



PQA and MediCinema believe in the transformative power of film and filmmaking

PQA are proud to be sponsoring MediCinema and we challenge our student filmmakers to make a **ninety second short film** on the theme - **'A Hero's Journey'**.

Most films that we see on the big screen feature hero's, hero's that make us feel that anything is possible and that we have the power within us to overcome lives challenges.

We want to see films that inspire us. Films that show us your version of heroism, we want to know what this means to you, who are your hero's? are they fantastical or real? Close to you, or from far away? How do their journeys inspire us?

Most of all we are looking for films that are fun and stories that take us to another place for a moment. Show us what you think and feel on screen.

Your film should be for a family audience so they can be enjoyed by all. It can be an animation, fiction, documentary, music video or something different. Your film can be made using any technology; a smart phone, a DSLR or digital camera, celluloid, a camcorder or a Film/TV camera. We do not mind, it is what you put in front of the camera that matters.

Rules

- Writer, director and cinematographer/camera operator must be 18 or under, and PQA students
- On screen talent/actors can be any age
- Films can be fiction, non-fiction or animated
- Films can be any genre
- Films should be suitable for a family audience

Submit

- Submissions open on **Monday 20th May 2024**
- There is no fee to submit
- Entries should be emailed to **filmandtv@pqacademy.com** either attached to the email, or as a WeTransfer.com, Dropbox or Googledrive link.
- Entries should be emailed by a parent or guardian and include the following information: Full name of student, the name of the PQA academy location they attend, their age and the title of the film.
- Deadline for film submissions is **Sunday 15th September 2024**
- Entrants will be notified of the final judging decision by Tuesday 1st October 2024

Judging and Prizes

- All films will be judged by film & TV industry judges
- Shortlisted films will be screened broadcast online on PQATV Channels and shared on Medi Cinema social channels
- Two winners will receive a £200 voucher (one award for under 14, one award for over 14).
- The winning films will be featured in MediCinema Cinemas as part of their programme
- The two winning filmmakers will receive mentorship, advice and guidance to help develop their career as a filmmaker from industry experts.
- The two winners will receive their prize at the PQA Film Festival in November 2024

Entry Requirements

- Films must be 60- 90 seconds in duration (including titles and credits)
- You should have permission from all on-screen performers to use and edit their image and voice
- All music / imagery should be copyright free
- Films can be in any frame size or shape e.g. 4:3, 16:9, HD, 4k or smart phone sizes.
*1920 x 1080 or 1080 x 720 HD is preferred.
- Sound should PEAK at -6db (including all music and FX)

If you have any queries about A Hero's Journey, or require any support with your filmmaking please email filmandtv@pgacademy.com

Happy filmmaking!

PQA Film & TV Team

About PQA

The Pauline Quirke Academy (PQA) is a UK organisation running weekend performing arts schools catering for children from 6 - 18. Started in 2007 by well-known UK actress Pauline Quirke (Broadchurch, Birds of a Feather, North & South, Emmerdale). PQA has since grown to encompass 220 academies across the UK. One of the key features of the PQA experience is the Film & TV module which gives students the opportunity to learn about filmmaking both in front of and behind the camera and to make, screen and broadcast their own short films. PQA is the largest provider of film and television production education for young people in the UK.

About Medi Cinema

MediCinema are a unique charity operating at the heart of NHS hospitals. Our therapeutic cinema experiences improve the mental, emotional and physical wellbeing of patients and their loved ones.

Being unwell and in hospital can be challenging, frightening and often isolating for people who are already feeling vulnerable. Leaving the wards to experience a film screening in one of our cinemas makes a positive and lasting impact, giving patients – and families - the strength to cope.

With room for their hospital beds, wheelchairs, and medical equipment, we provide a safe, supportive and inclusive environment for our patients.

Our services help to reduce pain, anxiety, stress, and feelings of isolation, to giving those in hospital a sense of normality and being connected to others.

Thanks to the support of major film studios and distributors we screen the latest releases for free, from blockbusters to smaller releases, comedy, action and romance.