

Paula Onet

film director – multimedia artist

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Date of birth 05.10.1989

Nationality Romanian

Foreign Languages English, Spanish, French

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Both a film director and cinematographer, Paula works on documentary films and transdisciplinary projects. Her work turns more and more on the body, especially the female body, both as a political representation and also as an inner search. "Still Nia" is her first feature film, premiering at Ji.hlava International Documentary Film Festival in 2025.

Her previous short documentary film "As You Like It" premiered at Karlovy Vary Film Festival and was screened in more than 40 festivals around the world (Dok Leipzig, Tiff Romania, Zagreb Dox etc). Her multimedia projects include the video-installation "Site Under Construction" co-created for the Venice Biennale of Architecture and the multimedia installation "4GenWomen" - shown at the National Art Gallery in Prague and in other galleries in Turkey, Romania and Spain.

Educational Background

Polytechnic University of Valencia / Master's Degree - Multimedia and Visual Arts / 2014-2015 / Spain

National University of Arts / Master of Photography and Dynamic Image / 2013-2015 / Romania

Anadolu University / Department of Cinema and Television / 2011-2012 / Eskişehir, Turkey (scholarship)

Dongguk University / Faculty of Film and Digital Media / 2009-2010 / Seoul, South Korea (scholarship)

Babes Bolyai University / Faculty of Theatre and Television / 2008-2012 / Cluj-Napoca, Romania

Work Experience

Film Director

Current projects

- *I will dance your poison* / short documentary / in post-production / France

Produced by DOÏ Association

Supported by ONDA - Office national de diffusion artistique - Écran vivant, French Ministry of Culture, Passages Transfestival, Domus Galatina, Opéra Théâtre Metz, Castel Fey, Moselle Department

- *Unbalanced* / feature-length documentary / in development / France, Romania

Produced by Diana Caravia, Ada Solomon (microFILM, Romania) and Elliott Baillon (Darjeeling, France)

Supported by now : CNC Romania, Grand Est region - France

Completed projects

- *Still Nia* / feature-length documentary / 71' / 2025 / France, Romania

Produced by Diana Caravia, Ada Solomon (microFILM, Romania), Cédric Bonin (Seppia Film, France), in coproduction with Avanpost (Romania)

Supported by CNC France, Procirep-Angoa, DGCA - French Ministry of Culture, Grand Est Region and City of Strasbourg, CNC Romania, Tënk

Official selections at Ji.hlava International Documentary Film Festival (First Lights), Czech Republic; Astra International Film Festival Romania; Romanian Mental Health Film Festival ; Doku Montag Berlin, etc

Distribution : Tënk in France / Theatrical release in Romania - January 2026

- *Sarmale* /short docu / 9'/ Part of season 2-Grandmas Project web serie / 2022 / France, Romania

Produced by Jonas Pariente (Chai Chai Films, France)

Supported by UNESCO patronage, La Ruche qui dit Oui!, Les Petits Frères des Pauvres, Harmonie Mutuelle, and crowdfunding on Kickstarter

Official selection at FipaDoc 2024, as a preview to Goût-Du-Doc-2024

The film is also part of the book "Grandmas Project" - éditions Hachette Pratique

- *4Gen Women* / transmedia project / 2012–2016 / Turkey, Romania, Spain

Produced by Pelin Films, Antropodocs Films

Supported by Romanian Cultural Institute through the CentenArt Programme, UNArte, Centrade Cheil, Hola Media, EdoDoc, IfLab

Official selection in art galleries: Victoria Art Center – Romania, La Posta Foundation – Spain, National Gallery – Czech Republic / The project won the 2016 StartPoint Prize, a European award for art school graduates.

- *As you like it* (După fel și chip) / short documentary / 22' / 2013 / Romania

Production Ioana Lascăr / graduation film - Babes Bolyai University - Romania

Official selection International premiere at the Karlovy Vary International Film Festival, Dok Leipzig, Tiff Romania, ZagrebDox, DocuArt - Bucharest Documentary Film Festival (Best Cinematography), TimiShort Film Festival (Best Short Film and Audience Award), and more than 40 other festivals around the world.

- *Connection Lost* / short documentary / 11' / 2012 / Turkey, Romania

Co-directed with Manuela Borza

Produced by Babes Bolyai University - Romania and Anadolu University - Turkey

Official selection Europe Moving Image Film Festt, Montreuil (First Prize); BIEFF – Bucharest International Experimental Film Festival (Special Jury Mention); Balkan Spirit Online Video Competition (Arte France Prize); TIFF – Transilvania International Film Festival (Special Jury Mention – Golden Brush Prize)

- *How old are you Korea(n)* / short documentary / 2010 / South Korea
- *Student short films* / fiction & documentary / 2008-2012 / Turkey, Romania

Cinematographer

- [Opéra en Balade](#) / medium-length documentary / cultural and social action project / Le Kem Hospital / Grand Est, France
- [Stars and the witches' whispers](#) / short fiction film by [Stefania Crisan](#) / 2024 / Grand Est, France
- [Humus](#) / multimedia-dance project by [Pilar Buira Ferre](#) / 2022 / Germany
- [Vibrato](#) / feature length documentary by Jérémy Leroux / production Day for Night / 2021 / Grand Est, France / TV release on Public Sénat / Official selection in festivals: Étoile de la Scam, Vrai de vrai
- [Le Vaisseau](#) / feature length documentary by Nora Schnitzler / production Seppia Film / 2021 / France / Broadcast on the Grand Est television network, Moselle TV / Official selection festivals: Focus Film Grand Est
- [The Assembly - making of](#) / XR installation / produced by Bidibul, Pitchblack collective / 2019-2022 / Luxembourg
- [Papesse](#) / short fiction film by [Stéphane Ghislain Roussel](#) / 2021 / Luxembourg
- [Terre Ferme](#) / short fiction film by [Guillaume Barborini](#) / 2020 / Luxembourg
- [Baba Vanga](#) / short fiction film by Stéphane Ghislain Roussel / 2020 / Luxembourg
- [Rethink Your Clothes](#) / short docu-fiction by Charlotte Bruneau / production Caritas Luxembourg / 2018 / Luxembourg, Bangladesh
- [Fan Club - making of](#) / VR film / by Vincent Ravalec / production a_BAHN / 2018 / Luxembourg
- [The Manakia Brothers](#) / feature length documentary by Eliza Zdru / 2015-2016 / Balkan countries
- [Resolutions 2014](#) / feature length documentary by Mihai Tranca / 2014 / Romania / Official selection in festivals : ASTRA Film Festival / Award for the Best Image for a Romanian Documentary

Video-Artist / installations

[Grain](#) / video-dance installation / [Dream Factory Video-Art](#) and Opera-Theater Metz / 2019 / France

[4GenWomen SP](#) / interactive video / La Posta Foundation / 2016 / Valencia, Spain

[4GenWomen RO](#) / interactive video / Start Point Prize / National Gallery / 2016 / Prague, Czech Rep.

[4GenWomen RO](#) / interactive video / Victoria Art Center / 2016 / Romania

[Skype Virtual Installation](#) / 2 channels live-video-performance / 2014 / Valencia, Spain

[Mirador](#) / 2 channels live video-performance / 2015 / Valencia, Spain

[Site Under Construction](#) / 11 video-channels / Biennale of Architecture / 2014 / Venice, Italy

[As You Like It](#) / Switch Over Exhibition / Art.Consumption.Finitude / Victoria Art Center / 2013 / Romania

[4 Gen Women](#) Photography Exhibition / Anadolu University / January 2012 / Eskisehir, Turkey

Resident artist

Romanian Pavilion at the Architecture Biennale / 2014 / Venice, Italy

4Culture residency / 2013 / Ricklundgården and Vilhelmina, Sweden

Romanian Cultural Institute in Paris / 2012 / Paris, France

Workshops / Trainings

STRUCTURAL CONSTELLATION WORKSHOP / Focal Foundation / 2018 - 2019 / Retz (AT), Divonne (FR)
SCRIPT DEVELOPMENT WITH MIGUEL MACHALSKI / National Audiovisual Center / 2018 / Luxembourg
SARAJEVO TALENT LAB / Sarajevo Film Festival / 2016 / Sarajevo (BA)
IF LAB - Interactive Factual Lab / iDrops / 2016 / Leuven (BE), Malmö (SE), Leipzig (GB)
ESODOC - European Social Docu / Zelig Film School / 2016 / Tromsø (NO), Goldrain, Palermo (IT)
OCF - Our Common Future / Kino5 and NisiMasa / 2015 / Brussels, Belgium
BODYPARTS - Dance and Video Workshop / 4Culture and WASP / 2013 / Bucharest - Romania
LONGOCAMPO DOX - Film&Visual Anthropology Summer School / 2013 / by Socio - Visual Academy
INTERACTION International Film Camp / Independent Film Centre Filmart / 2013 / Pozega, Serbia
TRANSYLVANIA TALENT LAB / Transylvania Int Film Festival / 2013 / Cluj-Napoca, Romania
DOCUMENTARY FILMMAKER'S DEVELOPER TOOLKIT / 2013 / One World Romania Film Festival
NISIMASA Experimental Film Workshop / European Network of Young Cinema / 2012 / Romania
DOCUMENTARY CAMPUS and DOCU MENTOR / Industry Sessions, Trainings, Workshops / 2012 / Romania
VFF (Visegrad Film Forum) / Networking and Educational Platform / 2012 / Bratislava, Slovakia
STORYDOC / The Educational Institute for Docu. / 2013 / Athens (GR), Leipzig (GB)
PINHOLE Photography Workshop / 2012 / Cluj-Napoca (RO), Eskişehir (TK)
ARISTOTELES Workshop/Documentary Training Program For European Filmmakers/2011/Vama, Romania

Festivals & Awards

GRAND EST JEUNE TALENTS 2019 / Offered by Grand Est Region / France / 2019
Bourse PROJET JEUNE 2019 / Offered by Metz city / France / 2019
START POINT PRIZE / international selection for the master diploma work / Romania / 2016
SPECIAL MENTION for ACADEMIC EXCELLENCE / Erasmus Student of the year / Offered by The League of Romanian Students Abroad / 2013 / Romania

Film Still Nia 71 min / longs métrage documentaire / France, Roumanie / 2025

JI.HLAVA INT. DOCUMENTARY FILM FESTIVAL / International premiere - First Lights / Czech Rep. / 2025
ASTRA INT. FILM FESTIVAL ROUMANIE / Best Romanian Film / Romania / 2025
LES AVANT PREMIÈRES DE L'AUTOMNE À BUCAREST / Prix du public / Romania / 2025
ROMANIAN MENTAL HEALTH FILM FESTIVAL / Romania / 2025
DOKU MONTAG BERLIN / Germany / 2026

Film As You Like It (după fel și chip) / short documentary / 2013 / Romania

KARLOVY VARY INTERNATIONAL FILM FESTIVAL/**Official selection** / July 1, 2013/Karlovy-Vary, Czech Rep.
DOK LEIPZIG / Official Selection - International Programme / Oct 28 –Nov 03, 2013 / Leipzig, Germany
TIFF - Transylvania International Film Festival / Official selection in Romanian Film Days / 2013 / Romania
CANNES FILM FESTIVAL / Part of Short Film Corner / May 14-25, 2013 / Cannes, France
ZAGREB DOX / Int. Documentary Film Festival/Official Selection / Feb-March, 2014 / Zagreb, Croatia
MUESTRA DE ANTROPOLOGÍA AUDIOVISUAL de MADRID/**2nd prize - short documentary**/2015 /Spain
VIVA FILM FESTIVAL / **Golden Wood,1st place-Religious Movie** / May 2015/ Bosnia and Herzegovina
ASTERFEST INTERNATIONAL FILM FEST / **winner of the Golden Horseshoe** / May 2015 / Macedonia

PROKUPLJE SHORT FILM FEST / Official Selection - Documentary film /April 2015/ Prokuplje,Serbia
THE MONTHLY FILM FEST / **The Documentary of the Month** / March 2015 / online
EL CORTO DEL AÑO (SHORT OF THE YEAR) / **Shortlisted** in Int Documentary Competition / 2015 / Spain
EURO 2014 FILM FESTIVAL / **Winner in Drama, Ethnography, Social category** / January 2015 / Spain
3RD MUMBAI SHORTS INTERNATIONAL FILM FESTIVAL / **Best Documentary Film** / 2014 / Mumbai, India
AEGEAN DOCS INT DOCU FILM FEST / **Best Social Documentary Award** / 2014 / Aegean Islands, Greece
FEST – New Directors | New Films Festival / Short Film Competition – Docu / 2014 / Espinho, Portugal
THE MANUEL RIVERA-ORTIZ FOUNDATION / **finalist for the film grant "documentary "Short-Short"/2013**
IPSOS SHORT FILM BREAKS / **special screening and guest** / November 2013 / Bucharest, Romania
documentART – European Film Festival for documentaries / Eastern Bloc / 2013 / Germany
ASTRA FILM FESTIVAL / Official Selection – Documentary Film in Student / Oct 15-17, 2013 / Romania
DOCUART - Bucharest Documentary Film Festival / **Best Image Award** / Sept 26, 2013 / Romania
KINEMASTIK INTERNATIONAL SHORT FILM FESTIVAL / **Special Mention of the Jury** / July 27, 2013 / Malta
SHOTSUP / The Long Night of The Short Films / Special screening / June 8, 2013 / Bucharest, Romania
TIMISHORT FILM FESTIVAL / National Competition / **Best Romanian Film and Audience Award/2013 /RO**
UCIN -The Romanian Filmmakers Union / **Best Short Film for Television Award** / March 2013 / Romania

Film [Connection Lost](#) / short hybrid documentary / 2012 / Romania, Turkey

EUROPE MOVING IMAGE FILM Fest / **First Prize** / 2013 / France
BIEFF Bucharest International Film Festival / **Special Mention of the Jury** / 2012 / Bucharest, Romania
BALKAN SPIRIT Online Video Competition / **Balkan Creativity - Jury Selection** / July 2012 / Arte France
FFEST International Student Film Festival / **2nd Prize at Documentary Section** / 2012 / Cluj-Napoca, Ro
TIFF - Transylvania Int. Film Festival / **Special Jury Mention - The Golden Paintbrush Award** / 2012 / Ro

Film [Sarmale](#) / short documentary / production Chaï Chaï Films / 2022 / France, Romania

“Sarmale” is a short documentary, part of the season two of the web-series [Grandmas Project](#) - under UNESCO patronage.

This episode was presented at FipaDoc 2024 - Goût-Du-Doc-2024.

Read an article in New York Times on the project:

<https://www.nytimes.com/2023/01/27/dining/grandmas-tiktok-instagram-youtube-cooking.html>

“Sarmale” is also part of the “Grandmas Project book”, inspired by this collaborative documentary series:

<https://www.hachette-pratique.com/livre/grandmas-project-9782019468569>

See some previous films

Still Nia / feature documentary / planned release in 2025 / France, Romania

Due to a misdiagnosis, Stefania spends her childhood in hospitals. 15 years later, through imagination, art and dance, she reinvents her forgotten memories and, thus, confronts her present.

Still Nia_trailer : <https://vimeo.com/1122448567/15c9bd9a20>

Still Nia_film entier_subs FR : <https://vimeo.com/1121546701> / ibecomenoise2025

I will dance your poison / short documentary / in post-production / France

Focusing on tarantism, an ancient dance-ritual, the film speaks of dance as rebellion against systems of oppression, as individual and collective expression of Being or Not-Being in this world.

A body in motion that reveals the tensions of a society.

See an excerpt (private link): <https://vimeo.com/1060936491/6a79975b23>

Sarmale / 9 min / 2022

A package with goodies and sarmale arrives in the middle of the night after traveling 1,500 km and 4 countries. This traditional Romanian dish is the guarantee of a long and happy marriage.

See the film: www.grandmasproject.org/films/sarmale

4GenWomen / 2011-2017 / multimedia installation

"4GenWomen" explores the visible and invisible family heritage and transmission, through families with 4 generations of women, from different countries around the world.

More about the project: www.paulaonet.com/4-generations-women.html

More about the interactive project <https://www.paulaonet.com/4genwomen-interactive.html>

As you like it / 22 min / 2013

"As You Like It" brings together stories from people facing their gravestone picture while still being alive, while the audience discovers the graveyard as a public photo album and living social document.

More about this film: www.paulaonet.com/as-you-like-it.html

See the film (subs EN) : <https://vimeo.com/45850501>

Connection Lost / 11 min / co-director with Manuela Borza / 2012

"Connection Lost" reveals the existing stereotypes about Turks among two Romanian families with opposed attitudes and reactions regarding their daughter's intention to extend their living in Turkey.

More about this film: www.paulaonet.com/connection-lost.html

See the film (subs EN): <https://vimeo.com/paulaonet/connectionlost>