



## DISCUSSION GUIDE

SYNCHRONIZED is an experimental documentary short that embraces 5 women of color as they collectively reflect about their experiences living and thriving in Oakland. This will uncover their perspectives of what it means living in the Town, a city that's ever-changing – from memories, dreams, home, and resiliency.

Like a mixtape, SYNCHRONIZED amalgamates their voices, natural landscape sounds, and unconventional Oakland imagery to encapsulate a unique representation that acknowledges how the personal and environment coexist together.

### MAIN THEMES ADDRESSED IN FILM

- Urban landscape
- Natural environment
- Safe Space, Place, and Home
- Gentrification
- Immigrant Experience
- Queer Identity
- Interconnection between a place and the people who live there

## **DISCUSSION PROMPTS written by Corinne Manabat Cueva, Producer & Director**

### **Urban landscape/natural environments**

1) Think about where you live now or where you grew up. What is one of your most memorable outside places that you like going to now, or you liked going to growing up? Describe what that place looked like and share why it's memorable to you. Optional: Draw what it looks like or share/snap a photo.

2) When you walk around your neighborhood, what are you surrounded by? (Examples: are there any trees, streams, abandoned buildings, lots of noise, open fields, busy streets?) What would you like to see more of in your neighborhood and why?

### **Safe space, place and home**

3) Oakland is a city in the San Francisco/Bay Area in California. According to Forbes magazine, "Oakland is the 11th most dangerous city in the United States in 2023." What are your thoughts after watching the film about Oakland? Do you agree or disagree with what Forbes magazine said.

4) In the film, the women talk about what is home for them. What does "home" mean to you and why?

5) In the film, the women talk about whether to stay or move out of Oakland. What were some factors that they have expressed to make their decision. Would you stay where you currently live or move away and why?

6) One of the women in the film talks when Oakland changes, she changes as well. Do you think where you live helps you become who you are? Why or why not?

### **Interconnected between each other as people and places**

7) In the film, you see the environments of Oakland and hear women's voices overlap, as some of their stories are the same or rather "synchronized." Gather in groups (suggested: 4 people)

Activity 1: Look around the space or room. Notice anything that looks similar or complete opposites, and jot it down. (Example 1: a piece of paper is the same shape as the door frame, both are rectangles. Example 2 of opposites: the wall is very rough when you touch it, but the tabletop is smooth) Share amongst yourselves what you've discovered.

Activity 2: Share something about yourselves, like what city do you live in? What is your ethnicity? What is your favorite food? Do you live in an apartment building or house?

Listen to the person who is sharing out, and raise your hand every time you also can relate to what the person shares. Our stories are our own and different, but also can be similar and synchronized. We may have more in common than meets the eye.