



# AND BREATHE NORMALLY

a film by Ísold Uggadóttir



# SYNOPSIS

At the edge of Iceland's Reykjanes peninsula, two women's lives will intersect - for a brief moment - while being trapped by unforeseen circumstances. Between a struggling single Icelandic mother, and a political asylum seeker from Africa, an intimate bond will form as both fight to get their lives back on track.



# DIRECTOR'S

## BIOGRAPHY & FILMOGRAPHY



**Ísold Uggadóttir** is a scriptwriter and director from Iceland. Uggadóttir holds a master degree in film directing from Columbia University in New York, where she was awarded as Best Female Director. Her award-winning short films have screened at over 100 festivals, including Telluride, Sundance and New Directors / New Films at MoMA and the Film Society of Lincoln Center. She has been honored with six nominations for the Icelandic Academy Awards, winning twice for Best Short Film in addition to multiple festival awards. Screen International named Ísold »one of the rising stars of Icelandic film.« **And Breathe Normally** marks her feature film debut.



- 2017** And Breathe Normally (Andið eðlilega)
- 2012** Revolution Reykjavik (Short Film)
- 2010** Clean (Short Film)
- 2009** Committed (Short Film)
- 2006** Family Reunion (Short Film)



# COMMENTS OF THE DIRECTOR

» I find myself drawn to telling stories of women, minorities or underdogs and am in this regard particularly interested in fictional narratives imbued with a sense of social-realism. My work as a short filmmaker has involved female characters grappling with such issues as sexuality (**Family Reunion, 2007**), trust (**Committed, 2009**), addiction (**Clean, 2010**) and economic collapse (**Revolution Reykjavik, 2012**). For my first feature film, I already knew that my lead characters would be a women and that poverty would serve as a theme. Only slightly later I realized that one my lead characters would indeed be a refugee from Guinea-Bissau.



While developing the character of an struggling Icelandic woman, I became a volunteer at the Icelandic Red Cross in 2012. It was here that I met a woman from Uganda, who was not only struggling financially, but moreover battling the system in order to be given asylum in our country on grounds of her sexuality. We became fast friends, which gave me insight into what her battle entailed. I found myself enraged and disturbed at what I learned and eventually felt compelled to commit her experience to film.



My goal became to bring two very different female characters together, an Icelandic poverty-stricken mother and a refugee stranded in Iceland, whilst on route to Canada. I found myself excited and intrigued at exploring how they would and could influence the lives of one another. The challenge I presented myself with was finding a narrative that served both characters, while also using the opportunity to inform and shed light on the dire circumstances of asylum seekers in Iceland, who oftentimes were en route to somewhere else, in search of a new and safe life.

As the screenplay took shape, I spent a great deal of time meeting asylum seekers at their accommodations. A sense of doom, purposelessness and desperation was palpable and the more involved I became, the more urgently I felt that my film has to be given the chance to see the light of day.

In 2016, we at long last had raised the funds to go into production. We filmed in the same town where my research had taken place, and hired a number of dayplayers who themselves had gone through the ordeal of having been asylum seekers a few years earlier. They knew and felt the material stronger than most.

My talented lead cast of Kristín Thóra Haraldsdóttir, Babetida Sadjo and Patrik Nökkvi Pétursson, that I was fortunate to



work with, often left me in awe. We also had non-actors, animals, children and multiple languages on set and a broad range of weather. At times, directing was hellish. But at other times, incredibly beautiful. I felt fortunate, but also I felt a strong sense of responsibility. Things had to be correct, accurate, true, real and honest. <<







## MAIN CAST



**Kristín Thóra Haraldsdóttir:** Lára

**Babetida Sadjo:** Adja

**Patrik Nökkvi Pétursson:** Eldar



## MAIN CREW

**Scriptwriter and Director:** Ísold Uggadóttir

**Director of Photography:** Ita Zbronic-Zaj

**Prod. Designer:** Marta Luiza Macuga

**Editor:** Frédérique Broos

**Costume Designer:** Eva Vala Guðjónsdóttir

**Hair & Make up:** Kristín Júlía Kristjánsdóttir

**Sound:** Frédéric Meert and Emmanuel de Boissieu

**Music:** Gísli Galdur

**Casting:** Tinna Hrafnadóttir

**Prod. companies:** Zik Zak Filmworks,  
Entre Chien et Loup, Cinenic Film,  
Pegasus Pictures, Skot Productions

**Co-producers:** Diana Elbaum, Annika Hellström,  
Lilja Ósk Snorradóttir, Ísold Uggadóttir,  
Inga Lind Karlsdóttir, Birna Anna Björnsdóttir

**Producer:** Skúli Malmquist

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# TECHNICAL DETAILS

**Original title:** Andið eðlilega

**International title:** And Breathe Normally

**Duration:** 100 min

**Aspect Ratio:** 2.35:1

**Format:** 2K color

**Sound:** Dolby Digital 5.1

**Year:** 2018

**Original Language:** Icelandic, English & Creole

**Countries of Prod:** Iceland, Sweden, Belgium

**Prod. Company:** Zik Zak Filmworks

**Co-prod. companies:** Entre Chien et Loup,  
Cinetic Films Pegasus Pictures, Skot Productions

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L'Audiovisuel de la Federation Wallonie Bruxelles,  
The Swedish Film Institute, Casa Kafka Pictures Movie Tax Shelter  
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