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## The Almost Man

Directed by Martin Lund

\*Winner Best Feature Film and Best Actor, Karlovy Vary International Film Festival

**Opens August 1, 2014 in New York (Village East) with national release to follow**

Norway / 2012 / 75 min / DCP  
In Norwegian, with English subtitles  
Aspect ratio: 1.85:1

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## **SYNOPSIS**

### **THE ALMOST MAN (Mer eller mindre mann)**

Directed by Martin Lund

Henrik is 35, but he still parties with his high-school buddies like they were in their 20s. His mother cares for him like he's still a child. And he's in a relationship that's based on goofing around. Now, his girlfriend Tone is pregnant and Henrik has taken a serious job, moved into a prefab duplex, and he's trying to calm down the partying and start behaving like a father-to-be. But as he feels the pressure to mature, and to do it quickly, Henrik's frustrations surface in unforeseen—and hilariously inappropriate—ways.

Favorably compared to the work of directors as diverse as Judd Apatow and Maren Ade (EVERYONE ELSE), THE ALMOST MAN walks a fine line between outrageous comedy and relationship drama, and emerges with a portrait of a couple navigating their new adult responsibilities that all will find relatable.

## **AWARDS**

Crystal Globe for Best Film – Martin Lund; and Best Actor – Henrik Rafaelsen, Karlovy Vary International Film Festival

## **PRESS**

“Rafaelsen gives a marvelously subtle performance. His facial expressions are eloquent; he conveys Henrik’s irreverence, irresponsibility, and hidden sadness as he feels his life slipping away from him. Haarseth is equally adept at capturing both Tone’s love for Henrik and her mounting impatience with his stubborn refusal to change.” –Stephen Farber, *The Hollywood Reporter*

“A charmingly realistic portrait of the dogged, insistent clamp many of us try to retain on those carefree days of young adulthood...touching, charming, and incredibly astute...vibrant...a breath of fresh air.”  
–Nicholas Bell, *Ioncinema.com*

## DIRECTOR BIOGRAPHY - MARTIN LUND



Martin Lund was educated as an art director at Westerdals School of Communication before he was accepted to the directing program at the Norwegian Film School in Lillehammer, graduating in 2009 with the short film *Balloon Moods*. This was, however, not his first film as a director: *Home Game* (2004) was screened and received several awards at numerous national and international film festivals, including the Clermont-Ferrand and Sundance Film Festivals in 2005. Lund also directed the shorts *Shall We Dance?/Skal vi danse?* (2007) and *Pistachio/Pistasj* (2009).

He is also a seasoned, award-winning director of commercials. For a period of time he was also employed by Kitchen, Norwegian affiliate of American advertising giant Leo Burnett. Lund made his debut as a feature film director in 2010 with *Twigson Ties the Knot/Knerten gifter seg*, the second film in the *Twigson*-franchise, one of the biggest and most successful movie franchises in Norwegian cinema history.

## FILMOGRAPHY

2010	TWIGSON TIES THE KNOT
2009	PISTACHIO (short)
2007	SHALL WE DANCE? (short)
2004	HOME GAME (short)

## DIRECTOR'S STATEMENT

I belong to a generation that has allowed itself to play around for a very long time; postponing adulthood and instead goofing around and educating ourselves forever. So, what happens when this generation has to become responsible? What happens when things get serious?

In *The Almost Man*, I'm telling the story of a man who is facing this problem. For a long time he has been in a "bubble" of goofiness. Now his girlfriend is pregnant and is pushing for him to man up.

I wanted to make a film that captures this feeling by following a man struggling in his everyday life, where the scenes and the moments are very recognisable, where every thing that happens feels true. I wanted to describe the big existential drama on the inside in relatively small everyday situations. I focused on the dialogue to be in the moment and not "knowing" where the drama is going, and tried to describe situations with a feeling that they are happening right now, allowing narrative and practical plot structure to be out of the picture.

I think humour is a great way to say something serious. In this film the dynamics between the funny things and the sad, serious or painful is high. I wanted people to laugh but in the next moment almost choke on that laugh because the scene or moment changes. Like the character is pushed around between emotions I want the audience to be on a similar ride. Maybe this makes the film a bit challenging and demanding at times. But hopefully it also grabs the audience and makes them live the film.

## ABOUT THE CAST

**Henrik Rafalesen** graduated from the Stockholm Academy of Dramatic Arts and is today employed by the National Theatre in Oslo. In 2005 he played the lead in Robert Wilson's staging of Peer Gynt. He has also been in the films *5 Lies*, *Izzat*, *Tommy's Inferno*, *Limbo* and *Happy Happy*.

**Janne Heltberg Haarseth** graduated from Oslo National Academy of the Arts in 2010, and was employed at the Theatre in Trøndelag from 2010 till 2012. This is her first role in a feature film.

## CAST

Henrik..... Henrik Rafaelsen  
Tone..... Janne Heltberg Haarseth  
Henrik's mother .....Anne Ma Usterud  
Geir..... Tov Sletta  
Fredrik..... Kim Eidhagen  
Kenneth..... Per Kjærstad  
Henning..... Tore Sagen  
Mia..... Solveig Grimen Fosse  
Simen..... Terje Raness  
The Boss..... Ågot Sendstad  
Henriette..... Ina-Therese Grevstad  
Paul..... Egil Birkeland  
Torunn..... Tone Sletteland  
Stine..... Anne Storeberget

## CREDITS

Director.....Martin Lund

Screenplay.....Martin Lund

Producer.....Ruben Thorkildsen

Cinematographer.....Morten Halfstad Forsberg

Editor.....Lars Apneseth

Composer.....Alf Lund Godbolt  
Simen Solli Schøyen



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