

BETWEEN US AND SILENCE

WITH YARA BANDE

DIRECTED BY BRENDA AKELE JORDE - DAVID-SIMON GROB

IDEA AND CONCEPT **BRENDA AKELE JORDE / DAVID-SIMON GROB / YARA BANDE** CINEMATOGRAPHY AND COLORGRADING **DAVID-SIMON GROB**
PRODUCTION **PEGA FOGO COLLECTIVE** EDITING **JULIANO CASTRO - BRENDA AKELE JORDE / DAVID-SIMON GROB**
TEXT **YARA BANDE** / MUSIC **LENNA BAHULE AND BEN JACOV** SOUND DESIGN AND MIXING **JAKOB MÄSEL**

General Info

Titel: Entre Nós e o Silêncio

English title : Between us and Silence

Production: Pega Fogo Collective

First Release : September 2025

Running Time: 13.32

Director Brenda Akele Jorde and David Simon Groß

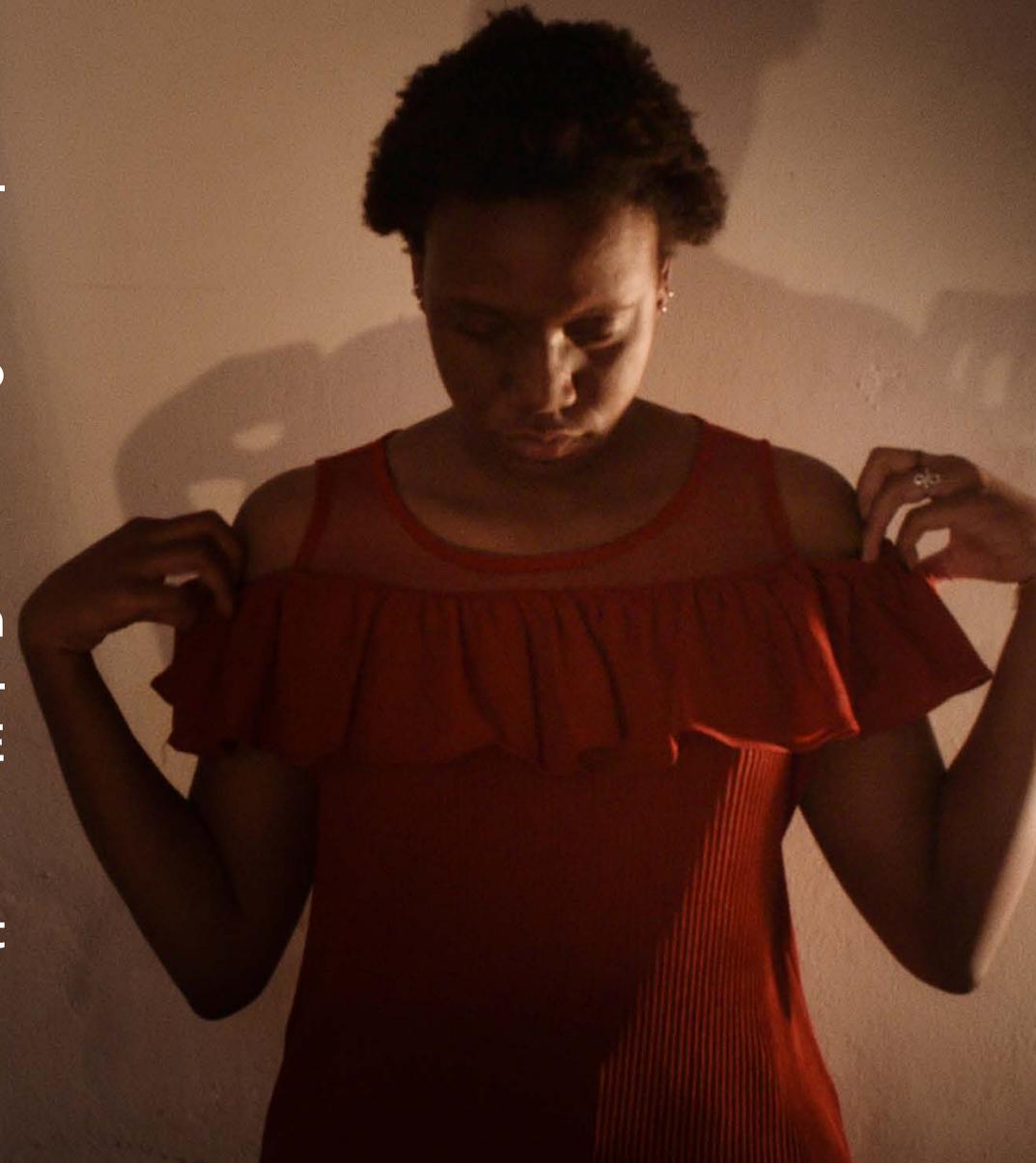
Cinematography David Simon Groß

Editing: Brenda Akele Jorde, Juliano Castro, David Simon Groß

Music: Lenna Bahule, Ben Jakov

Screened at South African Indie Film Festival, Afrikafilmfest Köln, Afrikamera Poland, Afrikamera Berlin, THE BLACK GAZE Berlin

Award: BEST DOCUMENTARY at South African Indie Film Fest





Synopsis short

Yara, a young Mozambican woman, frees herself from the weight of her inner struggles and her toxic relationship with her mother. By breaking the silence that suffocated her, she starts to rebuild herself. Her journey towards healing unfolds as a poetic letter to her mother.



Synopsis long

In „Entre Nós e o Silêncio“ (Between us and silence), we dive into the intimate world of Yara, a young Mozambican woman who breaks free from her mental health struggles. Yara’s depression had been dismissed as „White people’s problems“ by her friends and family. Her silence becomes a suffocating weight, but finally she finds the courage to speak. As Yara begins to confront the pain she has long kept hidden, a subtle transformation occurs. Her journey unfolds as a poetic letter to her mother to whom she has had a toxic relationship. „Entre Nós e o Silêncio“ is a story of reclaiming power, of breaking generational cycles, and of finding healing through the act of expression.







PEGA FOGO is a creative collective founded by Brenda Akele Jorde and David-Simon Groß. Together, they explore and amplify urgent social and political issues—especially those that are often overlooked or silenced. Their collaboration is rooted in a shared belief in the power of film as both an artistic and social practice, capable of sparking dialogue, reflection, and change. Brenda Akele Jorde is an Afro-German documentary filmmaker and circus educator whose work passionately questions social inequalities, builds bridges between cultures, and brings marginalized perspectives to the forefront. In her documentary practice, she focuses on themes such as Black history, colonial continuities, identity, and body politics. Her films are characterized by a sensitive and attentive gaze that interweaves personal stories with broader structural questions, always with the aim of fostering empowerment and creating space for new narratives.

David-Simon Groß studied Cinematography at the Film University Babelsberg Konrad Wolf. His artistic focus lies on feature-length documentary films, where he brings his strong sense for visual storytelling and atmosphere to life. His cinematographic work includes projects such as *The Homes We Carry* and *Little Syria*, both marked by a poetic realism and deep empathy for the people portrayed.

Through PEGA FOGO, Brenda and David-Simon combine their perspectives and artistic strengths to create socially engaged films and visual works that connect continents, challenge perceptions, and invite audiences to see the world through new eyes.

Director's statement

Yara has been a close friend of David's for years, and in 2019, when Brenda met her and worked with her on a feature film, they also became friends.

Our connection and shared trust sparked a deep interest in telling Yara's story together. From the beginning, we approached this project collaboratively, giving Yara a voice in shaping how her story would be told. It was a dynamic and meaningful process, built on mutual respect and understanding.

Initially, the film focused on Yara's struggle with depression and the loneliness she felt as those around her failed to understand or believe in her mental health challenges. But when we returned years later, we saw how much Yara had changed, and with her transformation, the film also evolved. We recognized the power of her journey and knew we needed to continue telling this story.

Yara told us: In Mozambique, as in many other African countries, mental health issues are often explained as spiritual phenomena or dismissed as „White people's problems.“ This pervasive stigma makes it incredibly difficult for those affected to seek or access help. Within the African diaspora, there is also fear and mistrust towards psychological support, and the added burden of racism further impacts the mental health of Black individuals.

Our film aims to tackle these issues head-on. We want to create a space where conversations about depression, suicidal thoughts, and mental health in Black communities can happen openly. By sharing Yara's story, we hope to break taboos, reduce stigma, and inspire empathy, understanding, and much-needed change. This collaboration has been an act of trust and vulnerability, and we hope it resonates with those who feel unseen or unheard.

— Brenda Akele Jorde & David Simon Groß

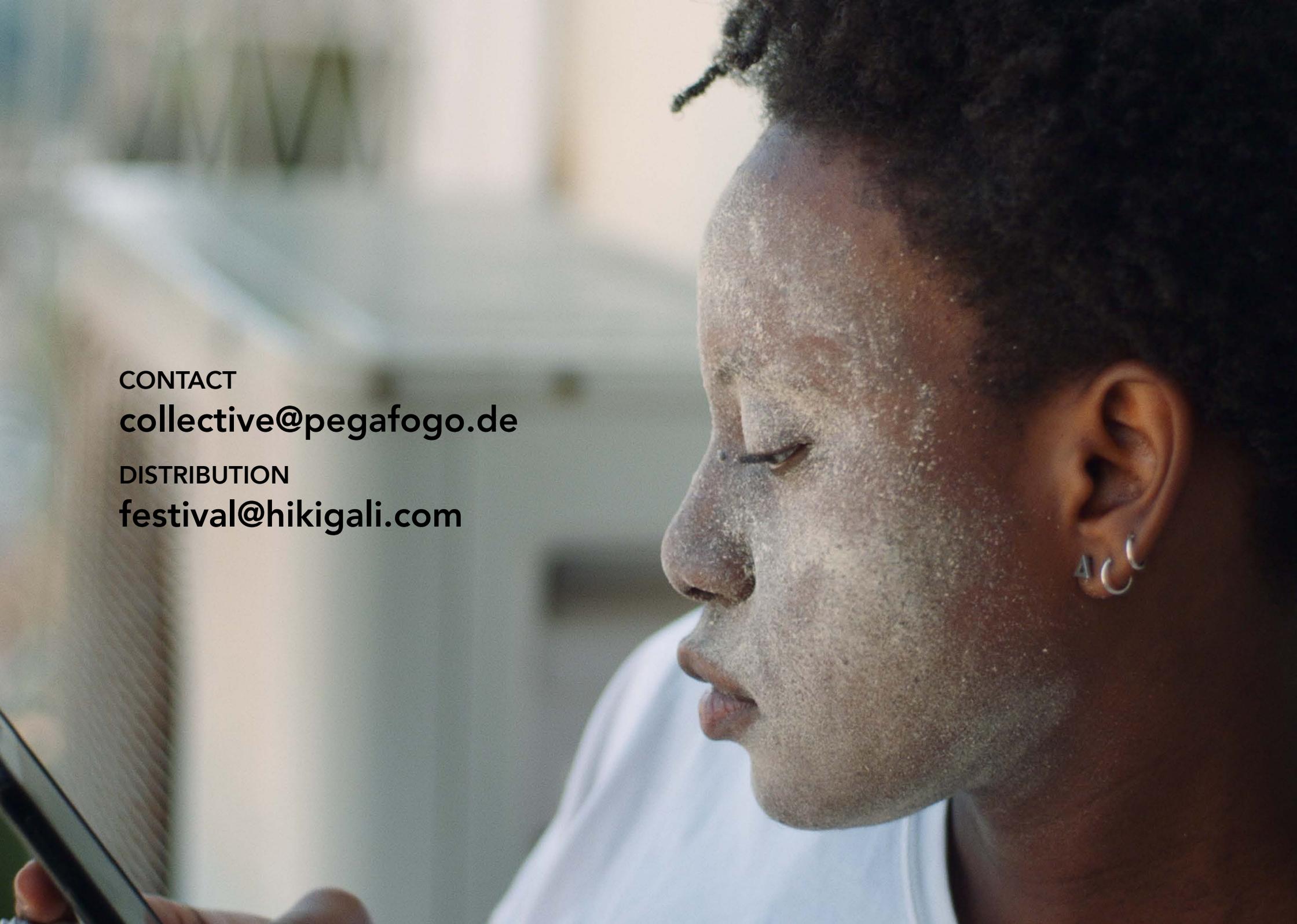












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