



CYCLE

THE STORY OF A GIRL WHO HAS HER PERIOD FOR THE FIRST TIME
BUT DOES NOT KNOW WHAT A PERIOD IS.

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SYNOPSIS

One day, a girl living in a village sees blood on her panties. She's having her first menstruation, but she doesn't know what it is. She hesitates to ask someone and tries to discover on her own. She finally finds an answer, but that answer is only the part of the cycle she's in.



SPECIFICATIONS

Original Title: Döngü

Shooting Format: RED

English Title: Cycle

Aspect Ratio: 2:35

Type: Short

Film Color: Color

Duration: 11

Sound: Stereo

Country of Production: Turkey

Genre: Fiction

Date: 2023

Subjects: Women, Coming of Age, Social Issues

Language: Turkish

Director: Naz Çaybaşı



ABOUT THE FILM

According to the belief, the menstrual cycle has been a taboo since Eve, the first woman, and this taboo is part of a cycle that has been passed down from generation to generation until today's Eve. It is not a coincidence that the name of the lead character of the film is Eve (Havva). The film takes its inspiration from this taboo. It is about how a biological process can turn into a tragic story in the Middle Eastern geography. Growing up, discovering yourself, being ashamed of yourself, hiding yourself, feeling alone. And one day to face the consequences of being a woman. This is the cycle.





ABOUT NAZ AYBAŞI

Naz is born Turkish. A filmmaker based in Istanbul. After graduating from Istanbul University from the Radio, Cinema and TV department, she worked as an assistant director. She continues her career as a director. The subjects she focuses on most in cinema are social issues, taboos, women and being human.

Filmography

Cycle, 2023

Whirlpool (work in progress)

AWARDS & SELECTIONS

- 45th Clermont Ferrand Short Film Festival (France) - Short Film Market Picks 2023
- 6th Porto Femme Film Festival (Portugal) - **Best Short Film Award 2023**
- 21st Female Eye Film Festival (Canada) - **Best Foreign Short Film Award 2023** (Canadian Screen Awards qualifying)
- 46th Odense Film Festival (Denmark) - International Competition 2023 (Oscar qualifying & EFA qualifying)
- 21st Tirana International Film Festival (Albania) - International Live Action Competition 2023 (Oscar qualifying & EFA qualifying)
- 18th Shorts Mexico (Mexico) - International Live Action Competition 2023
- 3rd New York Indie Shorts Awards (US) - International Competition 2023
- 57th Hof Film Festival (Germany) - International Competition 2023
- 21st Festival international Signes de Nuit (France) - **Mention for The Jury Award 2023 & Student Jury's Special Jury Award 2023**
- 17th Leiden Film Festival (Netherlands) - International Competition 2023
- 14th Balkan Beyond Borders (Montenegro) - International Competition 2023
- 11th Olhares do Mediterraneo (Portugal) - International Competition 2023
- 21st Linea d'Ombra Festival Festival (Italy) - CortoEuropa Competition 2023
- 37th Braunschweig Film Festival (Germany) - International Competition 2023
- 10th Goa Short Film Festival (India) - International Competition 2023
- 14th FINIFA (Morocco) - **Jury Award 2023**
- 17th Amarcort Film Festival (Italy) - **Best Short Film 2023**
- 36th Aguilar Film Festival (Spain) - International Competition 2023
- 14th McMinnville Short Film Festival (USA) - International Competition 2024
- 25th Landshut Short Film Festival (Germany) - International Competition 2024
- 5th FICIMAD (Spain) - **Best Indie Film 2024**
- 8th Beirut Women Film Festival - International Competition 2024



REVIEWS

"In a rural farming community in Turkey a girl has her first period. The consequences of this biological normality are both shocking and tragically told in this visually arresting and character driven drama."

Odense Film Festival



ANECDOTES

More than 50 girls were reached for the lead character. However, only 2 of them were allowed by their families to act in this film. When we were making a film about menstruation being a taboo, that taboo became part of the production process. This was the biggest indication that this film had to be shot.



LINKS

- Trailer -

<https://vimeo.com/736276839>

- IMDB -

<https://www.imdb.com/title/tt27489587/>

- Instagram -

<https://www.instagram.com/dongushortfilm/>

- E-mail -

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CREDITS

Director & Writer: Naz aybaşı

Producers: Tun Eser Alıcı, Naz aybaşı

Director of Photography: Tun Eser Alıcı

Editor: Deniz Solaker

Music: Ayşe Önder, Ümit Önder

Sound: İbrahim Aköz

Art Director: Aya Yürük

Styling: İpek Oskay, Serra Kotilođlu

AC: Türker Yavaş

Pedagogue: Bülent Ekinci

Color: Deniz Solaker

Sound Design: Adnan Akdađ, Serhat Ayebe

