal's first female civilian parachutists, unveiling their courage and the echoes of a past that still resonates today. More than a portrait of those who dared to challenge the skies, the film is a reflection on the stories we inherit, what we remember, and what remains unspoken.

long SYNOPSIS

Between the weight of history and the lightness of memory, there is a leap that never ends.

In FROM HEIGHTS TO HORIZONS, the director revisits the stories she has always heard from her grandmother, Rosalina de Castro, transporting us to a time and place she never lived in, yet that continues to shape her. Through personal archival footage (filmed by her grandfather), testimonies, and contemporary recordings, the film becomes an encounter with the past—a past that unfolds between the personal and the collective, between family intimacy and historical memory.

Following the journey of Portugal's first female civilian parachutists, this work is more than just a portrait of those who dared to challenge the skies. It is a film about the marks that stories leave behind, about what is remembered and what is forgotten. Between falls and ascents, between the visible and the unspoken, FROM HEIGHTS TO HORIZONS is, above all, a deep dive into memory and the legacy of a generation.

A black and white photograph of a person in a parachute harness standing in a field. A large, dark parachute canopy is visible behind them, partially obscuring the sky. The person is wearing a helmet and goggles, and is looking towards the camera. The background shows a flat, open landscape under a clear sky.

CREDITS

Written & Directed **Ana Castro**

Director of Photography **Ana Castro**

Cinematography **Martinho de Castro, Ana Castro,**

Diogo Adrêgo, André Espinha

Sound Design **André Espinha**

Voice-Over **Ana Castro and Maria João Mata**

Audio Production | Voice-Over **Fernando Augusto Rocha and**

Paulo Carvalho

Music **Ana Lua Caiano ("Salto" and "Tempo Torto")**

Animation **Beatriz Vital**

Editing **Ana Castro and André Espinha**

Color Grading **André Espinha**

Post-Production **André Espinha**

Translation & Subtitling **Alberto Almeida**

Producers **António Costa Valente and Júlia Rocha**

Executive Production **Ana Castro**

Production Companies **Filmógrafo and Cine-Clube de Avanca**

Financial Support **ICA | Portuguese Republic - Culture**

BIOGRAPHICAL NOTE | Ana Castro

Ana Castro holds a Master's degree in Communication and Multimedia, specializing in Digital Audiovisual, from the University of Aveiro. She also has a Bachelor's degree in Theatre and Performing Arts from the University of Trás-os-Montes and Alto Douro.

She currently works in Digital Marketing at Macieira de Castro, Engenharia Lda., and Douro Cruzinha Valley - Agric. and Enotourism, Lda.

Ana is the President of **XX Element Project - Cultural Association** and co-director of the **Porto Femme - International Film Festival**. She has been a film programmer at festivals and special screenings since 2014 and has participated as a jury member at both national and international film festivals.

Since 2021, she has been part of the production team for **Shortcutz Ovar**. *FROM HEIGHTS TO HORIZONS* is her film debut.



DIRECTOR'S STATEMENT

I have always been fascinated by the stories of my grandmother, Rosalina de Castro. Stories that shaped my childhood, transporting me to places and times I never lived, yet that became a part of me. I grew up listening to her talk about the years she spent in Angola with my grandfather, Martinho de Castro. She told me about the travels, the challenges, the friendships, and the courage of those who dared to jump from the skies. She spoke of the adrenaline of the jumps, of the freedom they found in the air.

With time, I realized that these memories were not just fragments of the past but overlapping layers—pieces of a personal story that also intertwined with a collective history. *FROM HEIGHTS TO HORIZONS* emerges from this weaving of time, voices, and images. The original title (“SALTO” with direct translation to English “Jump”) does not refer only to the physical act of jumping from a plane but also to the generational leap, the way memories are passed down, shifting in meaning and interpretation.

Visually, the film mirrors this fragmented construction of memory. Like a **patchwork quilt**, it comprises different textures and formats: archival footage, photographs, contemporary recordings, and super8 films shot by my grandfather. Being able to use these images is more than a documentary gesture: it is a reunion. It is a way of crossing time and establishing a connection with someone I never met (my grandfather), but whose presence I feel in every frame.

This film is also a tribute to the women who challenged the skies at a time when little was allowed to them. Women like Helena Revés, Maria do Céu Penha Rodrigues, Manuela Morgado, and so many others who launched themselves into the unknown. Women who, in a conservative and colonialist Portugal, found in parachuting a rare space of freedom.

But the film is not just a retrieval of individual memories. It is also a conscious reflection on how the past reaches us. The stories I inherited are, in part, tales of adventure and achievement. But they are also stories of a time and a colonial context. This film does not impose itself as a thesis, but it does not ignore that complexity either. Through what is said and what remains in silence, *FROM HEIGHTS TO HORIZONS* invites us to reflect on the narratives we build, on the gaps in memory, and on the echoes that continue to resonate in the present.

This film is dedicated to my grandparents, especially to Martinho, whom I (never) met, but above all, it is a tribute to all female parachutists – to the civilians, for their boldness in an exclusively male sporting practice; to the nurses, for their courage and fearlessness in risking their lives on the battlefield.



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DISTRIBUTION

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