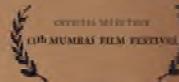
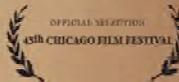


UBAK PRODUCCIONES - AVENUE D
PRESENT



A FILM BY
DIANA FABIANOVA

THE MOON INSIDE YOU

A SECRET KEPT TOO WELL

PRODUCED BY DIANA FABIANOVÁ, PRODUCED BY JERÓNIMO MOLERO & JULIE PARAIAN
KIMBALL CHEN, LA ZANFORÀ, THE PRODUCERS, ELISA BENOIST, THE CO-PRODUCERS, JERÓNIMO MOLERO, VISUALS, TATJANA JANKOVIC, COSTUME DESIGNER, BLAŽEJ VIDLIČKA,
MELISSA PETITJEAN & JOCELYN ROBERT, EDITOR, MELISSA PETITJEAN, EXECUTIVE PRODUCERS, PUBLICMUSIC.EU OLIVIER SAMOUILLAN PIERRE BATS,
ARTIST, STY, CNC, PROCIREP JUNTA DE ANDALUCIA, MINISTRY OF CULTURE OF SLOVAKIA, MEDIA PROGRAMME OF THE EUROPEAN UNION, PROCIREP - ANGOA, ORF,
TSR, RTBF, TG 4, TVP CULTURA, HRT, CZECH TELEVISION, CHANNEL 8 - NOGA COMMUNICATIONS, DUNA TV
WWW.MOONINSIDEYOU.COM



THE MOON INSIDE YOU

A Documentary by Diana Fabiánová

Ubak Producciones, Avenue B (2009 - 75' and 53')

An amusing and unusual take on one of the great taboos of femininity – menstruation - by a talented young adventurer.

Like so many other women, Diana, a young Slovak in her thirties, has painful periods. Is she in good health? Do those cramps have deeper roots, perhaps family, social, cultural or even political roots? Starting from an intimate perspective, the director proposes an amusing and iconoclastic yet also profound and serious approach to menstruation – a subject still widely maintained in secret and the object of many prejudices. Although a promise of fecundity, menstruation has also been associated for centuries in all parts of the world with negative connotations: impurity, volatile emotions, inefficiency at work, numerous superstitions and in many cases serious physical and psychological discomfort. A curse? A chauvinistic plot? Feminist solidarity?...

From Bratislava (where she was born) to Brazil via Spain, Australia, the USA and the United Kingdom, Diana hunts down interesting ideas and possible solutions. In the course of her innovative research she interviews doctors and experts in different fields and with different views (anthropologists, sociologists, psychoanalysts, etc). She gives an 11-year-old girl a camera with which to capture her fears before her first period, and organizes meetings and experiments with women who also have painful periods. An easygoing and humorous film, it combines children's drawings full of symbolism with animated plasticine figures, 3D and old advertisements involving menstruation.

The film does not aim to provide answers but rather to open windows and points of view in order to bring about emancipation simply through voicing, knowing, exchanging...

Diana Fabiánová

Educated in Slovakia by a hippy mother and a psychologist father, Diana, aged 30, presents her first documentary: **THE MOON INSIDE YOU.**

In 2004 while studying filmmaking at the SCAC in Cataluña, Diana had to come up with a final course project. About what, she asked herself? About periods, she decided, because femininity for her has never been evident but always a source of serious problems.

She then met Jerónimo Molero, a well-known director of photography in Spain. Together, they decided to go deeper into what was originally a college project and turn it into a creative documentary. The result is a four-year immersion into the heart of this taboo. A tireless traveller, Diana crossed all the continents in search of the opinions and advice of experts and therapists, but also those of men and women all over the world.

Why this film?

« When I was 6 years old, my grandmother died from womb cancer. Due to an unhappy series of coincidences, I was convinced that it was my fault. A year later, my mother was diagnosed with the same disease. How could a simple human organ become the cause of such great sadness?

Then my first periods started. In my eyes, the pain and depression that came along with them every month were nothing but a fair punishment for my crimes. But then, why did millions of other women suffer just like I did? What were they paying for?

As time passed by, I realized that neither my grandmother's death nor my mother's disease were connected to my actions. However, I was irremediably trapped in the menstrual etiquette.

Conditioned by the clear message from my mother: "No men should ever know you are menstruating", I carefully hid the evidence from my father and brother, first, and later on, from most of the other men in my life. And no matter how bad I felt, I pretended I was fine.

It was obviously the right attitude: everybody at school – then in college, then at work – behaved just like me! The taboo far exceeded the scope of my family: it was all around. Periods were a "girl thing". Periods were shameful. Periods were inappropriate for public discussion.

End of the story?

Something in me was reluctant to accept and suffer in silence.

How could this natural process be "inappropriate" when a quarter of the female population was experiencing it at any given time?

Why did the sign of what all societies consider a blessing – women's ability to give birth – happen to be described with sweet names and expressions like "the curse" in England, the "English war debarquement" in France or the US "to be on the rags"?

Why couldn't we even imagine the ideal bodies we see in magazines and on TV being indisposed?

How could prejudices as stupid as "a menstruating girl can't make mayonnaise" possibly survive until nowadays?

Why couldn't men talk about menstruation without blushing?

Was the cause of all this negativity and denial just the inconvenient bleeding and cramps? Of course it wasn't.

By questioning the culture of concealment surrounding these issues, by showing what women actually go through, by listening to men also, **MOON INSIDE YOU** aims to deconstruct the menstruation phenomenon, until its twofold nature clearly appears: an intimate experience and a social construction.

Don't worry, though... I am aware that the taboo of menstruation has been much more important in my personal trajectory than in that of others. I hope the film reflects this implication of mine, but I'm not using the audience as my shrink. **MOON INSIDE YOU** enables distinct voices to be heard.

In this search for diversity, meeting with Dominika, an 11 year-old pupil of my former school, was decisive. Dominika takes us back to the girls' world, where it all begins, when womanhood is brand new and the greatest expectations alternate with the deepest apprehensions.

Adult women's testimonies play an important role in the film. Having their point of view accepted as real, not marginalized as "the woman's angle", is one of my main concerns. Let's talk about menstruation on our terms now. Let's distinguish between what our society says about menstruation and what we really experience.

Also, since menstruation is much more than a physiological reality, the body of information of the film is built around my meeting with some experts chosen from different fields: medicine, sociology, anthropology, psychology, philosophy... as well as from some more alternative ones as the yoga taoist therapist or the dance therapist.

The prejudices about periods are faced and hopefully revealed with the most efficient weapons: creativity and humour. I hope the devices used in the film help some of us to mourn the old superstitions and social archetypes. Or at least recognize them as such.

Both familiar and unmentionable, known and unknown, **Moon inside you** aims to offer not just women but also the male audience the chance to achieve a greater understanding of a neglected yet important human experience, thus helping them to overcome the traditional sexual definitions.»





Young Dominika's intimate diary

Back in her primary school in Bratislava, Diana organizes an art class about menstruation with 11-year-old girls. That's how she gets to meet Dominika, a charming and smart pre-teenager, whom she lends a camera to.

Dominika's filmed intimate diary unfolds through various episodes. Face to the camera, the young girl exposes her internal world, her expectations and also her fears. Her innocent, childlike, but bright outlook helps us understand how the supposedly rid-of-complexes post-feminist young generation still perceives menstruation.

Animations

Plasticine animations take place during Dominika's filmed diary episodes. In a humorous way, they feature her ovule, depicted as a funny looking egg (with eyes, long lashes, mouth) waiting for D-day in the supposedly comfortable young girl's ovary.

These physiological recreations explain the life of the ovule: its birth, growth, maturity and exit out of her body in her first menstruation.

Other animated sequences (computer generated) are used to illustrate the myths related to menstruation, which some have survived up to now. Exaggeration and hyperbole underline the absurdity of such superstitions: a woman who is indisposed cannot approach newborn babies for fear of giving them a deadly disease; she makes flowers wither, fruit fall from the trees and the sun disappear, and, naturally, cannot make a mayonnaise sauce.

Original Soundtrack

The film's soundtrack was composed by Olivier Samouillan and Pierre Bats (Publicmusic.eu). Based in Paris, they work with artists from all cultures and have given the film a feel that is at once intimate and open to the world. There is also a track by the artist TRICKY. A former member of Massive Attack, he is considered one of the pillars of trip hop, a musical movement of the nineties that is a mixture of rock, hip-hop, electronic music and soul. Tricky discovered the film when it had already been made and enthusiastically permitted the director to use one of the most beautiful tracks on his latest album, "Cross to bear" (Knowle West Boy, Domino Recording, 2008), for one of the film's most moving scenes.

Appearing

Dusan Fabián

Psychologist, Slovakia

Mónica Lanzadera

Bioenergetic and dance therapist, Spain

Peter T. Ellison

John Cowles Professor of Anthropology, Harvard University. US

Karen Houppert

Journalist, Baltimore, USA

Barbara Duden

Historian, Hanover University, Germany

Chris Knight

Catedrático de Antropología, University of London, UK

Martha McClintock

Psychologist, Institute of Mind and Biology. University of Chicago, USA

Elsimar Coutinho

Professor Emeritus, School of Medicine, Federal University of Bahia, Brazil

Beverly I. Strassmann

Biological anthropologist, University of Michigan, USA

Victoria Agudo

Gynecologist, Spain

Jane Bennett

Social therapist, Australia

Alexandra Pope

Psychotherapist, Australia

Renu Li

Yoga Tao Teacher and therapist, Germany

Data list

Direction Diana Fabiánová

Script Diana Fabiánová, Mona León, Marion Dousot

Music Olivier Samouillan and Pierre Bats (PublicMusic.eu)

Photography Jerónimo Molero

Sound Blazej Vidlicka

Editing Tatjana Jankovic

Format HD, 75' y 52'

Production

Ubak Producciones (Spain)

Producer / Jerónimo Molero

Avenue B (France)

Producer / Julie Paratian

Partners

ARTE, STV (Eslovakia), TSR (Switzerland), RTBF (Belgium), ORF (Austria), TG4 (Ireland), DUNA TV (Hungary), TVP (Poland), CZECH TV (Czech Republic)

CNC, Procirep, MEDIA, Junta de Andalucía, Ministry of Culture of Slovakia.

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