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KEYWORDS

- Friendship
- Travel
- Encounters
- Youth
- Questioning
- Feminism
- Consent
- Drugs
- Alcohol
- Sex
- Sexual assault
- Coming-of-age
- Experiences

A coming-of-age story about the blurred boundaries of consent

Best friends Laura and Alex set off on a summer Interrail adventure across Europe. After a night of partying in Warsaw, Laura wakes up naked in a stranger's bed—and with no memory of what happened. As the two young Swedes couchsurf their way across Prague, Berlin, and Paris, fragments of that night return and Laura's doubts mount, pushing her to confront her own limits in a quest for truth and self-discovery.

Fanny Ovesen's vibrant coming-of-age debut relies on patient, attentive observation by letting emotional truth surface in small gestures. At the center of Live a Little is an intimate portrayal of female friendship, and Embla Ingelman-Sundberg's breakout performance as Laura makes her a talent to watch.

 With the support of the Œuvre Nationale de Secours Grande-Duchesse Charlotte.



School screening followed by a debate **with the filmmaker Fanny Ovesen**, the CID – Fraen a Gender and the media class from the Lycée Robert Schuman.



The first classes to register will be offered an introduction and preparation for the film screening at your school before the festival.

SCHOOL SCREENING

13/03 at 9am – Ciné Utopia (end – 11.50am)

PUBLIC SCREENING

12/03 at 6.15pm – Ciné Utopia (end – 8.30pm)

SUGGESTED TOPICS OF DISCUSSION

- Here is the film poster:
 - Can you describe what you see?
 - What do you think of the movie title?
 - Do you think the title fits the movie well? What title would you have given it?
 - Analyze the two characters on the poster. What can you say about them?
- What are Laura and Alex setting out to do across Europe? How do you feel about the atmosphere of the film at the beginning?



Image 1.

CONSENT

- Laura wakes up with no memory one morning after a night of heavy drinking. What happened? In your opinion, can we talk about a non-consensual relationship?
- The following video explains consent in sexual relationships in simple terms: <https://www.youtube.com/watch?v=oQbei5JGiT8>

Explain in your own words what consent is.

Example: To consent to something is to agree to do that thing. Sexual consent is the agreement that a person gives to their partner to participate in a sexual activity. We can show that we agree through words, actions, or both. To make it clear whether we agree or not, we can say so ("No, I don't want to"). But sometimes we cannot say so, such as when we are too afraid, when we are paralyzed because we do not understand what is happening, or when we have had too much to drink or taken drugs, just like Laura in the film. Just because you cannot say it does not mean you agree. It is up to the other person to listen and pay attention to how their partner feels.

- The film uses the "gray area" technique. Do you know what it is?

Example: Gray areas in cinema refer to ambiguous situations where consent begins and ends, showing how scenes or techniques trivialize or normalize non-consensual advances.

- How did you understand that it was rape?
- Does Laura immediately understand that she was raped by Lucas?
- At what point does Alex understand that it was not just a one-night stand?

Example: Alex realizes that Laura was raped by Lucas when she uses phrases like "I told you I blacked out" and Alex had not been given these details about the evening from the start. Then, at the rave, she realizes that she sent Laura into the lion's den and feels guilty... « I left you with Lucas without saying anything ...] I trusted him, I am really ashamed about it »

- Aesthetically speaking, what camera movements occur in this scene?

Example: at the beginning of the sequence, the girls are laughing and sharing a simple, intimate moment, and the camera observes them from a distance. Then it gradually zooms in on Laura when she realizes that something is wrong and that her questions have finally been answered.

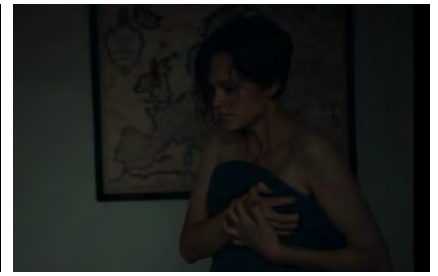


Images 2.

FILM ANALYSIS

- Using the images below, analyze the lighting used in the film at two specific moments. What can you say about it? How does it make you feel?

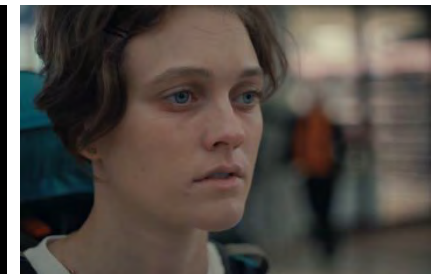
Example: The bright, colorful lighting reflects the moments of celebration and letting go in the film as a symbol of excitement. In contrast, the moments with colder, more neutral lighting convey a feeling of confusion and unease.



Images 3.

- Look at the different images of Laura. How does the director choose to film her protagonist? What are the advantages of using this type of shot?

Example: In several sequences, Laura appears in close-up (waist or shoulder shots) or extreme close-up. This framing choice detaches the character from her surroundings and emphasizes her emotions. The viewer is thus invited to read her feelings through her facial expressions. As she expresses herself very little verbally, these shots emphasize the power of silence, where her features sometimes convey more than words. In contrast, the wide shots give us an impression of the character's freedom and vulnerability.



Images 4.

- Using the same images, what can you say about the staging choices and the film's point of view?

Example: In the film, the director wanted to convey Laura's point of view throughout the story. We follow her journey with her best friend, her feelings, her doubts, her questions, her relationships... And not a group of people. The semi-objective or objective shot is therefore used. This means that the viewer is hidden behind the character's shoulder, accompanying them in the action.

- How does the editing (ellipses, flashes, silences) reflect Laura's fragmented memory?

Example: Abrupt cuts and prolonged silences convey the discontinuity of her experience.

- What role does the soundtrack (music, ambient noise, silences) play in the perception of the characters' emotions?

Example: The silences accentuate Laura's discomfort and uncertainty, while the sounds of travel (train, crowd) convey Alex's energy and openness.

- Which places on the journey (train stations, rooms, streets) can be interpreted as symbolic stages of the transition to adulthood?

Example: Train stations represent choices and possible directions, guest rooms represent intimacy but also vulnerability, and busy streets represent confrontation with the outside world.

- How is the journey a metaphor for coming-of-age?

Example: Travel symbolizes life choices, encounters represent formative experiences, and trials reflect the obstacles that must be overcome to grow.

- Did any scenes make you uncomfortable? If so, which ones? If not, why not?
- How do you think this film can help teenagers/young adults reflect on their own boundaries and communication in their relationships?
- Why is Laura reluctant to talk about what happened to her?

Example: Shame, fear of not being believed, and confusion are reflected in prolonged silences and averted gazes. In Luxembourg, the 2003 law provides for psychological and legal support to encourage victims to testify without fear.

- How can cinema be a more effective tool for raising awareness than institutional campaigns?

Example: Identification with characters, emotion, and aesthetics enable deeper and more lasting awareness. In Luxembourg, the Ministry of Education and Youth regularly supports audiovisual projects to raise awareness among young people about social and legal issues.