

Under One Roof

Study Guide

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Synopsis

The *Under One Roof* series opens the door on contemporary family life. Inside Australian homes, it finds the ties that bind families together and the pressures that pull them apart. Each episode follows a different family negotiating the ups and downs of everyday life. What support does the family offer its members and what must they sacrifice in the interests of the family? How do they manage the complexities of modern family living? How do they all survive life together under one roof?

Introduction

The family is our most fundamental social unit, shaping individuals for good and ill, forming our values, our attitudes, our hopes and expectations of life. In this era of self-help and pop psychology we look to our parents, our family of origin, as the crucible of all our neuroses. It's as if we've come to believe that every problem can be traced back to a failure of parenting; something that was or wasn't done. Families and their endless array of dysfunctions are blamed for everything, from under-age binge drinking to problem gambling to declining rates of literacy. Politicians hark back to supposed golden eras of family wellbeing and security, speaking in glib terms about a 'work-family' balance. Meanwhile, marriages continue to break down at unprecedented rates and the newspapers are littered with horrific accounts of domestic violence and child abuse. Everyone comes from a family and everyone has an opinion about what ails 'the Family'.

The people in the *Under One Roof* series of documentaries welcome us into their homes with great honesty and openness, offering us a glimpse of their most important, intimate relationships. These are thought-provoking stories told with real warmth; featuring inspirational everyday characters, who are both flawed and facing a variety of pressures, but always trying to do their best.

Curriculum Links

The *Under One Roof* series would fit well within an English or SOSE/HSIE context (Contemporary Australian Society, Community and Family Studies, Society and Culture), while also having relevance to Media Studies and Personal Development. At a tertiary level, the series would be of interest and

relevance for courses in areas such as Sociology, Social Work, Human Services, Education, Gender Studies, Youth, Family and Cultural Studies.

Each episode is a discrete, independent story. The entire series could also be screened, with students elaborating on the differences and similarities among the families. The material is accessible and engaging, and activities and discussion could be adapted to suit students at all secondary levels.

Family: Pre-Screening Activities and Discussion Topics

- What is a family? (Discuss the different types of families that people may belong to, e.g. nuclear, blended, extended.)
- Who lives under your roof?
- What rituals are important in your family? Describe a recent event and the relatives who attended.
- Draw a picture of your family tree.
- Do you know how your grandmother and grandfather on either side of your family met?
- What does marriage mean to you? Do you hope to get married one day?
- Nearly half of all marriages in Australia today end in divorce. Why do you think the divorce rate is so high? What factors contribute to the breakdown of family relationships?
- If you become a parent, what would you like to do that your parents have done? What would you do differently?
- Write a biography of a member of your family and present it to the class.
- Interview the oldest member of your family. What does family mean to them? What was important to their family? What was their childhood like? Present your findings to the class.
- What makes your family different from other families you know?
- Describe your home. Draw a picture of your bedroom, annotating points of interest or particular significance.
- What is the messiest room in your house? In which room do you spend the most time?
- Make a list of four things your family talks about over dinner.
- List three things you disagree with your parents about.
- What makes a good parent?
- How is being a good father different from being a good mother?
- What is the best thing about your dad? What is the best thing about your mum?
- What do you think are the rewards of parenthood?
- What do you think would be the most difficult thing about being a parent? Ask your parents for their views.
- Can you be friends with your parents?
- What's the difference between a house and a home?
- Write a short history of your family.
- What makes a childhood happy?
- How does our family influence our identity?

- We all take on or are ascribed roles in our families, which then tend to determine our lives and from which it can be difficult to break out. Examples may be 'black sheep', 'conciliator', 'difficult one', 'youngest', 'eldest', 'responsible', 'irresponsible' and so on. Can you identify any roles ascribed to you within your own family? What are the advantages or disadvantages of these labels?
- Describe a major event that has shaped your family.
- Design a diagram (flow chart) that illustrates an individual's changing roles within the family over the course of 70 years. Note the major life stages.
- Discuss what you think are (and should be) the roles and responsibilities of the Department of Family and Community Services and its Portfolio Ministers. Use the web sites of the Department and the Australian Government's Families portal (see references) to research a government service aimed at supporting families and prepare a report on your findings.
- Using the daily newspapers for material, select a government policy that is currently being debated and analyse its impact on family life.

Episode 1: The Chakos Family

Meet the Chakos family - a lively Greek-Australian household in the Sydney suburb of Sans Souci.

Energetic 60-year-old Despina is at the family's centre. She runs a weekend plant stall with her sprightly 81-year-old mum Aphrodite and cooks fabulous Greek dishes for the extended family that gathers regularly around her table. Dinner is always an animated affair as four generations share jokes, news and opinions.

Despina lives with husband Steele upstairs in a neat-as-a-pin, two-storey home. Downstairs lives daughter Christina, her partner Aris, their baby boy Andreas, and Christopher and Alex, Christina's two soccer-mad sons from her first marriage. Christina's brother Theo, an aspiring actor, lives nearby with his partner Cheryl and their baby girl Dyana.

It's a big, loud, gregarious family that celebrates life. There's the fuss and fun of a double christening and a flurry of activity at Easter when all the relatives come over for traditional lamb on a spit. There are challenges too as Christina and Aris announce their marriage plans and Theo struggles to find a job with a future. But they have been through tougher times before. Together they will stay on track.

- List three similarities and three differences between the Chakos family and your family.
- Do you think the different members of the Chakos family would be glad they participated in the film? Why/why not?
- Being Greek is an integral part of the Chakos family's identity. What factors contribute to your sense of identity? Consider age, sex, religion, country of origin, hobbies.

- What are some stereotypical views of Greek culture?
- Despina was very poor as a child. (Her grandson thought she was a member of the Smith family because of all the sad stories she tells about deprivation!) When they arrived in Australia, they initially intended to stay for a couple of years and then return to Greece. Why do you think they might have decided not to return to Greece?
- How many different migrant groups live in Australia? How many people of Greek origin live in Australia? Create a pie chart showing the ethnic origins of Australian society today. Describe your ethnic origins.
- Theo says that Greek family life is all about 'work work work, show show show'. What do you think he means? If you had to choose just one word to characterize your family life, what would it be?
- The celebration of rituals is important in any family. We see the Chakos family at Easter, out for dinner to celebrate Mothers' Day, and at the babies' christening. List some of the rituals involved in the Greek celebration of Easter (e.g. dyeing eggs, lamb on the spit, attending church, baking Greek biscuits).
- In how many scenes do we see the Chakos family eating or preparing food?
- In one scene we see the babies, Dyana and Andreas, being christened in the Greek Orthodox Church. Were you christened or baptized, or did you have a naming ceremony? If so, ask someone who was there to describe it to you and then write an account. What is the significance of such an event?
- Aphrodite, Despina's elderly mother, says: 'We were silly. We should have let her study, but we sent her to work to help pay off the house'. What do you think Despina might have done if she had had the chance to pursue an education?
- Despina is a very hard-working woman. We see her on tuckshop duty at her grandsons' school and selling flowers with her mother at a Sunday market. What other words would you use to describe her? Give examples from the film to support your description.
- Despina jokes, 'I can't help it if I'm good at everything'. Imagine you are Despina. Write a paragraph describing your strengths and weaknesses.
- There is a sense in which Despina is 'the boss' of the Chakos family. Does your family have a 'boss'?
- Despina says the biggest mistake she made with her children was giving them everything: 'We spoiled them rotten and we surely have regretted it'. What does it mean when someone says a child is 'spoiled'? Do you think your parents might regret any aspects of your upbringing?
- Reminiscing about when she met Steele, Despina chuckle at the memory of their weekly dinner; her mother would sit between them: 'Girls didn't have the freedom they have today'. What sorts of things did your grandparents do for entertainment when they were your age?
- Despina's mother, Aphrodite, was orphaned at the age of seven. She was married to a man she didn't want to marry at the age of 15, and had four children by the time she was 22. Do you think 15 is too young to marry? Why/why not? What is a good age to get married?

- Despina says that the only love her mother ever received in her life was from her children, 'and we worship the ground she walks on'. Describe the relationship between your mother and your maternal grandmother.
- Despina says she never liked being told she couldn't do something because she was a girl. Do you think there are things that girls can't do? Has anyone ever told you there was something you couldn't do because of your gender?
- Theo says that during his 20s he rejected the Greek traditions, but he now finds himself returning to them. This is true of many children of migrants. Does your family have any beliefs that you have distanced yourself from?
- Do you think Theo will make it as an actor? Do you think he will find a job he can commit himself to? List the jobs he does during the course of the documentary, and why he decides to leave each one.
- Theo says: 'Regardless of what you think, people are going to try to bring you down a notch. That happens in life. But I've decided, it's mine to take and I'm going to take it'. Explain what he means.
- What do you think are the key differences between Theo's and his mother's attitudes to work and life?
- Theo has a difficult relationship with his father, Steele. He complains that Steele does not communicate clearly. Describe your relationship with your father. List three different ways in which you communicate with a family member.
- Theo says he has been on prescription medication for depression for the last 10 years. What community support is available for people dealing with depression? Why do you think it has become such a widespread problem? Research a group such as Beyond Blue (www.beyondblue.org.au) and detail the ways in which it assists people.
- Theo says too many Greeks worry about what other people are going to say about their family. Imagine a stranger watched your family for a week. What would they see? What would they say?
- Christina says to her son, Alexander: 'You're half my age; respect me'. Describe someone you respect in your family. What qualities does a person need to have for you to respect them?
- Steele says, 'We get married once in a lifetime, not twice'. How do you think Despina and Steele might have felt when their daughter, Christina, divorced her husband, George?
- Christina says of her relationship with Aris, 'It's not really nice, is it? Having a child and being together and not being married'. Do you think it's important for parents to be married? Why/why not? Christina describes her first wedding as 'ridiculous': 'I had 400 people there, every wog and his dog'. Describe your perfect wedding.
- Christina helps her sons with their homework. Who helps you with your homework?
- Christina says that sometimes she clashes with Despina, but she has found that if she backs away, the situation can be resolved. Describe a conflict that you have had with a member of your family and the steps that were taken to resolve it.

- Do you think Despina and Steele should pay for Aris and Christina's wedding? Why/why not?
- Christina describes Aris as a clean-freak, 'the housework police'. Who does most of the housework in your family? Make a chart with the names of each member of your household, and list the chores they perform over a five-day period. Are the people under your roof happy with the allocation of chores?
- Do you think Aris has a good relationship with Christina's sons? What makes you think this? How might a good step-parent differ from a good parent?
- Aris's parents divorced when he was four years old and he was brought up by his grandmother. He had little to do with his mother, who moved interstate. Do you think these early experiences would affect the way Aris relates to Christina and the children?
- How would you describe the jokes Christopher tells over dinner?
- George says he's proud of his boys. What have you done that makes your parents proud?
- The final words of this program belong to Despina: 'That's life: we argue, we cry, we hug each other, and life goes on'. Describe an argument you have had with a member of your family, an incident that made you cry, and a hug that you remember.

Episode 2: The Puckeridge Family

Enter the fun and mayhem of the Puckeridge family - mum, dad and five very active children aged two to ten.

Life in this household is a constant juggling act, as Sally and Dave negotiate with their kids over food, haircuts, baths and bed, and with each other over school and religion. These are familiar scenes of bills, endless washing, weekend sports, the frenetic noise of games, the strange quiet of sleep.

Dave leaves for work at six in the morning, before the rest of the family is awake. Sally is a full-time, hands-on mum, who assists in her children's classrooms. 'I thought you had kids and whilst they played, you read books and got your photos in order,' she laughs.

Sally is the patient one, the disciplinarian. Dave, in many ways, is a big kid himself - joining the afternoon backyard footy games with glee. He admits he's made some selfish decisions in the past. Despite the family's reluctance to move from Newcastle, Dave accepted a job in Sydney from which he was later made redundant. He's now got a new, more junior position which will help meet the mortgage payments on their Concord home.

It's hard sometimes for Dave and Sally to balance their different attitudes and approaches, and even harder to find time for themselves among the constant whirlwind of children and activities. But as we listen to these two often-exhausted parents talk about their young family, their postponed renovations, their frustrations and dreams, we see how communication, respect and humour are really the essence of successful family life.

- List three similarities and three differences between the Puckeridge family and your family.
- Why do you think Sally and Dave might have agreed to appear in this film? What do you think they would feel about how it represents their family?
- Sally jokes that when they moved from the racecourse, she was forever saying: 'Be quiet! What will the neighbours think?'. Imagine you live next door to the Puckeridge family. Describe them to a friend who has never met them.
- Make a list of the things you see Sally doing with her children.
- What activities do we see the Puckeridge children doing in their backyard?
- Sally is grateful for the support of her parents, her sisters and sisters-in-law. Describe someone outside of your immediate family who offers you support.
- Sally says that the Catholic Church is important for the ways in which it creates a sense of community. What gives you and your family a sense of community? What do we mean by the term 'community'?
- Sally and Dave have decided not to have any more children, but Dave jokes that Sally is liable to change her mind. What factors would be important in making a decision about having more children?
- Sally doesn't allow the children to watch TV during the week. We see Ruby at tap dancing lessons, Clay playing football, Sally playing netball, and Sally and Dave playing touch football. What activities do you do with your family? Do you have rules about TV viewing? Are there any TV shows that you all watch together?
- What does your family spend on groceries a week? How much do you think it might cost to run the Puckeridge household for a week? In one scene, we see Sally paying for Chas's school uniform requirements: \$604. Write out a list of their expenses, including utilities, mortgage, food, insurance, etc.
- Jeriah counts out his pocket money and says he's going to buy a house. Do you get pocket money? If so, how much? Who decides how much? What do you do with it? Are you saving for anything?
- Sally and Dave organize all the bills and things they need to keep track of with a year planner pinned to the wall. How does your family manage its commitments?
- Dave says he forgets an argument almost straight away, whereas Sally tends to brood. Describe how two people in your family try to resolve conflicts. How effective are their strategies?
- Sally talks about having rules for the children and their upbringing. Every home needs rules, even if they are not explicit. List four rules in your home. Are there any rules in your home that you think are unfair?
- Sally and Dave have a harmonious relationship, but Sally does say they have different ideas about parenting. Do your parents disagree over the best way to bring up you and your siblings?
- What would be some positive and negative things about having lots of siblings?

- Chas, the eldest of the children, likes to help Dave at work. In one scene, we see him start the lawnmower, and Dave kisses him. Is there anything that you do with one of your parents, just the two of you? Why is this time special?
- Ruby says, 'Dad's really good at lawnmowing'. What is your dad really good at?
- Sometimes Sally and Dave have dinner at 11 pm when the children are asleep. What time do you have dinner? What's your favourite meal?
- Jeriah hides under his bed when he's upset. What do you do when you're upset? Do you have a special place in your home?
- Sally and Dave read bedtime stories to their children. What is your bedtime routine?
- Sally says she's the disciplinarian in their family. Who plays that role in your family? What kind of punishment do you receive for poor behaviour?
- Dave says Sally doesn't like him to do the ironing, because he doesn't do it the way she wants. Who decides who does what in your family?
- While Sally is away for the weekend, Dave jokes that whoever yells loudest gets the most attention. Does this happen in your family too?
- After Sally returns, Dave exclaims, 'Thank God she's home!'. He also says, 'Sometimes I can't fathom her level of patience'. What do you think Dave loves about Sally?
- The words 'fun house' appear in white paint on the Puckeridges' garbage bin. Make up three titles for your home.
- Chas builds his little sister, Daisy, a wooden step to use in the bathroom. Have you ever done something special for your brother or sister? Describe something special that a member of your family did or made for you.
- In one scene we see the Puckeridges looking over family photos. Choose a favourite photo of your family and present it to the class, explaining its significance.
- Dave and Sally don't get out much without their children. What sorts of things do your parents enjoy doing without you?
- Dave gets up at 5 am, and he's glad to start work early: it means he has a few hours of daylight after work to spend with the children. Who is up first in your home? What are some of the things your parents do when they get home from work?

Episode 3: The Kapsalides Family

Meet the Kapsalides - a close-knit family of mum and two daughters who are proud of what they've achieved as a sole-parent household.

Helen was born in Australia to a Greek father and Lebanese mother. She met her Greek husband when she was 23 and had two children before she discovered from police that he was a bigamist. Although she divorced him, her daughters Julie and Simone say the family has never said a bad word about their father, who has since died.

The girls have a clutch of loving relatives and another inspiring role model in Helen's gutsy mum, who brought up seven children almost single-handedly and is still helping them out.

But this is not a stereotypical Lebanese-Greek household. Helen has supported the family by working most nights in a pub. She has always been open with her girls, giving them freedom and encouraging them to make the most of their education and opportunities. At 17 and 22, Julie and Simone are strong, beautiful and intelligent. Opinionated and lively, these three women are always talking - about work, money, music, boys - and they love a party.

Now, the family is at a turning point. Julie has just finished high school and is wondering about university. Simone, who edits her own hip-hop magazine, is looking for her first full-time job. And Helen is about to turn 50 and has promised to give up smoking. She lost her job a few weeks ago after the pub changed hands. The new owners want her back as a manager but Helen is not so sure.

Despite this uncertain future, the family is strong. They know they have each other.

- List three similarities and three differences between the Kapsalides family and your family.
- What is 'multiculturalism'?
- Helen was in a relationship with a man for 13 years, but when the possibility of moving in with him arose, the girls said no, and that was that. There's no self-pity, but a little regret: she puts the girls' happiness ahead of her own, but does feel that she might have missed out on something important. Do you think Helen did the right thing ending this relationship for the sake of her children? Have your parents made sacrifices for you?
- Helen says, 'You live your dreams through your kids'. What are your parents' dreams for you?
- Describe Julie and Simone's relationship as sisters.
- Simone tells Helen she doesn't want to work nine to five because it's boring. What sort of work do you want to do? Describe some of the influences on your ideas about work.
- Helen goes to her sister Patricia's house to do the family's laundry, and reflects: 'I feel lucky. I've got good friends, I've got a good family, I've got good kids. Money, I haven't got. But we're not that bad off'. In another scene, Simone says she thanks God every night for her family: 'We're very lucky'. Do you think the Kapsalides are lucky? What makes you feel fortunate?
- We see Julie starting her course, and she seems to be enjoying it. She's a confident young woman, and mentions that the work on race, culture and class interests her. What might be a career direction that you would be interested in pursuing? Would it involve undertaking a post-secondary course?
- Simone says: 'I think we've had the best upbringing in the world. Mum always trusted us, and from her giving us her trust, we've never gone in

the wrong direction. Because we love her that much and she's always been so good to us, we'd never take advantage of that'. Helen's father never let her go out because he didn't trust her with boys, and she vowed never to treat her children like that. Do you feel that your parents trust you? What other qualities characterize Helen's relationship with her daughters?

- How does Helen treat Julie's boyfriend, Kenny? Helen says she always gives boyfriends 'the Warning': 'If you hurt my daughter, you're a dead man'. But then as Julie says, 'Mum likes him. Mum likes everyone'. She even likes his rap CD. Have your parents ever disapproved of any of your friends?
- Helen organizes a \$10,000 bank loan to tide her over until she finds another job. She repays her mother, and then we see her at the pub where she used to work, shouting everyone at the bar a round of drinks. We also learn that she was arrested by the police when she went to the defence of Beryl, a local homeless woman. What does this scene tell us about Helen? Describe her attitude to money.
- Write a paragraph describing Helen for someone who has not seen the film.
- Write a resumé for yourself. Convey your skills and experience clearly and accurately, and ensure that your final document looks professional.
- This film is shot over the Christmas and New Year period. (Helen attends a party on a boat for New Year's Eve, hoping to watch the spectacular fireworks on Sydney Harbour, but the boat sinks! She laughs about it as she tells the girls.) Why might the film-makers have chosen this time? Why is this time particularly important to a lot of families? Does your family celebrate Christmas? If so, how? Describe your most memorable New Year's Eve.
- The Kapsalides family is a family of wonderful women, but we don't see many men, just Helen's cousin, Louis. Do you think boys suffer more than girls when fathers are absent?
- Helen's mother says the only thing she had in common with her husband was sex, which she thinks shouldn't be more than a quarter of a relationship. Design a pie chart showing the ingredients of a good marriage.
- Simone says of her grandmother, 'She's 80 years old, but she's still got it, more than anyone'. What is 'it'?
- How important is Helen's ethnic heritage to her? Simone used to ask her grandmother to teach her Arabic, and in one scene we see her belly-dancing. What do these scenes show us about Simone's interest in her roots? Is there anything in your family background that you hope to explore one day?
- Helen's mother has a family tree decorated with photos on her kitchen wall. Do you have any family photos around your house? Describe them.
- The last words of the film are Helen's: 'When the girls leave, I don't know what I'm going to do. But I don't think it'll be for a long while yet—they tell me about 10 years'. Imagine the Kapsalides family 10 years in the future. Write a paragraph describing Helen, Simone and Julie.

Documentary

- This style of film-making is sometimes referred to as 'fly-on-the-wall'. What do you think this phrase means? Describe six key elements of this genre, using examples from the episode/s of *Under One Roof* you have watched.
- How do you think the film-makers chose their subjects?
- Imagine you are trying to secure funding to make these three documentaries. Describe each family in three or four sentences, and what you wish to convey about them to an audience.
- Do you think the film-makers would begin shooting with a clear agenda, or would they just try to capture whatever happened to be going on?
- It is crucial with this style of documentary that the film-makers win the trust of their subjects. How do you think the film-makers might go about this? Also, the people participating in the films need to feel comfortable with all the mechanics of shooting. How might the film-makers minimize the intrusiveness of the process, and reduce the participants' self-consciousness in front of the camera?
- Do you think the films show us 'the truth' about each of these families?
- Each episode runs for 52 minutes. What devices have the film-makers used to structure their stories?
- TV is heavily populated by families; they feature in soap operas, sitcoms and dramas. Describe your favourite TV family and what you like about them. To what extent do you think your TV family represents a 'real' family?
- Describe the audience this series is aimed at. Who would watch it on TV?
- In what ways might the presence of the camera affect those taking part in the films?
- Has watching these films changed the way you feel about or understand your own family?
- What do you think the film-makers hoped to achieve by making these films?

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