

Men and boys must be part of the solution

Gender discrimination

Power

Quota + sanctions

Parental leave diversity

BoD

Communication Sharing

work environment

genders

socialization

school

entrepreneurs

Quebec 5 weeks

↑ if =

feminist entrepreneurship

Law + sanctions = results

socialization

School Medias Peers

Family Friends

Political quotas

↑ ♀ Politicians

↑ Quality of the debates

Questioning the economic system

TRANSFORMING IT

A film by
ANIK SALAS

SÉLECTION
OFFICIELLE 2026

RENDEZ-VOUS

QUEBEC CINEMA

LES FILMS CAMERA OSCURA and LES FILMS DU 3 MARS present THE SCANDINAVIAN METHOD editing JOSIANE LAPOINTE cinematography KATERINE GIGUÈRE original music STÉPHANIE HAMELIN TOMALA sound recording MARTYNE MORIN and GABRIELLE PÉPIN sound design SANDY PINTÉUS sound mix BENOÎT DAME produced by CHRISTINE FALCO written and directed by ANIK SALAS





The Scandinavian Method

Feature | 2026 | 90 min



[Trailer](#)

LOGLINE

Where gender equality becomes a collective choice.

SHORT SYNOPSIS

Filmmaker Anik Salas travels to Scandinavian societies—world leaders in gender equality—to understand the key to their success. Part investigation, part manifesto, her documentary reveals one essential truth: change does not happen by magic, but through political will and concrete strategies. An urgent, fiercely committed film that refuses to postpone equality to another century.

LONG SYNOPSIS

What if equality came with an instruction manual? From Iceland to Sweden, via Norway, Quebec filmmaker Anik Salas sets out to uncover the mystery behind the world champions of gender equality. Why these countries? What have they understood that Canada has yet to grasp? Through inspiring encounters with female politicians, executives and grassroots organizers who have dared to challenge the rules, the film reveals how these societies have transformed power. This is not feminism for show. It is rooted in political will, concrete strategies and a shared conviction that change requires patience and persistence. Moving between investigation, travelogue and manifesto, *The Scandinavian Method* does more than condemn. It issues a clear invitation to all who refuse to accept the status quo. An urgent, fiercely committed film that insists equality cannot wait another century.

Alþjóðlegur
baráttudagur 8. Mars
Kvenna fyrir friði
og jafnrétti



PRESS

PRESS

ganga f
hioli kl. 13
fundur
kl. 13



TECHNICAL SHEET

Image	4k
Format	DCP, ProRes, h264
Length	90 minutes
Genre	Documentary
Language	French, English, Swedish, Norwegian, Icelandic
Subtitles	French, english
Ratio	2.39:1
Sound	Stereo
Country of production	Canada
Year	2026
Copyright	2026

FINANCING

Canada Media Fund, SODEC, Crédit d'impôt cinéma et télévision (Gestion SODEC), Telefilm Canada, Canadian Film or Video Production Tax Credit, TV5, Windrose

DIFFUSION

World Premiere at the
44th Rendez-vous Québec Cinéma (RVQC)

In theatres June 5, 2026



Team

Directed by	Anik Salas
Script	Anik Salas
Cinematography	Katerine Giguère
Editing	Josiane Lapointe
Sound recording	Martyne Morin and Gabrielle Pépin
Sound Design	Sandy Pinteus
Sound Mix	Benoît Dame
Original Music	Stéphanie Hamelin Tomala
Narration	Anik Salas
Color Grading	Mathieu Marano
Production	Christine Falco (Les Films Camera Oscura)
Distribution	Les Films du 3 Mars



DIRECTOR'S NOTE

I was a teenager when I first heard this anecdote. In Norway, a young boy once asked the country's female Prime Minister, "Can I be a politician even if I'm a boy?" The idea that politics could be reserved for women astounded me. At the time, I was discovering Scandinavia—a place where women and men seemed determined not only to live as equals, but to actively build equality. Feminist politicians, women heads of state, CEOs calling for gender parity in business... Scandinavia became my wonderland, and I promised myself that one day I would uncover its secret.

In recent years, women have increasingly taken center stage across many fields. They have never been more visible. The industry has spotted the good deal: "girl power" marketing, Hollywood heroines... I welcome this enthusiasm. But real equality is neither a trend nor a slogan. It demands deep societal change, and lasting transformation requires genuine political courage—an uncompromising will to challenge entrenched systems and stop excusing iniquity. While women have made significant gains in Quebec and around the world, this progress can lull us into believing we already live as equals. Yet beyond the headlines, reality is far more fragile. The past few months have shown just how quickly women's rights can be rolled back.

According to the World Economic Forum, it will take 123 more years to close the global gender gap. Iceland has topped the rankings for the past 15 years, followed closely by Norway, Finland, and Sweden, which trade places in the leading pack. In Canada, women have fought countless battles for their rights, and our government proudly calls itself “feminist.” So you’d think we’d at least crack the top 10, right? Wrong. From 14th place in 2006, we’ve fallen to 32nd today. What are we missing? There’s a reason the Nordics lead the way: willpower. That’s why I’m going to meet them.

With this film, I want to challenge the usual narrative around women’s rights—one of powerlessness. Audiences don’t need another observation. They need a horizon. A game plan.

I don’t have 123 years to wait. Do you?

Anik Salas





DIRECTOR'S BIOGRAPHY

Passionate and versatile, Anik Salas practises her art from screenwriting to editing. Whether fiction or documentary, for her, directing is about taking a stand. Her first short film, *The War of the Blueberries*, won a Gold Remi Award, was released theatrically in Quebec, and was selected for festivals in Europe and the United States. After many fiction short films, she is now presenting her first feature documentary.

FILMOGRAPHY

The War of the Blueberries

Short film | Les FILMS du CENTAURE | Directing | 2015

Popcorn

Short film | Directing | Screenplay: Patrice Bonneau | 2016

As Thou Urgest Justice

Short film | Ville de Montréal | L'inis | Directing and screenplay | 2017

Les gentilles

Short film | Symbiose | Directing | Screenplay: Stéphanie Labbé | 2018

Le café de Mme Jeanne

Short film | Symbiose | Directing and screenplaay | In postproduction

L'Aveuglement

Short film | Symbiose | Directing and screenplay | In postproduction

The Scandinavian Method

Feature documentary | Les films Camera Oscura | Directing and screenplay | 2026



PRODUCTION

Founded in 2000 by producer Christine Falco, LES FILMS CAMERA OSCURA is a Montreal-based company dedicated to the development and production of auteur-driven fiction, documentaries, and immersive works. With more than thirty films to its credit, the company has garnered acclaim and selections at major festivals including Berlin, Sundance, SXSW, Rotterdam, Hot Docs and TIFF. Recent milestones include three international releases in 2024 and the launch of its first international co-production. In 2026, the company brought Xiaodan He's *Montréal, ma belle* to theatres across Canada and to audiences at international festivals, further solidifying its reputation for bold, culturally resonant storytelling. [Les Films Camera Oscura](#) | [Facebook](#) | [Instagram](#)



MEDIA RELATIONS

Caroline Rompré | [pixelleX communications](#)
caroline@pixellex.ca | +1 514-778-9294

pixelleX

DISTRIBUTION

LES FILMS DU 3 MARS (F3M) promotes Quebec and Canadian auteur films nationally and internationally. From ideation through the final cut and onto the screen, we put our expertise toward helping our members market and distribute their work. A leader in the distribution of feature documentaries, F3M also promotes works of every genre and length. We strive to cultivate a taste for original works of quality among our viewers while ensuring representativity based on the principles of equity, diversity and inclusion (EDI). [F3M.ca](#) | [Facebook](#) | [Instagram](#) | [Bluesky](#) | [Letterboxd](#) | [YouTube](#)

F3M

Sylvain Lavigne
distribution@f3m.ca | +1 514-523-8530