



<b>Title</b>	LITTLE LAND				
<b>Tagline</b>	A land rediscovering its own powers in order to survive the crisis.				
<b>Synopsis</b>	<p>Since the start of the crisis in Greece, a growing number of young unemployed Athenians are moving to the countryside, hoping to change their lives for the better.</p> <p>The film follows 35-year-old Theodoris, as he settles on the remote island of Ikaria. There, he discovers a society with a unique culture of autonomy and cooperation, and a people who live not only better, but longer than everyone else -in one of the world's few 'blue zones' where inhabitants enjoy extraordinary longevity.</p> <p>Director Nikos Dayandas goes in search of the Ikarian secret, discovering how the islanders' radically different lives are increasingly relevant to us in times of economic and social upheaval.</p>				
<b>Format / Platforms</b>	HD / TV	<b>Length</b>	52'	<b>One-off</b>	X
<b>Genre</b>	Documentary (Society-Culture-Politics)	<b>Production Status</b>		completed	
<b>Production Company</b>	ANEMON PRODUCTIONS 5 Stisihorou st. 10674 Athens, Greece www.anemon.gr		rea@anemon.gr T: +30 210 7211073 F: +30 210 7228023		
<b>Producers</b>	Yuri Averof & Rea Apostolides				
<b>Director</b>	Nikos Dayandas				
<b>Coproduced with</b>	ARTE G.E.I.E. (Madeleine Avramoussis) ERT (Ariana Meintana)				
<b>Supported by</b>	MEDIA				

# Little Land

A film by Nikos Dayandas  
Produced by Yuri Averof & Rea Apostolides  
ANEMON Productions  
HD / 52'

Far in the Aegean Sea, lies an island turning its back on the crisis.

Ikaria is a land made up of remote mountain villages, hidden in a dense ancient forest of pine and oak. The Greek State has long neglected this distant area, sending there nothing but political prisoners until the mid-70's. In response, the Ikarians have developed a radical attitude toward the government. Unwilling to pay taxes and receive nothing in return, they are known for literally pushing the Finance Ministry's task forces off their island.

But something is changing on Ikaria. Since the advent of the financial crisis in Greece, a steady and growing flow of young unemployed Athenians have been moving to the island, hoping to change their fortunes and way of life.

The film follows 29 year old Theodoris, a former computer programmer in Athens, as he settles down on Ikaria, attempting to become a farmer and restore a dilapidated farmhouse.

Together with a group of recently arrived Athenians, he discovers that the Ikarians have been managing well on their own, preserving an age-old way of life that has allowed them to become fiercely independent, intensely communal, but also to outlive just about everyone else in the world (a third of the population lives to be over 90).

Theodoris gradually discovers how radically different life on Ikaria is, to life in the city. The island preserves a gift economy, which encourages its inhabitants to exchange goods and practise several professions, in order to survive. Ikarians are thus frequently honey-gatherers, winemakers, farmers and carpenters at the same time. But will Theodoris be able to adapt to such a radically different way of life?

Through his story -followed for over a year- and a unique cast of characters, we witness life at the easternmost edge of Europe, on an island rediscovering its own powers, to survive the crisis. From a society with a radically different economic structure and from a people with unique skills of cooperation, we learn if it's possible to live better with less, and why this is important for us today.



## Director's Note

The Greek island of Ikaria recently made the news, when a New York Times article reported that it is one of the four places in the world with the highest life-expectancy rates. "Even if you don't herd goats for a living," claims the article, "the lessons of this faraway island can be useful right here at home". It urges us to follow the life lessons of the Ikarians in order to "become 40% happier and live an additional 10 years."

Greece is still facing bankruptcy and social meltdown. According to recent research, life-expectancy in countries in crisis drops by as much as 10 years. These two pieces of news created the idea and the need for this film. The reasons why people die younger in a bankrupt country are many: because of healthcare cuts and the rapid deterioration of living standards, but also because of the stress that comes from living with fear and uncertainty.

I know this feeling. In Greece, as in more and more places around the world, everyone is asking themselves, "what will happen to me and to my family in the future?" We are all dependent on a financial system that we feel is out of our control. This insecurity transcends European borders: in a recent poll, the French were ranked first in their pessimism about their financial future.

In Ikaria there is a different strategy for survival. Ikarians consume what they produce, take the time to develop valuable skills, exchange products and labour to secure better living standards. Their lives are self-sustainable to an unprecedented degree.

Ikaria may contain clues to a way of life that has been forgotten. Ikarians do not live longer because they try to do so. They live longer and better because they are content with their simple, imperfect but well-balanced lives.



## CVs

- Director **Nikos Dayandas'** latest work is "**Sayome**" (2011 / ARTE, ERT) which won the **URTI GRAND PRIX for Author's Documentary** at the Monte Carlo Int. TV Festival and the **FIPRESCI award** at the Thessaloniki Documentary Festival. Other work includes "**The Call of the Mountain**" (2009 / ERT, ARTE, GFC, TRT) which won the France 3 Award, the Cinematography Award at the Sole Luna IFF, the Audience Award at the Agon International Archaeological Festival, and "**The Secret of the Snake Goddess**", co-directed with Christian Bauer for ZDF, ERT, AVRO and History TV Canada.

- **Anemon Productions** is an independent company based in Athens, dedicated to producing high-end documentaries and cross-media projects for the international market. Recent work by Anemon includes '**Kismet**' (2013 / Al Jazeera, ARTE, ERT, SVT, YLE, RTS, Knowledge Network, BTV, CYBC), '**The World's First Computer**' (2012 / ERT, ARTE, BBC 4, NHK), '**Sayome**' (2011 / ARTE, ERT, MEDIA) which won the URTI GRAND PRIX for Author's Documentary at the Monte Carlo TV Festival, '**A Place Without People**' (2009 / ERT, ARTE, RTBF, TV3, EBU Korea, TV Poland 2, MNET Pay TV South Africa, Canada Radio-C) which won the Focal Award for Use of Best Wildlife Footage & the RTBF AWARD at the Festival des Libertés in Brussels, and '**Sugartown: The Bridegrooms**', was were screened by over 40 broadcasters across the world. Recent cross-media projects include '**Twice a Stranger**', '**A Balkan Tale**' and '**Witness the Past**' produced with partners in the UK, Germany, Sweden, Greece, Egypt, Turkey, Cyprus, Albania, Macedonia, Serbia and Kosovo.