



# ARLETTE. COURAGE IS A MUSCLE.

by Florian Hoffmann



## SYNOPSIS

A journey from Africa to Berlin turns into an unexpected journey from childhood to adulthood. The film centres around Arlette, a 15-year old girl from the Central African Republic who suffered severe injuries during the last war. In Berlin a surgery frees her from her year-long pain. This changes her both physically and mentally: suddenly Arlette is in her puberty.

But then war breaks out again in her homeland. What was planned to be a short stay in Berlin turns into a journey without a foreseeable end. Arlette is forced to grow up and take her own decisions about her future. Stranded in Berlin the young girl faces the challenges of a foreign culture and a language she doesn't speak.

This film is a long-term observation - told resolutely from the perspective of a young girl from the Central African Republic. And the viewer gets to see our everyday life through the genuine and honest eyes of Arlette.

## FESTIVALS

46th Vision du Réel -Festival International de Cinéma Nyon, Switzerland, 2015

39th Duisburger Filmwoche, Germany, 2015

26th Kinofest Lünen, Germany, 2015

28th International Documentary Film Festival, Amsterdam, Netherlands, 2015

15th Docpoint Helsinki Documentary Film Festival, Finland, 2016

32nd International Festival "Sarajevo Winter 2016" Bosnia and Herzegovina, 2016

13th Dokumentarfilmwoche Hamburg, Germany, 2016

31st DOK.fest Munich, 2016

17th Stockholm International Film Festival, Sweden, 2016

11th Afrykamera - African Film Festival, Warsaw, Poland, 2016

9th Internationales Frauenfilmfestival Dortmund | Köln, Germany, 2016

2015

84 min

### FORMAL CATEGORIES

Biographie/Portrait, Coming of Age, Current Affairs, Children / Youth, Conflicts, War/Peace, Human Rights, Migration, Social issues

### PREMIERE

Nyon, Switzerland (2015)

### WORLD SALES

**MAGNETFILM GmbH**

Torstraße 154

10115 Berlin

Germany

[georg.gruber@magnetfilm.de](mailto:georg.gruber@magnetfilm.de)

<http://www.magnetfilm.de>

### PRODUCTION COMPANY

**DFFB Deutsche Film- und Fernsehakademie GmbH**

Potsdamer Str. 2

10785 Berlin

Germany

[info@dffb.de](mailto:info@dffb.de)

<https://www.dffb.de>

### FILM LOCATION

### LINKS / REFERENCE

<http://www.psfilm.ch> (world sales)

<https://vimeo.com/197761831>