



Film

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THE MOUNTAINS

Christian Einshøj, Denmark, 2023



89 min. | DK/Documentary



Two decades after the tragic death of his brother, the director Christians Einshøj's family is falling apart. Armed with 30 years of home-video, 75.000 family photos and three tightly fit superhero costumes, he ventures into landscapes of long-lost time, in an attempt to confront the 25-year old tragedy, and the hidden wounds left in its wake. It's a story of fathers and sons, of vast collections of stamps and amateur videography, of long-distance business-class flights and all the other ways in which we flee, instead of talking about that which hurts – and of the redemption that can follow when the silence is breached and they maybe finally make it to the other side of the mountains.

Basic information

Credits



Original title

Bjergene

Danish title

Bjergene

Keywords	Norway, Family history, Families, Brothers, Deaths, Grief, Grief therapy, Video production, 1990-1999, 2000-2009, 2010-2019, 2020-2030, Men
Director	Christian Einshøj
Screenplay	Christian Einshøj
Producer	Mathilde Hvid Lippmann
Director of Photography	Søren Einshøj, Christian Einshøj
Editor	Christian Einshøj
Sound	Sune Kaarsberg
Composer	Toke Brorson Odin
Appearance	Frederik Einshøj, Alexander Einshøj, Christian Einshøj, Søren Einshøj
Production country	Denmark
International sales	CAT&Docs
Online release	08.05.2023, Filmcentralen
Comment	First feature documentary by Christian Einshøj, an editor of a number of shorts, documentaries and features. His short documentary 'Haunted' (2018) won for best international short at Hot Docs.
Danish rating	Not recommended for children under 7

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