

## My time in SMS (Nida, Lithuania)

Expectations:

- Learning about storytelling/script-writing

Reality:

- Learned storytelling/script-writing
- And many more
- And things about myself

The intensity of SMS was not just high because of the work and projects we did, but also because I started to reflect everything I learned into my own life, thoughts and ideas. Even as a choreography student – being in lectures, “forced” to listen and observe – the knowledge and experience that SMS gave me was massive.

Learning about characters (and their development); how to create ideas when the “perfect” idea is not yet with you; how to make ideas into reality and so on... it’s all important to film students and young professionals, but somehow it got very vital to me.

Yes, the lectures and pitching sessions were just a milestone – the real fun, work and excitement happened when we had to start making films together with other participants. I learned how to make my ideas more clear to others, how to trust everyone with their own duties and what could be my extra-value to the working group. Also the amazing opportunity to meet so many talented creative persons was something I didn’t expect – well I knew they were all gifted – but I couldn’t imagine they would grow so close to me.

Thoughts in Nida

- How many inner characters I have?
- Trust the impulse.
- Sometimes stop your inner mind.
- We often look for the eyes and get our information from there.
- What interests you?
- Redundancy
- Life is like in the mountains – when you are higher, then there’s less oxygen, you have to know what kind of movements to make next.
- Micro movements are also part from yourself, from the story, from the image.

Being in SMS and having the beautiful Nida nature around me made me not only think about filmmaking and movie-art, but also inspired me to dance there, write and prepare myself for whatever comes next.

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Consequences  
are the only effects

that are  
behind us.

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For me  
being healthy  
and whole  
is the most beautiful  
privilege.

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Nida managed to change my perspective in so many ways and in so many great aspects. I miss the time, nature, people, the hard days and the days where my body stopped but my mind was still working on my next step – or my mind was just standing still, being present and pleased.

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