

20

LEBANESE
OUTDOORS
FILM
FESTIVAL

21



4TH EDITION
@ METROPOLIS CINEMA

SEP

2025



USEFUL INFOR- MATION



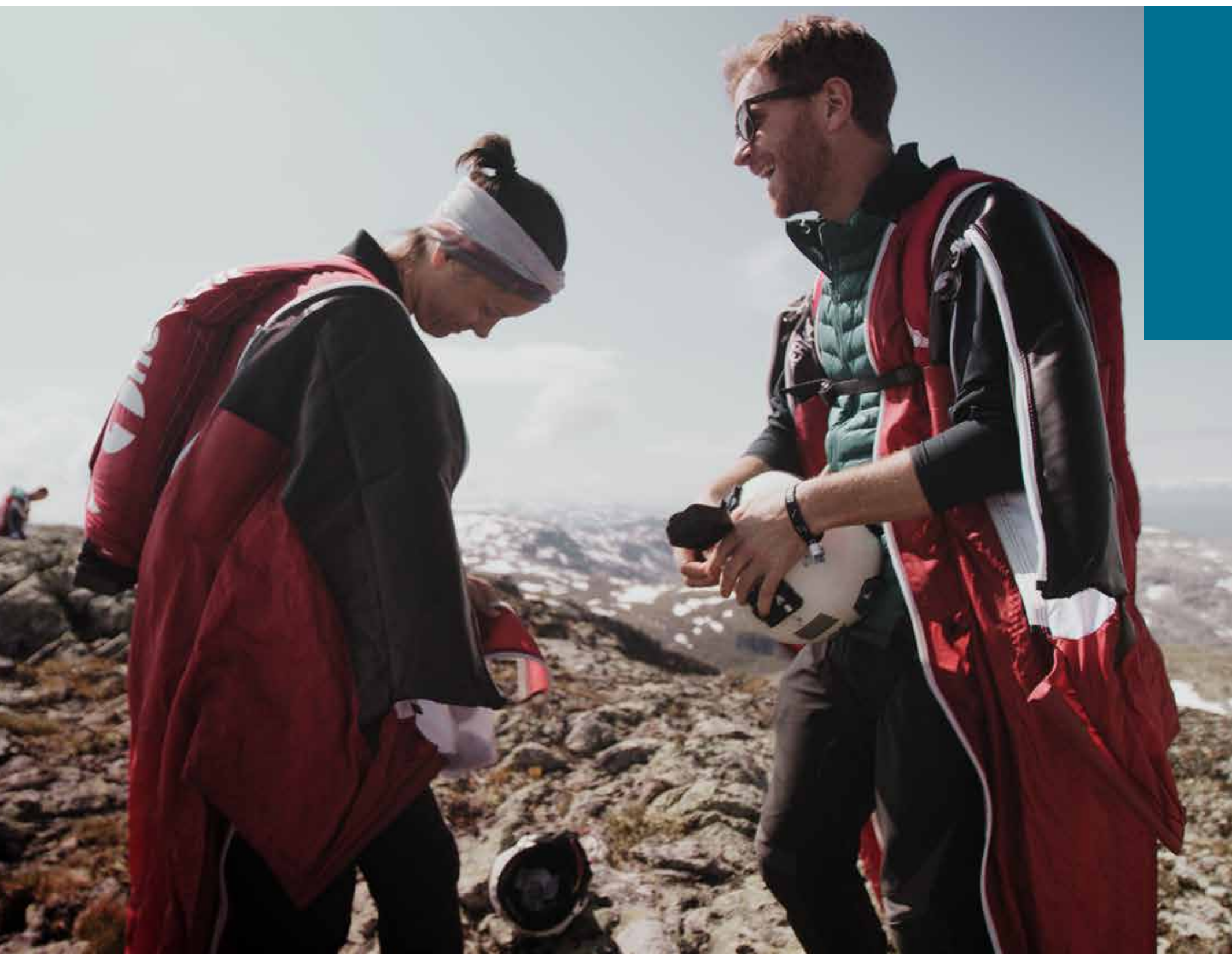
PEOPLE'S CHOICE AWARD

As a festival guest, you'll have the chance to vote for your favorite film in the People's Choice Award. All the info you need to cast your vote will be shared during the event.

TICKETS WITH BENEFITS

With your ticket, you won't just enjoy the films - you'll also get access to:

- a Free Yoga Session at Sarvam Yoga (Strictly for DAY PASS holders)
- 15% discount on purchases or rentals from Pic Blanc
- 15 % discount on purchases from 19point8
- 15% discount on services from URock Climbing
- 15% discount on all purchases from Hyped.leb



OPENING DOORS

Saturday 20th of September @2.30PM
Sunday 21st of September @2.30PM

CLOSING DOORS

Saturday 20th of September @11.30PM
Sunday 21st of September @11.30PM

VENUE OF THE FESTIVAL

†Metropolis Cinema, Beirut

DISABLED ACCESS

The venue is fully accessible for wheelchair users

TICKET PRICES

pre-sale tickets

session pass 8\$
day pass 20\$

tickets at the door

session pass 10\$
day pass 25\$

Tickets may be purchased in advance online at www.ihjoz.com starting August 27, 2025. The purchased tickets may be presented either as a printout or on a mobile device at the entrance.

Tickets can also be purchased at the entrance door of the festival on the day of the event.

Bring your water bottle and enjoy free refills at the festival – let's skip plastic! Delicious food and refreshing drinks, waiting for you anytime.

SATURDAY, 20TH SEPTEMBER

PROGRAM

FREE DAY LONG ACTIVITIES

available to session & day pass holders

Outdoor Area

Bouldering with ClimberSpace Academy

Lagree with BARR Beirut Athletic Riders Room

Balance Board tryouts with Equibalance

Palet exploration with Palet.LB

3.00 pm	Yoga & Acro Yoga Led by Sarvam Yoga free of charge - available to session & day pass holders	Outdoor Area	45'
4.00 pm	SESSION 1	Hall A, Hall B	pre-sale ticket 8\$ ticket at the door 10\$
	SAMA <i>directed by Bachar Khattar</i>	Germany/Lebanon	27'
	Mānthōūr Bayrūt <i>directed by Farah Fawzi Naboulsi</i>	Lebanon	19'
	Shift <i>directed by Moussa Shabandar & Sherine Raffoul</i>	Lebanon	20'
5.20 pm	Lebanon - A skyway between heaven and hell for migrating birds A talk with Chadi Saad free of charge - available to session & day pass holders	Outdoor Area	
6.00 pm	SESSION 2 - OPENING SESSION	Hall A, Hall B	pre-sale ticket 8\$ ticket at the door 10\$
	Run for Life <i>directed by Bachar Khattar</i>	Lebanon	78'
	Q&A with Bachar Khattar and Nayla Cortas	Live in Hall A	
7.50 pm	Rooted in Change A talk with Soumaya Merhi free of charge - available to session & day pass holders	Outdoor Area	
8.30 pm	SESSION 3	Hall A, Hall B	pre-sale ticket 8\$ ticket at the door 10\$
	Her Own Peak <i>directed by Emilio Bou Onk</i>	Lebanon	18'
	The Sea is Ours <i>directed by Banna Bazzarie</i>	USA	5'
	Life Line <i>directed by Osman Sarp Altay & Deniz Toprak</i>	Turkey	25'
	Parallel World <i>directed by Aleksandar Valchev</i>	Bulgaria	22'
10.00 pm	BINKY in Concert free of charge - available to session & day pass holders	Outdoor Area	

SUNDAY, 21ST SEPTEMBER

PROGRAM

FREE DAY LONG ACTIVITIES

available to session & day pass holders

Outdoor Area

Bouldering with ClimberSpace Academy

Lagree with BARR Beirut Athletic Riders Room

Balance Board tryouts with Equibalance

Palet exploration with Palet.LB

3.00 pm	A night on Everest Masterclass with Avedis Kalpaklian free of charge - available to session & day pass holders	Hall A	45'
3.00 pm	Yoga pre- post workout for athletes Led by Sarvam Yoga free of charge - available to session & day pass holders	Outdoor Area	45'
4.00 pm	SESSION 4	Hall A	pre-sale ticket 8\$ ticket at the door 10\$
	Along the Water <i>directed by Rebecca Taouk</i>	Lebanon	23'
	A Grotto for Sale <i>directed by Muriele Honein</i>	Lebanon	19'
	The Last 5 Minutes <i>directed by Shahram Maslakh</i>	Iran	40'
4.00 pm	SESSION 5	Hall B	pre-sale ticket 8\$ ticket at the door 10\$
	Women & the Wind <i>directed by Alizé Jireh</i>	USA	96'
6.00 pm	SESSION 6	Hall A, Hall B	pre-sale ticket 8\$ ticket at the door 10\$
	Seeking Judhuri <i>directed by Whit Hassett</i>	USA	12'
	Shifting Roots <i>directed by Angie Mrad</i>	Lebanon	9'
	10452 <i>directed by Lea El Medawar</i>	Lebanon	18'
	Zahir <i>directed by Julien Nadiras</i>	Switzerland	29'
7.30 pm	Creative Speed Dating: Filmmakers, Athletes & Environmentalists free of charge - on-site registration	Outdoor Area	
8.30 pm	SESSION 7	Outdoor Area	pre-sale ticket 8\$ ticket at the door 10\$
	Filthy <i>directed by Rana Rachid</i>	Lebanon	2'
	LENA <i>directed by Luigi Rapanelli</i>	Portugal	25'
	Riding the Wave <i>directed by Rhea Bassil</i>	Lebanon	8'
	Beyond the Edge <i>directed by Alaa Abo Taam</i>	Lebanon	12'
	The Peace that was Before <i>directed by Roudy Doumit & Florian Handschuh</i>	Austria	7'
	Trustfall <i>directed by Stefan David Witts</i>	Norway	11'
10.00 pm	Award Ceremony free of charge - available to session & day pass holders	Outdoor Area	
10.30 pm	Closing Party free of charge - available to session & day pass holders	Outdoor Area	

SESSION 1

SAT SEP 20th/4:00pm



SAMA

27' / Germany-Lebanon / 2024
Directed by Bachar Khattar

In Lebanon's Bekaa Valley, Hiba, a Syrian refugee, and Sabine, a Lebanese local, bond over their love for climbing, despite the growing tensions between their communities. Supported by the Swiss NPO ClimbAid, they face social and personal challenges while striving for independence and becoming leaders. Their shared passion for climbing helps them overcome difficulties and positively influence their community, promoting peace and resilience.



MĀNTHÖÛR BAYRÛT

19' / Lebanon / 2024
Directed by Farah Fawzi Naboulsi

A native Beiruti takes a journey to the edge of her city, where she is drawn to explore a state of oneness with an endemic flower. The flower's endangered status stirs up questions about the scattered sense of belonging and duality of her world. Through diverse encounters, the flower reveals herself as the protagonist, and invites the narrator to explore the wilderness and brutality of Beirut's last remaining public coastal areas.



SHIFT

20' / Lebanon / 2024
Directed by Moussa Shabandar & Sherine Raffoul

Chadi lives in Hammana, a village in Mount Lebanon situated along the bottleneck of the world's second-largest migratory bird route. A former avid hunter, he made a deep shift and finally chose to prioritize the presence of birds in his life, to understand their diversity and behaviour. Since then, he lives in tune with bird migration, gets to witness their birth, their mourning, their moves, their everyday lives..., and advocates for their protection instead of killing them.

SESSION 2

SAT SEP 20th/6:00pm



RUN FOR LIFE

79' / Lebanon / 2024
Directed by Bachar Khattar

This heartwarming love story follows a father who turns to ultra-running in his quest to find a cure for his daughter's condition. At the age of 59, in the aftermath of the Beirut Port Explosion of August 4, he embarks on an epic journey to run the Lebanon Mountain Trail—a 470 kilometers of rugged terrain—with his daughter Saria as his medal at the finish line.

SESSION 3

SAT SEP 20th/8:30pm



HER OWN PEAK

17' / Lebanon / 2025
Directed by Emílio Bou Onk

At 62, in the heart of Lebanon, Rafca was expected to slow down. Instead, she laced up her running shoes for the very first time. This documentary chronicles Rafca's extraordinary journey, transforming from a late-start beginner into a surprisingly fast, world-class runner. Through intimate footage with her dedicated running partners and insights from her coach, we witness her daily grind, the scientific marvel of her body's adaptation, and the sheer force of her will. Rafca shatters conventional notions of aging, proving that with unwavering passion and grit, peak performance isn't a young person's exclusive domain. Her story is a powerful testament that true potential knows no finish line, no matter your age.



THE SEA IS OURS

5' / USA / 2025
Directed by Banna Bazzarie

The Sea Is Ours uses abstract images of the ocean to present emotions of beauty, light, and steadfastness. However the darkened cover of "Ya Tali'een El-Jabal" represents the emotion of struggle, loss, and mourning. Ya Tali'een El-Jabal is a Palestinian folk song which was sung by women to their imprisoned loved ones. The song has resurfaced in a strong manner throughout the global uprising for Palestine to emphasise the original message; resistance, hope, and freedom.



LIFE LINE

25' / Turkey / 2024
Directed by Osman Sarp Altay & Deniz Toprak

After the 2023 earthquake in Samandağ, Deniz discovered perfect surf waves and dreamed of transforming the town through surfing. With a local fisherman, he encouraged youth to surf. Two boys, Akil and Haydar, started surfing and soon achieved national success. Their story inspired Deniz to reach more children. In 2025, they opened a surf center in Hatay, changing lives and building a hopeful, united community through the power of the waves.



PARALLEL WORLD

21' / Bulgaria / 2024
Directed by Aleksandar Valchev

After his daughter's birth a tectonic shift in priorities casts an alpinist into the safer realm of high grade Dry Tooling. Seeking to reconcile fatherhood and high athletic pursuit he ends up in the shadow of one of the biggest rock roofs in the climbing world. Above him, the unending sky of limestone shelters one of the hardest lines of our times - Parallel World. An upside down universe of itself, it requires nothing less than everything.

SESSION 4

SUN SEP 21st/4:00pm



ALONG THE WATER

23' / Lebanon / 2024
Directed by Rebecca Taouk

Flowing from Lebanon's highest peak to the sea, water carries stories of connection and transformation. Along the Water takes a contemplative journey through the lives of Samir, Hisham, Antoine, and Ghiwa, whose bonds with nature, through the sea, rivers, and mountains, reflect a shared need to protect it. Through a transformative lens, the film captures the profound sensibility of their relationships with the natural world.



A GROTTO FOR SALE

19' / Lebanon / 2024
Directed by Murielle Honein

In the mountains of Donnieh, a natural grotto full of stalagmites, water and bats is for Sale. Alternating between reality and fantasy, a portrait of the grotto: by looking at its inside, surroundings, neighbors, and its destiny.



THE LAST 5 MINUTES

40' / Islamic Republic of Iran / 2024
Directed by Shahram Maslakhi

Taha Ghaffari comes from a border village and a poor family that has produced several medalists for a country striving to reach the Olympic Games.

SESSION 5

SUN SEP 21st/4:00pm



WOMEN & THE WIND

95' / USA / 2025
Directed by Alizé Jireh

After a year of boat work and a month waiting for wind, three women set sail from North Carolina to Europe, tracing plastic pollution along the Gulf Stream. For two, it was their first ocean crossing. Facing storms, seasickness, and stillness, they found deep connection—with the ocean, each other, and themselves. Women & the Wind is a story of challenge, beauty, and awakening, highlighting the human bond with nature and the urgency of protecting our seas.

SESSION 6

SUN SEP 21st/6:00pm



SEEKING JUDHURI

12' / USA / 2024
Directed by Whit Hassett

Ahmad, a first-generation Lebanese-American, embarks on an emotional journey back to his homeland, Lebanon, retracing the mountain trails where he once hiked with his father as a child. His objective: to complete the challenging Lebanon Mountain Trail, a 470km through-hike spanning from the northern border of Syria to the southern border of Israel. This challenging through-hike weaves through some of the most culturally diverse and isolated mountain villages, linking shepherd routes with ancient Phoenician and Roman footpaths. Ahmad extends a heartfelt invitation to his father, who fled Lebanon during the civil war, transforming the hike into a symbolic journey of reconnection with his cultural roots, a confrontation with the past he left behind.



SHIFTING ROOTS

9' / Lebanon / 2025
Directed by Angie Mrad

In the midst of war between Israel and Hezbollah, Nouhad an 81 years old woman had to leave everything behind to seek refuge as they bomb around her. She has a hard time talking about the human tragedies, but the thing she talks about most is her olive orchard, a symbol of resilience in the middle of chaos. But when white phosphorus rains down, burning her beloved grove, Nouhad is forced to confront the brutal reality of loss once more. Haunted by the orchard's history, marked by displacement and invasion, Nouhad stands at a crossroads. Should she flee to safety, abandoning her ancestral home on the border, or defy the odds to protect what remains of her legacy?



10452

18' / Lebanon / 2024
Directed by Lea El Medawar

10452 follows two friends as they take on one of Lebanon's challenging climbing routes. What begins as a pursuit of the perfect send quickly turns into a deeper journey of persistence, failure, and the evolving dynamics of friendship. As the project stretches on, the wall becomes more than just rock - it's a mirror reflecting personal limits, frustrations, and the quiet moments that persist beyond climbing.



ZAHIR

29' / Switzerland / 2025
Directed by Julien Nadiras

When Katherine Choong invites her friend Eline Le Menestrel to climb "Zahir", a classic multi-pitch route in the Swiss Alps and one of the country's most challenging, Eline agrees, but on one condition : they must travel using only eco-friendly means. As the days pass on the wall, they realize just how ambitious their project is. The long distance between bolts, the tiny holds, and the exhaustion from cycling push them to their limits. Fueled by determination and enthusiasm, will Eline and Katherine find their own Zahir?



FILTHY

2' / Lebanon / 2021
Directed by Rana Rachid

Through this animated short film we aim to raise awareness about the environmental challenges we face in our modern society, from waste management to forest and wildlife conservation.



L E N A

25' / Portugal / 2025
Directed by Luigi Rapanelli

L E N A documents the journey of the first German, female big wave surfer. Led by the fascination for the biggest waves of her life, and guided by the sombre respect for the power of the ocean, this film does not shy away from the complexities in telling Lena's story of purpose and persistence in Nazare.



RIDING THE WAVE

8' / Lebanon / 2025
Directed by Rhea Bassil

"Riding the Wave" is a personal reflection on what it means to move with life instead of fighting it. Through surf, voice, and feeling, it explores the quiet power of letting go, trusting the moment, and learning from the waves that shake us. Ultimately, this isn't a film about surfing. It's about presence. Trust. Growth. And the beauty of uncertainty. Because sometimes, the most powerful waves are the ones you never thought you could ride.



BEYOND THE EDGE

12' / Lebanon / 2024
Directed by Alaa Abo Taam

Beyond The Edge is a short documentary film which dives into the world of extreme sports: basejump, rock climbing, and windsurfing (air, land, and sea). Through real footage and raw stories, it captures the risks, beauty, and passion behind each sport. Featuring top athletes Michael Khalil, Jad Ghosn, and Elias Issa. An adventure through nature like you've never seen before.



THE PEACE THAT WAS BEFORE

7' / Austria / 2025
Directed by Roudy Doumit & Florian Handschuh

The Peace That Was Before follows two young freeriders, Mykhailo from Ukraine and Alex from Russia, who meet in the French-Italian Alps to share their passion for skiing in a landscape that transcends borders. Through powerful visuals and evocative storytelling, the film explores themes of identity, trauma, unity, and healing. As they carve their way through snow-covered peaks, echoes of war, fear, and hope emerge, while the mountain offers a space for silence, challenge, and connection beyond nationality or conflict.



TRUSTFALL

11' / Norway / 2021
Directed by Stefan David Witts

A couple in life and a world class duo of wingsuit flyers, attempts to complete a routine of moves ment for an altitude of 3000m, on a mountainside of half the height. Large walls in all directions and a narrow window for completion, set this ultimate trust of partnership.

YOGA SESSION



SAT SEP 20th/3:00pm

YOGA & ACRO YOGA

Yoga class with Sarvam Yoga
An opening circle to unify our breath and synch ourbodies for the journey.

YOGA SESSION



SUN SEP 21st/3:00pm

PRE / POST WORKOUT YOGA

Yoga class with Sarvam Yoga
Pre / Post Workout Yoga to ease you in and guide you out of your sport of choice with Costanza Ferrando (Yoga Teacher & Climber)

TALK



SAT SEP 20th/5:20pm

LEBANON - A SKYWAY BETWEEN HEAVEN AND HELL FOR MIGRATING BIRDS.

A talk with Chadi Saad
An anecdote, suitable for children and adults, by bird watcher and photographer, storyteller, nature protector and foun x

MASTERCLASS



SUN SEP 21st/3:00pm

A NIGHT ON EVEREST

Masterclass with Avedis Kalpaklian
A special appointment with the screening of a short film capturing Avedis Kalpaklian's climb to the summit of Mount Everest. Following the screening, Avedis will share the story behind the journey, how it all began, the ten years of dedication that followed, over 85 mountain climbs including two 8000ers, and leading teams to record-breaking summits for Lebanon and the Arab world. He'll take us through the road to Everest, what it took to prepare for such a challenge, and the mental and physical obstacles he faced along the way. It's more than a mountain story, it's a story of vision, persistence, and pushing human limits.

TALK



SAT SEP 20th/7:50pm

ROOTED IN CHANGE

A talk with Soumaya Merhi, CEO and Founder of Taqa Snacks
How Businesses Can Grow Through Sustainability, Nature, and Community.

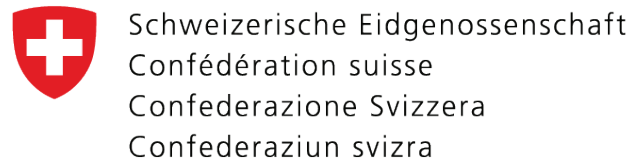
SPEED DATING



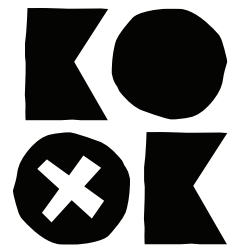
SUN SEP 21st/7:30pm

CREATIVE SPEED DATING: FILMMAKERS, ATHLETES & ENVIRONMENTALISTS UNITE!

You'll have just 10 minutes per round to spark connections, pitch ideas, and explore collaborative possibilities.
How much can you exchange in 10 minutes?



Embassy of Switzerland to Lebanon and Syria



Printing & Graphics

