


# FIRST YEAR OUT

## Director(s): Valérie MANNS

## Writer(s): Valérie MANNS

<a href="https://vimeo.com/585289733" target="_blank">Click here to watch an extract!</a>



Three men are released from prison after serving sentences of 2 to 30 years.
The filmmaker captures their first year of adjusting to life outside, in the form of a logbook. Norbert, Raphael and Yemine open up about the various stages of this new life. With great sensitivity, we observe how their projects come up against the reality of social, emotional or health care issues and how they need to adapt them as they experience life on the outside day by day.

The film explores the physical and psychic impact of incarceration and the challenges they face when leaving prison. Can we learn how to be free again?



THE PRESS :
"While excellent documentaries have been made on life in prison, few have questioned the return to 'ordinary' life.... Beyond the practical, administrative and professional aspects of their social reintegration, the film focuses on the psychological impact and how it affects relationships. » (François Ekchajzer, Télérama - 17 Feb. 2021)



Categorie(s): Society & Human Interest
Tag(s): Social/humanitarian, social issues, legal issues, imprisonment

Producer(s): LES FILMS DU BALIBARI
Coproducer(s): FRANCE TELEVISIONS - France 2
Length: 1x71 / Format: One-off
Original version: French
Versions available: English: subtitle
Nationality: France, 2019
Rights: world
Support(s): HD file

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