

WELL-BEING DO

III INTERNATIONAL
FESTIVAL OF
SHORT FILMS ON
MENTAL HEALTH
'VISIONANDO'

Mental health is a fundamental state of well-being that enables people to cope with stress, develop skills, learn, work effectively and contribute to their communities. It is an essential human right and a key factor in personal, community and socioeconomic development. Mental health promotes empowerment, meaningful relationships, social contributions, and improves academic and work performance. Its recognition and promotion are essential to building healthy and resilient societies. This state does not simply imply the absence of disease but pursues a complete state of physical, mental, and social well-being.



RULES

INTRAS, MENTAL HEALTH AND CULTURE: 'VISIONANDO'

In Intras we think that mental health is a very broad term that recognizes cultural, social, philosophical and historical aspects beyond the purely biological and sanitary. That is why this Festival seeks to collect and show all possible views in order to make visible different realities and combat the stigmas associated with mental health problems.

From this perspective we present the III Festival of short films on mental health 'Visionando' to be held between September and October 2026 in the city of Valladolid as the main venue.

WHY 'VISIONANDO'?

'Visionando' was born in 2023 as a film series with the collaboration of the City Council of Valladolid, through the screening of films followed by a discussion with mental health professionals, film and media professionals. They addressed different perspectives on mental health: family, emotional and social relationships, care, the passage through psychiatric units, new technologies and their impact, gender violence and its therapeutic approach, community integration and the importance of employment as a normalizing tool.





RULES AND REGULATIONS OF THE III INTERNATIONAL FESTIVAL OF SHORT FILMS ON MENTAL HEALTH 'VISIONANDO'

ART.1 OBJECTIVE

The III International Festival of short films on mental health 'Visionando' is born with the objective of compiling audiovisual works in short film format in which mental health is the main theme, in order to generate spaces for reflection and dialogue with citizens through the projections.

Other objectives of the Festival are:

- To collaborate in the reduction of social stigma by giving a positive image of mental health.
- To transmit an image of mental health that can be translated into awareness and prevention.
- Celebrate values of diversity by making visible different realities in which people living with mental health problems are the protagonists.
- To highlight the need to protect the rights of people affected by mental health problems.
- To inspire people affected by mental health problems so that they can take control of their own process.

ART. 2. CELEBRATION.

The III International Festival of short films on mental health 'Visionando' will be held between the months of September and October 2026. The main venue of the Festival will be the city of Valladolid, with the possibility of organizing screenings in the rural areas of the province, as well as in other locations where Fundación INTRAS develops its activity, once the awards have been announced.

ART. 3. SECTIONS.

The III International Festival of short films on mental health 'Visionando' has two sections:

- **FICTION SECTION:** short fiction films dealing with mental health from different perspectives.
- **DOCUMENTARY SECTION:** short documentaries related to mental health.

ART. 4. SUBMISSION.

Entries may be submitted to the Festival between April 20, 2026 and June 15, 2026 in the following ways:

- Through the online platform www.festhome.com.
- By e-mail: visionando@intras.es including: technical and artistic specifications, as well as the name, surname, telephone number and e-mail address of the person submitting the film. Designation as a debut work for those productions that may be eligible in the category of 'Best Short Film by a First-Time Director

These regulations can be consulted in the space provided by INTRAS Foundation on its website (www.intras.es) for the dissemination of the I International Festival of short films on mental health 'Visionando'.

ART. 5. CONDITIONS FOR PARTICIPATION.

The year of production of the submitted works must be between 2023 and 2026, both included.

For the selection phase, MP4 (h.264) or AVI formats are accepted. For the screening at the festival, only MP4 (h.264), DVD or Blu-Ray formats will be accepted.

The duration of the films must be less than 15 minutes.

Screenings will be shown in the original version with Spanish subtitles. To ensure the accessibility of the festival for people with hearing disabilities, copies produced in other languages must include Spanish subtitles or, failing that, be accompanied by a .srt file containing the Spanish text.

The return of the copies, when so agreed, will be at the Festival's expense once the Festival is over. To this end, the senders must have clearly indicated the address and date of return.

'Visionando' reserves the right to screen the selected material at any time as part of the awareness-raising activities programme organised by Intras, the promoter of the Festival. This use will be non-commercial, non-profit in nature, and will always include proper credit to the authors, with prior notification of the screening to the creators of the works. The reproduction of the works will be carried out for awareness-raising, educational purposes, or for the defence of the rights of people with mental health problems (cases contemplated in Article 32 of Royal Legislative Decree 1/1996, of 12 April, approving the consolidated text of the Intellectual Property Law).

ART. 6. AWARDS.

Among all the fiction and documentary short films selected for the competition, a **SPECIALIZED JURY** made up of relevant people from the world of cinema, mental health and social services will decide on the awarding of the following prizes:

- Jury prize for the best fiction short film (400 € and trophy).
- Jury prize for the best documentary short film (400 € and trophy).
- Jury Prize for Best Short Film by a First-Time Director (250 € and trophy).

Attendees at the festival sessions may cast their votes in the venue, awarding:

- Audience award for best fiction short film (trophy).
- Audience award for the best documentary short film (trophy).

Secondary school students who attend the screenings organised by the festival in educational centres may vote for a special selection of short films chosen by the programming team of the III 'Visionando' Festival. This initiative aims to give a voice to the critical and creative perspective of young people, bring them closer to the language of cinema, and encourage reflection on mental health.

- Young Audience Award (trophy)

The composition of the jury will be made public before the beginning of the festival and its decision will be recorded in a report that will be published in the web space provided by Fundación INTRAS for the communication of the Festival.

ART. 7. SELECCIÓN.

Once the INTRAS Foundation has confirmed the selection of the cinematographic work, the production company or the author will send:

- The copy to be screened in any of the formats indicated in Art. 5.
- Press dossier: trailer, diffusion materials, social networks and publicity of the cinematographic work.

ART. 8. EXHIBICIÓN.

The Festival team will establish the order and date of exhibition of the selected works.

The selected participants will be informed of the day and time of the screening of their works through the Fundación INTRAS website and the Fundación INTRAS social networks, in addition to receiving information via email of the complete program schedule.

The main venue of the Festival will be the city of Valladolid, with the possibility of organizing screenings in the rural areas of the province, as well as in other locations where Fundación INTRAS carries out its activities.



ART. 9. ACCEPTANCE OF THE CONDITIONS AND DATA PROTECTION LAW.

- Participation in the Festival implies full acceptance of these Regulations. Any other circumstance not expressly stated herein, or that may be interpretable, will be resolved by the Festival organizers.
- The organization reserves, exceptionally, the right to admit works that do not meet some of the above criteria.
- The organization reserves the right to readjust the dates of the Festival due to circumstances related to the global calendar of the organizing entity or the screening venues.
- The organization commits and undertakes that the personal data belonging to the data file of the participants will be treated in accordance with article 12 of the Organic Law 15/1999, of December 13, 1999, on the Protection of Personal Data (LOPD).





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