

REGELFALL | OVARYACTION

Q & A with Anja Pachutzki and Anja Haas



1. Do you think menstruation is still a taboo topic? Are people educated enough on the topic?

Anja Pachutzki answers:

- Right now, menstruation seems to have less significance and is even less talked about in comparison to the times before we faced the Corona-situation.
- A lot of people seem to think of the female cycle as something to be embarrassed about, or consider it as something filthy.
- A lot of people have way too little knowledge on what is happening in the female body, and a lot of people don't even want to know about that, even though it's very simple to receive information (online, for example). Unfortunately, conversations about menstruation rarely take place.
- We hope that our film encourages to talk more about the menstrual cycle — because it's something completely natural.

2. How did you create the film's image?

Anja Pachutzki answers:

- Technical aspect (see 00:01:58).
- Graphic invention: we brainstormed about menstruation, informed ourselves more about it, and discussed how to convert our ideas into images. We then put everything on the storyboard and talked everything through with the team — resulting in the final concept for the film.

3. How did people react to your film?

Anja Haas answers:

- We have gotten both positive and negative feedback. We appreciate every opinion.
- With an experimental film, one wants to provoke emotions, and so do we.

4. Do you have any exciting background stories?

Anja Haas answers:

- Actually, a lot. We were wearing bodysuits, we smashed cakes in each other's faces, and threw raw eggs at each other.
- Four of the five girls got their period during the time of filming. I don't think it's a coincidence! ;)

5. How do you think you developed during the whole process?

Anja Haas answers:

- We definitely have a more relaxed approach to the whole issue by now. We know more about the female cycle.